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## FDS (FAMILY DEVELOPMENT SESSION) IN THE PREVENTION AND HANDLING OF STUNTING IN LENEK PESIRAMAN VILLAGE

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### ABSTRACT

The issue of stunting remains a significant health concern, particularly in East Lombok, which has one of the highest stunting rates in West Nusa Tenggara. This study explores the role of Family Development Session (FDS) activities in preventing and addressing stunting in Lenek Pesiraman Village. FDS, an integral part of the Family Hope Program (PKH), provides structured learning sessions to beneficiary families (KPM) to increase their knowledge and foster behavioral changes related to health, education, and nutrition management. Using Giddens' structuration theory as an analytical tool, this research investigates the interaction between agents (beneficiary families and FDS facilitators) and structures (the PKH program) in implementing FDS activities. A qualitative case study approach was employed, with data gathered through interviews, observations, and documentation from 2019 to 2024. The findings indicate that FDS activities have significantly influenced behavioral changes in the community, particularly in improving nutrition awareness, pregnancy care, and environmental health. Additionally, FDS has facilitated a deeper understanding of stunting prevention among beneficiaries and contributed to reducing stunting rates in Lenek Pesiraman Village. The study highlights the importance of collaboration between facilitators and beneficiaries in achieving the program's objectives and provides insights into enhancing the implementation of FDS activities for better community health outcomes.

**KEYWORDS** *Family Development Session, stunting prevention, Family Hope Program, community health, behavioral change, Lenek Pesiraman Village*



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### INTRODUCTION

The high stunting problem that occurs in society requires special attention for all elements of society, both for the government as a policy maker, as well as for the community itself as the subject or who carries out the activities of the policy in their daily lives (Doenst et al., 2019). Regarding the problem of stunting, stunting is a problem that occurs starting when a person begins to undergo a period of early

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**How to cite:** Fatoni H.R et al. (2025). FDS (Family Development Session) in The Prevention and Handling of Stunting in Lenek Pesiraman Village. Journal Eduvest. Vol(Number): 86-105  
**E-ISSN:** 2775-3727

development or early growth, which is very much determined by the influence on a person's first 1000 days of nutritional intake (Sosial, 2021). Therefore, problems related to stunting are very important to pay attention to and find solutions as early and as soon as possible (Sari et al., 2021). This is done to get early treatment solutions, as well as careful handling that has been prepared from the start, because the quality of future successors and the overall health of the community will be greatly influenced by previous public health problems, including health problems related to stunting which are important to immediately find solutions for the community, and of course can be resolved with what the community expects (Handayani & Setyawati, 2022).

One of the reasons for the importance of finding a solution to the stunting problem is to prevent a negative impact on society immediately and sustainably (Putri, Agustin, Bakti, & Suminar, 2025). The impact of the stunting problem in addition to having a long-term impact on society in the future, in the short term stunting also has a significant impact, which for example can cause fatal problems in a person in the form of decreased learning ability. This is because the occurrence of stunting in a person will have an impact on interference in reducing a person's cognitive development ability, which will continue to affect a person's life gradually and follow the growth process in the future. (Yusuf, 2022). According to the National Medium-Term Development Plan (RPJMN), the current stunting rate of 30.8% is very far from the initial target of what the government expected, various factors continue to be seen as part of the cause of the high stunting rate. Factors such as the socio-economic conditions of the community, the nutritional conditions of the mother during pregnancy, the morbidity rate in infants, and also the lack of nutritional intake in infants, are some of the factors that are considered in stunting. In addition, there are still many other factors that support the occurrence of stunting, including those in West Nusa Tenggara province, where all aspects of the causes of the current very high stunting problem can still be found in NTB province. In addition to the main factors that exist in causing stunting, it was found that there are also several other supporting factors in NTB society that are different from other regions in supporting the occurrence of stunting, factors such as early marriage, family welfare levels, sanitation facilities and lack of access to clean water and environmental hygiene and the culture of community life are some of the factors that exist. therefore, some of these factors need to be the attention and focus of all parties in paying attention to the factors that cause stunting problems, including those that occur in the East Lombok district area.

Looking at the existing problems, currently there are several regions that have special attention in handling stunting which is quite serious, some of these regions collaborate with various parties in efforts to handle and find solutions to stunting problems. Collaboration is carried out both from the lowest party to collaboration

with the highest party in a social life structure. Efforts to find solutions are carried out by collaborating with various related parties in prevention, treatment, or finding solutions to stunting problems that have occurred. One of the areas that is currently a regional pilot in handling stunting in East Lombok district is Lenek Pesiraman village. Lenek Pesiraman Village is a village that has the same stunting problem conditions as other villages, this village is located in East Lombok Regency, precisely in Lenek District (East Lombok Health Office, 2022). Lenek Pesiraman Village was originally one of several villages that were previously part of an expansion village due to high population growth, so that it became an entity with several other villages into a sub-district in Lenek sub-district. In the past, all villages that are currently included as villages in the Lenek sub-district were originally part of the sub-district of Aikmel, but expanded due to the population density with a high population with a fairly high baby birth and continues to increase from year to year, which causes the population density space to get smaller, and the occurrence of several other problems in the community, thus causing a request to the local government in making efforts to expand the area, this is of course also in maintaining the welfare of the community, so that in the end it becomes a village.

Being part of a new village, Lenek Pesiraman Village made various efforts to find solutions in surviving and providing assistance in meeting the needs of its community. One form of the village's initial contribution in order to help and meet the needs of its community was the village government's initiative in the formation and appointment of village-level human development cadres (KPM) formed by the head of Lenek Pesiraman village starting in 2019 (Village Data, 2019). This step was taken, of course, as an effort to prepare a forum that would later be expected to be able to help the community face various problems that exist in their daily lives, including in dealing with the problem of stunting which is also currently faced by the Lenek Pesiraman community. In addition to the existence of solutions from the village in an effort to help the community, the community also did not search for solutions involving one party, but tried to involve all other parties, including the involvement of the village government, local government, and central government in finding joint solutions to the problems faced by the community.

In an effort to provide solutions to the problems faced by the community, several parties are aware of making several efforts to help the community by providing assistance. This is done either through providing assistance in the form of programs or providing physical assistance. One of the parties that is currently actively helping the community in dealing with the problems that exist in the community is the central government. The form of the central government's presence in helping village communities can currently be seen by the involvement of the central government in providing various types of assistance provided directly to the community in an effort to help the community meet and face the problems

they face, such as the provision of social assistance. Social assistance is provided in various forms, ranging from physical assistance to non-physical assistance provided directly by the government, including the Family Hope Program or usually known by the community as PKH and several other assistance. PKH assistance is a central government assistance program that is still being distributed to the community in helping to meet their needs, including those currently provided to the people of Lenek Pesiraman village who still receive social assistance in helping to meet their daily needs.

The Family Hope Program (PKH) is part of the program assistance provided to people in need, this program has been run by the government starting from 2007 until now. The benefits of this program have also begun to be felt in part by the community in various regions. The definition of PKH is a program of providing assistance in the form of conditional cash assistance to the poor or poor families and in return the community is required to follow and meet the requirements related to efforts to improve the quality of their families (Masbullah & Bahri, 2021). In addition, the hope is that the provision of social assistance is not only in the aim of temporarily improving the social conditions of the community, but it is also hoped that sustainability will become a solution in paying attention to the conditions of other community life problems, such as solutions in the health and education sectors, which are currently in people's lives becoming the main needs and basic needs as well as important needs in people's daily lives.

In the process of implementation to date, this family hope program has had several significant impacts on the community. The success of the PKH program in the community can be found easily, for example, the existence of PKH assistance makes people more capable in terms of alleviating the poverty they experience. In addition, PKH is also able to provide opportunities for people to improve their abilities in the economic field. As happened in the Toraja community, with PKH assistance, PKH assistance is present as a solution for the Toraja community in helping people alleviate the poverty they have experienced for a long time (Kanuna & Nawawi, 2022). In addition, the success of the PKH assistance program is also able to increase the community's ability to become helpers in overcoming economic problems, this is like what happened to the people of East Lombok district as a whole, namely with the existence of PKH being able to increase the economic standard of life of the community, and meet the economic needs of the community (Masbullah & Bahri, 2021). On the other hand, the important thing about the benefits of PKH is also able to improve the quality of life of the community. PKH has contributed to reducing the burden of basic family needs, especially in terms of education and public health. (Hidayatulloh, 2019). However, despite the significant benefits that have been felt by the community, there are also some people who have not been able to feel the maximum impact of PKH assistance, such as what

happened to the Batujaya village community in Karawang. In this community there are still people who have not benefited from PKH assistance, even though they are beneficiaries, and based on in-depth analysis this impact occurs because there has not been good management between the PKH management and the community as beneficiaries of assistance in the process of managing existing assistance (Hapsari, Argenti, & Ramdani, 2023).

In providing PKH assistance, there are many types of names of assistance provided by the government depending on the conditions and circumstances of the community who are the required beneficiaries. However, the types of social assistance provided from the beginning until now by the government to the community essentially have the same purpose of providing social assistance, namely with the aim and hope of being able to increase the level of socio-economic welfare of the community in various fields of life. Apart from PKH assistance, there are also other types of social assistance obtained by the community at this time, such as Non-Cash Food Assistance (BPNT), Direct Cash Assistance (BLT), Rice Social Assistance (BSB) and many other types of social assistance (Ministry of Social Affairs, 2020). For PKH recipients themselves from year to year, it has increased. Based on the latest data, PKH recipients in 2022 have reached as many as 10 million Beneficiary Families (KPM) with a budget allocation of Rp. 32.65 trillion. (Ministry of Social Affairs, 2022). When viewed very significantly, the difference is far compared to what happened in the implementation of PKH in previous years, where at the beginning of the year PKH recipients were only 6 million poor families with a budget of Rp. 10 trillion (Ministry of Social Affairs, 2022). The occurrence of PKH recipient conditions that have increased is due to the success of the program and the benefits of the program results. In addition, there are still some people who have not received good welfare, resulting in an increase in existing programs by targeting and managing them more broadly in the community, especially the increasingly complex needs of the community, it is hoped that the increase in this assistance quota is also directly proportional to the perceived impact and benefits by the existing community, so that this program continues to want to be continued and improved to become one of the solutions in helping people meet their various needs in their daily lives.

PKH assistance is social assistance that is not the same as the provision of other social assistance. The difference in the PKH program, beneficiary families (KPM) in addition to being given physical assistance, the community as beneficiaries of assistance is also given learning assistance and supervision for how the community who are beneficiaries of assistance are also given learning and supervision of solutions in dealing with various dynamics of their daily life problems by being able to use the assistance that the community gets properly. The mentoring process itself is carried out by someone, who is usually called a

companion. The assistance itself is carried out by someone who has been assigned as a companion to participate in implementing existing programs based on predetermined rules. The duties of these assistants have also been explained and regulated in policies that have been made by the relevant assistance provider agency, namely the Ministry of Social Affairs. Apart from being someone who is assigned to provide socialization to the community regarding existing social assistance programs, assistants also have the task of being an important part of helping to ensure the distribution of social assistance that can be right on target to people who really need it and achieve the expected program objectives. The assignment and supervision activities carried out by assistants in the PKH program are usually called Family Capacity Building Meetings (P2K2) or also known as FDS (Family Development Session).

FDS (Family Development Session) is an integral part of PKH assistance. FDS activities become an activity that helps the community in dealing with their various problems. For the definition of FDS is a learning process carried out by beneficiary families in a structured manner guided by FDS assistants. From this activity, it is hoped that it can strengthen behavioral changes in KPM from PKH beneficiaries in carrying out their lives. The main objective of FDS activities is to increase knowledge, as well as community understanding of the importance of education, health and knowledge for the community regarding how to manage the assistance received in their family life and become several solutions in dealing with the problems of social life. In the process of implementation, there are various materials provided in the activities of implementing FDS activities, the materials in the FDS activities themselves include materials related to the main knowledge that must be known and important for the community to have, such as materials in understanding the importance of attention to health and nutrition, child care and education materials, financial management and business planning materials, child protection materials, as well as materials that are currently the focus of several FDS assistants in providing assistance in finding solutions, namely related to materials related to solutions in preventing and handling stunting in people's lives, because currently stunting is a problem that can be found in almost every community.

In the implementation of FDS, in addition to the materials provided according to community needs, FDS assistants also essentially have several other task objectives in helping to make the activities successful. The task of FDS assistants is also to coordinate with education and health service officers related to the implementation of PKH at their respective duty locations in assisting community needs. The task of FDS assistants is to provide assistance to KPM who are also PKH participants and ensure the fulfillment of attendance commitments to the needs of the community, especially in education and health facility services which are basic and important needs for people who are KPM. FDS assistants ensure that

the community gets their rights in accordance with predetermined provisions and the community becomes more open to all existing problems. In the success of the process and implementation of this goal, FDS assistants conduct regular monthly meetings with beneficiaries. In their meetings, the assistants motivate the KPM to fulfill their obligations and know their rights, and most importantly, the existence of FDS and the new knowledge gained by the community is expected to make the community experience changes in attitude and behavior, especially by being aware of the social assistance they get after participating in existing activities.

Before being implemented in Indonesia, there were several countries that had also previously been successful in carrying out similar FDS activities. First, in Mexico, in this country FDS has its own term (called "platicas") in this activity is able to provide intensely to the community with a form of supervision of the assistance obtained by the community. Second, in the country of Jamaica, FDS in this country is called the Home Visits program, in this activity is carried out in the form of teaching mothers about how to care for children for better cognitive development (Wahyu, 2021) which makes the community have knowledge not only assistance, in the end the existence of this FDS activity continuously changes the existing community behavior patterns. As for Indonesia, FDS participants in Indonesia are all KPM from PKH social assistance that have been determined based on the requirements they have fulfilled. The implementation of FDS activities itself is carried out by optimizing the learning process with the number of participants generally consisting of 15 to 30 KPM. In addition, the number of participants is also adjusted to the planned activity session. Assistants or those who become facilitators or resource persons are usually those who have been determined based on a decision letter to become assistants to beneficiaries by the relevant agencies. Based on the latest data, the number of FDS assistants in the PKH program assistance as of 25 May 2023 reached 35,597 people (Ministry of Social Affairs, 2022).

Based on the background study above, the author finds a gap that although currently many studies have conducted studies on how the management of Family Hope Program (PKH) benefits and Family Development Session (FDS) activities and discussed their implementation and impact on the community. However, it is still rare to see and further analyze the study on how the interaction between agents and structures in Family Development Session activities in the program's assistance, especially in seeing the impact of the involvement of FDS activities at the stage of helping the community to solve various problems of their health life, including how to solve and prevent stunting problems which are problems faced by many communities today. The solutions to be seen are mainly in the process of providing information to the community and the response of the community who are beneficiaries of existing social assistance through interactions in FDS activities. The existence of FDS activities in the PKH program requires the integration of all

related parties in managing FDS activities, which is not only the task of the FDS activity assistants, but also the community who is the subject in it also interacts in the success of FDS activities.

Therefore, in this study the authors want to look further and will analyze in depth how the interaction between agents and structures in this FDS activity in solving the stunting problem, starting from the FDS activity facilitator, the KPM whose interaction process is in collaborating in dealing with existing problems. The structure in this activity itself, namely the PKH program, is understood by the community as assistance to help the community with applicable rules and policies. While the agent is the community who is the KPM of the PKH assistance program and the FDS program assistant in this program. By using Giddens' structuration theory as an analytical tool. The author is interested in identifying and studying further how the interaction in FDS activities is a solution in handling stunting in people who are KPM of PKH social assistance. These problems will be included in this study specifically into a title " Interaction of Agents and Structures on FDS (Family Development Session) in the Prevention and Handling of Stunting in Lenek Pesiraman Village, East Lombok Regency".

#### **Problem Formulation**

Referring to the background mentioned above, the problem formulation in this study is as follows:

1. Do Family Development Session (FDS) activities strengthen behavioral changes in Beneficiary Families (KPM) of beneficiaries of the Family Hope Program (PKH) in Lenek Pesiraman village in carrying out their lives?
- 2 How is the interaction between agency and structure in Family Development Session (FDS) activities, both between FDS activity assistants, Beneficiary Families (KPM), and the relationship in collaborating in dealing with stunting problems in Lenek Pesiraman village?

#### **Research Objectives**

1. To analyze Family Development Session (FDS) strengthens the occurrence of behavioral changes in Beneficiary Families (KPM) of PKH beneficiaries in Lenek Pesirama village in carrying out their lives.
2. To analyze the interaction between agency and structure in Family Development Session (FDS) activities, both between FDS activity assistants, Beneficiary Families (KPM), and the relationship in collaborating in dealing with stunting problems in Lenek Pesiraman village.

### **RESEARCH METHOD**

The research method used in this study is qualitative using a case study approach. In its understanding, qualitative research is concerned with understanding the unique characteristics and experiences of each case, and the author tries to

identify patterns or trends that can be generalized (Akmalia, 2024). In another explanation, (Creswell, 2019) explains that qualitative research is research that focuses on efforts to capture the richness and complexity of natural human experience and behavior. And in (Herdiansyah, 2010) qualitative research is a form of written narrative which is the result of interviews, observations and documentation studies. Among the differences in qualitative research are the natural environment, the author as a key instrument, various data sources, inductive and deductive data analysis, the author focuses on understanding the meaning conveyed by research informants, developing designs, reflexivity and a holistic view.

The supporting reason that the author will use this type of qualitative research is also an effort to obtain more in-depth information related to the object of study to be carried out, especially in looking at FDS activities in the implementation of the PKH program in how interactions are carried out by agents, and in the end this activity can be a solution process for how the provision of these activities in the aim of providing solutions to the reduction and handling of stunting problems in the community.

In addition, the author also wants to clearly describe the object of research through deepening understanding of the roles experienced by related informants for more in-depth, complete, credible, broader information and will be more meaningful to convey. Moreover, the problem of stunting is a problem caused by multidimensional things, deepening in how this interaction becomes a preventive solution in society, it will certainly be easy to see in depth how interactions occur.

### 3.1. Data Source

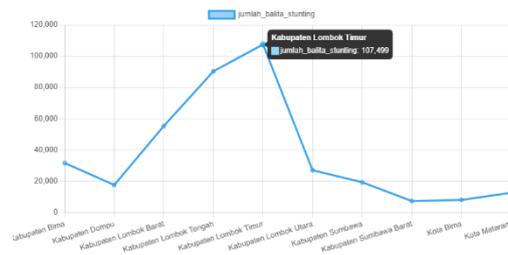
The data sources used in this research are divided into two, namely primary and secondary data. Primary data is data obtained directly from research informants, or this data is also known as the main data of a study. The targets used as primary data sources include the relevant PKH managers, FDS activity assistants, Beneficiary Families (KPM) of social assistance, as well as the parties as a whole involved in Family Development Session (FDS) activities. Meanwhile, to obtain secondary data sources, the authors use data obtained from books and reports on the results, related data in the research-related agencies that are relevant to the theme of the research being conducted. As for the novelty of research data, the authors use data with the time span taken from 2019 to 2024 to get the latest data that is accurate and relevant to the problems carried out by the research.

## **RESULT AND DISCUSSION**

East Lombok is one of the areas in NTB with a fairly high stunting rate, based on the latest data, the East Lombok stunting rate is the highest of several existing city districts (East Lombok Health Office, 2022), seeing this, the government has since the beginning formed a team to accelerate the handling of stunting (TPPS) in

various city districts in order to solve the existing stunting problems, including in East Lombok district. The existing stunting reduction acceleration team is one of the units for implementing the stunting reduction acceleration program, this unit has a very crucial role in carrying out the functions of consulting, facilitating coordination and strengthening efforts to accelerate stunting reduction efforts in the regions, including from the village to the regional level.

**Figure 4.3 NTB Province Stunting Data**



**Source: Lotim Health Office 2022**

Although it was once a high stunting province, currently in general the stunting prevalence rate of NTB province in 2023 based on SKI data has become 24.6%, this shows a decrease of 8.1% from previous years' data. Looking at the large reduction in stunting rates nationally, NTB province is able to become one of the pilot provinces with the ability of the region to implement the highest stunting reduction rate nationally based on SKI data in 2023 (East Lombok Health Office, 2022). This success is the success of all parties in collaborating from the village, city and regional levels. As carried out by the East Lombok district government in carrying out several policies in the hope that by 2024 the reduction in stunting is expected to be 14%. And this goal is socialized in all villages in East Lombok district. The utilization of programs that have been given from the center to the village is expected to be carried out properly. Attention to taking and concrete steps in stunting prevention efforts that need to be taken from the village level include, such as socialization of good nutrition and and monitoring of child health growth, and health in pregnant women, as well as attention to the overall healthy living behavior of the community. All attention to this condition is a high priority. In community life, one of the concrete steps that can help these steps is the existence of social assistance, including PKH. There are social assistance programs in the community, including being able to provide and assist the sufficiency and fulfillment of economic needs to be a driving force in fulfilling other needs, besides that the assistance in handling stunting is also assisted again by the assistance obtained, so that this can help the region reduce the existing stunting rate, including

in the Lenek Pesiraman community, the existence of this PKH assistance, where PKH assistance is able to help the community and overcome several problems, and including the handling of stunting has also begun to be carried out with a meeting from the village level, how existing assistance is seen as a solution to the problems faced by the community.

### **Correlation of FDS Activities in Stunting Prevention**

The implementation of FDS in some communities has begun to be carried out with several different schemes and applications, but in essence from the implementation of this FDS activity has the same goal in the community, namely helping the community deal with various problems they face, including in terms of handling stunting problems. At first there were still some people who were confused about getting PKH assistance for what purpose and how to use it properly and in accordance with what was expected, but with the assistants from the assistance that was also provided in addition to program delivery, it made it easier for the community to know the essence of the FDS program in PKH assistance. From the learning and discussion, the community realized their involvement and knew that the purpose of the PKH program was none other than to help the community through the FDS activities in meeting their various needs, especially specifically health and education issues, not to mention the problem of stunting which is also one of the problems faced by many communities.

For the involvement of this FDS program in the community, it can be easily seen, for example, on how the description of this program in the community in their daily lives, especially in terms of stunting, as explained by the FDS assistant, QR, who said that:

"FDS activities are a KBM process carried out between KPM and Assistants, where here the material taught is not far from the material that is needed by the community, including prevention material stunting, therefore until now the community feels very helped by this FDS activity "

This is also corroborated by the views of one of KL's informants who works as a home-based trader, where the informant is also one of the PKH recipients, and makes PKH a helper in solving health problems, the informant said that:

"As a trader and PKH recipient, I am aware that FDS in the community is a form of government presence in assisting existing program activities. becomes an addition to public awareness of many things related to life problems, with my help I can trade, and the results of this trade are also for health needs, either for treatment or food problems"

This is also similar to what Informant AM said, as a person whose daily activities in the community are more in agricultural activities, the informant feels that FDS activities are enough to make him aware of stunting himself, even though he has a job as a farmer. The informant said that:

"We are in the field every day, and every day our activities are the same, so we don't know what stunting and other problems are, but with this FDS I know a lot, and I also know solutions to how to prevent them, including stunting problems."

Based on this above, FDS in the community has begun to be realized in its involvement with how to handle stunting, the community has come to know that the existence of FDS is still related to how to handle stunting itself, the agents both KPM itself and FDS assistants have begun to discuss together from the essence of the social assistance program that the community gets, and how it is managed and utilized. Moreover, to prevent stunting as early as possible, the role of many parties is needed, including the role of FDS assistants, FDS assistants who act as educators, motivators, mobilizers have a contribution to this. This also includes the role of KPM who has a role as a participant and at the same time an implementer in the family and community in paying attention to their health conditions, both for themselves in getting welfare during pregnancy, and how care needs to be taken when they already have a child in monitoring growth, as well as the health of their family as a whole.

The above statement is corroborated by the statement conveyed by informant HS as a housewife and pregnant, who said that:

"Since I was pregnant, I am grateful that PKH has helped me a lot, starting to meet the needs of children and the importance of my nutritional health during pregnancy, added to the explanation from the FDS assistant which made me more aware of how to utilize assistance in my health needs"

Based on this, it can be concluded how the involvement of FDS activities in the PKH program has begun to be understood by the community, and has become a form of part in handling stunting problems, people who become KPM understand to meet their basic needs, both in overcoming conditions when they have stunted children, conditions when KPM are pregnant. And all of this is closely related to the existence of FDS activities in the community.

#### **Agent and Structure Interaction in the Implementation of FDS Activities**

The FDS activity process is an activity that was initially felt to be unfamiliar with its existence in society, this became its own difficulty for the FDS pendaming. In addition, the FDS assistants who served in Lenek Pesiraman village in carrying out their FDS activities also carried out coordination tasks with other related parties to facilitate assistance in making efforts to provide solutions to the community from the problems they faced. At the beginning, there were indeed obstacles and challenges for FDS assistants, as explained by DT, one of the FDS assistants who had been assisting in the FDS assistance of Lenek Pesiraman village for quite a long time, the informant said that:

"So far, FDS here is quite active, this is because the community and the assistants here have the same enthusiasm in learning together, but in the beginning

the challenges were quite difficult at the beginning, but you were able to slowly find a solution."

In addition, one of the village officials also said that the discussion and interaction activities in the FDS activities of Lenek Pesiraman village were quite well established between beneficiaries and assistants, because one of the contributions of the assistants, as with the statement of the informant SRN who is a village official, the informant said that:

"The FDS facilitators here are also quite good, they approach the community very well, and the community accepts it even though at the beginning I saw it difficult, but in the end it was successful in interacting with the community."

This is explained and corroborated from the perspective of a KPM from the assistance, informant RN, the informant said that:

"The first time I participated in the FDS activity, I didn't understand what it was, it was just a good idea and then the assistant explained it slowly, so I didn't understand when I participated in the activity."

Translate:

From the first time I participated in this FDS activity, I did not understand anything, but it was kindly explained slowly by the assistant, finally now we understand what our purpose is in participating in the activity.

Based on some of the above when associated with structuration theory, according to explanation structuration theory put forward by Anthony Giddens, humans have the freedom to have knowledge, think, and freedom to act, so that agents can also use the ability to think and see how a situation is in the span of space (space) and time (time). In the implementation of FDS itself that occurs in the Lenek Pesiraman community, people try to understand what their actions and behavior must be in accordance with the existing structure and in the structure, namely the PKH program has regulated how actions and behaviors must be carried out by an agent, including KPM and FDS Facilitators. So that from the existence of good interactions in the community, it is able to make the existence and objectives of existing social assistance programs known together in the community.

### **KPM Behavior Change**

The implementation of FDS activities in the Lenek Pesiraman community is carried out by providing important material related to the fields of health and education, material such as the importance of child nutrition, the importance of maternal nutrition during pregnancy, and material on the importance of education is highly emphasized in this activity, from the emphasis and delivery of this material to the community makes the community experience changes in behavior and attitude. This can be seen for example as corroborated by what was said by informant ST, ST is a housewife who works as a farm laborer every day, in the midst of her busy work the informant still participates in FDS activities. And in

the end, after participating in this activity, the informant said that FDS activities were important for the community, including himself who worked as a farm laborer, because of this FDS activity, the informant knew what stunting was and how to prevent stunting itself and new knowledge about other health. ST informant said that

"I'm a farm worker, especially when I don't know how to deal with stunting, and I don't know how to deal with it because of the FDS and PKH program, and I don't know how to deal with health problems."

Translate:

"We who work as farm laborers, especially when we were young, we didn't know what stunting was, but because of now there is FDS in the PKH program, we know, there are also many other health problems that we know"

In a society, the integration of all parties in carrying out all activities is the main thing that is expected in order to realize a society that is able to carry out these activities in accordance with expectations and benefits in accordance with what is expected by all communities. And if done well, this will create the achievement of a prosperous society and peaceful in all its daily activities, including FDS activities in helping prevent stunting.

The condition of PKH recipients from year to year in Lenek Pesiraman village has increased the recipients of this assistance in line with the changes and a significant reduction in the number of stunting problems that occur, namely a decrease in the community, where currently the number of potential children who will experience stunting has decreased.

The interaction carried out by the beneficiary families with the FDS assistants is carried out by carrying out their respective duties properly, the interaction is able to make the objectives of the FDS implemented in accordance with what is desired in accordance with existing rules and policies, and ultimately makes a strengthening in understanding in the community. Structuration theory, as developed by Giddens basically explains more deeply the relationship between individuals and society, emphasizing the duality of social structure and human agency. Giddens argues that the creation and defense of existing social structures in society is a process that is initiated through the daily actions of individuals, while on the other hand structures can also shape and limit individual behavior. Therefore, social life is not solely determined by the actions of individuals or pre-existing social structures, but agents and structures continue to exist in the same time space in shaping a goal that is expected by social life together.

In seeing how the results of the FDS interaction in the community, it can be seen from several changes in community behavior with the interaction in FDS activities, as follows

Here are some changes in community behavior from the interaction of FDS activities in the community, including. The community has begun to understand

and have knowledge about healthy food consumption, the community understands how the community maintains conditions during pregnancy, the community also has an idea of how to protect the surrounding environment and the community also utilizes existing capital assistance for the sustainability of their lives in the future. And all of this was found with the results of the interaction in the FDS activities.

### **People Have Knowledge About Healthy Food Consumption**

The community of Lenek Pesiraman is a rural community which, as in general, is still a traditional society, and in their daily lives do not pay further attention to the pattern of food consumed daily, the mindset of the community regarding health was initially very limited, assuming that food consumption is not important.

This is in line with what was conveyed by the FDS companion, informant QR said that:

"People used to eat the most important food when they were hungry, not too concerned about nutrition or how it affects their health"

However, over time, with the implementation of FDS activities, some people have begun to understand how food is good for health and must be avoided for the health of the body. This is in line with what was also conveyed by informant AM who is an FDS participant, the informant said that:

"At first, the important thing was to eat, but now we know a lot about the many types of food, and we know which foods are healthy and good to consume and which foods should be avoided for health."

### **The Community Understands How To Maintain Their Condition During Pregnancy**

The number of pregnant women in Lenek Pesiraman Village is quite large, and some of them are also still beneficiary families of existing social assistance programs, therefore the emphasis on knowledge about the health of pregnant women is also carried out in FDS activities. In addition, the importance of the first 1000 days of life is also socialized, considering that this is a very important process in determining the growth process of a child later. Therefore, with this FDS activity program, the community has new awareness and knowledge in their daily behavior in the community, especially in dealing with conditions to meet their health needs.

Health problems such as attention related to things that must be consumed during pregnancy to how to pay attention to growth and development after pregnancy are also given an overview by FDS assistants, so that the community is so aware of the problems they face. This is in accordance with what was conveyed by informant ML, where one of the several KPM who was pregnant and experienced participating in FDS activities.

"There are many things that we don't know about pregnant people in the village, we still have hereditary knowledge in terms of pregnancy health, the same as other health problems, but after participating in this FDS activity, there are many things that I just know now."

This is also corroborated by the statement conveyed by the FDS companion Informant DT, he said that:

"The condition during pregnancy is a phase where a mother must be very concerned about the health of her pregnancy, therefore, in FDS activities we also help socialize especially there are modules related to maternal and child health and nutrition materials, starting when she is pregnant"

### **The Community Understands How to Maintain The Health of The Surrounding Environment**

Environmental health in social life is very important, because the existence of clean and comfortable environmental conditions will make people avoid health problems and disorders. The Lenek Pesiraman community after participating in FDS activities began to get used to paying attention to the environment and the cleanliness of their daily environment, starting from outside the home to the environment in the house, such as bathroom cleanliness, cleanliness of public facilities is also considered. The existence of this knowledge is motivated by the learning obtained when the community participates in FDS, material materials such as how to wash hands, maintain bathroom cleanliness and some of the many examples given during the learning process in FDS activities.

The explanation above is corroborated by what was conveyed by informant NH, who is a beneficiary who is also a cadre.

"The condition of the community during posyandu is now quite different from previous years, now the condition of the community, especially in nutrition, is quite good, especially for those who have children aged 0-5 years, whose conditions are quite well maintained"

This is also the same as what was conveyed by RH, a mother who has a five-year-old child, where she teaches her child to live a healthy life since childhood, especially in paying attention to environmental cleanliness.

"My child is now the last, different from my previous child, if the current one can be said that he is very concerned about the cleanliness of the surrounding environment, because I have taught him cleanliness from childhood"

### **People Understand The Concept of Health Investment**

The existence of assistance obtained by the community, there are some people who have focused themselves on getting out of their current condition, people who have received assistance several times have begun to realize to also think about their lives in the future, material about future investment they also get in the interaction in this FDS activity, including health investment, investment in economic needs has

also begun to be done, for example, such as creating a business, spending money by buying something that is needed to support life in the future, some have even felt the benefits of existing FDS activities. This health investment can be seen with the start of the community paying more attention to their attention in the field of public health, there are some people who start living clean, start consuming nutritious food, and the most important health investment is with attention and supervision on the growth and development of children because in the first 1000 days of life, because at this time, the condition and growth of a child in the next growth will be greatly influenced, therefore why it is important to pay attention to it.

Attention to this health investment, as expressed by informants DT and QR as assistants, Informant QR said that:

"People who have participated in FDS activities several times, at the end of the year we can usually see the significance of the changes, usually in the coming year, they have begun to pay close attention to their health, both the health of themselves KPM, and the health of their families, they already want to focus on investing in health he said"

The above statement is also corroborated by informant QR who said that:

"Because they often get lessons in FDS activities, some mothers when they finish the activities sometimes they tell me, it is also important to maintain health from now on, especially those of us who will enter old age, so from now on we must focus on health," he said.

Apart from investing in health, some people also invest in other things, but the main purpose is still to meet their health needs, such as what was conveyed by SM, who is a small trader who has a small business at home, the assistance that informants get is occasionally inserted for capital needs and building a business, and this business is used to meet their needs. The informant said that:

"In the past, the selling capital was originally using capital from PKH assistance, and because I often get material in FDS activities about how to manage money, so I try to learn how to save and look for businesses, especially in health, we don't know when we will get sick, so at least this business can be one of the solutions if there are problems later to meet needs, including health needs."

Based on some of the statements above, it can be seen from how the existence of FDS activities in the community is able to make the community experience changes in behavior and attitudes, people who initially did not pay much attention to health problems became caring people, and all these changes cannot be separated from the role of the influence of FDS that has been carried out by the community, so that, it has been able to change the actions of the community itself.

### **Condition of Interaction on FDS activities**

The interaction between agents and how the role of structures in FDS activities can be said to be going well with what is expected by the community as a whole. Agents, namely people who become KPM and people who are assigned to be FDS assistants, both perform their actions with what is the arrangement of the rules and objectives of the PKH program which becomes a structure in the life of the community in carrying out the FDS activities themselves.

Giddens explains that individuals in carrying out activities are not too regulated by existing rules or structures, but individuals also influence the existence of existing structures in society, the existence of repeated actions and how these actions also remain in accordance with existing structures, then the action strengthens the position of the existing structure of this FDS activity.

This is the same as what was conveyed by SRN, a village official who assessed that the FDS activities in Lenek Pesiraman village were able to make the program objectives well implemented. The involvement of agents here and the existence of a structure that regulates, makes all these activities run well. SRN informant said that:

"Yes, you can see for yourself how the thinking of our society is usually very traditional, it is unimaginable if there are no activities like this FDS, what society will be like, but thank God, now there are significant changes in the community in many aspects of their lives, none other than this is the involvement of those who are able to carry out their duties well."

It is also corroborated by what was conveyed by informant DN, one of the beneficiaries of assistance who was quite young among several existing beneficiaries, the informant said that:

"I also feel the changes in other mothers who have begun to understand what the core objectives of the program are, and what the benefits are for, all of which I think have their own appropriate roles."

Based on some of the descriptions above, we can see how the process of interaction that occurs between agents and how the involvement of existing structures in the Lenek Pesiraman community is able to provide significant changes in how people live their lives. Problems that occur in society can be found solutions to handle them, including more specifically in handling stunting, the existence of FDS activities that occur in the Lenek Pesiraman community is able to provide solutions to the community, especially in preventing and handling stunting problems.

## **CONCLUSION**

Based on the description that has been presented above, now comes the conclusion stage that answers the problem formulation and research objectives.

First, the implementation of the PKH program and especially the existence of FDS activities in the Lenek Pesiraman village community resulted in good interactions between fellow communities, especially in helping the community in changes in attitudes and behaviors that occur in everyday life, changes in attitudes and behavior of this community can be seen, especially in many changes, especially in the field of public health which is much different from what happened in community conditions before the FDS activities. Interactions carried out by agents (beneficiary families and FDS assistants) can strengthen and influence the existence of existing structures (PKH social assistance programs). The freedom and flexibility of agents in acting in daily life but still in accordance with existing regulations in society, including activities in the PKH program, make this interaction have a good impact and in accordance with what many people expect.

In seeing how the form of interaction occurs and how the involvement of this agent in FDS activities, it can be seen from planning activities to implementation, agents here play an important role in supporting the process of running FDS in the PKH program. In addition, this interaction also participates in helping related parties in finding solutions in the activities of solutions to prevent and handle stunting problems, such as with active parties other than assistants, on the other hand FDS assistants have also succeeded in connecting KPM with all related aspects in order to meet their daily needs, especially in the fields of health and education. The interaction that occurs and in accordance with what is expected is in line with the ease of finding and preventing stunting problems faced by the Lenek Pesirama community, so as to be able to face and reduce the problem of stunting rates in the community.

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