

The Rumoh Gampong Nutrition Program Based on Social – Religious Context in Gampong Jawa Village

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Abstract

Stunting on the news is a major problem in Indonesia. Aceh is in fifth place in 2022, with the prevalence of stunting in Banda Aceh at 25.1%. Rumoh Gizi Gampong is a national program aimed at reducing the number of stunts. The program has been launched since November 2020 in Gampong Jawa. The aim of this research is to know how to empower the Rumoh Gizi Gampong program against the efforts to reduce the stunting number in Gampong Jawa. Methods used in conducting this research are qualitative research methods with a case study approach. Data collection techniques used in this study are observations, interviews, and documentation. The results of the research show that the empowerment of the Gampong Jawa Rumoh Gizi Program in reducing the stunting rate in has not been fully performed. It's because the enforcement factor doesn't work as it should. On the community – centric aspect, it is evident that the empowerment implemented emphasizes the knowledge of human resources as a major factor in the decline in stunting numbers. The socialization aspect doesn't work out to the maximum because the parents don't have much time to participate. Besides, the knowledge given at the time of socialization to society is often repeated. On the empowering aspect, parents have acquired knowledge for the decline in stunting numbers in children. But in terms of sustainability, this is invisible. There are many factors that influence the decline in stunting numbers, namely social, economic, and environmental aspects.

Introduction

Stunting is a serious social threat because it inhibits growth and development and has effects that can be felt for up to three generations. so it is hoped that there will be prevention efforts from all parties, the government and the community must work together in anticipating that stunting does not continue to increase in Indonesia. Stunting is the failure of growth and development in children under five years of age (toddlers) due to prolonged (chronic) malnutrition and repeated infections, especially in the first 1000 days of life, namely from the fetus until the child is 23 months old (Bagindo, Ichsan, and Ahmad 2021b). Stunted children have characteristics, namely slower growth, both from height growth, tooth growth, speaking ability, focusing ability, poor learning memory or other stages that should be at their age. Stunted children are also susceptible to diseases, both mild and severe, the above characteristics can affect the child's life in the short and long term. (Margawati 2022)

Stunting can be caused by two direct factors, namely disease and nutritional intake, these two factors are then related to economic factors, parenting patterns, access to food, access to health services and environmental sanitation. Then it is necessary to know that these factors and their derivatives have causes or origins that are the basis for stunting conditions that occur at the individual, household and government levels. The low level

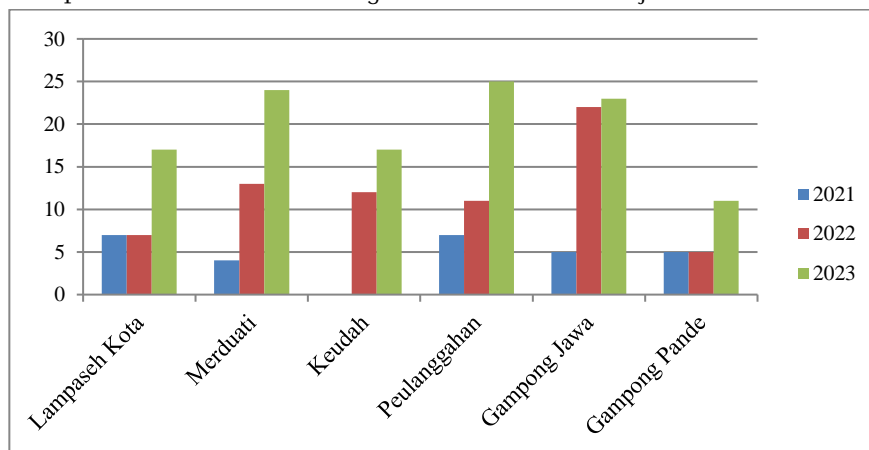


of education in a family will affect the parenting of children in the family and family income (Bhatari et al. 2022).

In 2022, the World Health Organization (WHO) stated that the number of stunted children is 22.3% of children or the equivalent of 148.1 million children worldwide (World Health Organization 2023). Therefore, stunting has become one of the targets of the Sustainable Development Goals (SDGs), which have sustainable development goals in eliminating hunger and all forms of malnutrition by 2030 and achieving food security. The Ministry of Health's Basic Health Research data from 2019 to 2022 shows a decrease in stunting rates, although it is still relatively high from the expected target, which is targeted to be 14%. In 2022, the prevalence of stunting in Indonesia fell to 21.6% from 24.4% the previous year, 2021 (Tarmizi 2023). The stunting rate according to the Indonesian Nutrition Status Study (SSGI) Aceh Province is nationally ranked as the fifth highest stunting rate at 31.2%, a rate that is still relatively high even though there is a decrease from the previous year 2021 which was ranked as the third province with the highest stunting cases in Indonesia with 33.2%.

Aceh is the province that ranks fifth in the highest stunting rate in Indonesia in 2022. This ranking is certainly not an achievement, being a region that holds its own regional autonomy, also gets special autonomy funds from the government, and has rich natural resources, it must be important to question why Aceh sits in this ranking. Banda Aceh is a city with a stunting rate that is still relatively high at 25.1 percent, even higher than the 2021 stunting rate, which is at 23.40 percent (Annur 2023). Despite being in the capital of Aceh Province, stunting still affects toddlers in Banda Aceh City. Based on observations made by researchers in Gampong Jawa, Kuta Raja Subdistrict, Banda Aceh City, there are several serious social problems that will have an impact on increasing stunting rates, such as poverty, dirty environment, and unhealthy lifestyles. Based on data from the Kuta Raja sub-district level, it is known that Gampong Jawa is a village that often shows a high stunting rate:

Graph 1. Number of Stunting Children at Kuta Raja Subdistrict Level



Source: Secondary Data of Lampaseh City Health Center

It can be seen in the monograph above that Gampong Jawa had a high number of stunted children in the last 2 years. In 2021, 5 children were found to be stunted, and in 2022 the year-end data showed 22 children, and in 2023 the number of stunted children was 23 children.

Table 1: Number of Stunted Children in 2021 – 2023

| Year | Gampong Jawa | | Number of Stunted Children |
|------|--------------|-------|----------------------------|
| | Very Short | Short | |
| 2021 | 1 | 4 | 5 |
| 2022 | 10 | 12 | 22 |
| 2023 | 9 | 14 | 23 |

Source: Lampaseh City Health Center

The number of stunted children in Gampong Jawa makes Gampong Jawa an IDI – assisted Gampong in the health sector, this intends to support government programs in reducing stunting rates, especially in Banda Aceh. (DinkesAceh 2023). The term Gampong nurtured certainly indicates that Gampong Jawa needs immediate handling. Therefore, the Banda Aceh City Health Office launched a program to reduce stunting, namely the Rumoh Gampong Nutrition Program abbreviated to RGG. The Rumoh Gampong Nutrition Program is a follow – up and implementation of the issuance of Aceh Governor Regulation Number 14 of 2019 concerning Integrated Stunting Prevention and Handling in Aceh as a model of community and family empowerment in reducing the prevalence of stunting at the village level. (Bagindo et al., 2021).

The Rumoh Gampong Nutrition Program is also a forum for the convergence of all cross – sectors in stunting prevention efforts. The Rumoh Gampong Nutrition Program in Gampong Jawa, which was launched since 25 November 2020 in Gampong Jawa, was established as an effort to reduce stunting by implementing a method of providing education for parents about stunting, clean and healthy lifestyles, and how to process healthy food menus. The program also provides quality and nutritious supplementary food for children suffering from stunting. The RGG program has three main targets, the first is to target groups at risk of stunting, the second target is to patients (malnutrition) and the third target is to the general public and families. (Bagindo et al., 2021).

The implementation of the Rumoh Gampong Nutrition Program in a village begins with (1). Socialization of the RGG to the community conducted by the RGG management team; (2). Problem identification through data collection and targeting/census of 1000 HPK targets (infants and toddlers, pregnant women, breastfeeding mothers, and adolescent girls; (3). Meeting of the RGG management team to agree on problems, targets, indicators, targets, and activity plans and follow – up to be carried out; (4). Establishing RGG activities; (5) Implementation of activities by the RGG management team; (6). Monitoring and evaluation (Alfridsyah and Zaman 2022).

The Rumoh Gampong Nutrition Program has been running for more than 3 years, but has not shown maximum results. Therefore, it is interesting to study the form of community empowerment applied to the stunting reduction program in this village. According to Robert Chambers in (Abipraja 2002). There are 4 principles of community empowerment strategies, namely: people – centered, participatory, empowering and sustainable. Thus, the author is interested in analyzing how the Rumoh Gampong Nutrition Program community empowerment strategy is in an effort to reduce stunting cases in Gampong Jawa.

Research Method

This research was conducted in Gampong Jawa, Kuta Raja Subdistrict, Banda Aceh City for 5 months, from January to May 2024. The selection of this location was based on each of the high stunting rates found in Gampong Jawa, namely 23 people in 2023 (observation results in 2024). This research uses qualitative research methods with a case study research type. The case study is a research strategy in which researchers carefully

investigate a program, event, activity, process, or group of individuals (Rusandi and Rusli 2021). This qualitative research was chosen with the intention of pursuing a study by describing systematically, actually, and accurately the facts of the social problems that researchers want to examine. "Qualitative research as a social science research method that collects and analyzes data in the form of words (oral or written) and human actions" (Afrizal 2014).

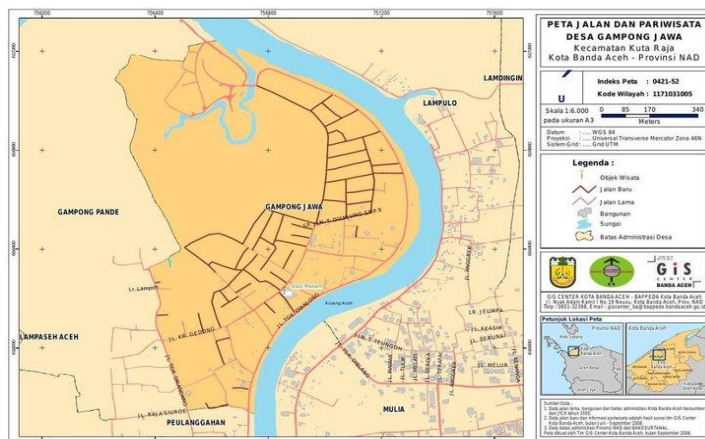
Informants consisted of two village officials. Rumoh Gampong Nutrition program cadres as many as three people, as well as eight people from parents who have stunted children, and the children have been registered in the Rumoh Gampong Nutrition program. Data collection methods in this research are observation, in – depth interviews, and documentation. Data analysis techniques in this study are: a. data reduction, b. data presentation and c. conclusion drawing.

Gampong Jawa Village

Gampong Jawa is one of the gampongs in Kuta Raja Sub – district, Banda Aceh City, which has an area of 150.61 Ha. This village has a population of 3,050 people consisting of a male population of 1,510 and a female population of 1,540. Gampong Jawa consists of five hamlets namely Dusun Nyak Raden, Hamzah Yunus, Tuan Dibanda, Said Usman, and Dusun Tgk.Muda. Geographically, the boundaries of Gampong Jawa are to the east bordering Krueng Aceh, to the west bordering Gampong Pande, to the south bordering Gampong Peulanggahan and to the north bordering the location of the Banda Aceh City Waste Disposal Site (TPA), The location of the landfill adjacent to the village has a negative impact on health, water pollution and air pollution, the smell of garbage is very disturbing, garbage is scattered around the road and garbage trucks that cross the Gampong Jawa road every day disturb the comfort of the community, so it is not surprising that many children are at risk of stunting in Gampong Jawa.

Based on land area, the total area of Gampong Jawa is 150.61 Ha. The most extensive use of land in Gampong Jawa is in housing, which is 112.95 Ha, followed by swamp at 34 Ha, then ponds of 1 Ha, and at 2.65 Ha. From the graph below we can see that residential land dominates, which is 75% of the Java village area. This population density can cause new problems such as clean water difficulties, socio – economic problems, welfare, and health.

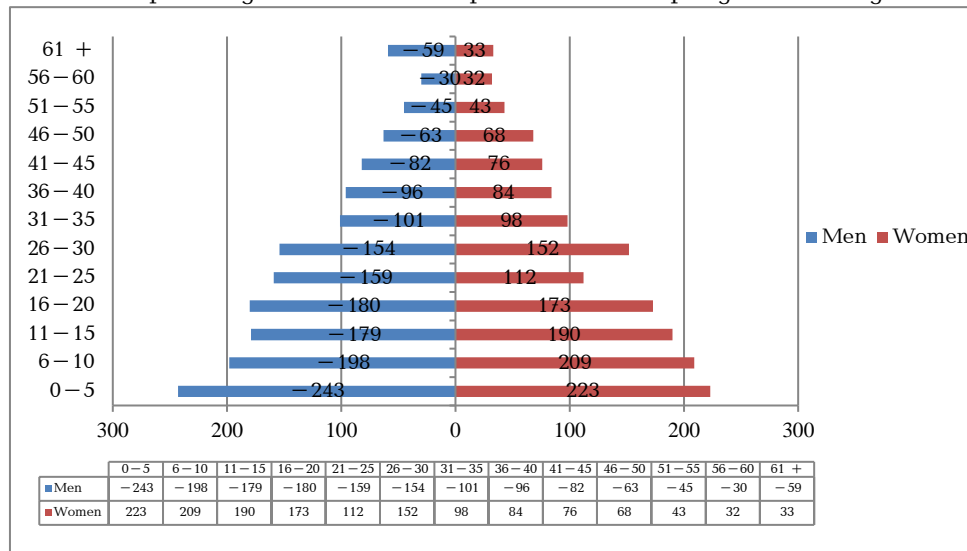
Picture 1. Map of Gampong Jawa Village



Source: Unit Pelaksanaan Teknis Badan (UPTB) GIS Banda Aceh City

The population of Gampong Jawa is 3,035 people, consisting of a male population of 1,510 and a female population of 1,540. In detail the population and age range of the community in Gampong Jawa can be seen in the following two graphs:

Graph 3: Age Chart of the Population of Gampong Jawa Village

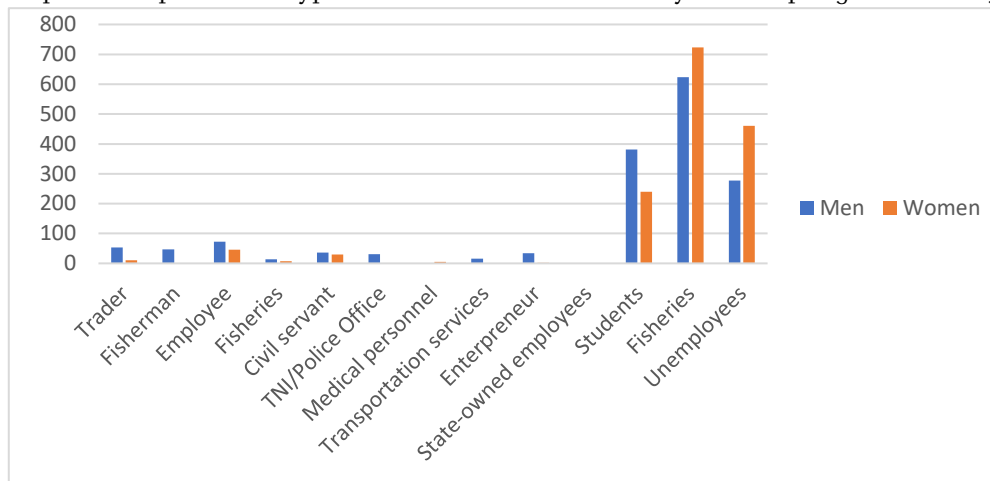


Source: Keuchik Gampong Jawa Office, 2020

The table above shows that there are 466 residents of Gampong Jawa classified as toddlers with an age range of 0–5 years, then there are 407 people who are still classified as children with an age range of 6–10 years, and there are 993 residents who are still teenagers with an age range of 11–25 years, for young people there are 663 people with an age range of 26–40 years, for middle age there are 281 people with an age range of 41–60 and finally there are 92 people who are included in old age who are more than 60 years old. From the data above, it can be concluded that the distribution of the population aged 0–5 years and 6–10 years dominates compared to the population with the age above. The high number of toddlers in Gampong Jawa has the potential to increase stunting if not handled properly and quickly.

The people of Gampong Jawa have a variety of livelihoods including traders, fishermen, private employees, pond farmers, civil servants, TNI / POLRI, medical personnel, entrepreneurs, transportation services, and students, and there are many residents who are not permanently employed. However, it can be seen from the graph above that many people in Gampong Jawa do not have permanent jobs and many do not or have not worked. The results of observations made by researchers, the people of Gampong Jawa who have stunted children work as pedicab drivers, salesmen, scavengers, laborers who clean used goods and housewives. This shows that many stunting cases occur in families with inadequate economic levels. To find out the type of work of the people of Gampong Jawa, it can be seen in the table below:

Graph 4. Graph of the Type of Work of the Community of Gampong Jawa Village



Source: Keuchik Gampong Jawa Office, 2020

Socio – Religious Context of Gampong Jawa Community

The social life of the community in Gampong Jawa is quite close. One of the factors that strengthen these social ties is the similarity in customs and religion. The majority of people in Gampong Jawa have embraced Islam for generations. In addition, religious activities in the village also run properly such as the celebration of Eid al – Fitr & Eid al – Adha, the birthday of the Prophet Muhammad S.A.W and others. The existence of religious institutions in Aceh Province is followed by the assertiveness of the enforcement of Islamic law by the Government of Aceh. In a narrower corridor, the people of Gampong Jawa follow all forms of norms and rules in the implementation of Islamic law at the Banda Aceh City level. This is required to avoid deviant behavior in the community such as: *khalwat*, *maisir*, and others. Social order is seen in daily life in the community and has a positive impact on strengthening social relations among the community. Mutual cooperation activities between residents are still running today although not the same as in the past. This is due to the complex division of labor in the community, making it difficult to gather in large numbers.

Rumoh Gizi Gampong Program

The Rumoh Gampong Nutrition Program is a model of handling and preventing stunting in an integrated and integrated manner with a family and community empowerment approach at the Gampong or village level. The implementation of the Rumoh Gampong Nutrition Program is a follow – up and implementation of the Aceh Governor Regulation Number 14 of 2019 concerning efforts to prevent and handle stunting in Aceh so that village funds must be budgeted for the Rumoh Gampong Nutrition Program based on the mandate of the Aceh Governor Regulation Number 14 of 2019 (Hafizam 2021).

The implementation of the Rumoh Gampong Nutrition Program in a village begins with (1). Socialization of the RGG to the community conducted by the RGG management team; (2). Problem identification through data collection and targeting/census of 1000 HPK targets (infants and toddlers, pregnant women, breastfeeding mothers, and adolescent girls; (3). The RGG management team meets to agree on problems, targets, indicators, targets, and activity plans and follow – up to be carried out; (4). Establishing RGG activities; (5) Implementation of activities by the RGG management team; (6). Monitoring and evaluation (Alfridsyah and Zaman 2022).

The activities carried out in the RGG Program are providing nutritional services for children who are declared stunted in Gampong Jawa, then given additional nutritious food containing carbohydrates, nuts, animal and vegetable proteins as well as fruits. This program also provides clean and healthy lifestyle education to parents in the form of: education about nutrition, introducing vitamins and other sources of energy for children. This education is expected to increase the knowledge capacity of families and communities in efforts to prevent and reduce stunting in children. Furthermore, strengthening activities are carried out, namely increasing strengthening towards improving clean and healthy living behavior and strengthening food security such as providing education related to the use of the yard to plant nutritional needs. Therefore, the existence of vacant land around the house is important to realize food security in the smallest scope, namely the household.

Funds allocated to RGG activities come from village funds, the health sector Special Allocation Fund budget, departmental and cross–sectoral budgets, assistance and donations or zakat infak and shadaqah funds, community self–help and other non–binding sources. (Bagindo et al. 2021b). The budget spent on this activity is 850,000 Rupiah per meeting, these funds are then used to buy food needs such as meat, beans, fruits, rice and other food needs needed to be given to children with stunting status.

Community Centered Empowerment

The RRG program departs from the needs of the Gampong community, namely the need for adequate nutrition for the growth and development of toddlers. In addition, it is also for the need for knowledge about parenting and knowledge of clean and healthy lifestyles to parents in order to prevent the increase in the number of stunted children in Gampong Jawa. This is due to Gampong Jawa being the Gampong with the highest stunting rate of other Gampong in the Banda Aceh City area. This program is intended for children affected by stunting in Gampong Jawa considering that stunting is a problem that can harm the community, especially children and families affected by stunting. It is important for children to get adequate nutrition so that their growth and development are perfect and have an impact on the child's intellectual and physical prime.

The number of children who do not get the nutrition they need causes children to be less able to develop and this will affect them in the future. Therefore, the community is then given socialization about clean and healthy lifestyles to parents of toddlers so that they are empowered in caring for and maintaining good nutrition for children and the RGG program also provides additional food to toddlers at risk of stunting. The routine of the RGG Program is to provide additional food to children who are declared stunted, the food provided varies and is not monotonous, the most important thing is that in the food there are five nutritional components that must be given to children commonly called five stars. The five components in question include carbohydrates, animal protein, vegetable protein, nuts, and fruits or what they call the five–star menu is the scope of nutrition that must be received by children, besides that the cadres also conduct questions and answers related to child development.

The RGG program provides socialization to parents who have stunted children with various themes to increase parents' knowledge related to nutrition and parenting so that they recover from stunting conditions, not only that, the RGG program also holds hands – on practice on how to cook, process food forms, how to wash hands, so that parents can see firsthand how to process food. Apart from these activities, cadres also often provide educational videos related to how to prevent stunting and good parenting in groups that have been created through the WhatsApp application, so that parents can watch the video

at any time. In addition to providing socialization to parents who have stunted children, cadres are also given socialization, socialization to cadres is important, because it is cadres who will interact a lot with the community every time RGG activities are held.

Community Participation in the Rumoh Gizi Gampong Program

The success of empowerment programs such as the RGG requires the participation of the community and the village government. The community is less active in participating in the RGG, because of urgent reasons so they have to be absent from these activities, there are also those who claim that they do not want to participate because they feel that without this program their children can still be full and get food despite the fact that their children are classified as stunted so it can be seen that there are people who are still apathetic to children's health and empowerment efforts made. From the research results, it is also known that there are decreases and differences in community participation from 2023 to the present. This is inseparable from the urgent things that must be done by parents such as work and other activities that cannot be left behind. In addition, community participation is reduced because they are bored with the implementation of the program. This is because the empowerment process does not use variations to increase community participation.

Community participation is also seen during discussions in forums, such as socialization and education forums. The results showed that during the socialization process, the community was less active or silent. This is due to the fear of submitting the wrong questions or inputs. The community predominantly listened to what was said by the extension workers even though the RGG Program management always reminded them that if they did not understand or there was a problem, they should not be afraid to ask questions. RGG activities are dominated by women's participation compared to men. This condition occurs because the father has to work to earn a living. The participation of the father is very minimal in accompanying the growth and development of the child, even though the role of the father is very important to know and control the growth of the child. Financial constraints are the main reason why fathers rarely interact with their children.

Participation must also be seen from the involvement of the Rumoh Gampong Nutrition program administrators in running the program. The results showed that RGG administrators are always active and enthusiastic in reminding parents who have stunted children to always bring their children to RGG. This is so that the parents of these children do not miss the counseling agenda that has been prepared. Even if there are obstacles from parents such as the absence of a vehicle to attend the board will pick them up to attend the activity. However, although the officers are enthusiastic, their performance is still not optimal. This is due to the economic conditions of parents who cannot be left at work (working odd jobs).

Overall, participation in the RGG program shows two attitudes, namely: 1. The RGG management's caring attitude in reminding, inviting, and picking up RGG participants to attend RGG activities. 2. Community participation in the RGG program is waning. This happened because the activities carried out were the same as the previous activities so that the community was bored.

Strengthening Community Power to Reduce Stunting

The Rumoh Gampong Nutrition Program seeks to empower the community so that they are able to maintain the growth process of their children who have been declared to be in a stunting condition. Empowerment is carried out by providing socialization to parents regarding clean and healthy lifestyles, also related to food that is needed by

toddlers, to the stage of direct practice on how to cook properly and correctly. From the RGG empowerment efforts, it is known that the community understands what was conveyed during the RGG program and some have forgotten what has been conveyed. This condition is certainly unfortunate because the community does not get optimal information. In addition, the Rumoh Gampong Nutrition Program provides changes for the community who initially did not know about stunting, now they are more careful about child growth and development. In addition, the Rumoh Gampong Nutrition Program provides assistance to the community in terms of fulfilling nutrition and recognizes the development of the child's growth even though it is not significant. Changes and developments occur both in terms of height and weight.

Program Sustainability in Community Life

Sustainability is when the community is able to continue the achievements of the Rumoh Gampong Nutrition Program. The achievement in question is the knowledge and strategies that have been obtained by the community from the Rumoh Gampong Nutrition Program. The results showed that sustainability has not fully run in the community. The factors that make the inability of the community to continue empowerment in RGG include; Economic limitations, wrong parenting, access to health services, sanitation in poor condition.

Economic limitations for small communities make them unable to meet the needs of healthy foods as recommended. Of course, this condition further aggravates the growth and development of children for the better. The alleviation of stunting in children requires nutritious food and high supplements for children. However, what happens at the location is that there are still many people who have difficulty accessing healthy and nutritious food for children. From an economic perspective, the majority of families who have stunted children are families who do not have permanent jobs, many of whom work as laborers, scavengers, construction workers, security guards, street vendors and other irregular jobs. The gross income received by the lower middle class community is around 3,000,000, – rupiah per month and has dependents between 4 – 6 people. This unbalanced income affects the distribution of nutritious food consumed by households. Not only that, life in urban areas makes these breadwinners have to be active and work hard to meet the needs of their families, not only to meet food needs. Parents' income greatly affects their family's purchasing power. Adequate family income will support children's growth and development.

Parenting is one of the aspects that greatly affects the sustainability of RGG empowerment that has been given to the community. Unhealthy parenting patterns run by the community are difficult to change in the near future. Some examples seen in the research location are providing unhealthy foods such as flavored foods and drinks, children's hygiene that is not maintained. In fact, according to the head of the Gampong Jawa service section, the food offered to improve children's growth and development is cheap and easily available. Field research showed that not only sweets, researchers also directly saw parents providing foods that are not recommended for children, such as instant noodles, flavored drinks, and snacks with high levels of preservatives. Parents even admitted that they often give food such as instant noodles to their children on the grounds that noodles are food that children really like. In addition, non – strict parental control is caused by having to work so that they leave their children to their eldest child so that there is no control over consumption for children. The level of education of parents also determines the growth and development of children from the demographic data of the village shows that many residents of Gampong Jawa do not continue their education to a

higher level, limited knowledge about caring for children makes children have an impact on the lack of caution of parents in maintaining patterns.

There is no health service such as a health center in Gampong Jawa. This results in the community having to seek treatment at the Lampaseh Health Center by traveling further for treatment. It becomes very difficult if they need immediate treatment at night. The absence of health facilities also makes the community have to go to the clinic for treatment, so they have to pay higher medical expenses. There are even some community members who no longer bring their children to the hospital because they feel disappointed by the hospital's refusal to state that the BPJS used is still active but the hospital states that it is no longer active.

Sanitary factors such as environmental cleanliness also need to be considered because they affect the prevalence of stunting, it is known that many stunted children in Gampong Jawa come from Hamlet five. Muda Hamlet, Hamlet five is known to be very slum, is the most coastal hamlet in Gampong Jawa and is adjacent to the landfill, from the results of observations the environmental conditions are not very well maintained, apart from economic factors, lack of public awareness about cleanliness is also the main reason. Researchers saw that most of the houses in aisle five were uninhabitable because they were only walled with plywood or small wooden boards that were pasted together and the community used to call such houses tempel houses. The cleanliness of the house is also not maintained, livestock cages such as goats, chickens, and ducks are even integrated with the walls of residents' houses, making the environment in the village unsterile. The condition of the house is messy and surrounded by a lot of garbage when entering the alleys of the hamlet, causing an unpleasant odor. Even so, the people there are used to such conditions so they look normal with the conditions they experience. This situation is certainly very negative for the growth of children in Tgk. Muda Hamlet, this is evidenced by the number of stunted children in Tgk. Muda Hamlet. Access to clean water is also inadequate, so that some of the community are not able to access clean water.

Conclusion

Research related to the analysis of the Rumoh Gampong Nutrition Program in an effort to reduce stunting rates using the theory of community empowerment put forward by Robert Chambers, it can be concluded that the empowerment process of the Gampong Nutrition House Program implemented in Gampong Jawa in an effort to alleviate stunting is not running smoothly because of the four aspects of community empowerment put forward by Robert Chambers, only one aspect is maximally fulfilled, namely the community – centered aspect, it can be seen that the Rumoh Gampong Nutrition Program routinely provides socialization to parents who have stunted children in order to gain knowledge about preventing and overcoming stunting in children. While the other three aspects have not been fulfilled optimally, especially the sustainability aspect, the community has not been able to carry out what has been educated while participating in the Rumoh Gampong Nutrition Program due to unsupportive internal and external factors.

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