

The Role of Nutritionist Personality in Efforts to Reduce Stunting at Mantrijeron Health Center, Yogyakarta City

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ABSTRACT

Short toddlers are toddlers with nutritional status based on length or height for their age when compared to the WHO-MGRS (Multicentre Growth Reference Study) standard in 2005. Stunting is a condition of growth failure in infants (0-11 months) and children under five (12-59 months) due to malnutrition since the baby is in the womb and in the early period after the baby is born. Indonesia, especially Yogyakarta City, is an area affected by cases of short toddlers with poor nutritional status as many as 1225 cases where the Mantrijeron Health Center is the health center with the highest stunting cases in Yogyakarta City. Nutritionists are considered the frontline in terms of identifying public health and nutrition problems, especially in pregnant women and toddlers, which may trigger high stunting rates in Indonesia. The personality of the Nutritionist, seen from The Big Five Personality is considered capable of generating client interest in conducting regular consultations and being able to live a healthy life in the hope of suppressing the growth of stunting rates. The results of the study stated that the openness to experience dimension was absent in one of the Nutritionists as seen from the difficulty in adjusting the language and the obstruction of work due to lack of mastery of digital technology.

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1. INTRODUCTION

Minister of Health Decree that the government has set anthropometric standards for assessing children's nutritional status [1]. It contains the definition of short and very short is a nutritional status based on body length for age (PB/U) or height for age (TB/U) which is an equation for the terms stunted (short) and severely stunted (very short). Looking at the data above, Indonesia is one of the countries affected by cases of short toddlers with poor nutritional status.

The 1000 HPK Movement states that it aims to reduce the proportion of stunted children under five by 40%; reduce the proportion of children under five suffering from wasting to less than 5%; reduce children born with low body weight by 30%; no increase in the proportion of over nourished children; reduce the proportion of women of childbearing age suffering from anemia by 50%; and increase the percentage of mothers who provide exclusive breastfeeding for six months by at least 50% [2]. Some of the interventions designed in the 1000 HPK Movement are nutrition-specific and

nutrition-sensitive interventions. Specific nutrition interventions include health sector activities such as TB control, PMT for pregnant women and toddlers, immunization, and monitoring the growth of toddlers in Posyandu, while Sensitive Nutrition Interventions include development activities outside the health sector that target the general public.

According to data from the Ministry of Health in 2022, DI Yogyakarta is the fifth province with the lowest number of stunting cases after Riau Islands, Lampung, DKI Jakarta, and Bali. Yogyakarta City alone accounts for 12.08% of stunting cases, totaling 1225 cases [3]. The Yogyakarta City Health Office runs a number of programs to support efforts to tackle stunting, including improving health services for various community groups such as health programs for adolescent girls, prospective brides, monitoring the health of pregnant women, nursing mothers and toddlers [3].

The mapping made by the Yogyakarta City Health Office shows that there are three urban villages that are classified as red zones, which means that the highest stunting prevalence is more than 24%. The villages included in the red zone include Kotabaru Village, Tegalpanggung Village, and Mantijeron Village [4]. Based on this data, the number of stunted toddlers at Puskesmas Mantrijeron is 129 toddlers, which is higher than the number of stunted toddlers at Puskesmas Danurejan 1 and 2, which is 101 toddlers and higher than the number at Puskesmas Gondokusuman 1 and 2, which is 115 toddlers.

The behavior carried out as a form of preventing stunting cases is a reflection of the duties of a health worker written in each description of the performance assessment guidelines. Health workers as health human resources are the main supporting element in health services, on the other hand it turns out that the current service quality conditions are still lacking. This is supported by [5] stating that the level of performance of public service apparatus in health services is still weak.

Nutritionists are considered to be at the forefront of identifying public health and nutrition problems affecting pregnant women and toddlers that may lead to high stunting rates in Indonesia [6]. Nutritionists who are related to stunting in children such as nutrition screening; nutrition assessment and assessment of individual, group, and community nutrition problems; providing nutrition interventions; nutrition counseling; individual, group and community nutrition education and training; surveillance; nutrition monitoring; nutrition evaluation; and documentation in the form of recording and reporting [7].

With the facts above, the role of Nutritionists which is considered important has not been fully implemented in the existing program so that there is a need for a personal approach between Nutritionists and patients or clients. High public service motivation will result in high performance, and can contribute more to the organization where this is influenced by the dimensions of big five personality and job involvement [8]. The hope is that if the personality approach seen from the big five personality is considered capable of generating the desire or interest of clients to conduct regular consultations and live a healthy life.

The big five personality describes an individual's personality which is divided into five namely extroversion, emotional stability, conscientiousness, agreeableness and, openness [9]. extroversion includes characteristics such as being sociable, assertive, passionate. Emotional stability is also known as neuroticism where it will be calm, not irritable, stable and not easily offended. Employees with high conscientiousness are responsible, goal-oriented, disciplined, organized, and planned. Agreeableness is seen in things like trust, love, tenderness, empathy, courtesy and cooperation. Individuals who are openness are reflected in those who are creative, always curious and not conservative.

2. LITERATURE REVIEW

2.1. Nutritionist

In order to improve the quality of nutrition improvement services, professional civil servants are required and assigned as Nutritionists. nutritionists are responsible and authorized to perform functional technical activities in the field of nutrition, food and dietetic services both in the community and hospital. The implementation of nutrition, food and dietetic services is a series of activities in achieving optimal health status and protecting the public from malpractice in the field of nutrition, food and dietetics.

Various nutritional problems require health workers and nutritionists and scientists who are dynamic, independent and uphold high professional ethics so that they can contribute to efforts to develop science and health services including nutrition [10]. The main task of nutritionist is to carry out services in the field of nutrition, food and dietetics which include observation, program preparation, implementation, nutritional assessment for individuals, groups in the community and in hospitals [11].

Competent nutritionists are needed in the prevention and control of nutritional problems with the development of science and technology in the field of nutrition [7].

2.2. Personality

Personality is defined as a person's way of responding and interacting with others [9]. Personality influences individuals in taking action and behavior to determine a decision [12]. Personality emerges with a combination of heredity and environment. Heredity relates to genes which are mentioned as aspects such as face shape, gender, temperament, reflexes, energy level and biological things such as genes and chromosomes.

Personality is a form of disposition of an individual that is relatively permanent and unique character where both appear consistently in individual behavior [13]. Personality is defined as a psychological quality in which there are distinctive and

persistent patterns of feeling, thinking, and behavior [14].

A person's personality is seen in one's behavior when interacting in an environment, to how one copes with unfavorable conditions. The most widely accepted personality traits by scientists and researchers are the Five Factor Model of Personality [15].

A person's personality when in the work environment is in the form of demands or workload. This workload relates to work demands that represent the amount or level of difficulty of the work performed by employees. Therefore, the need for relevant requirements for someone who occupies a job position such as effort and perseverance [16].

2.3. The Big Five Personality

The big five personality emerged from a factor analysis of adjectives and factor tests and scales to describe a person's personality [15]. This became the first step for Tupes & Christal in 1961 to test the structure of the five-factor model which consists of surgency or extraversion, agreeableness, emotional stability, conscientiousness and culture [17].

The big five personality is a personality theory that explains the relationship between affection, cognition and action [18]. The big five is one of the personalities that can predict and explain behavior. The five dimensions of personality are openness to experiences, conscientiousness, extraversion, agreeableness, and neuroticism [19]. This big five personality can influence burnout and emotion [20], [21].

3. METHODS

According to Creswell, (2016) qualitative research is a research method for exploring and understanding meaning by a number of individuals or groups that are ascribed to social or humanitarian problems. In this study, a phenomenological approach was used because phenomenology is the study of knowledge based on human consciousness (Widyaputri, 2020). The phenomenological approach is used to develop understanding or explain the

meaning of an event experienced by a person or group, and reveal the meaning of events or individual experiences. The author uses primary data taken directly through observations and interviews and secondary data in the form of articles from websites, the internet, as well as some relevant news and literature. Data analysis in this study namely Reading and Re-reading, Initial Noting, Developing Emergent Themes, Searching for Connection a Cross Emergent Themes, Moving the next cases, and looking for Patterns Across Cases [22].

4. RESULTS AND DISCUSSION

A. The Big Five Personality

1. Conscientiousness

One of the behaviors in this dimension is community nutrition monitoring, carried out by visits from nutritionists and cadres to the homes of children with nutritional problems. These visits are filled with providing input, monitoring and evaluating health [23]. The behavior to always coordinate also exists in this dimension. Communication and coordination are considered important in carrying out their role as nutritionists. Coordination is important to make organizational goals easier and faster to achieve [24]. Dedication and commitment to work is also manifested in the willingness to carry out nutrition activities outside of working hours such as posyandu activities which are always carried out in the afternoon.

Nutritionist's initiative behavior coupled with reliable nature can be seen from the Nutritionist preparing baby weighing tools (anthropometry) even though it is not during their duty time. Organized nature also exists in nutritionists who work according to existing SOPs to limit the actions of nutritionists in providing interventions during counselling. Nutritionists are able to control the flow of counselling so that clients do not tell things outside the counselling topic. Education is also provided to patients and cadres in

posyandu activities. In this dimension, there are obstacles that arise in the form of delays in submitting data from cadres to nutritionists. Even so, this does not make Nutritionists submit e-PPGBM reports outside the schedule.

2. Extraversion

There is a sense of pleasure working as a Nutritionist at the health center because communication and interaction occur directly such as meeting with targets and conducting direct health checks. This interaction is also carried out by Nutritionists with fellow colleagues and across programs. This interaction is not limited to work matters but also in the personal realm. Nutritionists are able to distinguish or not generalize the language used when dealing with clients of different backgrounds. In accordance with that good counselors provide counseling services that are in accordance with the social, economic, and cultural background of patients [25].

Language is one of the barriers to counseling that comes from clients, such as difficulty speaking fluently or clients who are speech impaired so that Nutritionists can seek help from language translators to understand what the patient means [25]. While the obstacles from the nutritionist's side are unclear communication, not being able to convey messages to clients using simple language so that they are easily understood.

3. Openness to Experience

Nutritionists do not mind the change, they tend to think about the solution if the rules are implemented at the health center. Nutritionists' curiosity is shown in the form of contacting the parents of children or patients because they feel that the conditions, they are facing need further action. States that supervision and monitoring are carried out to understand the progress of the implementation of the tasks being carried out [24]. Other forms of curiosity include seeking knowledge online and asking cross-program colleagues.

One of the Nutritionists (AG01) had difficulty speaking Javanese when conducting nutrition counselling and using technology in communication and reporting nutrition data. Being a Nutritionist (55) in Yogyakarta for 35 years and learning to use technology such as mobile phones and computerization with colleagues has not fully helped the implementation of tasks to the fullest. The old age group, namely 40-60 years and above, is said to be old and no longer productive because this age is considered a static age [26].

4. Agreeableness

Cooperative and friendly behaviour is shown by participants' statements when providing counselling, directing parents to return to the topic of counselling, the existence of supporting pamphlets provided, and being open when asked to reschedule counselling. Effective communication related to negotiation, persuasion and motivation techniques that also need to be applied [7].

Empathy and warmth are shown by waiting for the patient or client to be ready to tell the problem and understand the patient's condition. This is in accordance with the duties of a Nutritionist, namely being able to provide a comfortable and conducive situation, encouraging patients to provide information openly and voluntarily, not demeaning and blaming patients or families.

5. Emotional Stability

Calm behaviour appears in participants where they suggest themselves to always be patient and not get angry at unpleasant conditions. Choosing not to bring personal problems or problems outside of work into the office is one way to maintain a conducive work environment, which is a form of professionalism [7].

It was admitted that she once lost control and spoke in a high tone to a coworker and this was considered a violation of existing professional ethics

according to [7]. Stress tolerance is a person's ability to deal with unpleasant events and stressful situations actively and positively without falling apart [27].

B. Stunting at Mantrijeron Health Center, Yogyakarta City

The factors that cause stunting to still appear at the Mantrijeron Health Center are communication and the role of the child's parents. The role of families in overcoming stunting problems needs to be done early [28]. Not maximizing the recording of children's nutritional data by cadres is one of the reasons children are missing out on routine nutritional monitoring by cadres and nutritionists.

There are parents who refuse to carry out immunization, and complementary feeding because it is considered not in accordance with Islamic teachings. Immunization is an effort to provide immunity to toddlers [29]. Parents' limited information on how to give complementary food to children is also a reason for children's weight not increasing.

5. CONCLUSION

One of the three Nutritionists studied showed low openness to experience. Her understanding of Javanese language is not yet optimal so that sometimes counseling activities encounter obstacles and difficulties in using technology or digital facilities such as mobile phones and computers make some tasks hampered in the process of work. Nutritionists overall conduct direct monitoring to the homes of children with problematic nutritional status so that they are able to find cases of stunting with various causal factors such as communication between cadres and nutritionists that are not optimal so that there are cases of children whose nutritional status is not routinely monitored, as well as the role and parenting patterns in children's nutrition and health.

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