

## VIBRANT VILLAGE BASED HEALTHY VILLAGE EMPOWERMENT: STUNTING AND MALNUTRITION PREVENTION IN KELURAHAN SADENG

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**Abstract:** Nutritional problem is an issue to be concern in the developing country such as Indonesia, especially in the infant to child, and vulnerable age (Setiadi, 2020). Kelurahan Sadeng (sub-district) is located in Kecamatan Gunungpati (district), Semarang City, Central Java. Geographically, the sub-district has an area of 153,425 Ha, with majority of the area consists of yard and rice fields. Kelurahan Sadeng has administrative borderlines, it is bordered by Kelurahan Kandri and Kelurahan Bambab Kerep to the west, Desa Kalipancur (village) to the north, Kelurahan Sukorejo to the east, and Kelurahan Pongangan to the south. The profile of Kelurahan Sadeng consists of total 8,386 people (March. 2025) consists of 4,149 men, and 4,237 women divided into 10 RW and 53 RT. The positive impact of the population density in this village is the availability of a large workforce, greater business opportunities, and increased household industrial production. Meanwhile, the emerging problem from negative impacts of the population density are **the first**, the limitation of health facility in Sadeng sub-district, **the second**, in some RWs there are cases of stunting reported. **The third**, the understanding of clean and healthy lifestyle (PHBS). The objective of the program is The Healthy Village Development through Sustainable Vibrant Village in Kelurahan Sadeng by strengthening Integrated Health Service Post (Posyandu), forming village administrators of health institutions, and also to reduce stunting rates. The outputs of the activity are in the form of mandatory and additional output. The mandatory output includes article publication on Jurnal Pengabdian Masyarakat accredited Sinta 5 with ISSN : <https://jurnal.stie-aas.ac.id/index.php/JAIM> and mass media publication. The activity is held during 1 semester since the proposal is approved to be funded. The proposed fund for the community service is Rp. 1.

**Keywords :** healthy village empowerment, Sadeng, Vibrant Village, infectious disease, stunting, PPK Ormawa Hima Manajemen.

### Introduction

Kelurahan Sadeng is part of Kecamatan Gunungpati with total 8,386 people. With area of 153,425 ha, the people density has emerging positive and negative impacts. The positive impacts from the people density are the availability of a large workforce, greater business opportunities, and increased household industrial production. On the other hand, it also comes with the negative impact. As people of Kelurahan Sadeng are dense,

causes the health facility such as Puskesmas (Community Health Center) become only has limited number of visitors due to its low capacity. Therefore, the waiting time turns longer, medication treatment becomes not optimal, the declining quality of health services. Besides, there are problems related to the distribution of infectious disease such as tuberculosis and identified HIV in Kelurahan Sadeng. Moreover, nutritional-related diseases such as stunting, obesity, and diabetes are still found in the sub-district, occurred in the densely populated with inadequate education on proper nutrition.



*Figure 1 – Location of Kelurahan Sadeng*

Kelurahan Sadeng is a community service partner village of Universitas Persatuan Guru Republik Indonesia Semarang which designated for community empowerment initiatives involving lecturers and students of Faculty of Economics and Business. The first step in the community service is held an observation survey and meet Puguh Priyambodo, SE., M.Si as the Lurah of Kelurahan Sadeng (Sub-district Head), he stated that there are problems such as low numbers of health facilities and the high numbers of tuberculosis and stunting issues.

*Table 1 - Health Facility in Kelurahan Sadeng*

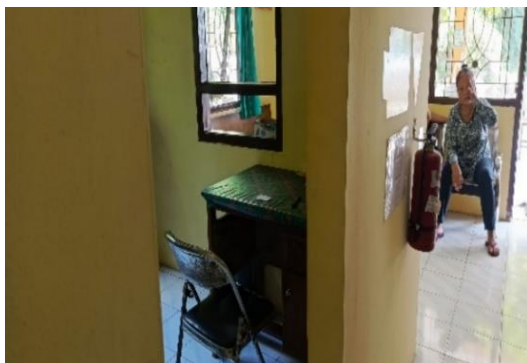
Health Facility Type	Total
Rumah Sakit	0 Unit
Poliklinik	0 Unit
Rumah Bersalin	0 Unit
Puskesmas	1 Unit
Tempat Praktik Dokter	1 Unit
Apotek	2 Unit
Posyandu	8 Unit

Source : BPS Kecamatan Gunung Pati, 2024

*Table 2 - Number of Stunting Case in Kelurahan Sadeng, Kecamatan Gunungpati*

Year	Number of Stunting Case
2021	17 Cases
2022	17 Cases
2023	19 Cases
2024	21 Cases

Source : Dinas Kesehatan Kota Semarang, 2025



(a)



(b)

**Figure 2 – (a) registration and waiting room for patience; (b) Puskesmas Pembantu Sadeng Village**

The issues faced by Kelurahan Sadeng as the community village partner are (1) low numbers of health facilities, (2) the high numbers of stunting cases, (3) the low understanding of related to hygiene and healthy lifestyle. To build the autonomy, convenience, and public welfare through the synergy with the expertise of the university community, competences, and government policy as mentioned in the Rencana Pembangunan Jangka Menengah Daerah Pemerintah Daerah (RPJMD) and non RPJMD,

the community service team from Universitas Persatuan Guru Republik Indonesia Semarang are trying to find the solution for the health issues through direct and indirect activities that have potential to affect the community welfare. For the identified problems, the solution is the implementation and the empowerment of health village through vibrant village: Stunting and Malnutrition in Kelurahan Sadeng.

*Table 3- Identified problem in health sector with recommended solution, and targeted output*

No	Problem	Solution	Targeted Output
1	low understanding of related to hygiene and healthy lifestyle	Mass Education and PHBS sosialisasi	Increasing sanitation and hygienity of food products
2.	the high numbers of stunting cases	Periodical Monitoring and Evaluation and providing additional meal (PMT) with nutritious meal	Decreasing number of stunting case
3.	Less optimal of health cadre	strengthening Posyandu, Posbindu and health cadre training	Health cadres of Kelurahan Sadeng become more effective

Besides, the community service program (PKM) entitled Vibrant Village Based Healthy Village Empowerment: Stunting and Malnutrition in Kelurahan Sadeng will have output as mentioned in table 4 below.

*Table 4 – Type and status of targeted output*

No.	Output Type	Info	Output Status
1.	Scientific Article in Journal with ISSN and accredited Sinta 5	ABDIMAS : Jurnal Pengabdian Masyarakat	Mandatory Output
2.	Printed media publication	Tribun jateng	Mandatory Output

## Methods

The community service team consists of different study program in the same university (Universitas Persatuan Guru Republik Indonesia Semarang). The expertise of the team members in the community service entitled **Vibrant Village Based Healthy Village Empowerment: Stunting and Malnutrition in Kelurahan Sadeng** are shown in the table 5 below. Furthermore, the community service program also involving **at least 3 students** from study program Management.

*Table 5 – Expertise and task of members for community service program*

No	Nama	Bidang Keahlian	Sektor Program PKM
1	Ratih Hesty Utami Puspitasari, SE., MM	Management	Health Socialization
2	Chadyan Fathurachman, S.Kom., M.A.B	Digital Business	Optimized website for health

The targeted partner of the community service entitled **Vibrant Village Based Healthy Village Empowerment: Stunting and Malnutrition in Kelurahan Sadeng** is the community in Kelurahan Sadeng.

The implemented method in the community service program is **continuous (on-going) mentoring**. The method is an approach with orientation in mentoring and developing community empowerment by making the community as both the subject and object of development and involving them directly in various community service activities as an effort to increase their participation in development for their own benefit.

*Table 6 – Activities Timeline*

No	Activity	1	2	3	4	5	6
1.	Community Service Program Socialization	■					
2.	Training: Healthy lifestyle behavior		■				
3.	Periodical Monitoring and Evaluation and providing additional meal (PMT) with nutritious meal			■			
4.	Strengthening Posyandu, Posbindu and health cadre training			■			
5.	Evaluation of activities result			■			
6.	Scientific writing for Pengabdian Abdi Mas Journal				■		
7.	Report preparation					■	

## Result

The program started with situational analysis followed by health and nutrition issues mapping in Kelurahan Sadeng. The result of the identification shows that there are limited understanding of balanced nutrition, parenting practices, and the importance of periodically monitoring the growth and development of toddlers. Based on these findings, the community service team, along with community partners, developed a series of activities that prioritized the Vibrant Village approach as the concept of healthy village that is active, participatory, and sustainable.

## Discussion

The community service team that conducted the site survey was well-received. The community of Kelurahan Sadeng, represented by the Lurah (Sub-district head), agreed to serve as a training site. Furthermore, the village government agreed to provide a venue for the activity and provide participants.

The training began by preparation to ensure the training runs successfully. Some preparation to be prepared are: (1) a rundown of the training program, (2) training materials. The community service program was held on November 18, 2025 at Kelurahan Sadeng Hall, Kecamatan Gunungpati.



(a)



(b)

**Figure 3 - (a) coordinating with Lurah of Kelurahan Sadeng, Puguh Priyambodo, S.E., M.Si.; (b) coordinating with medical force Puskesmas Pembantu Kelurahan Sadeng**

The primary method of the program is continuous (ongoing) mentoring which is implemented through a series of educational and practical activities. It includes

education of nutrition and health, training related to healthy food processing based on local foods, maternal education, and strengthening the role of Posyandu cadres to have early detection of the risk of stunting and malnutrition. These activities are held in stages and continuously to ensure changes in community knowledge, attitudes, and behavior.

The program encourages the community to increase their capacity through mentoring health cadres and collaboration with the sub-district officials. The function of Posyandu as community health service center is strengthened, serving not only as a place for toddler weighing but also as a means of nutrition education and consultation. Intensive mentoring is provided through field visits, routine monitoring, and periodic evaluation of program achievements.

*Table 7 – Program Achievement Result of Community Service Program at Kelurahan Sadeng 2025*

Item	Pre-Test	Post-Test
<b>The Understanding of Maternal Nutrition</b>	45%	<b>80%</b>
<b>The Presence of Toddler at Posyandu</b>	60%	<b>85%</b>
<b>The Implementation of Balanced Nutrition Menu</b>	40%	<b>75%</b>
<b>The Rate of Toddler at Risk of Stunting</b>	20%	<b>12%</b>

The implementation of **Vibrant Village Based Healthy Village Empowerment: Stunting and Malnutrition in Kelurahan Sadeng** showed positive results in terms of increased knowledge, behavioral changes, and strengthening community roles. The result of the program were obtained throughout the program by continuous (ongoing) monitoring, evaluation, and mentoring activities. Based on the results of pre-tests and post-tests conducted with pregnant women and mothers of toddlers, there was an increase in knowledge about balanced nutrition and stunting prevention.

Before the mentoring, only about 45% of participants had a good understanding of toddler nutrition and the First 1,000 Days of Life (HPK). After a series of education and mentoring, the level of understanding increased to about 80%, indicating a significant increase in knowledge. From the results of the Posyandu mentoring, there was an increase in community participation in toddler growth and development monitoring

activities. The number of toddler attendance at the Posyandu increased from an average of 60% to 85% every month. In addition, Posyandu cadres showed increased skills in recording toddler growth and providing basic education related to nutrition and family health. The results of observations of toddler feeding patterns showed positive behavioral changes. Approximately 75% of mothers of toddlers have implemented a balanced, nutritious diet based on local foods, compared to only 40% before the program. Mothers of toddlers have also begun to understand the importance of dietary variety, food hygiene, and regular meal schedules. In terms of nutritional status, monitoring results show a decrease in the number of toddlers at risk of malnutrition. Before the program, approximately 20% of toddlers were at risk of stunting and malnutrition. After ongoing mentoring, this figure decreased to approximately 12%, although further efforts are still needed to achieve optimal results. In addition to quantitative achievements, the program also produced qualitative achievements, such as increased community awareness of the importance of early stunting prevention, the formation of nutrition-conscious mothers' groups, and improved coordination between Posyandu cadres and village officials. The ongoing mentoring implemented has been able to encourage the community to be more independent in maintaining family and environmental health.

Overall, the community service results show that the Vibrant Village approach with continuous (ongoing) mentoring is effective in supporting the prevention of stunting and malnutrition in Kelurahan Sadeng. This program has had a real impact and has the potential to be developed and replicated in other areas with similar characteristics. Increasing the knowledge of pregnant women and mothers of toddlers directly contributes to improved parenting and feeding practices for children. This aligns with the concept of stunting prevention, which emphasizes early intervention through nutrition and family health education. Increasing attendance at Posyandu also demonstrates growing public awareness of the importance of monitoring child growth and development. Reducing the risk of stunting and malnutrition is an early indicator of the success of the community service program. While these results require further efforts, continuous (ongoing) mentoring has been shown to drive medium-term behavioral change. Strengthening the role of Posyandu cadres and support from village officials are crucial factors in maintaining the program's sustainability. Thus, the Community

Partnership Program not only impacts health aspects but also builds community independence in maintaining the quality of life for families and the environment. This program has the potential to become a model for healthy village empowerment that can be replicated in other areas with similar challenges.

## **Conclusion**

Vibrant Village Based Healthy Village Empowerment: Stunting and Malnutrition Prevention In Kelurahan Sadeng has been successfully implemented through a sustainable and participatory mentoring approach. This program has had a positive impact on increasing knowledge, changing behavior, and strengthening the community's role in stunting and malnutrition prevention efforts.

The results of the community service program show a significant increase in the understanding of pregnant women and mothers of toddlers regarding balanced nutrition and stunting prevention. Furthermore, community participation in Posyandu activities has increased, as evidenced by increased attendance of toddlers and the active involvement of health cadres. Continuous mentoring also encourages changes in parenting behavior and the provision of nutritious food at the family level.

In terms of nutritional status, this program shows a decreasing trend in the number of toddlers at risk of stunting and malnutrition. While these results still require strengthening and sustainability, these achievements demonstrate the effectiveness of the Vibrant Village approach in supporting the creation of healthy, active, and empowered villages. Strengthening the capacity of Posyandu cadres and support from village officials are key factors in maintaining the sustainability of the community service program. Overall, this PKM Program not only provides short-term benefits, but also has the potential to create long-term impacts in improving the quality of health of the Sadeng Village community and supporting better human resource development.

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3. The Dean and Vice Deans of Faculty of Economics and Business, Universitas Persatuan Guru Republik Indonesia Semarang;
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