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## ROLE AND STRATEGY ISLAMIC COUNSELOR IN THE ACCELERATION OF STUNTING PREVENTION THE GUNUNGJATI DISTRICT CIREBON REGENCY

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### Abstract

Stunting threatens the presence of a quality generation, namely quality, healthy, intelligent and productive human resources which greatly influence the success of a nation's development. Stunting prevention must be carried out comprehensively, covering all aspects, including health, nutrition, education, religion and other interrelated sectors. Religious Counselors are one of the stakeholders who have a strategic role in supporting efforts to accelerate the reduction of stunting. Efforts to accelerate the reduction of stunting are noble steps to implement the objectives prescribed by Islam, especially the protection of the soul, protection of the mind, and protection of offspring, so that it becomes part of worship that must be practiced and preached to the community. This research aims to determine the role and strategies used by Islamic Religious Counselors in accelerating stunting prevention in Gunungjati District, Cirebon Regency. This research method uses a qualitative method with a case study approach or case study research design. Data collection was carried out using interview, observation and documentation study methods. Informants were selected using a purposive sampling technique consisting of acceleration strategy targets, social support targets and community empowerment targets in accelerating stunting prevention in Gunungjati sub-district, Cirebon Regency. The conclusions are 1) Islamic Religious Counselors have a strategic role in accelerating stunting prevention with steps; Mapping of Religious Potential which continues to carry out guidance and counseling to the community through the media of Sermons, Taklim Councils, children's Korans, also carrying out Pre-Wedding Guidance for prospective brides and grooms. 2) The strategy used by Islamic Religious Counselors is to provide social support to religious and community leaders to support the systematic acceleration of reducing stunting rates. At the same time carrying out empowerment (community empowerment) in accelerating the reduction of stunting rates in Gunungjati District with a religious approach.

**Keywords:** *Stunting Prevention, Religious Approach, Religious Counselor*

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## INTRODUCTION

Stunting threatens the presence of qualified generations, namely Human Resources (HR) that are quality, healthy, intelligent and productive, which will certainly greatly affect the success of a nation's development. The indicator used as a measure of success in building human resources is the Human Development Index (HDI). Based on an analysis conducted by UNDP in 2020 Indonesia was ranked 107 out of 189 countries in Asia. Malaysia It is ranked 62nd in Malaysia. Indicators used to calculate the HDI of a country are health (AHH), Education (HLS, RLS), decent standard of living (GNI per capita) and aggregation Index. (Dody, et al. 2023) the low HDI of Indonesia is one of them influenced by the low nutritional status and public health.

Islam as rahmatan lil'naturaln, not only set the problem of worship, but also set the problem of yourproblem"amalah. Your existence" is a proof that Islam does not abandon the affairs of this world and does not separate between this world and the hereafter. (Srijanti, 2007) public health and nutrition problems can actually be minimized by clean and healthy living behavior (PHBS) by all families in Indonesia. (Baihaki, 2017)

In the Qur'an, Allah (SWT) explains that Allah (SWT) will not change the condition of his servants if they do not change their own circumstances with effort and trust. As has been explained in the word of Allah SWT in Surah ar-Rad verse 11 as follows:

إِنَّ اللَّهَ لَا يُعَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُعَيِّرُوا مَا بِأَنْفُسِهِمْ ۗ وَإِذَا أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ ۗ وَمَا لَهُمْ مِّنْ دُونِهِ ۗ مِنْ وَّالٍ

It means "Indeed, Allah does not change the condition of a people until they change the condition that exists within themselves and if Allah wills evil for a people, then no one can resist it; and there is no protector for them besides him." (QS. Ar Ra'd : 11)

The above paragraph means that the improvement of life must be seen from the initiative and implemented by the community itself. Change will not happen if humans do not strive to change their lives in carrying out an example of

changing lifestyles that have not been good for the better, among others, from a balanced nutritional diet, parenting, personal hygiene and the community environment and fighting poverty. (Aziz, 2008)

In an effort to accelerate the reduction of stunting, Cross-Sector Coordination is needed and involves various stakeholders such as Central Government, Local Government, cross-sector, private/business sector, professional organizations, religious organizations, community leaders, religious leaders, the general public and others. The government sector involved at the central to regional level is the Ministry of Religious Affairs, where at the sub-district level there is the Office of Religious Affairs (Kua).

The District/City Mora office through KUA also carries out services or coaching functions to the taklim Assembly. Majelis taklim is an institution or community group that carries out non-formal Islamic religious education as a means of Islamic Da'wah. As one of the functions carried out by majelis taklim is community empowerment-based education.

At the level of implementation in the community, one of the synergistic roles of the Office of Religious Affairs is through Islamic extension workers. Meanwhile, communication of behavior change in the acceleration of stunting prevention with a religious approach carried out by Islamic extension workers. Islamic extension has an important role in Community Empowerment, guidance and counseling activities of Islam and development through the language of Islam. Departing from the description above and based on the phenomena in the Community District Gunungjati Cirebon. Researchers are motivated to examine more deeply related to the role and strategy of Islamic extension agents in accelerating the decline in Stunting rates.

## **METHOD**

The research method used in this study is a descriptive research method and is a case study that is examined qualitatively. By the nature of the research describes the problem being investigated by describing the condition of the subject or object of research at the moment based on the facts that appear or as they are. (Iskandar, 2010) while the approach used by the author is a qualitative approach. Qualitative research is a study that is intended to describe and analyze phenomena, peristiwa, social activities, attitudes, beliefs, perceptions, and thoughts of people both individually and in groups. (Lexi, 2010)

The choice of this type of qualitative research because the researchers assume that this research will be more easily answered with a qualitative penelitian, the first reason qualitative research is based on naturalistic concepts, both

qualitative research with multiple dimensions, unity intact, open, and changing, third in qualitative research, the relationship of researchers with interacting objects, research from outside and in, the researcher as an instrument, is subjective, and judgment, the fourth Natural research setting, related to place and time, the fifth subjective analysis, intuitive, rational, and sixth, the results of research in the form of description, interpretation, tentative, and situational.

The type of research that researchers use is a type of case study. Case study is a type of in-depth research on an aspect of the social environment including humans in it. Case studies can be conducted on individuals (eg family), a group of people (ustadz, employees, students), the human environment (Village, District, boarding school) and others. Case study material can be obtained from sources such as observation reports, personal notes, diaries or biographies of the person being investigated, reports or information from people who know about it.

## RESULTS AND DISCUSSION

Islamic extension workers are very instrumental in accelerating the reduction of stunting rates with a religious approach carried out as an intensive intervention action so that health messages conveyed to the community by integrating religious teachings with the aim of being able to understand and be able to change clean and healthy living behavior and become a motivation to implement in everyday life. The steps taken by the extension of Islam in the District Gunungjati Cirebon are :

### 1. Mapping the religious potential of Gunungjati district

Religious potential Data, necessary for the foundation in determining the program of activities and targets to be intervened. With data-based activity programs, it is expected that the activities carried out can achieve the expected goals. The role of religious extension agents in the activities of collecting religious potential data is to collect religious facilities, population based on religion and religious figures. Religious facilities include religious institutions such as majelis Ta'lim, DTA, TPQ and Islamic boarding schools. Human resources include the number of Muslim and non-Muslim population and religious figures. Islamic extension gunungjati district totaling 12 people. 11 people with the status of employment as honorary and one person with the status of civil servants.

Religious potential Data recorded are majelis Ta'lim, mosques, mushollah, religious leaders, preachers and missionaries, Islamic organizations and religious organizations, data bride. Ta'lim Assembly Data

ingunungjati sub-district amounted to 30, the number of mosques 53, Mushollah and Langgar amounted. 135, active Islamic organizations berjumlah. 2, the number of Friday Khotib, Islamic boarding schools numbered 50 people.

Having religious potential data will facilitate the mapping of groups that will be involved in the acceleration of stunting reduction activities, facilities used as a place of activity, and targets that will get education about stunting and determine the right method in the educational process in accordance with the ability and age of the target group.

## 2. Pre-Marriage Guidance Activities

Pre-marriage guidance activities, is one of the existing services in the Office of religious affairs at the district level. Pre-wedding activities are carried out regularly and independently. Regular pre-wedding activities are budget-based guidance activities, with a quota of 15 pairs of prospective brides and grooms, held for two days, guidance activity resource persons come from religious leaders, head of gunungjati District Health Center, Head of UPTD P5A and education practitioners. The independent guidance activities carried out are not budget-based, carried out every day with a duration of 2 hours and the resource person is a gunungjati subdistrict Islamic extension officer.

The role of the extension worker in pre-marriage activities is as a facilitator and resource person, as a facilitator to manage the course of activities and help the resource person and build a pleasant and not boring guidance atmosphere so that guidance participants remain focused in following the activities. In the implementation of pre-marriage guidance, the problem faced is the bride and groom, some can not follow through because the bride and groom whose status as an employee can only permission from the company only a day. This problem must certainly be addressed and requires a strategy so that the main material of the bride's briefing can be conveyed to the bride.

Strategy so that the main material about health and family resilience is delivered, it is scheduled on the first day of the pre-wedding activity so that all prospective brides who come get the main material of the activity. Calon bride and groom who follow the guidance introduced elsimil application, (electronic applications ready for marriage and ready to get pregnant) which is an innovation of BKKBN to reduce the number of stunting addressed to the bride and groom.

3. Health Promotion Through Friday Sermons and Recitation of Majelis Ta'lim.

Health promotion especially about stunting through Friday sermons is very effective. The effectiveness is Jama'ah come alone to the mosque without being invited, the atmosphere is calm and the condition of the quality of the jama'ah faith is strong so that the motivation to make changes in clean and healthy behavior is very likely to be implemented in everyday life. The range of participants is also from adolescents and parents who have families that are expected to affect their family members.

In addition to the mosque through the Friday sermon, a means that can be used as sensitive nutrition intervention activities is majelis Ta'lim. Majelis Ta'lim is a non-formal religious institution owned by clerics or clerics, including Islamic extension workers. Islamic extension gunungjati district has an average minimal 2 Assembly Ta'lim built. Coaching activities to Jama'ah majelis Ta'lim in one week carried out 2 times. Jama'ah who follow majelis Ta'lim from among housewives and groups of young men and women. Islamic extension workers in health promotion carried out through Friday sermons, and recitation in majelis Ta'lim are formulating material on stunting prevention through religious messages in the hope of adding confidence in the importance of healthy living as part of religious orders.

While the strategy carried out by Islamic extension consists of two activities. First, social Support (Social Support) to community leaders and religious leaders in the acceleration of stunting prevention, namely by carrying out various efforts, namely:

1. Discuss religious leaders and Stakeholders in Gunungjati District

Reducing stunting is a serious problem and must involve all components of good and be a shared responsibility. Stunting prevention is not only solved through the health sector but stunting Prevention includes education and the economy, it is necessary to discuss together to take joint action in order to achieve a decrease in stunting rates. One of them is through workshops.

The workshop is a discussion of the leaders, experts in the discussion to find solutions to the problems faced. Using the word mini workshop because mini workshop activities carried out at the sub-district level and organized by the sub-district. And the participants are up to kecamatan level, KUA, village government. Community organizations. Religious leaders and youth.

The mini workshop organized by gunungjati sub-district as the speaker was the Technical Implementation Unit of the Department of population control, women's empowerment and Child Protection. (UPTD P5A)

kecamatan gunungjati. In this workshop, the presentation of data, programs, program achievements and problems and solutions were presented.

The role of Islamic extension in this activity is to provide solutions so that in conducting sensitive interventions, stunting prevention is carried out with a religious approach. The argument uses a religious approach because our society is majority religious, many religious figures and can be involved in spreading health messages that are associated with religious teachings, the existence of religious facilities that can be used to place health promotion activities.

## 2. Role Model extension acceleration of stunting reduction.

Islamic extension has the function of informatif, educative and consultative advocate. Informative function, the extension agent as a place to obtain information regarding religious life, educational function, extension agent as a person entrusted to educate people in line with the teachings of Islam. Advocacy function, extension must provide assistance to people who need a spiritual companion. Consultative functions, extension workers as a place to complain, ask questions for the community to resolve problems.

The task of religious extension is to organize development through guidance and counseling using religious language. In carrying out development tasks, extension workers really need social support, and partnerships with cross-sectoral agencies. Requires social support and partnerships with cross-sectoral institutions related to health because in carrying out the task of extension requires the latest data, supporting facilities and education and training as a strengthening role model.

Gunungjati subdistrict Islamic extension has 12 people, and each has at least 2 built Ta'lim assemblies. Disamping as an extension of religion as well as religious leaders and community leaders when ditengahin the midst of society. As a religious and community leader, the extension of religion is the right figure to be a model or example in the community.

The role of Islamic extension as a model for accelerating the decline of stunting is Islamic extension to be an example for the community in the field of Health. Being a place for people to consult and educate people who are still vulnerable to health, especially health.

Second, by implementing community empowerment strategies (Empowerment) with a religious approach in accelerating stunting prevention, namely by :

## 1. PKK Cadre Construction

Community empowerment is part of the pillar of the strategy to accelerate the reduction of stunting rates, because handling stunting requires sensitive intervention. Sensitive intervention is a preventive activity, a form of sensitive intervention is to provide information about stunting and encourage clean and healthy living behavior, parenting and nutritious eating patterns.

The role of Islamic extension agents in the implementation of community empowerment is to guide the village escort cadres and increase the role of the family. Guidance to the cadre of village assistants was carried out at the UPTD P5A Office, Gunungjati District, Cirebon Regency. Village escort cadres are members of the village PKK. The purpose of coaching the village escort cadres is to provide an understanding of the meaning and value of health based on religious prescriptive so that cadres understand that healthy living and preventing health are religious teachings that must be implemented in everyday life.

Behavior changes that village PKK cadres can be used as a model and assistance for individuals who want to make changes in clean and healthy behavior. Assistance carried out by PKK cadres to the community will be based on the acceleration of the decline in stunting, this is because the community has an understanding that clean and healthy living behavior is part of religious teachings and preparing a quality generation is part of religious orders that must be obeyed.

## 2. Strengthening Family Roles

The family is the smallest group of society, which has both parent and Child members. They carry out their respective roles in order to have family resilience. Family resilience is supported by the fulfillment of basic needs, namely education, economy and health.

Parents as family leaders, will affect the pattern of living a clean and healthy life. Parents who are not sensitive to healthy clean living will affect the parenting of their children both the diet and the cleanliness of the environment in which they live but parents who have sensitivity to clean and healthy living will conduct clean and healthy living behavior towards themselves, their children and the environment.

The role of Islamic extension is to build awareness of parents to participate in the Prevention of stunting through a religious approach. Provide an understanding of the importance of the role of parents as family leaders to always provide good nutrition, proper care, and a healthy diet to



children and also provide a spiritual message that parents are responsible for caring for and protecting their children as a mandate from Allah SWT.

The action of gunungjati sub-district Islamic extension in strengthening the role of families to play an active role in preventing stunting is to build members of the congregation of the TA'lim Assembly under his guidance. In majelis Ta'lim there are caregivers and members of the majelis Ta'lim. The congregation of majelis Ta'lim was given information about stunting including its causes, effects and Prevention. The congregation is encouraged to play an active role in strengthening families in reducing stunting rates with a religious approach.

## CONCLUSION

Based on the results of the analysis and discussion of the research conducted, it can be concluded as follows:

1. Islamic extension agents have a strategic role in accelerating stunting prevention with measures; mapping of religious potential which is continued to carry out guidance and counseling to the community through the media of sermons, Taklim assemblies, children's Studies, and also carry out pre-marriage guidance to Brides and grooms.
2. The strategy used by Islamic extension workers is to provide social support to religious leaders and community leaders to support the acceleration of a systematic decrease in stunting rates. As well as empowering (community empowerment) in accelerating the decrease in stunting rates in Gunungjati district with a religious approach.

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