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The Role of Family Companions for Beneficiary Families (KPM) of the Family Hope Program (PKH) in Overcoming Stunting in Toddlers

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Abstract

The purpose of this study is 1) to analyze the role of beneficiary family companions (KPM) of the Family Hope Program (PKH) in overcoming stunting toddlers in Sungai Talang Village, Lima Puluh Kota Regency, and 2) to find out the problems faced by beneficiary family companions (KPM) of the Family Hope Program (PKH) in overcoming stunting toddlers in Sungai Talang Village, Lima Puluh Kota Regency. The type of qualitative research is descriptive approach, the data sources used are primary data and secondary data. Informants in this study used purposive sampling. Data were collected by means of observation, interviews and documentation then analyzed using data reduction, data display, and conclusion drawing. The Role of Family Companions of Beneficiary Families (KPM) of the Family Hope Program (PKH) in Overcoming Toddler Stunting in Sungai Talang Village, Lima Puluh Kota Regency: a) Educational Role. PKH Companions conduct school reviews about the importance of health and nutrition for toddlers and their mothers, b) facilitators, carried out at KPM with routine assistance, opening up space and time for PKH recipient families to be able to find out the complaints of fostered participants and PKH companions provide support to pregnant women to check their health both at Posyandu and at the Community Health Center, and c) Assistance role. Coordinate with Cadres, Jorong, Village Heads and Village Midwives regarding PKH recipients.

Keywords: Mentoring, Beneficiary Families, Family Hope Program, Toddlers, Stunting

1. Introduction

Indonesia currently faces a double nutritional burden, often referred to as the "Double Burden." This means that while we continue to work hard to address issues of malnutrition such as wasting, stunting, and anemia, we also have to address the issue of overnutrition or obesity (Ministry of Health, 2018). The 2018 Basic Health Research (Riskesdas) found that the prevalence of very stunted children was 11.5% and stunted children was 19.3%. According to the official website of the Ministry of Health, the number of children experiencing stunting in Indonesia in 2021 decreased by 3.3%, from 27.7% in 2019 to 24.4% in 2021 (Health Research and Development Agency, Ministry of Health, 2021).

Stunting can occur as a result of malnutrition, especially during the First 1,000 Days of Life (HPK). Three out of 10 toddlers in Indonesia are stunted, meaning their height is shorter than the standard for their age. Akib (2022) stated that one way to prevent stunting is to provide adequate nutrition and health services to pregnant women. This effort is crucial, considering that stunting can impact a child's intelligence and health status as an adult. The effects of malnutrition during the first 1,000 days of life are permanent and difficult to reverse (Ministry of Health, 2018).

The Family Hope Program (PKH) was first implemented in 2007 in 7 provinces and 48 districts/cities, serving 387,928 Very Poor Families (KSM) in Indonesia. It then expanded in 2011 to 25 provinces and 118 districts/cities, serving 1.1 million KSM. Statistically, the PKH program has proven successful. The Central Statistics Agency (BPS) (2017) noted that since the PKH program's launch, the poverty rate has decreased from 10.64% in March 2017 to 10.12% in September 2017 (BPS, 2017).

Families receiving the Family Hope Program (PKH) are encouraged to utilize all social services provided by PKH, including health care, education, nutrition, and other services related to the welfare of beneficiary families (Astari & Pambudi, 2018). It is hoped that with the presence of PKH facilitators, beneficiary families (KPM) can learn and understand the materials presented by the facilitators in a structured manner, which can strengthen behavioral changes for the better. PKH facilitators must be able to provide motivation and support to KPM, both materially and

psychologically, so that the community, especially KPM, feels they have a place to listen to their concerns, including the problem of stunting in children experienced by parents from beneficiary families (Rahmawati & Kisworo, 2017).

PKH facilitators play an educational, facilitative, and mentoring role, bridging the gap between the government and the community (Nadilla, Nurwati, & Santoso, 2022). In carrying out their duties, these facilitators often face dilemmas. Sometimes programs planned or currently underway in the field are inconsistent with or at odds with actual conditions. Therefore, the complexity of the field demands that facilitators act wisely and patiently. The role of facilitators in the implementation of the Family Hope Program (PKH) is not merely a versatile attribute, but also a balancing act and a listening ear for the poor (Aziz, Royani, & Syukriati, 2021). According to Siregar's (2021) research, PKH implementation in preventing stunting includes preventive efforts, including encouraging behavioral changes in beneficiary families (KPM) through agreed commitments. The assistance provided by PKH can help beneficiaries meet nutritional needs for their families, and the targeting of PKH recipients has not been entirely accurate.

However, in Sungai Talang Village, Guguak District, Lima Puluh Kota Regency, there were 138 PKH beneficiary families (KPM) in 2022. To minimize stunting in children, the local government, through the Social Services Agency, is utilizing various programs and incentives to address the problem, including providing a team of facilitators for the Family Hope Program (PKH) beneficiary groups (KPM). This program is implemented by the Social Services Agency, a government agency responsible for social affairs.

Sungai Talang Village, Guguak District, Lima Puluh Kota Regency, is one of the villages within Guguak District. In 2022, Sungai Talang Village was designated a stunting hotspot, with 14 stunting sufferers spread across five hamlets (jorong): 5 in Sungai Talang Village, 2 in Kaludan Village, 2 in Guguak Nunang Village, 3 in Belubus Village, and 2 in Bukit Apit Village. For more details, see the table below:

Table 1: Stunting Data in Sungai Talang Village

No	Name of Jorong	Number of Stunting
1	Jorong Sungai Talang	5 People
2	Jorong Kaludan	2 People
3	Jorong Guguak Nunang	2 People
4	Jorong Belubus	3 People
5	Jorong Bukit Apit	2 People
	Number of people	**14 People**

Source: Lima Puluh Kota Regency Health Office, 2022

Ideally, PKH (Family Hope Program) facilitators in a village should consist of three facilitators. This would allow for the division of the assisted areas by jorong (village), but in reality, in Sungai Talang Village, there is only one facilitator. During the facilitator's implementation, there were challenges, such as a lack of time and manpower to divide the areas by jorong. Furthermore, during group meetings with beneficiary families (KPM) to provide health education to pregnant women and toddlers, some beneficiaries were absent. This resulted in parents of toddlers lacking an understanding of their children's nutritional needs, resulting in children experiencing physical growth failure.

2. Research Methods

This type of research uses a qualitative descriptive approach, with primary and secondary data sources. Informants in this study used purposive sampling. Data were collected through observation, interviews, and documentation, then analyzed using data reduction, data display, and conclusion drawing.

3. Results and Discussion

Sungai Talang Village is one of five villages in Guguak District. It covers an area of 13 km², making it the fourth-largest village after Guguak VIII Koto, Koto VII Talago, and Kubang. Location and Geographical Condition of Sungai Talang Village: Sungai Talang Village is the southernmost village in Guguak District, bordering three districts: Guguak, Payakumbuh, and Akabiluru. Geographically, Sungai Talang Village is located at 0º09'51.1" South Latitude and 100º32'13.0" East Longitude. Sungai Talang Village is flanked by three villages and two districts: Guguak VIII Koto and Kubang, and Payakumbuh and Akabiluru Districts. Administratively, Sungai Talang Village borders the following areas: 1) To the north, it borders Guguak VIII Koto Village, Guguak District. 2) To the south, it borders Sarik Laweh Village, Akabiluru District. 3) To the west, it borders Simpang Sugiran Village and Kubang Village, Guguak District. 4) To the east, it borders Piobang Village, Payakumbuh District.

Based on previous research, the following analysis will be conducted: The Role of Family Hope Program (PKH) Beneficiary Families (KPM) in Addressing Toddler Stunting in Sungai Talang Village, Lima Puluh Kota Regency.

3.1. The Role of Education

This aligns with the findings of Nurhasanah, Arifuddin, & Syaifullah (2023), who found that the role of PKH facilitators in empowering poor communities is gradually becoming more visible in aspects of education, health, and the economy. They deliberately refrain from renovating their homes, arguing that poverty will impact their livelihoods. Most are unaware that PKH participation has a time limit, increasing the community's dependence on the government.

This relates to Parsons' structural functional theory. With the insight of facilitators, they are able to be open to the many ideas that may cause problems in the community and find appropriate solutions to these problems without favoring any particular group (Rahmawati & Kisworo, 2017).

3.2. Facilitative Role

The role of the facilitator/extension worker here illustrates the role of the facilitator in meeting community needs, such as health services and the provision of clean water. Health services are not the facilitator's responsibility; rather, the facilitator acts as an intermediary to direct health workers to monitor or examine community health in Sungai Talang Village, Lima Puluh Kota Regency.

Facilitators are crucial for building a social life for beneficiary families (KPM). This finding is supported by Rahmawati & Kisworo (2017), who stated that facilitation is a process whereby facilitators facilitate clients in identifying needs and solving problems, as well as encouraging initiative in decision-making, thereby achieving sustainable client independence.

From Parson's structural-functional theory, social development emerged as a response to distorted development. Social development is considered an approach to social welfare that offers effective responses to existing social problems. This approach utilizes three approaches to achieving social welfare. These approaches understand the concept of social welfare (Witono, 2020).

The role of PKH facilitators in Sungai Talang Village, Lima Puluh Kota Regency, is facilitative for beneficiaries (KPM), including assisting with the complaints process and providing routine assistance. Routine assistance provided by PKH facilitators is crucial for conveying information related to PKH and providing a space for PKH recipient families to address their concerns. PKH facilitators in Sungai Talang Village, Lima Puluh Kota Regency, emphasized that pregnant women should visit health services, either at the Integrated Health Post (Posyandu) or the Community Health Center (Puskesmas), to prevent stunting in children.

3.3. The Role of Assistance

Facilitators in Sungai Talang Village accompany beneficiaries during socialization, validation, verification, and capacity-building meetings. They are required to commit to beneficiaries of the PKH Family Hope program, including ensuring their children's education and health. In health, they must weigh their babies, provide complete immunizations, and attend four antenatal checkups during pregnancy through the Posyandu, the Community Health Center, or other health facilities. PKH facilitators in Sungai Talang Village collaborate with the village head and village head to implement and support ongoing programs. This ensures that when sufficient facilitators are available, the program can continue to run smoothly and as planned. (Sartono & Wahyudin (2022) stated that mentoring by mentors to target families provides advocacy on toddler food and sanitation hygiene. By assessing the mother's educational background, knowledge, and economic capabilities, this can influence parents to improve parenting practices for malnourished toddlers.)

Mentoring is routinely conducted once a month. Activities include visits to health and education implementation units and families to assist them in enrolling their children in school. However, there are several obstacles faced by the mentors in Sungai Talang Village, with only one mentor. The problem faced by the Family Hope Program (PKH) Beneficiary Families (KPM) in Addressing Toddler Stunting in Sungai Talang Village, Lima Puluh Kota Regency is a Lack of Mentor Resources.

Ideally, PKH mentors in a village should consist of three mentors. This allows for the division of the mentored area per Jorong (Jorong), but in reality, in Sungai Talang Village, there is only one mentor. During the implementation of the mentoring, there are obstacles in the field, such as a lack of time and energy to distribute the mentoring. Similarly, during group meetings with family members (KPM), which provided health education for both pregnant women and toddlers, some KPM were absent. This resulted in parents of toddlers lacking understanding of their children's nutritional needs, resulting in physical growth failure. According to Rahmawati & Kisworo (2017), PKH Companions are human resources recruited and contracted by the Ministry of Social Affairs to implement assistance at the sub-district level.

In relation to structural functionalism theory, Persons consider society as a system consisting of parts or sub-systems, each with a function to achieve balance within the community. Structural functionalism theory also views every society as based on an organic system. This functionalism means viewing society as an interconnected system or sub-system (Ritzer, 2011).

3.4. Family Beneficiary Education

Researchers also observed that, in terms of education, family beneficiaries in Sungai Talang Village, Lima Puluh Kota Regency, generally had elementary school degrees, with some not completing school. Family Welfare Program (PKH) members are aware of the need for education. The informants identified generally did not complete elementary school. Ritzer's (2011) theory states a functional structure. This theory attempts to trace the causes of social change to community dissatisfaction with their social conditions, which personally impacts them. This theory successfully explains moderate levels of social change. The higher the level of education, the easier it is to implement in managing a farming business. This is supported by research (Nugraha & Alamsyah, 2019) which states that rubber farmer laborers' views on family beneficiary education are relatively low. Based on this research, many children in the village have only reached elementary school.

3.5. Housing Condition

Regarding the housing condition, family beneficiaries in Sungai Talang Village, Lima Puluh Kota Regency, actually have adequate housing, as evidenced by the buildings and facilities they have. Most of the residences are permanent and semi-permanent. In addition to considering the physical condition of their homes, KPM members are grateful to have become PKH members.

These findings are supported by research by Puspitasari & Primalasari (2021), who stated that home ownership during their time as rubber farmers was already their own. Households that still use wooden walls and use wells and rivers for daily sanitation are considered poor households. The condition of KPM members' homes in Nagari Sungai Talang, Lima Puluh Kota Regency, can be considered habitable. Although some are still made of wood and semi-permanent structures, they are still habitable and sturdy.

3.6. Economic Condition

Beneficiary families (KPM) in Nagari Sungai Talang, Lima Puluh Kota Regency, generally earn their living as daily laborers, rice farmers, or gardeners. The community in Nagari Sungai Talang has a fairly diverse range of livelihoods, but farming is the most dominant, far exceeding the others.

The economic conditions of stunted beneficiaries in Sungai Talang Village, Lima Puluh Kota Regency, are not significantly different. Their primary occupations are farmers and farm laborers. Their income generally ranges from Rp 1,500,000 to Rp 1,800,000 per month. Therefore, there is no difference between stunted and non-stunted beneficiaries' income and employment. Research by Susilowati (2018) indicates that overall income levels (nominal and real) have increased. Agricultural income remains dominant (with a downward trend) in household income structure.

To address the stunting problem in Sungai Talang Village, Lima Puluh Kota Regency, the role and educational skills of a Family Hope Program (PKH) facilitator are essential as a motivator and provider of education to beneficiaries in the area of health services, such as routine checkups for pregnant women and routine checkups for children at integrated health posts (Posyandu). A PKH facilitator's role is particularly important when providing information or activities to be carried out with the community.

Furthermore, PKH facilitators are required to increase knowledge and raise awareness among beneficiaries. Furthermore, the role and skills of representatives are the skills needed by PKH facilitators to provide and convey information, both from beneficiaries to the city/district government and vice versa, regarding stunting reduction in Sungai Talang Village, Lima Puluh Kota Regency. The role of facilitators for Family Hope Program (PKH) beneficiary families (KPM) in tackling stunting in toddlers in Sungai Talang Village, Lima Puluh Kota Regency.

3.7. The Role of Education

PKH facilitators in Sungai Talang Village provide education to all KPM participants on the importance of health and nutrition for toddlers and their mothers. This is done to prevent malnutrition in children and complications in mothers during childbirth. This knowledge includes regular eating patterns and balanced nutritional intake. Balanced nutrition occurs when both children and mothers consume a variety of healthy foods. Dermawan, Mahanim, & Siregar (2022) state that in addition to nutritious food, mothers and children are advised to undergo regular check-ups at integrated health posts (Posyandu) to facilitate understanding of their children's growth and development patterns. This aligns with the findings of Nurhasanah, Arifuddin, & Syaifullah (2023), who found that the role of PKH (Family Hope Program) facilitators in empowering poor communities is gradually becoming more visible in education, health, and economic aspects. They deliberately refrain from renovating their homes, arguing that poverty will affect their livelihoods. Most are unaware that PKH participation has a time limit, leading to increased community dependence on the government.

PKH facilitators' role in education is to address stunting in Nagari Sungai Talang by conducting school visits to observe and inquire about the attendance of students who are included in the Family Welfare Program (KPM). Furthermore, facilitators provide education to all KPM participants about the importance of health and nutrition for

toddlers and their mothers. This is done to prevent malnutrition in children and complications in mothers during childbirth. This knowledge includes regular eating patterns and balanced nutritional intake. Jibril & Nawangsih (2022) state that balanced nutrition occurs when children and mothers consume a variety of healthy foods.

This relates to Parsons' structural functional theory, where the insight of a facilitator enables them to be open to the many ideas that may cause problems within the community and find appropriate solutions without favoring any particular group (Rahmawati, & Kisworo, 2017). A firm and objective approach from a facilitator is also needed to resolve a problem without prolonging it. These roles have been implemented by PKH facilitators in Nagari Sungai Talang. This can also be seen in how the community is harmonious, actively involved, and willing to participate in many activities in their neighborhood.

3.8. Facilitative Role

The facilitator's role here illustrates how facilitators meet community needs, such as health services and clean water provision. Health services are not the facilitator's responsibility; rather, they merely act as intermediaries to direct health workers to monitor or examine the community's health in Nagari Sungai Talang, Lima Puluh Kota Regency. These examinations include nutritional assessments for toddlers and pregnant women. Yanti, Betriana & Kartika, (2020) stated that in addition to providing services, facilitators also build communication between residents.

Facilitators are crucial for building a social life for beneficiaries. This finding is supported by Rahmawati & Kisworo (2017), who stated that mentoring is a process of facilitating clients in identifying needs and solving problems, as well as encouraging initiative in decision-making, thereby achieving sustainable client independence. Through access to health care, the standard of living of PKH beneficiaries in Nagari Sungai Talang, Lima Puluh Kota Regency, can be improved. This includes conducting prenatal check-ups and routine immunizations as toddlers, as well as providing healthy, nutritionally balanced food to their children. This will ensure that PKH beneficiaries have healthy bodies and intelligent brains, preventing any abnormalities or disorders due to malnutrition and maintaining physical fitness, eliminating cases of malnutrition, stunting, and other conditions.

From Parson's structural functional theory, social development emerged as a response to Ritzer's (2011) distorted development. Social development is considered an approach to social welfare that offers effective responses to existing social problems. This approach utilizes three approaches to achieve social welfare. These approaches understand the concept of social welfare (Witono, 2020).

The role of PKH facilitators in Nagari Sungai Talang, Lima Puluh Kota Regency, is facilitative for KPM, including assisting with the complaints process and providing routine assistance. Routine assistance provided by PKH facilitators is crucial for conveying information related to PKH and providing a space for PKH recipient families to address their concerns. PKH facilitators in Nagari Sungai Talang, Lima Puluh Kota Regency, stated that pregnant women should visit health services, either at the Integrated Health Post (Posyandu) or the Community Health Center (Puskesmas), to prevent stunting in children.

3.9. The Role of Mentoring

Mentors in Sungai Talang Village assist beneficiary families during socialization, validation, verification, and capacity-building meetings. They are required to commit to beneficiaries of the Family Hope Program (PKH), including education, sending their children to school, and health by weighing their infants and toddlers, providing them with complete immunizations, and attending four antenatal check-ups for pregnant women during their pregnancies through integrated health posts (Posyandu), community health centers (Puskesmas), or other health facilities.

PKH Mentors in Sungai Talang Village collaborate with the Jorong Head and Village Head in implementing and supporting ongoing programs. This ensures that when sufficient mentors are available to support the mentoring process, these activities can continue to run smoothly and as planned. (Sartono & Wahyudin (2022) stated that the mentoring provided by the facilitator to target families provided advocacy on toddler food and sanitation hygiene. By assessing the mother's educational background, knowledge, and economic capabilities, this could lead to changes in parents' care for malnourished toddlers. Rizqi (2023) stated that this mentoring activity ran as expected.

The mentoring schedule was routinely conducted once a month. Activities included visits to health and education implementation units and visits to families to assist them in the process of enrolling their children in school. However, there were several obstacles faced by the facilitator in Sungai Talang Village, with only one facilitator.

PKH facilitators in Sungai Talang Village coordinated with cadres, village heads, village heads, and village midwives regarding PKH recipients. Meanwhile, in principle, the facilitator's responsibility as the implementer and director of the program's sustainability has carried out its duties well, namely by regularly holding group meetings with KPM (Family Beneficiary Families) and always coordinating with the village apparatus regarding PKH assistance.

4. Conclusion

The role of Family Companions of Beneficiary Families (KPM) of the Family Hope Program (PKH) in overcoming stunting toddlers in Nagari Sungai Talang, Lima Puluh Kota Regency: a) Educational role. PKH Companions conduct school visits to see and ask about the presence of students who are included in KPM PKH and provide knowledge to all KPM participants about the importance of health and nutrition for toddlers and their mothers, b) facilitators, facilitative roles carried out on KPM with routine assistance, opening up time and space for PKH recipient families to be able to find out the complaints of fostered participants and PKH companions provide support to pregnant women to check their health both at Posyandu and at the Community Health Center, and c) mentoring role. Coordinating with Cadres, Jorong, Village Heads and Village Midwives related to PKH recipients. While in principle, the companion's responsibility as the implementer and director of the program's sustainability has carried out its duties well, namely by regularly holding group meetings with KPM.

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