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# **Stunting Literacy Strategy of the Library and Archives Office: Increasing Public Awareness and Understanding**

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Abstract

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The purpose of this research is to provide a detailed explanation of the stunting literacy approach implemented by the Labuhanbatu Utara Regency Library and Archives Office to increase public awareness and understanding of stunting. This research uses qualitative analysis using the Miles and Huberman paradigm to gain insight into the librarian's point of view. Data were collected through interviews, observation, and documentation. The Library and Archives Office of Labuhanbatu Utara Regency implemented various initiatives aimed at increasing public understanding and awareness of stunting. These activities include improving literacy collection development by offering a variety of library materials, fostering partnerships with related organizations, and providing access to Online Public Access Catalog (OPAC) services. Working with BKKBN, the Health Office, academics and health workers. Social promotion and campaign: Involves disseminating information through several media channels and organizing social campaigns. Devotion of local government Collaboration between various agencies Compilation of extensive literacy resources to address stunting. To achieve success, it is crucial to have active involvement and support from community members and leaders. Barriers Limited resources Limited availability of information Lack of collaboration among government organizations Recommendations Increase collaboration and synchronization among agencies Increase availability of information Improve librarian skills Conduct program monitoring and evaluation Conclusion Labura district has made great strides in improving understanding of stunting. These efforts deserve recognition and are expected to be continuously improved to achieve the goal of reducing stunting rates in Labuhanbatu Utara Regency.

# Introduction

Stunting remains a significant global nutrition problem affecting children under the age of five. Stunting is characterized by below-average height and weight and begins in the womb, continuing until the child is 23 months old. It persists in infants under the age of five, including toddlers, or during their first 1,000 days of life (Saputra et al., 2023). The government's health development program for 2020-2024 prioritizes addressing stunting, along with reducing maternal and infant mortality, controlling infectious diseases, and managing non-communicable diseases (MOHRI, 2020).

Infants in developing countries, such as Indonesia, face several nutritional problems, including wasting, anemia, low birth weight, and stunting. (Yulita et al., 2023).. These problems have long-term impacts on children's health and growth, and hinder their ability to reach their full potential in the future. Wasting is a medical disorder characterized by progressive weight loss in children, resulting in weight significantly below the normal growth curve or low weight for

their height (underweight). The syndrome is accompanied by acute and severe weight loss. Diarrhea is usually the catalyst for wasting, resulting in significant weight loss in children without affecting their height. (Yankes, 2022).

Vitamin B12 and folic acid deficiency anemia is a condition in which the body is deficient in essential nutrients needed to produce healthy red blood cells. These deficiencies can cause symptoms such as fatigue, dizziness, and shortness of breath. (Makarim, 2022). Anemia can inhibit long-term brain and cognitive development in newborns. LBW is the condition of newborns weighing below 2,500 grams. (Siloam hospital medical team, 2023).. Anthropometric measurements, such as weight, length, and head circumference, are used to assess the development and growth of neonates. (Wahyuni & Palembang, 2022).

According to SSGI data for 2022, the stunting prevalence rate in Labuhanbatu Utara district was 7.3%, a decrease of 23.6% from 2021, affecting 382 under-fives. North Labuhanbatu Regency has achieved the highest stunting reduction among all districts in North Sumatra Province and is fourth nationally in terms of stunting reduction (Diskominfo/KL, 2023). Hendriyanto Sitorus, Regent of Labuhanbatu Utara, emphasized the importance of stunting prevention through two different approaches: nutrition-specific interventions and nutrition-sensitive interventions. Specific nutrition initiatives target children during the first 1,000 days of life (HPK) (Diskominfo/KL, 2023).

Libraries have the potential to play a role in driving stunting reduction through transformation towards social inclusion. Social inclusion means ensuring all people, including marginalized groups, have equal access to information and services. Libraries are now available to the underprivileged through library transformation projects, extending their reach beyond the academic community to include rural areas, which make up a significant part of the population. (Ihsan, 2023). The library, as an educational institution, must have a collection of literature that is appropriate to the field of knowledge of its users. The aim is for users to see the library as a reliable reference, a valuable source of information, and a platform for acquiring skills to overcome the various challenges they face (Ningsih & Sayekti, 2023)..

The Labuhanbatu Utara district library is transitioning into a social inclusion library that provides programs and services that increase knowledge about nutrition and health, providing access to information and education about stunting for users. Literacy measures have often proven ineffective in increasing public understanding and awareness of stunting. A study conducted in 2023 by Maria Yulita Dhening and Frans Bapa Tokan from Widya Mandira Catholic University found that a large number of individuals lacked an understanding of the importance of literacy in addressing and reducing stunting. (Yulita et al., 2023)...

Although the Labuhan Batu Utara Regency Library and Archives Office has made efforts to implement a stunting literacy program, there is currently no research that specifically addresses the tactics used in libraries to increase public understanding and awareness of stunting. This creates a knowledge deficit about the achievements that have been made and the remaining needs to increase public awareness. In addition, although literacy programs have been implemented by the Labuhan Batu Utara District Library and Archives Office, there is still no definitive identification of the causes that contribute to the stunting of reading skills development. This results in a lack of understanding of the factors that can enhance or hinder the effectiveness of adopted literacy initiatives.

Based on this research gap, research on stunting literacy strategies at the Regional Library and Archives Office of Labuhan Batu Utara Regency is very important to do. Although the library already has a stunting literacy program, this research can provide recommendations for

descriptive strategies in increasing public understanding and awareness of stunting. Based on this, deeper research is needed to analyze the effectiveness of stunting literacy in libraries. Thus, this study can make a positive contribution to improving community literacy about stunting and ultimately help reduce the prevalence of stunting in the area.

How does the North Labuhanbatu Regency Library and Archives Office implement the stunting literacy strategy, and what are the variables that encourage or hinder its effectiveness. The main objectives of this study are to explain the stunting literacy strategy implemented by the North Labuhanbatu Regency Library and Archives Office, and to find out the elements that contribute or hinder stunting literacy.

The main goal of the Global Nutrition Targets for 2025 is to reduce the prevalence of child stunting. This goal is also an important step in achieving the second Sustainable Development Goal of Ending Hunger (Beal et al., 2018). In Indonesia, stunting is characterized as a condition in which a child's height is below -2 standard deviations (SD) of the WHO average child growth standards (Wicaksono & Harsono, 2018). (Wicaksono & Harsanti, 2020)..

The main causes of stunting are chronic malnutrition and recurrent infections. Adolescent mothers can be a factor in chronic nutrition problems, but adolescent mothers who are less able to ensure adequate nutritional intake for their children because the mother is still in the growth stage and pregnant adolescent mothers will compete for nutrients with fetal development so that the fetus is more at risk of stunting. (Santosa et al., 2022).. Infections such as diarrhea can also interfere with the absorption of nutrients and exacerbate stunting conditions. (Imam, 2020). In addition, environmental factors such as inadequate sanitation, limited availability of drinking water, and lack of nutrition awareness also contribute to the increased vulnerability of children under the age of five to stunting (Akmal et al., 2022). (Akmal et al., 2022)..

The impact of stunting is extensive, covering various aspects of health, education and the economy. In terms of health, stunting can lead to inhibited brain development, a weak immune system, and an increased risk of developing chronic diseases in adulthood. (Soliman et al., 2021). In terms of education, children who are stunted are more at risk of learning difficulties and achieving low academic performance (Argaw et al., 2022).. The economic impact of stunting is also significant, as it can reduce individual productivity and income and increase the economic burden on families and the country as a whole (Akseer et al., 2021). (Akseer et al., 2022). .

The role of the Library Social inclusion is an important process in ensuring that all individuals have equal opportunities to participate in society and enjoy its benefits. (Ruhukail, 2021) . Social inclusion has significant benefits, such as improving well-being and quality of life, strengthening communities, and promoting economic growth. (Maknun et al., 2022).. Libraries play an important role in promoting social inclusion through various programs and services. (Inawati et al., 2022).. One of them is the provision of information and education on nutrition, maternal and child health, and child stimulation to the general public. (Fatimawati et al., 2022).. In addition, libraries can also hold community empowerment programs to increase community knowledge and skills in overcoming stunting. (Ekariani, 2023).

Literacy and Stunting Prevention In the context of stunting prevention, literacy plays an important role in increasing public understanding and awareness of the importance of nutrition, maternal and child health, and stunting prevention measures. (Yulita et al., 2023).. Library Inclusive Programs and Services Libraries can provide a range of inclusive services to support social inclusion and stunting prevention. These services include disability-friendly services, such as Braille book collections and wheelchair access, as well as special programs for other

marginalized groups such as ethnic minorities, refugees and the elderly. (Hidayat et al., 2022). The stunting literacy strategy carried out by the Labuhanbatu Utara Regency Library and Archives Office has been described in detail in this article. In an effort to increase public awareness and understanding of stunting, the office organizes various inclusive programs and services, such as providing a collection of library materials on stunting, posters, audio visuals and mini theatres.

# **Methods**

This research uses qualitative research methodology, specifically using a case study approach. Qualitative research is a systematic investigation of the characteristics and manifestations of an event, focusing on its quality, context, and point of view. However, this research does not involve an examination of its extent, frequency, or location (Busetto et al., 2020).. The case study approach was used because the purpose of this research was to gain a comprehensive understanding of the specific phenomenon of collection management at the Library and Archives Office of Labuhanbatu Utara Regency. This paper highlights the importance of qualitative research in assessing library services and decision-making and offers practical advice for researchers on how to conduct such research.

This research was conducted at the Library and Archives Office of Labuhanbatu Utara Regency. The reason for choosing this place is because the Library and Archives Office of North Labuhanbatu Regency is one of the regional libraries that has provided comprehensive literacy services, so it is an interesting choice for researchers to conduct research.

Data analysis strategies refer to methodical approaches in collecting data to assist researchers in drawing conclusions. This research uses data collection approaches such as interviews, observation, and documentation. Librarians were interviewed to obtain information about the administration of book and archive collections. Observations were made to see firsthand the collection management process at the Library and Archives Office of North Labuhanbatu Regency. The documentation process is carried out to collect written information regarding collection management, including books, and relevant regulations.

This research uses qualitative analysis with the Miles and Huberman model as a data analysis technique. Miles and Huberman's approach consists of four different steps, namely (1) Data presentation (also referred to as data display) and (2) Data reduction (also known as data reduction). (3) Data verification, also known as data validation, is the process of ensuring the accuracy and reliability of the data. (4) Inference drawing refers to the act of making conclusions or reaching decisions based on the analyzed data (Wandi et al., 2013).

Miles and Huberman emphasized that during the data analysis stage in qualitative research, researchers must first understand the basic principles of data analysis. Data analysis in qualitative research has been possible since researchers began working in this discipline. By conducting data analysis, one can derive themes and formulate hypotheses. To proceed with topics and develop hypotheses, it is important to ensure that they are aligned with the research objectives and problem definition.

The steps of data analysis, as outlined by Miles and Huberman, can be summarized as follows: (1) Data visualization; Data presentation involves systematically collecting and organizing information according to relevant categories or groups. Data can be presented in several ways such as written text, visual representations such as photographs, graphs, and tables. (2) Data reduction refers to the process of refining data by eliminating unnecessary and irrelevant information, and adding incomplete data. (3) Data Validation/Data Analysis Data interpretation involves understanding the meaning of a set of data that has been presented, not only by

observing what is explicitly stated, but also by seeing or interpreting what is indicated from the data presented. (4) Conclusion drawing (Wandi et al., 2013). Drawing conclusions is the act of summarizing the significance of research findings in short and clear sentences that are easy to understand. Drawing conclusions involves repeated assessment of the accuracy of the conclusions, especially in relation to alignment and coherence with the research title, objectives, and problem formulation.

During the data collection stage, the researcher identified and engaged several individuals as informants or data sources for this study. The findings of this research are expected to provide valuable input for the Library and Archives Office of Labuhanbatu Utara Regency, so that they can improve the quality of their collection management.

#### **Results and Discussion**

# **Stunting Literacy Collection Development**

As a first step in combating stunting in North Labuhanbatu, the Labuhanbatu Utara Regency Library and Archives Office has made the development of a stunting literacy collection a key strategy. This effort is realized by presenting a variety of information sources that are relevant and easily accessible to library visitors.

The stunting literacy collection in the library not only contains informative books, but is also enriched with attractive educational posters and easy-to-understand audio-visual materials. These various formats of information are donated from the BKKBN office in the collection of books and posters, audio visual media in the form of stunting education videos taken from Youtube to be played in audio visual services. In addition to conventional library services, the Labuhanbatu Utara Regency Library and Archives Office also has an OPAC (Online Public Access Catalog) service that can be accessed online by users. This service allows users to search for information about stunting literacy collections from anywhere and at any time.

In order to fulfill the responsibilities and activities of the library, the collection element is important because it is an inseparable aspect of the library's existence. (Fatwa & Winastwan, 2021). Therefore, the accessibility of collection content has a significant impact on the library. The library must have a diverse collection. There are at least four categories of library collections, namely printed materials, non-print materials, microforms, and electronic works. (Fatwa & Winastwan, 2021). The plan to promote literacy at the Library and Archives Service is to provide accessible reading resources on shelf 613, which are organized according to their classification. Stunting posters are located at the front entrance and at the library desk. Following the current technological developments, today's libraries must also keep up with the times. The need for a variety of collections in collection development so that the collection can attract users. (Shintawat & Dewi, 2024). Therefore, there is also audio visual media in the form of stunting education videos in audio visual services. In addition, OPAC services were also developed to support the availability of non-print stunting collection materials.

Efforts to develop a stunting literacy collection in North Labuanbatu Regency have several advantages and innovations. A combination of books, educational posters and educational videos on stunting provides a more interactive and engaging learning experience for users. The stunting literacy collection is available in the library for free and is easily accessible to the general public. The OPAC service provides practical online access, allowing users to search for information about the stunting literacy collection from anywhere and at any time.

The development of the stunting literacy collection at the North Labuanbatu Regency Library and Archives Service, multi-format and easy access to the development of stunting collection materials can be a model that can be replicated by other libraries in Indonesia to improve stunting education in the community.

Given its dynamic nature, the library should actively engage with relevant entities focused on stunting to enhance existing collections and transform them into specialized services. For example, services located at street corners. Corner services, whether done independently or in collaboration with external libraries, are essentially a means to diversify service offerings in the library. (Buwana, 2022). To increase service outreach and attract visitors to the library, the addition of corner services is very beneficial in raising public awareness about stunting.

# **Cooperation with Related Parties**

The North Labuhanbatu Regency Library and Archives Office has established strategic partnerships with various relevant stakeholders to improve literacy programs aimed at reducing stunting. This initiative is in line with the direction of the Regent. The Labuhanbatu Utara District Stunting Reduction Initiative organized meetings and collaboration with TPKs (Technical Implementation Units) in 5 sub-districts (Kualuh Hilir, Kualuh Selatan, Kualuh Hulu, Marbau, and Aek Natas) to accelerate efforts to reduce stunting in Labuhanbatu Utara District. (DppkbLABURA, 2022).

Cooperation refers to the collaborative efforts of two or more individuals working together simultaneously to ease the workload. (Balai et al., 2013). Cooperation is a collaborative effort when individuals engage in mutual assistance and work together to achieve a common goal. Inter-organizational cooperation refers to collaborative activities carried out collaboratively by different organizations with the aim of achieving a common goal. (Latief et al., 2021). In order to increase public understanding and awareness of stunting, the Library and Archives Office of Labuhanbatu Utara Regency actively collaborates with various related institutions. Starting from government agencies that have a main focus in handling stunting such as the BKKBN Office, to involving academics and health practitioners, this collaboration aims to synergize resources and expertise to achieve a common goal, namely reducing stunting rates in North Labuhanbatu Regency.

This cooperation also provides many benefits not only for the community, but also for institutions that work together on how to manage activities with different backgrounds into one goal. As a researcher who cares about the problem of stunting, the researcher really hopes that the results of this study can inspire libraries throughout Indonesia to participate in disseminating information on stunting literacy strategies in libraries. By providing a variety of relevant information sources and organizing interesting literacy programs, libraries can become effective learning centers for the community. Let us together build a healthy and smart generation of Indonesians.

#### **Collaboration with Government Agencies and Related Organizations**

This collaboration involves the participation of the National Population and Family Planning Agency (BKKBN) and other government agencies involved in the field of public health and welfare. Through this collaboration, libraries can obtain the latest resources and information on stunting management. BKKBN, as a key collaborator, provided relevant data, expertise and instructional resources for use in literacy initiatives targeting stunting. Advocacy actions were conducted with local policy makers and partners in Labura in 2021, with a focus on promoting and providing information, education and communication (IEC) to caregivers during the first 1000 days of life. The goal is to reduce the prevalence of stunting (Labura, 2021). The Head of the Labuhanbatu Utara District Library and Archives Office actively participated in this initiative and shared information regarding the readiness of the district library to provide a

collection on stunting. This effort aims to improve community literacy and promote better knowledge on this issue.

# **Collaboration with Academics and Health Practitioners:**

In addition, the library also collaborates with academics from UINSU 2022 KKN students and the Londut Village Health Center who have expertise and experience in nutrition and stunting in stunting counseling activities in Londut village. These experts serve as resource persons in counseling and workshops, providing knowledge and practical guidance to the community. The library office was also invited to provide mobile library services, with available stunting collections presented to provide stunting literacy to the community. Through this collaboration, strategies to help reduce stunting rates can be literated to the community and can also help increase people's interest in reading.

# **Supporting and Inhabiting Factors**

The efforts of the Labuhanbatu Utara Regency Library and Archives Service in increasing public understanding and awareness of stunting are supported by several factors that are relevant to the strategies previously described. In accordance with the direction of the regional leadership, the Regent of Labuhanbatu Utara, during the stunting meeting, encouraged the library to continue to innovate and improve the stunting literacy program. Collaboration with the National Population and Family Planning Agency (BKKBN) as one of the main partners in the stunting prevention program in Indonesia, gives the library access to relevant and up-to-date data, resources, and educational materials on stunting. Coordination with the North Labuhanbatu District Health Office allowed the library to obtain information about stunting prevention programs at the local level, as well as involve health workers in stunting education activities. The library provides a variety of library materials on stunting, such as books, posters, and audio-visual media, which are easily accessible to library visitors, which are collections donated by the main agency in stunting prevention, namely the BKKBN Office of Labuhanbatu Utara Regency in 2023.

The community in Labuhanbatu Utara district showed high enthusiasm in participating in stunting literacy activities organized by the library and related parties. This shows that they have the awareness and willingness to learn about stunting. The community was active in discussions and Q&A during the stunting literacy activity, showing that they wanted to get more in-depth information about stunting. Support from community leaders, such as the village head, village health officials, in helping to increase community participation, in every stunting literacy activity, in the villages.

Despite consistent efforts, there are still several factors that hinder the stunting literacy program at the Labuhanbatu Utara Regency Library and Archives Office. Limited budget and skilled librarians in the field of stunting can hinder the expansion of the reach and quality of stunting literacy programs. The Labuhanbatu Utara Regency Library and Archives Office still does not provide much access to information that is easy to reach from outside the library, as the OPAC service provided is still difficult to reach by people in rural and remote areas who still have limited access to information about stunting, so they may not know the benefits of the stunting literacy program. Lack of coordination between agencies related to stunting is a major obstacle in efforts to reduce stunting rates. Overlapping programs and inefficient use of resources are the adverse effects. Without strong synergy. This results in a lack of equitable distribution of interventions, so that groups that need assistance are not maximally reached. Therefore, effective program integration and coordination are needed to achieve national stunting reduction goals. The Labuhanbatu Utara Regency Library and Archives Office in preventing stunting has been supported by the commitment of local leadership, strong inter-agency collaboration, and active community participation. However, limited resources, limited access to information, and lack of coordination between agencies are the main obstacles (Sosiawan, 2015). To improve the stunting program, it is recommended to strengthen resources, develop access to information, and improve collaboration between stakeholders. (Sosiawan, 2015). Periodic evaluations and program innovations also need to be carried out to ensure the program remains relevant in achieving the goal of reducing stunting.

#### Conclusion

The efforts made by the North Labuhanbatu Regency Library and Archives Office show a commitment to fighting stunting in North Labuhanbatu Regency. Various innovative strategies have been launched, starting from developing stunting literacy collections, establishing close cooperation with various related parties. These persistent efforts are strengthened by supporting factors such as local government commitment, synergy between agencies, and community enthusiasm in participating in stunting literacy activities. However, in the midst of such steps forward, there are still obstacles that need to be overcome. Limited resources and uneven access to information in all regions are the main challenges. Therefore, more solid coordination between related agencies, optimization of resources, and expansion of the reach of stunting information services are needed. Cooperation with civil society organizations engaged in the field of stunting can also be key in strengthening stunting prevention and handling efforts. By continuing to hone strategies, overcome obstacles, and synergize with various parties, the Labuhanbatu Utara Regency Library and Archives Office is optimistic that it can realize a stunting-free society, where every individual has adequate knowledge and easy access to stunting information to build a healthy and smart generation.

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