

## Empowerment of Developed Villages Through Education and Training in Product Diversification of Panada Filling Morning Leaf as An Effort for Stunting Prevention

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**Abstract :** Stunting is one of the nutrition problems that is currently the government's focus. To prevent stunting in children, mothers need to consume proper nutrition and have good nutritional knowledge. The maternal and child health program (KIA), especially the provision of health education in Pucak Village, has not gone well so that 21 cases of stunting were found, 15 pregnant women had anemia and 12 KEK. in pregnant women and toddlers by using local ingredients of Moringa leaves because Moringa leaves have high nutritional value. The method used in this community service activity is health education and local food processing training in preventing stunting. The result of this activity was that there was an increase in the community's knowledge and skills after being given education and training on stunting and participants were able to red demonstrate processing Moringa leaves in the form of Panada filled with Moringa leaves. The results of community service activities show an increase in the knowledge, attitudes and skills of Cadres and Youth Organizations to utilize local ingredients, namely Moringa leaves as a functional food in preventing stunting in children.

### INTRODUCTION

Stunting is a chronic nutritional problem caused by insufficient nutritional intake for a long time due to the provision of food that is not in accordance with nutritional needs. The World Health Organization (WHO) states that stunting is conditioned by a Z-score for height for age (TB/A) less than -2 standard deviations (SD). Globally, around 1 (one) in 4 (four) toddlers is stunted. Stunting is often found in children aged 12-36 months with a prevalence of 38.3-41.5%. Stunting in children under the age of five is usually not recognized because the difference between stunted children and normal children at that age is not very visible. (Wahyuningsih & Darni, 2021).

According to the WHO (World Health Organization) in its 2025 Global Nutrition Targets, stunting is considered an irreversible growth disorder which is largely affected by inadequate nutritional intake and repeated infections during the first 1000 days of life. The 2018 Global Nutritional Report reports that there are around 150.8 million (22.2%) stunted toddlers which is one of the factors hindering human development in the world. Stunting is a problem of chronic malnutrition due to lack of nutritional intake for a long time, resulting in impaired growth in children. A child is considered stunted if their height is lower or shorter (dwarf) than their age standard. The form of efforts to prevent stunting in Pucak Village is

by empowering the community with local processed food products.

Pucak Village has an area of 17.76 km<sup>2</sup> and a population of 3,135 people with a population density of 176.52 people/km<sup>2</sup> in 2022. The sex ratio of the population of Pucak Village that year is 101.35. This means that for every 100 female residents there are 101 male residents. Pucak Village is one of the assisted villages of the Indonesian Muslim University in Tompobulu District, Maros Regency which has many problems in the fields of Education and Maternal and Child Health. Mothers and children are groups that are vulnerable to health problems. The maternal and child health program (KIA), especially the provision of health education in Pucak Village, has not run well 21 cases of stunting were found, 15 pregnant women had anemia, and 12 had KEK.



Figure 1: Survey of Stunted

Community empowerment is a strategy in the concept of community-centred development as the subject of development. The natural potential of an area depends on the geographical conditions, climate, and landscape of the area. Different natural conditions produce diversity and characterize the local potential of each region. It is better to understand in depth that in general the natural resources in the village are used to improve the quality of life of rural communities from various aspects, namely in terms of economic, social and ecological resilience.

The basis of empowerment is a measure of success for improving the economy and health status in the village. At present there are many local food preparations to prevent stunting such as Moringa Leaf Pudding, Kelor Leaf Panada, Moringa Leaf Tea and other types which are

generally additional food. For this reason, we created a breakthrough by utilizing Moringa raw materials into snacks that have a high nutritional content.

Community service in Pucak Village because it is a fostered village of the Indonesian Muslim University in Tompobulu District, Maros Regency which has many problems in the fields of Education and Health. Pucak Village has great potential to be developed, because it has human resources in the form of health cadres and youth groups which can become the driving force for community empowerment. In addition, the potential for natural resources in the form of moringa plants which are abundant and thrive on the land/yard of the house, but are only used as vegetables.



Figure 2: Training on Making Panada Stuffed Moringa Leaves

Moringa plant is a plant that is widely cultivated in the area of Pucak Village, Maros Regency, South Sulawesi. Moringa plants can grow and develop in tropical areas such as Indonesia. Moringa plants can grow from the lowlands to an altitude of 700 m above sea level. Moringa plant is a shrub with a height of 7-11 meters, resistant to dry seasons with drought tolerance of up to 6 months and easy to breed and does not require intensive care. In Indonesia, the moringa plant has various names in several regions including kelor (Java, Sundanese, Bali, Lampung), marongkih (Madura), moltong (Flores), kelo (Bugis), ongge (Bima), murong or barunggai (Sumatra). and hau fo (East). Moringa is a species of the most widely cultivated monogeneric family, namely Moringaceae which is native to the Indian sub-Himalayan, Pakistan, Bangladesh and

Afghanistan. (Marhaeni, 2021). Moringa leaves are a food ingredient with high nutritional value, especially iron. Iron in 100 grams of Moringa leaves is 7 mg, when it is floured it becomes 28.2 mg. Protein and iron levels in processed moringa food can meet PMT standards for toddlers (Santi et al., 2020).

The research results of While Gopalan, et al. shows that all parts of the moringa plant are beneficial to health. Moringa leaves contain various macro nutrients including nitrogen (N), phosphorus (P), potassium (K) and C, H, O (which are taken from the air and micro nutrients include Iron (Fe), manganese (Mn), Zinc (Zn) Moringa leaves contain very high amounts of vitamin A, vitamin C, B vitamins, calcium, potassium, iron and protein which are easily digested and assimilated by the human body. - an active ingredient that acts as an antioxidant Contains important nutrients such as iron (fe) 28.2 mg, calcium (ca) 2003.0 mg and vitamin A 16.3 mg rich in  $\beta$ -carotene, protein vitamins A, C, D, E, K and B (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B6, vitamin B12 and folate. Various types of antioxidant compounds such as ascorbic acid, flavonoids, phenolics and carotenoids (Journal et al., 2023). Moringa leaves have a high nutritional content, including 22.7% protein, 4.65% fat, 7.92% carbohydrates, and 350-50 mg calcium. (Nkechinyere Onyekwere & Felix I., 2014). Complete amino acid content, high antioxidants, and antimicrobials are also found in fresh Moringa leaves (Demirchyan et al., 2016).



Figure 3: Potential Natural Resources of Moringa Leaves

Moringa leaves have a high nutritional content, the properties and benefits of which

have made the Moringa plant nicknamed Mother's Best Friend and Miracle Tree because it is believed to have the potential to overcome malnutrition, hunger, prevent and treat various diseases around the world. (Merina, 2021). Local food ingredients that have the potential to become additional food ingredients for toddlers are Moringa oleifera leaves because Moringa leaves have high nutritional value. (Pengabdian, 2023).

Providing education and training on the dangers of stunting, how to prevent and treat stunting under five through counseling, as well as education and training on managing Moringa leaves into Panada cakes filled with Moringa leaves as a new food product that has high nutritional value. This aims to increase the knowledge and skills possessed by the community of health cadres and youth groups in managing Moringa leaves into other types of food products that have economic value, so as to improve the health status of partners. Provision of demonstration materials and equipment on how to manage Moringa leaves is expected to create great benefits for the community. In addition, the community has the expertise to make new food products which is a unique and rare innovation. In addition, the basic ingredients for manufacture are easy to obtain, and produce products that have good nutritional content, also have a selling value, so that they can create business opportunities from these products. Panada's processed product with Moringa Leaf Stuffing has a lot of nutritional content for efforts to prevent stunting consisting of carbohydrates, vitamins, protein, iron, minerals and calcium and other nutrients.



Figure 4: Panada Cake Filled with Moringa

Based on the above description of the benefits of Moringa leaves, the main objective of this activity is to conduct education and training on product diversification of Moringa leaf products in an effort to prevent stunting. By making Moringa leaf pancakes, it is hoped that the community will be able to have snacks for toddlers that will be of interest to many people so that they will become a source of healthy food and new income for the community.

**METHOD**

The community service program is carried out in Pucak Village with the target of cadres and youth organizations. Community service activities are carried out using interactive lecture methods, discussions and demonstrations as well as product making guidance. The activities include giving pretest and posttest as an effort to evaluate education and training activities on stunting prevention, delivering material about the benefits of Moringa leaves, questions and answers and discussions related to the material that has been presented and demonstration of making Panada Stuffed Moringa Leaves, evaluating the level of understanding and skill in making Panada Stuffing Moringa Leaves. The tools and materials used in making Panada Moringa Leaves Stuffing are:

**Tools and Materials**

Stoves, pans, spatulas, containers for storing dough, blenders, knives, mixers, panada molds

1. Dough Ingredients:

- Wheat flour 500 grams
- Granulated sugar 5 tablespoons
- Butter 2 tablespoons to taste
- enough SP
- Chicken egg 1 grain
- Fermipan 1 tablespoon
- Cooking oil
- Water

2. Stuffing Ingredients

- Moringa leaves
- Shredded fish
- Garlic

- Red onion
- Celery leaves
- Salt
- Pepper
- Chicken broth



Figure 5: The Process of Making Panada Moringa Leaves Stuffing

**RESULT AND DISCUSSION**

The implementation of community service activities for diversifying Moringa leaves as an effort to prevent stunting in the Pucak Village area is carried out with a partner education process regarding the nutritional value and nutrients contained in Moringa leaves. Making Panada with Moringa Leaf Stuffing is one of the stunting prevention innovations in Pucak Village. There were 40 respondents including 20 cadres and 20 youth organizations who took part in the activity program in question. Table 1 describes the characteristics of the respondents based on age, length of time as a cadre and youth group, occupation, length of work, education, family income, training attended.

Table 1: Distribution of Respondent Characteristics in Pucak Village, Tompobulu District, Maros Regency Year 2023

Characteristics	The Number of Cadres and Youth Organizations	
	(n)	%
<b>Age</b>		
<b>Cadres</b>	<25 years	1 5,0
	26-35 years	8 40,0
	>35 years	11 55,0

<b>Youth organi zation</b>	<25 Tahun	18	90,0
	26-35 Tahun	2	10
	>35 Tahun	0	0
<b>How long have you been a Cadre and Youth Organization</b>			
<b>Cadres</b>	1-5 years	10	50,0
	6-10 years	3	15,0
	>10 years	7	35,0
<b>Youth Organi zation</b>	1-5 years	19	95,0
	6-10 years	1	5,0
	>10 years	0	0
<b>Job</b>			
<b>Cadres</b>	Farm workers	2	10,0
	Honorary	4	20,0
	IRT	8	40,0
	Farmer	2	10,0
	Self-employed	4	20,0
<b>Youth Organi zation</b>	Not yet working	10	50,0
	Honorary	5	25,0
	Self-employed	5	25,0
<b>Length of Work</b>			
<b>Cadres</b>	1-5 Hours	10	50,0
	6-10 Hours	9	45,0
	>10	1	5,0
<b>Youth organi zation</b>	1-5 Hours	11	55,0
	6-10 Hours	8	40,0
	>10	1	5,0
<b>Education</b>			
<b>Cadres</b>	Elementary Schoo	4	20,0
	Junior high school	8	40,0
	Senior high school	8	40,0
	Senior high school	14	70,0
<b>Youth organi zation</b>	Diploma	12	10,0
	S1	4	20,0
<b>Family Income</b>			
<b>Cadres</b>	< Rp. 1.000.000	10	50,0
	Rp.1.100.000- Rp2.000.000	5	25,0
	>Rp. 2.000.000	5	25,0
	< Rp. 1.000.000	7	35,0
<b>Youth organi zation</b>	Rp.1.100.000- Rp2.000.000	4	20,0
	>Rp. 2.000.000	9	45,0
	<b>Total</b>	250	100

Source: Primary Data

Table 2: Knowledge Level of Cadres and Youth Organizations About How to Prevent and Overcome Stunting in Pucak Village, Tompobulu District, Maros Regency Year 2023

<b>Partner Group</b>	<b>Category</b>	<b>n</b>	<b>%</b>
<b>Cadres</b>	Low	3	15,0
	Currently	8	40,0
	Tall	9	45,0
<b>Youth organi zation</b>	Low	0	0
	Currently	3	15,0
	Tall	17	85,0
<b>Total</b>		40	100

Source: Primary Data

Table 3: Attitudes of Cadres and Youth Organizations About Ways to Prevent and Overcome Stunting in Pucak Village, Tompobulu District, Maros Regency Year 2023

<b>Partner Group</b>	<b>Category</b>	<b>n</b>	<b>%</b>
<b>Cadres</b>	Low	1	5,0
	Currently	6	30,0
	Tall	13	65,0
<b>Youth organi zation</b>	Low	0	0
	Currently	5	25,0
	Tall	15	75,0
<b>Total</b>		40	100

Source: Primary Data

Table 4: Behavior of Cadres and Youth Organizations Regarding Ways to Prevent and Overcome Stunting in Pucak Village, Tompobulu District, Maros Regency Year 2023

<b>Partner Group</b>	<b>Category</b>	<b>n</b>	<b>%</b>
<b>Cadres</b>	Low	7	35,0
	Currently	10	50,0
	Tall	3	15,0
<b>Youth organi zation</b>	Low	0	0
	Currently	13	65,0
	Tall	7	35,0
<b>Total</b>		40	100

Source: Primary Data

Based on the results of the evaluation and processing of the data previously presented, this discussion will explain in accordance with the research objectives, namely knowing the

effectiveness of providing education and training on stunting prevention and control for posyandu cadres which includes knowledge, attitudes and behavior in Pucak Village, Maros Regency.

According to the World Health Organization (WHO) stunting is a developmental disorder in children caused by malnutrition, repeated infections, and inadequate psychosocial stimulation. Stunting itself is a condition in which a child has a height or body length that is not appropriate or lacking in comparison to his age. Stunting is the right measure to identify the occurrence of long-term malnutrition in children which ultimately causes inhibition of linear growth, stunting is the impact of various factors such as low birth weight, inappropriate stimulation and parenting, inadequate nutritional intake, and recurrent infections as well as various other environmental factors (Pratiwi et al., 2021).

Adverse effects that can be caused by short-term stunting are impaired brain development, intelligence, impaired physical growth, and metabolic disorders in the body. The long-term adverse effects that can be caused are decreased cognitive ability and learning achievement, decreased immunity so that you get sick easily, and a high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke and disability in old age. All of this will reduce the quality of Indonesia's human resources, productivity, and national competitiveness (Astarani et al., 2020), If you look at the bad effects caused by stunting, therefore the Posyandu cadres in every village in Pucak Village are given the education and training that the Posyandu cadres really need. Education and training are expected to be able to change the behavior of pregnant women which includes knowledge, attitudes and actions in order to be able to minimize the occurrence of stunting. Due to the lack of knowledge of pregnant women and proper information about stunting, good treatment is needed starting from the pre-conception of pregnant women until pregnant women give birth to their children. This is what must be maintained by the nutritional status, growth and development of the fetus they

contain. So that there are no more forerunners of children who will experience stunting. By providing training on understanding the prevention and control of stunting for Posyandu cadres, the goal is for the cadres to be able to provide understanding and be able to change the behavior of pregnant women. If pregnant women do not have good knowledge about stunting, this will affect the attitudes and behavior that pregnant women will show. So it is necessary to provide complete and up-to-date education and training/information to pregnant women to improve their behavior regarding premature rupture of membranes.

### **Knowledge**

Knowledge is needed as the spearhead to achieve healthy attitudes and behavior in society. Which means that knowledge about health services is the first step to support creating a healthy society. This knowledge may be influenced by age, gender, source of information, economic status, level of education and also occupation (Fitriahadi & Khusnul, 2019).

The respondent's work, in this case female cadres and youth organizations as honorary, is one that influences the determination of changes in knowledge regarding the prevention and control of stunting, which is known when someone has an honorary job, has a relatively busy job, as in the news quote from coil.com that it is not a figment of the imagination that honorary workers actually seem busier, and even some workloads are sometimes excessive (Nasir et al., 2020) as well as the long working time which is quite long so that knowledge becomes lacking.

From the results of distributing the pre-test and post-test questionnaires to posyandu cadres and youth organizations, there was a significant change, initially only around 13 people had the correct answers, increasing to 17 more people in the cadres and likewise for youth organizations there was a significant change, which was initially only about 5 people got the correct answer, increasing to 18 more people. This is in accordance with the results of the n-

gain test where the n-gain category is the most in the high category, and for the interpretation of the effectiveness of the use of stunting prevention and control education and training for Posyandu cadres is in the quite effective category with a n-gain score of 54.70% in increasing the understanding of posyandu cadres about stunting prevention and control, and for the results of the n-gain test where the n-gain category is the most in the high category, and for the interpretation of the effectiveness of the use of stunting prevention and control education and training for posyandu cadres is in the effective category with n-gain score of 79.40% in increasing the understanding of posyandu cadres about stunting prevention and management.

Cadres must be equipped with good health knowledge, especially about stunting prevention, so that when they provide counseling to the community they can do it well too. The messages conveyed by cadres will be the same as those conveyed by health workers. This can support specific nutrition intervention activities, especially in increasing the coverage of breastfeeding for up to 2 years which has been proven to prevent stunting in 1000 HPK (Ramadhan et al., 2021). This study shows that the level of knowledge of cadres about anthropometric measurements is mostly lacking (86.7%). One of the most basic Posyandu problems is the low level of knowledge of cadres both from an academic and technical standpoint, therefore in order to be able to provide optimal services at Posyandu, it is necessary to adjust the knowledge and skills of cadres, so that they are able to carry out Posyandu activities according to norms, standards, procedures and development criteria. Integrated Healthcare Center. Cadres need to get the right knowledge and skills in carrying out weighing (Megawati & Wiramihardja, 2019). The results of other studies state that increasing knowledge about stunting and the skills of cadres in measuring the length or height of toddlers correctly can be carried out at Posyandu by providing training to strengthen knowledge about stunting, training in tool validation, using tools and interpreting the results of measuring length or height. This can

also increase knowledge. and the practice of cadres in measuring length or height in toddlers (Nur Rohmah & Arifah, 2022). The results of this study are in line with the results of research on the knowledge and attitudes of cadres about stunting in toddlers aged 12-36 months in the working area of the Leuwigoong Health Center, Garut Regency, which shows that there is an increase in knowledge and attitudes of cadres after being given the Stunting-Free Child Application (ABS) with a p value <0.005, the percentage increase in knowledge is 25.1% and the percentage of attitudes is 76.2%. Based on the above, health cadres at posyandu do not just measure height and weight, but need to adjust their knowledge and skills in taking anthropometric measurements of toddlers.

The Indonesian government focuses on preventing stunting, one form of the government's seriousness in preventing and handling stunting is the government creating the Healthy Indonesia Program to increase access and quality of basic and referral health services, especially in remote areas, by involving the community in the smart Indonesia program, one of which is to become health cadres. The results showed that increasing the knowledge, attitudes and skills of health cadres in preventing the risk of stunting through collaboration with various parties such as education from the puskesmas followed by monitoring and evaluation carried out routinely by the puskesmas on health cadres in carrying out weighing, detecting nutritional status and detecting as well as stimulation of child growth and development by optimizing reporting such as an effective and clear way of recording accompanied by the results of interpretation of measurements and speed in submitting reports on the results of early detection of child growth and development as well as nutritional status and stunting detection from health cadres to the local village midwife or puskesmas (Sari et al., 2021). The findings from previous studies indicate that the motivation and knowledge of cadres affect the performance of cadres (Afifa, 2019).

### Attitude

According to Newcomb in Notoatmodjo (2014) attitude is a willingness to act after getting a stimulus or stimulation. The increase in attitude is caused by several factors, one of which is education. Education is a learning process. Education can help individuals determine a wise attitude towards the information provided. Education is needed to change one's attitude for the better (Notoatmodjo, 2014).

Increasing the attitude of cadres and youth organizations regarding the prevention and control of stunting through education and training has attracted the attention of female cadres, especially when it comes to stunting, where stunting has become a common problem that could possibly happen to them. The provision of education through education and training is important because the information provided is so that there is an increase in the behavior of posyandu and youth organizations cadres.

From the distribution of the pre-test questionnaire, it was found that initially the Posyandu cadres strongly disagreed with the positive statements in the attitude section, such as a mother's obligation to know the food needs of children according to their age and development, and other statements. After carrying out education and training providing education on prevention and control of stunting, the results of the post test were many who strongly agreed with the positive statement. This can also be seen from the results of the n-gain test where the n-gain attitude category is mostly in the high category of 20 people and for the interpretation of the effectiveness of the use of stunting prevention and control education and training for Posyandu cadres is in the fairly effective category (with a score of n -gain 72.91%) in increasing the understanding of posyandu cadres about stunting prevention and management. Then, if you look at the results of the n-gain test for youth youth, most are in the high category as many as 15 people and for the interpretation of the effectiveness of the use of stunting prevention and control education and

training for youth youth is in the effective category (with a n-gain score of 76.75%) in increasing youth youth understanding of stunting prevention and control.

Providing health education provides a change in attitude to posyandu cadres and youth organizations, namely an increase in attitude towards cadres and youth organizations before and after being given health education. Someone will have a positive attitude according to their perspective on a good thing that they believe in (Endang Susilowati, 2023). The results of the n-gain test show that attitudes are included in the effective category in changing the skills of posyandu cadres and youth organizations regarding stunting, which, when viewed from the characteristics of the respondents, is influenced by the age factor where the age of the respondents in this study is in the range of 20-35 years. where it is considered capable of capturing or seeing something good and bad that can happen to oneself. At this age it is considered that the mindset is ripe to accept new things that may be accepted.

Attitudes themselves are influenced by media exposure or information. The change in attitude is influenced by other factors, one of which is belief and knowledge that was previously sufficient through sensing, sensing is obtained through education and the learning process. Attitudes are also influenced by emotional factors where emotions here function as a kind of channeling frustration or diverting forms of defense mechanisms which, if related to the sample in this study, focus on female mothers who use emotional feelings more in understanding things. (Pascawati et al., 2018).

The attitude of cadres and youth organizations in this regard regarding stunting, one of which is at the responding level, being able to provide answers when asked, being able to work on the questionnaires given and completing them is an indication of a good attitude. Because with an effort to answer and carry out the tasks given, regardless of whether the work is right or wrong, it means that the people in this posyandu and youth youth group accept what is conveyed, and see from their

activeness in asking questions and discussing when the material is presented (Pertiwi & ., 2017).

### **Behavior**

In essence, human behavior is the activity or practice of the person himself which has a very broad scope, such as walking, talking, reading, and so on. From this description, the human way of behaving is all human practice or practice, which can be noticed and has a certain repetition, range and reason regardless of whether it is intentional. An individual acts or does not act based on his insights, beliefs and mentality. In the action itself has 4 levels, namely perception (understanding), guided response, mechanism and also adaptation. From the description above it can be concluded that behavior/action is a collection of various interacting factors. so that sometimes mothers do not have time to think about the causes of someone implementing certain behaviors. Therefore we can examine the reasons behind an individual's behavior, before he is able to change that behavior.

Efforts that can be made to prevent and overcome stunting are by providing health education to posyandu cadres and youth organizations so that they can provide understanding to their pregnant women.

From the results of the study by distributing questionnaires to posyandu cadres, on average after being given education and training, even though in terms of effectiveness, they are in the less effective category. This can also be seen from the results of the n-gain test where the category of n-gain behavior is at most in the medium category as many as 10 people 50.0%, and for the interpretation of the effectiveness of the use of education and training on stunting prevention and control for posyandu cadres is in the category not effective (with a n-gain score of 35.38%) in increasing the understanding of posyandu cadres about stunting prevention and control. Then, when viewed from youth organizations by distributing youth youth questionnaires after being given education and training, even though in terms of effectiveness it

is in the less effective category. This can also be seen from the results of the n-gain test where the n-gain behavior category is most in the medium category as many as 13 people 65.0%, and for the interpretation of the effectiveness of the use of education and training on stunting prevention and control for posyandu cadres is in the category quite effective (with a n-gain score of 64.36%) in increasing the understanding of posyandu cadres about stunting prevention and management.

This ineffective result is influenced by several factors, namely based on the characteristics of the respondents themselves in this case family income, where out of 10 samples there are 10 people whose family income is below Rp.1,000,000, which means that this less income makes posyandu and Karang Taruna maximally in terms of stunting, such as practicing stunting prevention. This is in line with (18) that one of the other factors of stunting is socio-economic where family income is a factor that determines the quality and quantity of family health, high income can support good health conditions, while low income can provide obstacles in family in achieving health welfare.

The effectiveness of behavior in this study was also influenced by the length/time of working for housewives, where most posyandu and youth youth cadres worked for 5-8 hours, which included long working hours so that cadres and youth organizations were rather difficult to take part in promotions. health/counseling conducted regarding premature rupture of membranes is also a practice. This long working time makes the mother tired more quickly, making it difficult to do other activities. WHO found, overwork or working too long poses a health risk that can be fatal.

In an effort to promote health itself, the provision of education and training is expected for housewives in Maros Regency to cover 3 things, namely from not knowing to knowing or being aware of (knowledge), from knowing to wanting (attitude aspect) and from wanting to become capable (aspect of practice). in the prevention and control of stunting. However, in

this study housewives regarding stunting from the practice aspect or their behavior were not competent based on ineffective test results, this was closely related to 2 other aspects of results, namely knowledge and attitudes.

When an individual or a family is about to move from wanting to being able to carry it out, it may be constrained by various factors such as the previous factors described above. In this case the person concerned can assist in solving the problem in accordance with the inhibiting factors. So herein lies the importance of synchronizing health promotion with the health programs it supports and other related sector programs.

## CONCLUSION

Based on the results of the community empowerment activities that have been carried out in the Cadre and Youth Organization groups, several conclusions can be drawn, among others: Cadres and youth groups have new innovations in efforts to prevent stunting. The group has the ability to diversify the processing of Moringa leaves into products with high nutritional value that can be used as additional food to prevent stunting. Community service activities increase the knowledge of Cadres and Youth Organizations to utilize local ingredients, namely Moringa leaves as functional food in preventing stunting in children. The group is able to change attitudes and behavior in handling stunting. In order to continue this activity, support from the relevant Office and other interested parties is needed to maximize processed Panada products filled with Moringa Leaves.

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