

SOCIALIZATION OF RELIGIOUS MODERATION AND STUNTING PREVENTION FOR THE COMMUNITY IN DOLOK SANGGUL VILLAGE, HUMBANG HASUNDUTAN REGENCY, NORTH SUMATRA, INDONESIA

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Abstrak

Pelaksanaan kegiatan Pengabdian kepada Masyarakat (PkM) ini bertujuan membantu masyarakat dalam pencegahan stunting dan cara mengimplementasikan konsep moderasi beragama di lingkungan masyarakat di Desa Dolok Sanggul, Humbang Hasundutan. Kegiatan PkM dilakukan oleh tim dari Program Studi S3 Manajemen Pendidikan Kristen (MPK) Pascasarjana IAKN Tarutung yang mana kegiatan ini dilakukan melalui sosialisai dan tahapan pelaksanaan meliputi identifikasi kebutuhan, pendahuluan, dan rapat koordinasi. Kegiatan ini dilaksanakan dengan mengumpulkan masyarakat di kantor desa sebanyak 150 orang. Selama kegiatan berlangsung, peserta diberikan kesempatan untuk berdiskusi kepada para narasumber, dan berpartisipasi dalam sesi tanya jawab. Masyarakat menunjukkan antusiasme yang tinggi dan tampak benar-benar membutuhkan wawasan tentang pencegahan stunting dan moderasi beragama. Terjalannya komunikasi dan kerja sama yang baik antara tim Pengabdian kepada Masyarakat dan masyarakat di Desa Dolok Sanggul memberikan harapan untuk kerja sama lebih lanjut. Dengan demikian dapat disimpulkan kegiatan Pengabdian kepada Masyarakat ini berhasil memberikan manfaat bagi masyarakat dalam pengetahuan tentang pencegahan stunting dan moderasi beragama.

Kata Kunci : MPK, IAKN, Desa

Abstract

The implementation of this Community Service (PkM) activity aims to help the community in preventing stunting and how to implement the concept of religious moderation in the community in Dolok Sanggul Village, Humbang Hasundutan. PkM activities were carried out by a team from the IAKN Tarutung Postgraduate Christian Education Management (MPK) Doctoral Study Program, where this activity was carried out through socialization and implementation stages including needs identification, introduction and coordination meetings. The activity was carried out by gathering 150 people at the village office, presenting material, a question and answer session and giving awards. During the activity, participants were given the opportunity to discuss with the speakers and participate in a question and answer session. The community showed high enthusiasm and seemed to really need insight into stunting prevention and religious moderation. The establishment of good communication and cooperation between the Community Service team and the community in Dolok Sanggul village gives hope for further cooperation. Thus, it can be concluded that this Community Service activity has succeeded in providing benefits to the community in terms of knowledge about stunting prevention and religious moderation.

Keywords: MPK, IAKN, Village

INTRODUCTION

Based on the interview, in one of the villages in Dolok Sanggul District, there are still several children who experience delayed growth and development, poor nutrition due to economic factors, environmental sanitation and the mother's lack of knowledge about balanced nutrition. According to the village head we interviewed, this condition has been going on for quite a long time, therefore the opportunity to provide health education during community service activities. the first topic we took was stunting, and the next topic was religious moderation.

Stunting is a growth obstacle caused by a lack of nutritional intake and health problems (Prendergast & Humphrey, 2014). The problem of stunting is understood as a result of poor nutrition which, if not addressed, will cause serious problems for a country, namely hampering a country's development due to a lack of human resources (Onis & Branca, 2016). Religious moderation is a concept that emphasizes mutual respect and tolerance between different religious groups and teaches

that everyone has the right to choose and practice their own religion, without pressure or intimidation from other people (Manshur & Husni, 2020).

Stunting is a health problem that is being widely discussed in the world of health and especially in society (Leroy & Frongillo, 2019). Stunting itself is currently a quite crucial problem and requires quick and appropriate treatment because it is related to conditions of high and severe development child's body (Dewey & Begum, 2011). This is one of the factors causing stunting and this is related to parents who do not understand parenting patterns in meeting children's nutritional needs, both the child's nutrition while in the womb and nutrition after the child is born (Onis, Blossner, & Borghi, 2011). Even though mothers really need these nutrients from the time they are preparing for pregnancy, during pregnancy and after giving birth to produce good breast milk, this also has an impact on stunted growth and brain development, as well as decreased body immunity in children (Vaivada, Akseer, & Somaskandan, 2020). Indirectly, stunting is evidence that arises from the consequences of inappropriate parenting patterns, low food security and environmental sanitation (Vilcins, Sly, & Jagals, 2018). Therefore, this stunting phenomenon must be resolved immediately, because the negative impact itself is not only felt in the short term but also in the long term. The bad consequences of stunting in the long term include a decrease in the body's immunity making it susceptible to disease, decreased cognitive abilities and learning achievement, and a risk of developing chronic diseases (Manggala, Kenwa, & Kenwa, 2018).

Apart from that, the parenting style carried out by these parents also influences the child's character and relationships (Darling & Steinberg, 2007). Association itself is a social relationship between people that lasts for a relatively long period of time, so that they influence each other. To create good relationships and peace, it is necessary to respect and respect each other (Areepattamannil, 2010). Nowadays, parents must apply appropriate parenting patterns that can create positive children's character, grow and equip children with ethics and good manners in life. in society (Sarwar, 2016). So we can indirectly know that this child's character will influence the child's interactions in society.

Indonesia is a country with diverse religious pluralism. The existence of religious diversity in Indonesia means that society must have an inclusive attitude, namely tolerant and able to accept differences by living side by side between religions (Pedersen, 2016). So one of the attitudes that needs to be instilled in the souls of Indonesian people from an early age is religious moderation amidst the diversity of society. Religious moderation is a term that refers to an attitude of reducing violence or avoiding extremes in religious practice (Arifinsyah, Andy, & Damanik, 2020).

Religious moderation is basically one of the keys to realizing tolerance and harmony both in small settings such as the home environment and in large settings such as at school, workplace or public space at a higher level (Mughtar, Noviani, & Mardeli, 2022). In fact, intolerant behavior still often occurs in several regions in Indonesia (Brenner & Metcalf, 2019). So it is necessary to strengthen the values of religious moderation as an anticipation by instilling from an early age an attitude of tolerance in relationships that can create social harmony on the basis of religious moderation.

Therefore, this community service activity invited parents to play a role in preventing stunting to improve the health status of babies and toddlers, as well as understanding religious moderation for a tolerant life in society.

METHOD

In carrying out the stunting socialization process, we made several preparations, including: determining the place that would be used in the stunting socialization process and religious moderation. Preparing material to be delivered in powerpoint form, preparing invitation letters to village officials of Dolok Sanggul village, preparing a projector, fan, chairs, and preparing snacks and mineral water for the community other things deemed necessary.

In the process of implementing stunting socialization, several steps or step by step are carried out, including; The moderator opened the socialization event on stunting and religious moderation, then continued with a report from the chairman of the community service committee and welcoming remarks from officials. The team delivered and explained stunting socialization material, its characteristics, impacts, and efforts that must be made during pregnancy until the baby is born and continued with an explanation about religious moderation. Carrying out the process discussion and questions and answers between the presenters and the people present. This discussion and question and answer session was carried out so that the material presented could be understood well. Taking photos with the Dolok Sanggul village community at the end of the activity.

RESULTS AND DISCUSSION

Stunting Prevention

It is a chronic nutritional problem in toddlers which is characterized by the child's height being shorter than the child's of the same age. The problem of stunting is a very urgent issue that needs to be addressed seriously because it concerns the quality of Indonesia's human resources in the future and greatly affects the existence of the country. At the policy level, the government has issued many policies and programs related to efforts to accelerate stunting reduction and is accompanied by a fairly large budget. On the one hand, at the community level, the efforts to accelerate the reduction in stunting that have been widely advertised have not yet been felt the benefits. General targets for the implementation is that the socialization was for the entire community.

Meanwhile, this outreach specifically focused on pregnant women and people parents who had toddlers and also involving Posyandu cadres (Integrated Healthcare Center) in Dolok Sanggul Village. This socialization activity aimed to introduce the importance of knowledge about the dangers of stunting and the need for early prevention. The material presented varies starting from the causal factors stunting and efforts to prevent it. The material was delivered in language that is easy to understand by society.



Figure 1. Figure 1. Group photo of stunting socialization implementers

In a society within a country it plays a very important role in causing stunting conditions among children in that country. One of the external factors that influence stunting in children is culture, education, health services, economic and political conditions, the state of agriculture and the food system, as well as water, sanitation and environmental conditions and so on. Meanwhile, internal factors in the house, for example, need providing exclusive breast milk (ASI) and optimal complementary food for breast milk (MPASI), house conditions, food quality, food and water safety and so on. Apart from that, there are several factors that cause high levels of stunting in children, including lack of intake food and the presence of infectious diseases. Another factor is the mother's lack of knowledge regarding the importance of health, wrong parenting patterns, poor sanitation and hygiene and poor service. Likewise, with maternal nutrition during pregnancy, many people are not aware how important nutrition during pregnancy contributes regarding the nutritional status of the baby to be born in the future.

The response from the community who attended this socialization activity is a benchmark for the success of implementing the activity. Enough enthusiasm can be seen from the large number of audiences who came and paid attention to the entire activity from start to finish. Apart from that, the existence of interactive interactions in the form of questions and answers that increase knowledge in the community regarding stunting is a sign that this socialization activity has succeeded in achieving its implementation objectives well.

Religious Moderation

This religious moderation seminar was held to increase the tolerance of the younger generation. At the beginning of the seminar session, the speaker explained the conception and description of religious moderation and the urgency of natural religious moderation heterogeneous and multicultural society. Next, the societies were given knowledge about the empirical experience of religious moderation and the strategies that need to be taken in strengthening and implementing religious moderation.

The speaker at the end of the session provided an opportunity for students to ask questions about the concept of religious moderation, strategies for implementing religious moderation and the implementation of religious moderation in schools and society. This was to see the extent of their understanding of religious moderation and to see what problems they faced in implementing religious moderation at school and in their respective environments.

Moderation is a word that means slowly, with the adjective originating from the word moderation with the meaning of without exaggeration or in the middle. So, the term religious moderation has a meaning that refers to an attitude to reduce violence or avoid extremism in religious practice. Religious moderation was developed to build tolerance and human spiritual revolution to face pluralistic life and a plural society. Therefore, it needs to be applied to all communities, especially communities in Indonesia, to create peace and build tolerance towards all differences.

Religious moderation refers to a balanced and tolerant approach to practicing religion, where religious beliefs and values are implemented while respecting diversity and avoiding extremism. In recent years, religious moderation in Dolok Sanggul Village has developed. The religious views and practices of people in the region are influenced by several factors, such as cross-cultural communication, economic growth, and the availability of information through social media.



Figure 2. Photo with campus officials and resource persons

The importance of religious moderation lies in efforts to create harmony, tolerance and mutual understanding between religious communities. The village has a long history of valuing diversity, and many different religious communities have lived side by side over the years. As times change, new challenges emerge, such as the polarization of religious views, the rise of radical views, and the challenge of keeping local values open to global developments. The government and various institutions promote religious moderation. Through educational programs, interreligious dialogue and intercultural cooperation, efforts are made to strengthen shared understanding of the human values that underlie each religion.

The diversity of ethnicities, religions, languages and cultures in North Sumatra, especially the Dolok Sanggul village, requires special perspective and attention from the government, religious leaders and other authorities so that they contribute to each other in creating harmony and peace in religious life, and cannot be trapped in tolerance and other forms of non-violence. Religious moderation must be a bridge to the diversity of Indonesian society. Religious moderation is actually the key to creating tolerance and harmony, locally, nationally and globally.

CONCLUSION

The stunting prevention socialization program carried out by lecturers and students in Dolok Sanggul Village is a preventive effort to reduce the number of stunting sufferers in Indonesia and specifically in Dolok Sanggul Village. It is hoped that with this socialization the public will understand better the dangers of stunting and understand how efforts can be made to prevent stunting in children or toddlers. It is recommended to the public, especially mothers, to maintain nutritional intake during pregnancy, at birth and when the child is before 2 years old to prevent stunting. Suggestions for village midwives and related stakeholders to carry out health promotions regularly and continuously to further increase community knowledge through community empowerment.

The choice of moderation by rejecting extremism and liberalism in religion is the key to balance, for the maintenance of civilization and the creation of peace. In this way, each religious community can treat other people with respect, accept differences, and live together in peace and harmony. In a multicultural society like Indonesia, religious moderation may not be an option, but a necessity. Religious moderation is not a new idea for society in the village of Dolok Sanggul and this great potential provides an opportunity for the IAKN Tarutung Postgraduate to strengthen enthusiasm moderation and solidarity among Christian/Islamic teachers, clergy, parents and students in this place to live inclusively among people of various religious differences.

SUGGESTION

This Community Service activity can be continued with various actual programs that support religious moderation programs so that people can live inclusively without discrimination in peace with fellow humans. The great potential that exists in this area is worthy of further research for religious moderation activities local perspective of community culture.

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