Mosque-Based Community Empowerment to Improve Clean and Healthy Living Behaviors for Stunting Prevention

Dini As-sa'diah, Muhammad Nafis Ariqi, Nofrans Eka Saputra
Faculty of Medicine and Health Sciences
Diniassadiah@gmail.com

Abstract

The risk of stunting and the low level of Clean and Healthy Living Behaviors (CHLB). The adoption of clean and healthy living behaviors (CHLB) remains a major public health challenge. This program, which is based in the mosque, was designed to strengthen community awareness and encourage active participation in CHLB practices. The main partners involved include the local community, DKM (Dewan Kemakmuran Masjid), mosque youth groups, and health cadres in Kelurahan Tahtul Yaman. The program was carried out through several approaches, including education sessions, hands-on training, cadre development, and environmental actions through an integrated cleanliness movement. Overall, the program achieved its intended targets and led to a noticeable increase in community participation. One of the key outcomes was the formation of twelve youth health cadres who are now able to carry out various health-related activities, such as creating 30 biopori holes, producing natural soap, and providing cleanliness boxes in the mosque. In addition, community understanding of CHLB (Clean and Healthy Living Behavior) and stunting prevention has improved. More importantly, the program helped build greater awareness about health issues and contributed to a cleaner and healthier environment, supported by active involvement from the community.
Keywords: Youth Cadres, CHLB, Stunting

Abstrak

Risiko stunting dan rendahnya tingkat Perilaku Hidup Bersih dan Sehat (PHBS) merupakan tantangan kesehatan masyarakat yang signifikan. Penerapan PHBS masih menjadi tantangan utama dalam kesehatan masyarakat. Program berbasis masjid ini dirancang untuk memperkuat kesadaran masyarakat dan mendorong partisipasi aktif dalam praktik PHBS. Mitra utama yang terlibat meliputi masyarakat setempat, Dewan Kemakmuran Masjid (DKM), kelompok remaja masjid, dan kader kesehatan di Kelurahan Tahtul Yaman. Program ini dilaksanakan melalui berbagai pendekatan, termasuk sesi edukasi, pelatihan praktik langsung, pengembangan kader, dan aksi lingkungan melalui gerakan kebersihan terpadu. Secara keseluruhan, program ini berhasil mencapai target yang ditetapkan dan menghasilkan peningkatan partisipasi masyarakat yang nyata. Salah satu hasil utamanya adalah terbentuknya dua belas kader kesehatan remaja yang kini mampu melaksanakan berbagai kegiatan terkait kesehatan, seperti pembuatan 30 lubang biopori, produksi sabun alami, dan penyediaan kotak kebersihan di masjid. Selain itu, pemahaman masyarakat mengenai PHBS dan pencegahan stunting juga meningkat. Yang lebih penting lagi, program ini membantu membangun kesadaran yang lebih luas mengenai isu-isu kesehatan serta berkontribusi pada terciptanya lingkungan yang lebih bersih dan sehat, berkat keterlibatan aktif dari masyarakat.
Kata Kunci: Kader Remaja, PHBS, Stunting

A. INTRODUCTION

Clean and Healthy Living Behavior (CHLB) is one of the main indicators in efforts to improve public health and is an important part of national health development. CHLB is defined as a set of behaviors carried out consciously as a result of a learning process, so that individuals, families, and communities are able to independently maintain and improve their health and play an active role in creating a healthy environment. The implementation of CHLB in the community is very important because it reflects the level of awareness, knowledge, and health practices in everyday life. However, various studies show that the implementation of CHLB is still not optimal, especially in communities with limited access to health information and services. This is indicated by the persistence of behaviors such as not using healthy latrines, littering, poor environmental cleanliness, and a lack of adequate individual hygiene practices. This condition is also seen in certain communities such as the Orang Rimba, who

despite experiencing a change in lifestyle from nomadic to settled, still face various problems in implementing CHLB, both in terms of knowledge, attitudes, and skills. The low implementation of CHLB not only impacts individual health conditions, but also has the potential to increase the risk of various environmental-based diseases, so that ongoing education, mentoring, and community empowerment efforts are needed to increase awareness and practice of clean and healthy living in everyday life.(Eka Saputra et al., 2018)

In addition to the low level of Clean and Healthy Living Behaviors (CHLB), another public health issue that remains a concern is the high incidence of stunting. Stunting is a growth disorder in children characterized by height that is not appropriate for their age due to long-term chronic malnutrition. Globally, stunting remains a significant health problem, with cases reaching approximately 149.2 million children under five. Indonesia itself is among the countries with a relatively high stunting burden, even once ranking among the top in the world. According to the Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in Indonesia has shown a consistent decline, decreasing from 24.4% in 2021 to 21.6% in 2022, 21.5% in 2023, and reaching 19.8% in 2024 but this figure is still above the standard set by the World Health Organization (WHO), which is 20%. This indicates that stunting remains a health problem that has not been optimally resolved. The impact is not only visible in children's physical condition, which is shorter than their age, but is also associated with increased susceptibility to disease and general developmental disorders. Therefore, stunting remains an important indicator in assessing the quality of public health.(Setiyawati et al., 2022).

The problem of low levels of clean and healthy living behavior is also reflected in children, a segment of society that is vulnerable to health risks. Various studies have shown that low levels of personal hygiene and the lack of implementation of CHLB within the family environment are factors that influence the low level of children's health. This condition can be seen in the persistence of unhealthy habits, such as not washing hands before eating, not maintaining personal hygiene such as bathing and brushing teeth regularly, as well as littering and not maintaining a clean living environment. Furthermore, environmental factors also exacerbate this condition, such as the community's dependence on less than hygienic water sources and the habit of using rivers for daily activities, including bathing, washing, and defecating. This situation increases the potential for various environmentally-related diseases, especially in children who have weaker immune systems. Low knowledge and awareness among both children and families is one of the main causes of the suboptimal implementation of CHLB, making this problem a challenge in efforts to improve overall public health (Pamungkas, 2024).

One approach considered effective in raising awareness and encouraging changes in public health behavior is through providing appropriate health education tailored to the target population. Health education plays a crucial role in increasing individual knowledge, which can then influence attitudes and practices regarding implementing clean and healthy living behaviors in daily life. A sound learning process will help individuals understand the importance of maintaining health, enabling them to interpret the information obtained and apply it to their daily activities. However, the effectiveness of health education is greatly influenced by the methods and media used to deliver the information. For children, the use of interactive and fun learning methods such as educational games has been shown to be more effective in attracting attention and enhancing understanding of health material. This is because children tend to absorb information more easily through activities involving direct experience and visual and audio stimulation. Therefore, selecting appropriate educational media is a crucial factor in increasing knowledge and fostering clean and healthy living behaviors from an early age, thereby supporting the sustainable improvement of public health.(Nina Ekawati et al., 2020).

Mosques can be used as community empowerment centers, which is one creative approach. Mosques serve not only as places of worship but also as strategic centers for social and educational activities. Through the idea of collective action within mosques, communities can work together to implement preventive and promotive health measures. This method is successful because it combines religious principles with healthy living practices, making it more easily accepted by the community (Triana et al., 2022).

Tahtul Yaman Village has significant potential for implementing community-based programs. The strong Malay and Islamic traditions, coupled with the presence of Islamic boarding schools (pesantren) and mosques/langgars (prayer centers) serving as educational centers throughout the Tahtul Yaman area, make it possible to prevent and address health issues (stunting), environmental hygiene, and other issues. Islamic boarding schools and mosques should also serve as centers for community health empowerment, assisting with organized promotion, prevention, and curation.

On the other hand, support from community leaders, mosque welfare councils, mosque youth and social communities, and sub-health centers in Tahtul Yaman are the main strengths in implementing programs that have been planned together and collaboratively optimally. This community empowerment is carried out by the PPK Ormawa LD At-Thobib FKIK UNJA with a focus on health issues in the Tahtul Yaman sub-district located in Pelayangan District, Jambi City, with an area of 324 hectares consisting of 5 RW and 12 RT. The population is 3,494 people, consisting of 52.46% men and 47.54% women, with the majority being Muslim. Most

residents work as daily laborers with the highest level of education being high school. This sub-district is located on the banks of the Batanghari River and is prone to flooding during the rainy season. These conditions contribute to frequent waterlogging, improper solid waste accumulation, and inadequate sanitation. Limited community awareness of clean and healthy living behaviors (CHLB), combined with inadequate waste management practices, increases the risk of infectious diseases, including acute respiratory infections (ARIs), and other environmentally related illnesses.

Program Penguatan Kapasitas Organisasi Kemahasiswaan (PPK Ormawa) of LD At-Thobib, Faculty of Medicine, Jambi University, developed a concept of collective mosque action as a community empowerment effort to improve CHLB practices, create a clean and healthy environment, and support stunting prevention in Tahtul Yaman Village. Various community groups are involved in this program, such as the mosque's Student Council (DKM) and youth, health cadres, mothers of toddlers, and the local government.

It is hoped that this community-based approach will result in sustainable behavior change and overall improvements in public health. The goal of this activity is to increase community awareness and participation in implementing clean and healthy lifestyles (CHLB), strengthen mosques as centers for health education, and develop a cadre of health-conscious youth who can act as agents of change in the community.

B. METHOD

This service uses a participatory-based community empowerment approach, which actively involves the community in every stage of activities, from planning, implementation, to evaluation and sustainability. The goal of this approach is to increase the community's sense of ownership of the program so that the results achieved can be sustainable.

The planning process began with a field review to find health problems in Tahtul Yemen Village, especially those related to clean and healthy living behaviors (CHLB), environmental sanitation conditions, and stunting risk. Direct observation of environmental conditions, informal interviews with the community, and discussions with the village, mosque administrators, and health workers are all methods used to carry out this activity. The results of this process are used to build intervention programs that meet the needs of the community.

To achieve this goal, various interventions are carried out. This includes providing CHLB education and socialization to the general public, providing training and building youth cadres who care about health, and implementing environmental cleanliness programs through the TIKTOK (Integrated Hygiene Box Point) movement. In addition, as a way to support environmental cleanliness and improve community skills, herbal soap making

training was carried out. Health programs through basic health checks, nutrition training, and assistance for mothers under five to track their child's development are also carried out.

In carrying out activities, various tools, materials, and supporting media are used. The tools used include cleaning tools such as brooms and garbage cans, tools for making biopores, and simple medical tools such as scales and tools for measuring height. Ingredients used to make herbal soaps such as celery leaf extract and soap base ingredients are also used. To support the material, CHLB leaflets, posters, and presentations are used. Pre-test and post-test questionnaires, observation sheets, and interview guidelines are the data collection tools used.

To measure the success of the program, the evaluation stage is carried out formatively and summatively. This is measured through direct observation during activities, documentation, and measurement of knowledge improvement through pre-test and post-test questionnaires. In addition, evaluation with the community and stakeholders is discussed to find out how the program is run.

Quantitative and qualitative descriptive methods are used to evaluate the success of the program. In the knowledge section, success is measured through an increase in pre-test and post-test scores. In the attitude and behavior section, measurements are carried out by observing changes in community behavior in implementing CHLB and the level of participation in activities. A high level of community engagement and behavioral change towards a clean and healthy lifestyle are indicators of success.

On the social aspect, success is measured through community participation and the formation of agents of change from adolescents who care about health. In terms of the environment, indicators of success can be seen from physical results, such as the creation of biopore holes, the availability of hygiene boxes, and the improvement of environmental cleanliness. In the aspect of sustainability, on the other hand, success is measured through the sustainability of cadres in running the program after the service activities are completed and there is support from the local government. This method allows the program to have a sustainable impact and not just a short-term one.

C. RESULTS

The implementation of the Student Organization Capacity Strengthening Program (PPK Ormawa) based on mosque collective action in Tahtul Yemen Village shows optimal achievements through a participatory approach that actively involves the community in every stage of activities, so as to produce changes that are not only output, but also in the behavioral and social aspects of the community.

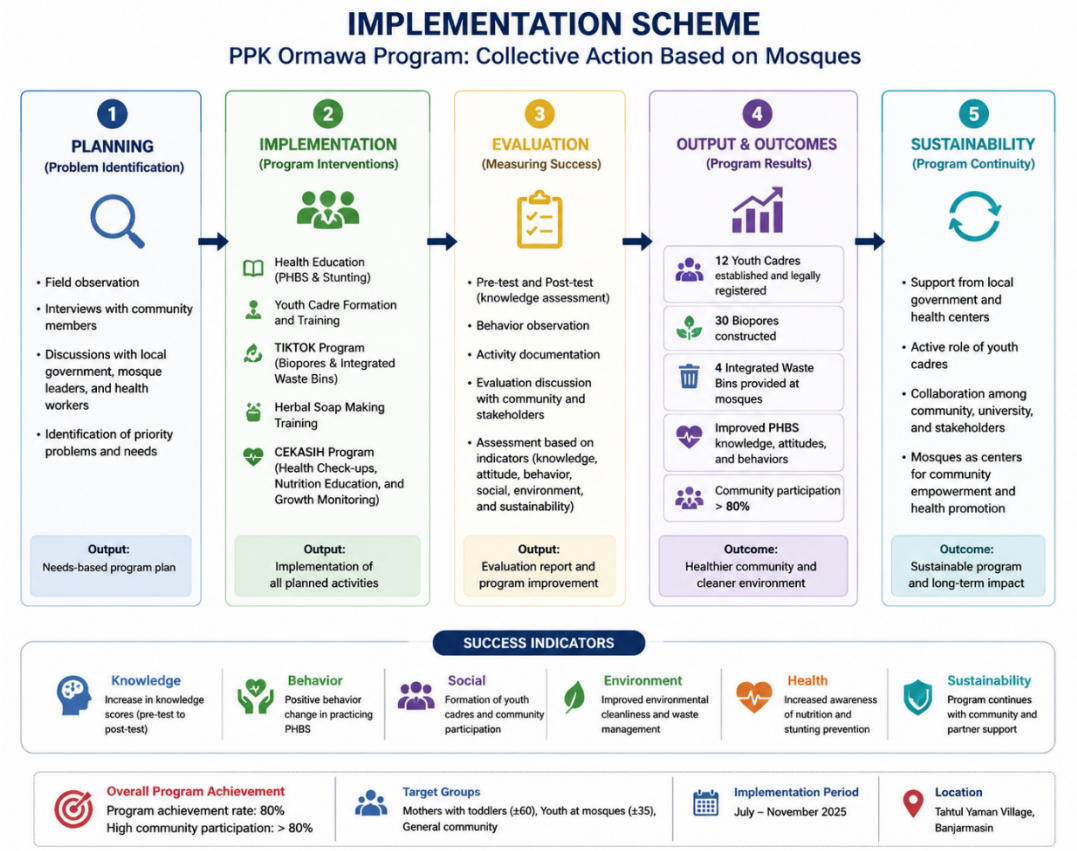

Figure 1. Implementation Scheme

In terms of increasing knowledge, CHLB and health education activities given to the community show an increase in participants' understanding. This was measured through a comparison of pre-test and post-test results which showed an increase in knowledge scores in most participants. Education that is carried out interactively and based on community needs has proven to be effective in increasing awareness about the importance of personal hygiene, environmental sanitation, and disease prevention.

In terms of behavior, there have been significant changes in people's habits, especially in maintaining environmental cleanliness and the implementation of CHLB. This can be seen from the increase in community participation in mutual cooperation activities, the habit of throwing garbage in its place, and active involvement in maintaining the cleanliness of the mosque. The level of community participation in activities shows that the mosque-based collective action approach is able to increase community involvement at large.

From the social aspect, this program has succeeded in forming 12 cadres of adolescent health care who already have legality through a Decree from the village. These cadres play an active role as agents of change in disseminating health information, assisting community activities, and maintaining the sustainability of the program. In addition, there is good

collaboration between the community, the village government, the health center, and universities that strengthen the implementation of the program as a whole.

In the environmental aspect, this program produces various physical outputs that support the creation of a healthy environment, including the creation of 30 biopore holes as an effort to manage water and organic waste, as well as the provision of 4 units of integrated hygiene boxes in several mosques. In addition, gotong royong activities that are carried out regularly help improve the cleanliness of the environment around mosques and residential areas.

In the aspect of maternal and child health, nutrition education and assistance activities for mothers under five involving around 60 participants had a positive impact on increasing understanding of stunting prevention. This activity is supported by monitoring children's growth and development and providing education related to a healthy and balanced diet.

In addition, program innovation through herbal soap making training is a form of intervention that not only supports cleanliness, but also improves community skills. The products produced can be used directly by the community as part of efforts to maintain environmental cleanliness.

Figure 2. Biopore Installation

Figure 3. Natural Soap Making

Figure 4. Balanced Nutrition Education

Figure 5. Stunting Crumpse

Overall, the success of this program is influenced by several main factors, namely a mosque-based approach that is close to people's lives, the active involvement of youth cadres as drivers, and support from various parties including the government and universities. The collective action approach has proven effective in building shared awareness and driving sustainable behavioural change.

D. CONCLUSION

Based on the results of the implementation of the Program Penguatan Kapasitas Organisasi Kemahasiswaan (PPK Ormawa) based on the collective action of mosques in Tahtul Yaman, it can be concluded that this program is effective in improving public knowledge, attitudes, and behaviors related to Clean and Healthy Living Behavior (CHLB) and stunting prevention. This is shown by the increase in public understanding based on the results of pre-test and post-test, the high level of community participation which reaches more than 85%, and there is a change in behavior in maintaining the cleanliness of the environment and places of worship.

This program has also succeeded in strengthening the social aspect of the community through the formation of a cadre of adolescents who care for health as many as 12 people who already have official legality and play an active role as agents of change in the community. In addition, the program's achievements are also supported by real outputs such as the manufacture of 30 biopore holes and the provision of 4 units of integrated hygiene boxes that contribute to the improvement of environmental conditions.

The mosque-based collective action approach has proven to be an effective strategy because it is able to integrate social and religious values in encouraging community participation. The recommendations that can be given are the need to strengthen long-term monitoring and evaluation to measure the impact of the program more comprehensively, especially in reducing the risk of environment-based diseases and stunting. In addition, similar programs can be replicated in other regions by adjusting the characteristics of local communities. For researchers or implementers of the next program, it is recommended to add more in-depth quantitative measurements, such as pre-post test statistical analysis, so that the results obtained are more measurable and have higher scientific strength.

E. ACKNOWLEDGMENT

The author would like to thank all parties who have provided support in the implementation of the Student Organization Capacity Building Program (PPK Ormawa). Thank you to the Directorate General of Learning and Student Affairs for providing assistance and support for program funding.

Thank you also to the Universitas Jambi for the institutional support and facilities provided, as well as to the accompanying lecturers who have provided direction and guidance during the implementation of the activity. In addition, the greatest appreciation is given to the

Government of Pelayangan District and Tahtul Yaman Village for facilitating and supporting the running of the program.

Gratitude was also conveyed to the Tahtul Yemen Village, the Health Center, mosque administrators, community leaders, and the entire community of Tahtul Yemen Village who have actively participated in every activity. The support and cooperation of various parties is an important factor in the success of this program.

REFERENCES

Budiastutik, I., et al. (2024). The relationship of sanitation, hygiene, and stunting in rural Indonesia. *Amerta Nutrition, 8*(1SP), 70–75. https://doi.org/10.20473/amnt.v8i1SP.2024.70-75

Eka Saputra, N., Kalsum, U., Nina Ekawati, Y., Tri Brata, J., Meja, P., & Muaro Jambi, K. (2018). *UPAYA MENINGKATKAN PENGETAHUAN DAN KETERAMPILAN PERILAKU HIDUP BERSIH DAN SEHAT (CHLB) ORANG RIMBA MELALUI PEMBINAAN CHLB RUMAH TANGGA THE ATTEMPT TO IMPROVE KNOWLEDGE AND SKILL OF CLEAN AND HEALTHY BEHAVIOR (CHLB) AMONG ORANG RIMBA BY DEVELOPING A HOUSEHOLD CHLB 1)*.

Fitri, I., Rahmi, R., & Hotmauli, H. (2021). Clean and healthy living behavior through community empowerment. *Faletehan Health Journal, 8*(3), 166–172. https://doi.org/10.33746/fhj.v8i03.264

Hairuddin, M., & Akbar, F. (2023). The relationship between sanitation and clean and healthy behavior (PHBS) to stunting. *Indonesian Journal of Global Health Research, 5*(2), 405–412. https://doi.org/10.37287/ijghr.v5i2.1848

Hasyim, H., Samsuryadi, Purnomo, M. E., Adhitya, B. B., Cahyono, H., & Fajar, N. A. (2021). Community empowerment to improve clean and healthy living behavior (CHLB): An action research. *International Journal of Community Service, 1*(3), 358–364. https://doi.org/10.51601/ijcs.v1i3.41

Health Development Policy Agency. (2025). *Indonesian Nutritional Status Survey (SSGI) 2024*. Ministry of Health, Republic of Indonesia

Karon, A. J., Cronin, A. A., Cronk, R., & Hendrawan, R. (2017). Improving water, sanitation, and hygiene in schools in Indonesia. *Health Policy and Planning, 32*(7), 1056–1064.

Nina Ekawati, Y., Eka Saputra, N., Periantalo, J., & Rahayu, D. (2020). The Effectiveness of The Get Resih Application to Improve Clean and Healthy Living Behavior (CHLB) in Children. *Journal of Educational, Health and Community Psychology*, *13*(3).

Pamungkas, M. D., & Anwariyah, H. R. (2024). Examining trends and social complexity of Clean and Healthy Living Behavior through bibliometric analysis. *Jurnal Pemikiran Sosiologi, 11*(1), 1–18. https://doi.org/10.22146/jps.v11i1.98883

Setiyawati, M. E., Ardhiyanti, L. P., Hamid, E. N., Ayu, N., Muliarta, T., & Raihanah, Y. J. (2022). *Studi Literatur: Keadaan Dan Penanganan Stunting Di Indonesia*. https://doi.org/10.37817/ikraith-humaniora.v8i2

Studi Psikologi, P., & Kedokteran dan Ilmu Kesehatan, F. (n.d.). *PERILAKU HIDUP BERSIH DAN SEHAT ANAK PULAU PANDAN Nofrans Eka Saputra, Agung Iranda*.

Triana, R., Al-Hidayah, S., & Kunci, K. (2022). *Sugeng Ribowo Syaeful Rokim*.

Wibasusanti, G. P., et al. (2024). Basic sanitation factors and CHLB as determinants of stunting. *Public Health Research Development*.

Wibasusanti, G. P., Thohari, I., Winarko, I., Wardoyo, I. R. E., Sulistijowati, & Laksono, C. W. (2024). Basic sanitation factors and Clean and Healthy Living Behavior as determinants of stunting: A case study in Bondowoso. *Public Health Research Development, 1*(2), 58–68.