

THE PENTAHelix MODEL IN ACCELERATING STUNTING REDUCTION IN EAST LOMBOK DISTRICT

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ABSTRACT

This study aims to analyze the Pentahelix Model in Accelerating Stunting Reduction in East Lombok Regency. This research uses a case study qualitative research approach. Researchers obtained data through observation, interviews, documentation of the subjects and objects of this study. The results of this study are that the problem of stunting in East Lombok Regency has decreased, this is because it is inseparable from the collaboration between various elements such as government, academics, communities, entrepreneurs, and others in order to accelerate the reduction of stunting in East Lombok Regency. In fact, the success of East Lombok Regency in reducing stunting rates won 1st place in the performance evaluation assessment of the implementation of 8 convergence actions in accelerating stunting reduction at the district / city level throughout NTB in 2024.

Keywords: *Stunting, Pentahelix Model, East Lombok.*

A. INTRODUCTION

The goals and ideals of the Indonesian nation are clearly stated in the preamble of the *UUD 1945* in the fourth paragraph which reads to advance public welfare, educate the nation's life and participate in implementing world order based on peace and social justice. One of the things that is emphasized in these goals and ideals is to promote general welfare. Then, the most important aspect for the progress of the Indonesian nation is the health aspect which includes the problem of stunting.

Stunting as one of the most important aspects of a country's progress is caused by problems in humans, both physical and IQ. If the physical and IQ of the people are weak, then of course the country will become a weak country. Stunting is a condition of growth failure in children less than five years old caused by chronic malnutrition so that children become short when compared to children of the same age.

Based on data from the National Nutrition Status Survey (*SSGI*) in 2022, the prevalence of stunting in Indonesia was 21.6%, indicating that this number decreased compared to the previous year, which was 24.4%. Although declining, this figure is still high, considering that the stunting prevalence target in 2024 is 14% and the World Health Organization (*WHO*) standard is below 20%. The central government's efforts to achieve this target by issuing the *Peraturan Presiden Nomor 72 Tahun 2021* concerning Acceleration of Stunting Reduction. As for some provinces in Indonesia with the highest prevalence of stunting, namely East Nusa Tenggara Province (*NTT*) with a stunting rate of 35.3%, followed by West Sulawesi Province at 35%, West Papua at 34.6%, and West Nusa Tenggara Province (*NTB*) with a stunting prevalence of 32%.

Then the province with the lowest stunting prevalence in Indonesia is Bali Province. The strategy carried out by Bali as a province with the lowest number of stunted children in Indonesia is to empower health workers as *Posyandu* cadres who are community members involved by the *Puskesmas* to manage *Posyandu* as the main pillar and front line because they are the closest and understand the characteristics of the community in their area (Subratha and Peratiw, 2020). The effort in this *Posyandu* is to empower mother's groups to increase the knowledge of pregnant women and mothers with infants under two years of age about stunting prevention with a good supplementary feeding strategy for breast milk (*MP-ASI*) through health promotion and *MP-ASI* menu processing by utilizing cheap and easily available local ingredients and monitoring growth.

Based on data from the Indonesian Nutrition Status Survey (*SSGI*) in 2022, the prevalence of stunting in East Lombok Regency is at 35.6%, and there are 150 special locations (loci) of stunting villages with 16 villages still in red status in East Lombok. Meanwhile, the number of villages in East Lombok Regency is 239 villages. As a concrete step by the local government in accelerating the reduction of stunting in East Lombok Regency, a regulation was issued, namely the *Peraturan Bupati Nomor 62 Tahun 2022* concerning the Model of Assistance for Accelerating Stunting Reduction Integrated with *Posyandu*. The prevalence of stunting in East Lombok Regency in 2022 was 20,890 toddlers out of 174,977 toddlers who were weighed, in 2023 stunting toddlers were 19,567 out of 118,898 toddlers, and in 2024 the number of stunting toddlers was 18,810 out of 242,184 toddlers (Dikes Lombok Timur, 2024). This figure shows that the stunting rate in East Lombok Regency is still quite high, considering that this district is one of the areas that has abundant protein produced from the sea such as fish, seafood which is a source of nutrition, and abundant vegetables. To reduce the development of stunting, collaboration between various elements is needed, including the local government, sub-districts, villages, the East Lombok Regency Regional Apparatus Organization (*OPD*), academics, entrepreneurs, communities, and even the

smallest scope, namely the family. Based on this, researchers are interested in analyzing how the local government pentahelix model accelerates stunting reduction in East Lombok Regency.

B. LITERATURE REVIEW

Pentahelix Model

Pentahelix is an innovative model developed from the QuadrupleHelix model that connects Academia, practitioners/business, Community, Government and Media to create an ecosystem based on creativity and knowledge.

Government

The government is a body or organization that has the authority to design, create, implement and enforce laws together in the form of laws and to regulate society in an area in the form of a state.

The government acts as a facilitator, meaning that the government provides various kinds of community needs such as providing training, providing assistance in the form of goods and services, and policies or programs that have been determined in achieving the welfare of the community.

Academics

Academics are individuals involved in education who provide teaching and learning to others.

Community

Community is a group of individuals who are interconnected and have dependence on each other to fulfill the needs of goods and services in supporting daily life.

Entrepreneurs

An entrepreneur is defined as someone who carries out transaction activities/buying and selling in the field of trade in order to make a profit.

Mass Media

Mass media is a tool used to convey messages from sources to audiences (recipients) using communication tools, such as newspapers, films, radio, and television.

C. METHOD

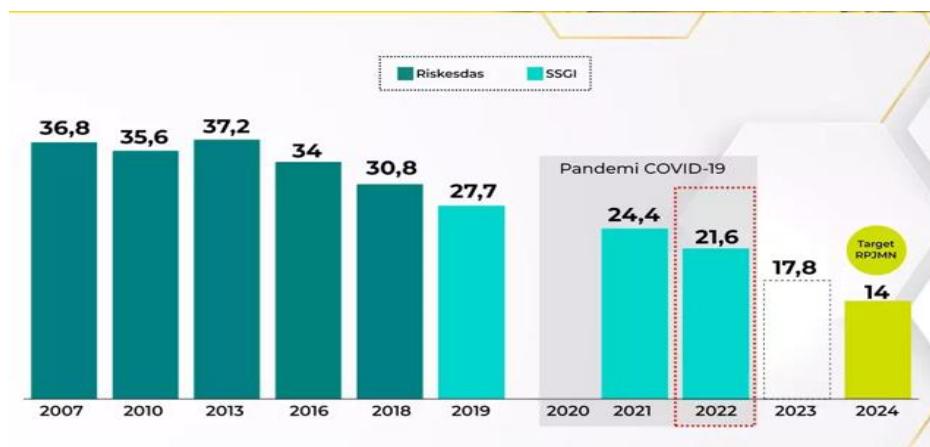
This research uses a case study qualitative research approach. According to Creswell, qualitative research is a method for exploring and understanding the meaning made by individuals or groups that come from these social problems (Creswell, 2016: 4). The type of qualitative research in this study is a case study. Case study is one type of qualitative research, researchers conduct in-depth exploration of programs, events, processes, activities, for individuals or groups (Sugiyono, 2020: 6). This research will analyze how the Pentahelix Model in Accelerating Stunting Reduction in East Lombok Regency through 5 concepts namely Government, Academics, Entrepreneurs, Community, and Mass Media.

The data collection techniques used in this research are in the form of literature studies, by collecting, reviewing, and analyzing existing data that researchers have obtained, both in the form of books and journals which are certainly related to this research. Then field studies by conducting observations,

interviews, documentation of the subjects and objects of this research. Meanwhile, informants who support this research are categorized into two, including the Government Apparatus of the East Lombok Regency Women's Empowerment, Child Protection and Family Planning Office (*DP3AKB*) and the Community.

D. EXPLANATION

As a basic foundation, the government in accelerating the reduction of stunting in Indonesia is guided by the National Medium Term Development Plan (*RPJMN*) 2020-2024. Even in 2024, the central government targets stunting in Indonesia to be at 14%. To achieve this target, the government has issued regulations to accelerate stunting reduction from the central to regional levels. At the central level, stunting reduction is regulated in the *Peraturan Presiden Nomor 72 Tahun 2021* concerning Acceleration of Stunting Reduction. At the provincial level, especially in West Nusa Tenggara Province, it is based on the *Keputusan Gubernur Nusa Tenggara Barat Nomor 050.13-666 Tahun 2022* concerning the Establishment of District/City Performance Assessment Teams in the Implementation of Convergence Action for Stunting Reduction in West Nusa Tenggara Province (*NTB*). Teams in the Implementation of Convergence Action for Stunting Reduction in West Nusa Tenggara Province in 2022. Even at the district level, especially in East Lombok, it is regulated in changes to the *Peraturan Bupati Nomor 31 Tahun 2017* concerning Stunting Reduction.



Picture 1.1
Government Targets for Stunting Reduction by 2024.

Identifying Actors and Their Roles in Accelerating Stunting Reduction in East Lombok District

Based on the research conducted, researchers can identify the actors involved in handling stunting in East Lombok Regency, namely: First, the government includes the Office of Women's Empowerment, Child Protection and Family Planning (*DP3AKB*). Second, academics include Hamzanwadi University and Gunung Rinjani University. Third, entrepreneurs, Laying Chicken Farmers. Fourth, communities consisting of Islamic organizations such as *Nahdlatul Wathan (NW)*, *Nahdlatul Wathan Diniyah Islamiyah (NWDI)*, *Muhammadiyah*,

and *Nahdlatul Ulama (NU)* in East Lombok Regency. Fifth, mass media, *Selaparang TV*.

Table 3.1 Actors involved in handling stunting in East Lombok Regency

No	Instansi Name	Profession	Activities
1.	East Lombok Regency Women's Empowerment, Child Protection and Family Planning Office (<i>DP3AKB</i>)	Government Agencies	Facilitation of the management of the Healthy Kitchen to Overcome Stunting (<i>DASHAT</i>) in the Qualified Family Village. Data Monitoring, Information and Assistance for Families at Risk of Stunting (Prospective Brides/ <i>PUS</i> , Pregnant Women, and Toddlers).
2.	Hamzanwadi University (<i>UNHAM</i>), Gunung Rinjani University (<i>UGR</i>).	Academics	Conduct evaluation and monitoring and conduct socialization related to stunting.
3.	<i>Nahdlatul Wathan (NW)</i> , <i>Nahdlatul Wathan Diniyah Islamiyah (NWDI)</i> , Muhammadiyah, and <i>Nahdlatul Ulama</i> , dan <i>Dharma Wanita</i>	Community Organization	Providing assistance packages to families affected by stunting
4.	Layer Chicken Farmers	Enterpreneur	Providing eggs to families who are stunted
5.	Selaparang TV	Journalist	Publication of stunting information and education.

Source: compiled by researchers

Government

The government is an agency or organization that has the authority to design, make, implement and enforce laws together in the form of laws and to regulate society in an area in the form of a state. The District Government which has full authority in handling stunting in East Lombok Regency is the Office of Women's Empowerment, Child Protection and Family Planning (*DP3AKB*). In accelerating the reduction of stunting in East Lombok Regency, the Office of Women's Empowerment, Child Protection and Family Planning (*DP3AKB*) conducts various programs including the Healthy Kitchen to Overcome Stunting (*DASHAT*), Electronic Ready for Marriage and Pregnancy (*Elsimil*), Long Term Contraception Method (*MKJP*), and Generation Planning (*GenRe*).

a. Healthy Kitchen to Overcome Stunting (*DASHAT*)

Dashat is defined as a community empowerment effort to ensure that families at risk of stunting (such as catin, bumil, busui, baduta, and stunted toddlers) eat a balanced diet by utilizing local resources, including local food ingredients, and with assistance and resources from other partners (Mardiya, 2021). This dashat activity has been implemented by the district government to the communities in East Lombok Regency by providing education to change the lifestyle or behavior of the community so that they can process their own food from local food into nutritious foods such as fish, seafood, vegetables, tubers, etc., so that the community's dependence on fast food is reduced and replaced with local food.

This activity aims to provide knowledge to Families at Risk of Stunting (*KRS*) about healthy and balanced food, by utilizing existing local potential, which

can be obtained at a lower price but meets the criteria for healthy and nutritionally balanced food, this activity was attended by families at risk of stunting who have *Baduta* and babies under two years old and are pregnant, breastfeeding and pregnant. In the practice of *DASHAT* in East Lombok District, the district government not only provides education, but also directly practiced on the spot and directly eaten by the children.

b. Electronics Ready for Marriage and Pregnant (*ELSIMIL*)

Elsimil is an application aimed at couples who are about to get married that is designed to monitor and manage family planning programs in Indonesia. *Elsimil* is based on the *Peraturan Presiden Nomor 72 Tahun 2021* concerning the acceleration of stunting reduction.

In the application, there are educational features about marriage preparation, filling out questionnaires, chat features between catin and *TPK*. Unlike the *Elsimil* application for *TPK*, there are many features from catting that have not been responded to, questionnaires that have not been commented on, a list of catin who have not been accompanied and many other features.

The *Elsimil* application has several purposes and features, including:

1) Monitoring and data collection

This application is used to monitor and record information related to family planning, pregnant women, childbirth, and children under five. The data collected through this application can help in program planning, health monitoring, and evaluating the success of family planning programs.

2) Access to information and education

The *Elsimil* app also provides relevant information and education on family planning, maternal and child health, and contraception. App users can access educational materials, instructions for using contraceptive methods, and health advice that can help increase understanding and awareness about family planning programs.

3) Real-time data update

The app allows health workers, including midwives and related medical personnel, to update and upload data in real-time. This makes it easier to monitor and report on activities and accelerate responses to maternal and child health needs.

4) Health history recording

Elsimil can be used to record maternal and child health history, including visits to health facilities, examination results, immunizations, and child development. This data can assist in monitoring child growth and development, as well as provide important information to health workers in providing appropriate care. The use of *Elsimil* in East Lombok District is filled directly by *posyandu* cadres in each village of East Lombok District.

c. Long-Term Contraceptive Methods (*MKJP*)

The Long-Term Contraceptive Method (*MKJP*) is a contraceptive method that aims to prevent pregnancy for a long period of time because it has a very good function to prevent pregnancy (Andini et al., 2023).

The Long-Term Contraceptive Method (*MKJP*) is a contraceptive method with a high level of effectiveness with a low failure rate and fewer complications

and side effects than *Non-MKJP* contraceptive methods. *MKJP* is a type of contraception that once used can last for 3 years to a lifetime. There are various types of *MKJP* such as:

- 1) Intrauterine device (*IUD*),
- 2) Implants,
- 3) Medical female operative (*MOP*)
- 4) Male medical operation (*MOP*).

d. Generation Planning

Generasi Berencana or GenRe is a government strategy to overcome human development problems, especially adolescents, which focuses on fostering Indonesian adolescents to become visionary adolescents who avoid the risk of the *KRR* Triad (Sexuality, HIV / AIDS, Drugs).

Meanwhile, according to Utami (2015), the *Generasi Berencana program* aims to prepare adolescents as a young generation to become teenagers who are strong in facing their life problems and the problems that surround them (Tarigan et al., 2021; Nasution et al., 2021).

The *GenRe* program is a forum for developing national character because it teaches adolescents to stay away from Early Marriage, Premarital Sex and Drugs in order to become resilient adolescents and be able to contribute to development. *GenRe* is a program developed by the National Population and Family Planning Agency (*BKKBN*) with program target groups, namely:

- 1) Adolescents who are 10-24 years old but not married
- 2) Unmarried university students
- 3) Family
- 4) People who care about the lives of teenagers

The purpose of developing the *Genre* program by *BKKBN* is to prepare family life for teenagers in terms of: A planned education level, a planned career in work, and a planned marriage in accordance with the reproductive health cycle.

The *Genre* Program in East Lombok Regency has been running well, every month the district government conducts socialization to adolescents ranging from junior high school, high school, even to universities in East Lombok Regency in order to form a strong and visionary generation to care about their health both now and in the future.

Academics

Another actor who contributes to the handling of stunting in East Lombok Regency is academics. Academics are individuals involved in the world of education who provide teaching and learning to others. The form of academics' involvement in handling stunting in East Lombok Regency is monitoring and evaluating children directly affected by stunting. There are 2 private universities that are active and directly involved by the district government in handling stunting, namely Hamzanwadi University (*UNHAM*) and Gunung Rinjani University (*UGR*).

In addition to monitoring, the form of academics' involvement is to conduct socialization to the community in East Lombok Regency related to stunting, both in terms of causes, impacts, and handling starting from the smallest level, namely the family to the government. This activity is carried out 3 times a year and combs

46 villages with 30 Special Location Villages and 16 Villages with red status, and is attended by 2 educational staff from each university. Socialization is also carried out by students who conduct Real Work Lectures in terms of handling stunting in East Lombok Regency.

Community

A community is a group of individuals who are interconnected and dependent on each other to fulfill the needs of goods and services in supporting daily life. The community also plays an important role in handling stunting in East Lombok. There are several communities that are actively involved in reducing stunting rates, namely Islamic organizations such as *Nahdlatul Wathan* (NW), *Nahdlatul Wathan Diniyah Islamiyah* (NWDI), *Muhammadiyah*, and *Nahdlatul Ulama* (NU) in East Lombok Regency. In addition to Islamic organizations, there is also a community that contributes to handling stunting, namely *Dharma Wanita* (DW), which is named *Dharma Wanita Persatuan Cerdas* (DWPC).

The form of community contribution in accelerating the reduction of stunting in East Lombok Regency is by providing assistance packages to families affected by stunting. Each package contains various forms of nutritious food such as eggs, milk, oil, and so on. In fact, funds from various communities were successfully obtained by the district government as many as 150 packages. The packages are distributed to various villages in East Lombok Regency every 3 months, especially special location villages or those that are still in the red status of the stunting rate.

Entrepreneur

One of the elements of society that plays a major role in handling stunting in East Lombok Regency is entrepreneurs or entrepreneurs, especially laying hen farmers in East Lombok Regency. An entrepreneur is defined as someone who carries out transaction / buying and selling activities in the field of trade in order to make a profit.

Entrepreneurs also took part in reducing the stunting rate in East Lombok Regency, a form of contribution from laying hen entrepreneurs in East Lombok Regency in dealing with the stunting problem is by providing 60,920 grains or 364 terai distributed to 10 villages with a target of 50 hamlets with families affected by stunting in East Lombok Regency.

Mass Media

Finally, the actor who is involved in accelerating the reduction of stunting rates in East Lombok Regency is the Mass Media. Mass media is a tool used to convey messages from sources to audiences (recipients) using communication tools, such as newspapers, films, radio and television. The media is also defined as a disseminator of information and knowledge that contributes to increasing public awareness, promotion, and transparency of activities.

Television that is active in voicing the problem of stunting in East Lombok Regency is Selaparang TV. The form of contribution is in the form of educating the community related to stunting, such as providing education on healthy food, Healthy Clean Living Behavior, nutritious foods, and others.

Then, the television station is also active in providing education or understanding to the people of East Lombok, especially the programs carried out

by the government in accelerating the reduction of stunting in East Lombok Regency such as the Healthy Kitchen to Overcome Stunting (*DASHAT*) program, Electronic Ready for Marriage and Pregnancy, Long Term Contraception Method (*MKJP*), and *Generasi Berencana (GenRe)*. In addition, this television is also active in providing information to the public about the activities of government officials in handling stunting in East Lombok Regency.

This research is a recent study because it uses the Pentahelix model as an analytical tool. As for research conducted by other studies with the theme of stunting, but using the concepts of implementation, role, and evaluation. By using this model, it can be seen which elements are actively involved in preventing stunting reduction in East Lombok Regency. This research has limitations, especially in the number of informants in the Pentahelix model. In future research, it is expected that there will be more informants, and qualitative research can be used in order to examine the Pentahelix model in reducing stunting in Indonesia through mass respondents.

E. CONCLUSION

Stunting is a very serious problem that must be eradicated in a region or country, because the progress and failure of a country is determined by the health of its people. If a country has low health, it is certain that the country is bad. Conversely, if the public health in a country is good, then it is certain that the country is good too. One of the most urgent problems in public health is stunting. Stunting is a condition of child development failure caused by chronic malnutrition since toddlerhood.

Stunting cannot be completely eliminated in a region or country, but its presence must be minimized, and it cannot only be eliminated through one party, but collaboration or cooperation of various other parties, both public and private, is needed in order to accelerate the reduction of stunting in East Lombok Regency, both from the center and even to the lowest level.

The results of this research show that the East Lombok District Government has implemented the Pentahelix Model in reducing stunting by involving elements such as Academics, Business, Government, Community, and Mass Media. In fact, the East Lombok District Government won first place in the performance evaluation assessment of the implementation of 8 convergence actions in accelerating district/city stunting reduction in West Nusa Tenggara (*NTB*) Province.

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