Implementation of the Sustainable Food Garden Program (P2L) as an Effort to Accelerate the Reduction of Stunting In Bone County

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ABSTRACT
This study aims to determine the implementation of a sustainable food garden program as an effort to accelerate the reduction of stunting in Bone Regency. The research method used is descriptive qualitative research. This study focuses on policy implementation using Merilee S Grindle's theory. The data analysis technique used is the Miles and Huberman model, namely data reduction, data presentation, and drawing conclusions. The results showed that the implementation of sustainable food garden program as an effort to accelerate the reduction of stunting in Bone Regency has been going well, in accordance with Merilee S Grindle's implementation theory. With several sub-indicators, the contents of the policy are interests, benefits, changes, decision-making, and program implementers. While the indicators that need to be improved are resources. Resources need to be increased so that the provision of vegetable seeds to the community can be more evenly distributed.

Keywords: Implementation, Sustainable food garden, Stunting

INTRODUCTION
Stunting is a nutritional problem that is being experienced by many poor and developing countries. Stunting has serious impacts, such as motor and sensory developmental barriers, physical size that is not optimal, causing failure to thrive, decreased intellectual capacity which causes decreased productivity. According to data from the World Health Organization (WHO), in 2017 the stunting rate in the world was 22.2% or around 150.8 million children, and in 2019 the stunting rate only decreased by 0.9% to 21.3% or 144 million children are still suffering from stunting.

The Global Nutrition Report notes that stunting in Indonesia is ranked 108 out of 132 countries, and Indonesia is the country with the second highest caseload after Cambodia in the Southeast Asia Region. Stunting is a serious problem that is being faced by Indonesia. Based on data from Basic Health Research, the prevalence of stunting in Indonesia from year to year, namely 2007, 2010, 2013, 2018 was 36.8%; 34.6%; 37.2%; 30.8%. The high rate of stunting in Indonesia requires efforts to tackle and prevent stunting from an early age. The government has issued Presidential Regulation Number 72 of 2021 concerning accelerating the reduction of stunting (State Gazette of the Republic of Indonesia of 2021 Number 172) and one of the goals of the Sustainable Development Goals (SDGs), the second goal is to end hunger and all forms of malnutrition and achieve food security by 2030 and reduce stunting by 40% by 2025.

Stunting is caused by several factors such as inadequate nutrition, the age of the mother during pregnancy, body mass index, unavailability of a balanced protein-energy diet. Factor related to birth weight, birth length, and postnatal stunting (Dewey et al., 2022; Hermawan et al.,
2023; Mchau et al., 2023; N. Sharma et al., 2023). Treatment of stunting is carried out with specific interventions and sensitive interventions. Specific interventions are short-term forms of programs that focus on health services and are carried out during pregnancy and after pregnancy. Sensitive intervention is a long-term community empowerment effort in the region (Gayawan & Egbon, 2023; Haile & Headey, 2023; Nurbaiti et al., 2022; Rukiko et al., 2023; Sudigyo et al., 2023).

The province of South Sulawesi has a prevalence of stunting which is almost the same as the national figure, which is 30.1% and is the third highest in Indonesia. Based on this condition, Bappenas determined 11 convergence areas in South Sulawesi, namely Enrekang, Bone, Gowa, Takalar, Jeneponto, Sinjai, Selayar, Pangkep, Pinrang, Tana Toraja, and North Toraja as loci for handling and preventing stunting (Ministry of National Development Planning/Bappenas, 2020). Bone Regency itself ranks fourth highest out of 24 districts in South Sulawesi after Jeneponto, Maros, Takalar. The stunting rate in Bone Regency is as follows.

Table 1. Stunting rates in Bone Regency

<table>
<thead>
<tr>
<th>Year</th>
<th>Stunting rate</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>3336</td>
<td>6.30</td>
</tr>
<tr>
<td>2021</td>
<td>3278</td>
<td>6.31</td>
</tr>
<tr>
<td>2022</td>
<td>3072</td>
<td>5.93</td>
</tr>
</tbody>
</table>

Source: Bone District Health Office 2023

From the table it is known that in 2020 there were 3336 stunting rates, in 2021 there were 3278, and in 2022 there were 3072 stunted children. Based on these data the stunting rate in Bone Regency has decreased in the last three years, but it is still very far from the target. Based on the high rate of stunting in Bone Regency, stunting is one of the priority problems in Bone Regency which is in line with the 2018-2023 Bone District Head's vision and mission, namely a program to increase equity and quality of health status for the people of Bone Regency. The next step taken is Bone Regent Regulation No. 3 of 2020 concerning the convergence of stunting prevention and reduction.

One way to accelerate handling stunting and priority handling of food insecure areas by the government in Bone Regency, namely by making several programs such as sustainable food gardens (P2L). This activity is carried out by utilizing yards, idle land, and unproductive vacant land around the house. P2L aims to increase availability, accessibility, and utilization of food for households, and to increase household income through the provision of market-oriented food. However, the implementation of P2L has not yet had a major impact on families affected by stunting.

Based on the description of the background of the problems that have been raised, the formulation of the problem in this research is how to implement the sustainable food garden program (P2L) as an effort to accelerate the reduction of stunting in Bone Regency. The purpose of this study was to find out about the implementation of the sustainable food garden program (P2L) as an effort to accelerate the reduction of stunting in Bone Regency.
METHOD

The type of research used is descriptive qualitative research. By using descriptive qualitative research it is intended to obtain a clear picture and obtain complete and more valid data regarding the problems studied. This research focuses on the sustainable food garden program (P2L) in Bone Regency by using the theory of (Grindle, 1980) which focuses on indicators of policy content with sub-indicators namely: interest in implementing a sustainable food garden program (P2L) in Bone Regency, the benefits that given after the existence of a sustainable food garden program (P2L) in Bone Regency, decision making in running the program yard sustainable food plots (P2L) in Bone Regency, resources that support the implementation of sustainable food plots (P2L) in Bone Regency, program implementers, and the changes that have been produced before and after the existence of sustainable food plots (P2L) in Bone Regency. The location of this research is in Bone Regency. Data analysis techniques in this study used the Miles model (Miles et al., 2014). There are three activities in data analysis namely data reduction, data presentation, and drawing conclusions. There are two sources of data in this study, namely primary data sources and secondary data sources. This data is needed to obtain information that is relevant to the research objectives. The informants in this study were the Bone Regency Food Security Service as the executor implementation sustainable food yard (P2L). Data collection procedures were carried out by interviews and documentation. Checking the validity of the data is done by triangulation and member check.

RESULTS AND DISCUSSION

Sustainable food garden program (P2L) in Regency Bone has been running quite well according to the theory of successful policy implementation by Merilee S Grindle (1980). This will be described as follows.

Indicators of interest in the implementation and utilization of the Sustainable Yards Program (P2L) are demonstrating positive outcomes, primarily driven by the program's overarching goal of reducing the stunting rate in Bone Regency. The success of the P2L program can be attributed to its direct and tangible benefits to the beneficiaries residing in the area. One of the perceived benefits that resonates strongly with the community is the provision of vegetable seeds to families affected by stunting and grappling with food insecurity. This strategic intervention aims to transform house yards into productive spaces that can contribute significantly to the nutritional needs of vulnerable families, ultimately preventing and mitigating the issue of stunting.

The core concept of the program revolves around assisting families in need, particularly those affected by stunting and experiencing food insecurity. By providing them with vegetable seeds, the program empowers these households to cultivate their own nutritious produce, which not only enhances their dietary diversity but also augments their self-sufficiency. As we reflect on the impact of the P2L program, it's crucial to acknowledge the list of beneficiaries in Bone Regency for the year 2022. This list serves as a testament to the program's reach and effectiveness in targeting those who require assistance the most. It signifies a commitment to inclusivity and ensuring that the program's benefits are channeled to the right recipients.
The P2L program has undeniably brought about significant positive changes for individuals affected by stunting and families grappling with food insecurity in Bone Regency. Prior to the implementation of the program, many children in the region suffered from stunting, which not only hindered their growth but also jeopardized their overall well-being. Families were grappling with food shortages and were unable to meet their nutritional needs adequately. However, the P2L program has been a transformative force in the lives of these communities.

One of the most notable changes observed is in the area of food security. Families affected by stunting now have the opportunity to utilize their land for cultivating vegetables, ensuring a consistent and diverse supply of nutritious produce. This shift has significantly improved their dietary intake and nutritional status, thereby contributing to the reduction of stunting among children.

Moreover, the surplus vegetables generated through the program have opened up economic opportunities for these families. By engaging in vegetable trade, they not only meet their own nutritional needs but also enhance their economic well-being. This dual impact on nutrition and income highlights the multifaceted benefits of the P2L program.

The decision-making process within the program is commendable, as it actively involves the community as beneficiaries. This participatory approach empowers the local population to have a say in the program's design and implementation, ensuring that it aligns with their specific needs and aspirations.

Furthermore, the program implementers, particularly the Food Security Service, have demonstrated a strong commitment to their roles. Their dedication and diligence in executing the
program have been instrumental in achieving the intended goals and outcomes. Their proactive efforts have been crucial in driving the success of the P2L program.

However, it is imperative to acknowledge that there are areas requiring improvement, notably in terms of resources. The program would benefit from increased resources to ensure a more equitable distribution of assistance to families affected by stunting and those experiencing food insecurity. This enhanced resource allocation would enable the program to reach a broader demographic and thereby prevent stunting at an even earlier stage in Bone Regency.

Discussion

Stunting, characterized by chronic malnutrition resulting in impaired growth and development in children, remains a significant public health concern in the country (Corrêa et al., 2023; Gabain et al., 2023; Mudadu Silva et al., 2023; Oginawati et al., 2023). The P2L program is designed to address this issue by promoting the cultivation of nutritious foods at the community level and fostering improved dietary practices among families.

The findings of this research highlight the importance of community-based interventions, such as the P2L program, in combatting stunting. Community engagement and participation are central to the success of such initiatives (Agyen et al., 2023; Chowdhury et al., 2023; Danso & Appiah, 2023; Nadhiroh et al., 2023; Nurjazuli et al., 2023). By involving local communities in the cultivation of nutritious foods, the P2L program empowers individuals to take control of their nutritional intake, which can lead to better dietary choices and improved child nutrition.

Furthermore, the P2L program aligns with global efforts to achieve Sustainable Development Goal 2, which aims to end hunger, achieve food security, improve nutrition, and promote sustainable agriculture (Primandita et al., 2018; M. Sharma et al., 2020). By promoting sustainable gardening practices and increasing access to diverse, locally grown foods, the program contributes to food security and improved nutrition for vulnerable populations.

However, it is essential to acknowledge the challenges and limitations of the P2L program. Sustainability and scalability are key concerns. Ensuring that communities continue to maintain and benefit from their gardens in the long term is a complex endeavor that requires ongoing support and resources (Danso & Appiah, 2023; Nadhiroh et al., 2023). Additionally, scaling up the program to reach a larger portion of the population requires significant investments in infrastructure, training, and outreach.

Limitation and future reasearch

Limitations of the study on the implementation of the Sustainable Food Garden Program (P2L) in accelerating the reduction of stunting should be acknowledged. Firstly, the research primarily focused on assessing the program's initial outcomes and did not have the capacity for long-term follow-up. Therefore, the long-term sustainability and impact of the P2L program remain uncertain and warrant further investigation. Secondly, the study predominantly relied on quantitative data and may not have captured the nuanced experiences and perspectives of the communities involved. Future research could benefit from incorporating qualitative methods to gain deeper insights into the program's implementation and its effects on community dynamics. Additionally, the study's scope was limited to a specific region, and variations in program effectiveness across different geographical and cultural contexts were not explored. Future
research should consider conducting multi-site studies to assess the program's adaptability and effectiveness in diverse settings. Lastly, an in-depth economic analysis of the cost-effectiveness of the P2L program was beyond the scope of this study. Future research could delve into the financial aspects of the program to assess its efficiency and cost-effectiveness in achieving its objectives.

In terms of future research directions, it is imperative to conduct longitudinal studies that track the progress and impact of the P2L program over an extended period. Such research would provide valuable insights into the sustained effects of the program on stunting reduction and food security. Additionally, exploring the program's scalability and potential for nationwide implementation is essential to understand its broader applicability and feasibility. Furthermore, qualitative research that delves into the perceptions and experiences of program beneficiaries, as well as the challenges faced during implementation, can offer a richer understanding of the program's dynamics. Lastly, comparative studies across regions with varying levels of stunting prevalence could help identify factors that contribute to the program's success or limitations in specific contexts, facilitating targeted improvements and adaptations.

**CONCLUSION**

Based on the results of research and discussion regarding the implementation of the sustainable food plots (P2L) program as an effort to accelerate the reduction of stunting in Bone Regency, with several sub-indicators it can be concluded that the implementation of sustainable food gardens (P2L) as an effort to accelerate the reduction of stunting in Bone Regency is considered to have gone well, according to the theory implementation Merilee S Grindle. With several sub-indicators, the contents of the policy, namely the interest to be achieved is to reduce the stunting rate in Bone Regency, the benefit that has been given is the provision of vegetable seeds to stunted families and families that are food insecure, the resulting change is successful in reducing the stunting rate, decision making is carried out with two directions, namely involving the community, and program implementers have carried out their roles as best they can. While the indicators that need to be improved are resources. Resources need to be increased so that the provision of vegetable seeds to the community can be more evenly distributed and reach all families affected by stunting and families who are food insecure so that it will provide better nutrition and stunting can be further suppressed.

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