

ISLAMIC EDUCATIONAL APPROACHES TO STUNTING PREVENTION AND CHILD PROTECTION

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ABSTRACT

Stunting, characterized by impaired growth and development in children under five years old, represents a significant global nutritional issue, particularly in Indonesia. This study aims to explore stunting prevention and child protection from the perspective of Islamic education. Employing a qualitative methodology with a phenomenological approach, the research seeks to understand and interpret specific events and social situations related to stunting and child protection within the Indonesian context. Data were collected through in-depth interviews and documentation, specifically involving lecturers at UIN Ar-Raniry Banda Aceh. The findings reveal that the incidence of stunting in Indonesia remains alarmingly high compared to other middle-income countries, leading to decreased cognitive abilities, heightened health risks, and diminished future productivity. The research concludes that stunting prevention and child protection are critical national programs that require synergistic implementation to secure a better future for children and ensure their right to quality education. From the perspective of Islamic education, these efforts are intrinsically linked, as Islamic teachings emphasize the importance of proper care, provision of halal and nutritious food, which positively influence both the physical and mental well-being of children. The study highlights the need for integrating Islamic educational principles in national stunting prevention strategies to foster holistic child development.

Keywords: Child Protection, Islamic Education, Stunting Prevention

INTRODUCTION

Stunting, a condition marked by impaired growth and development in children under five years old, has emerged as a significant global health issue. This condition, driven by inadequate nutrition, poor economic circumstances, and unhealthy sanitation, impacts millions of children worldwide, including a substantial number in Indonesia (Danaei et al., 2016; Beal et al., 2018; Budiastutik & Nugraheni, 2018; Schlatter et al., 2023). In 2017, it was reported that 22.2% of children under five years old globally were affected by stunting, with the highest prevalence found in Asia and Africa. Indonesia, in particular, is one of the countries with the highest stunting rates in Southeast Asia, with an average prevalence of 36.4% among children under five during the period from 2005 to 2017 (Campisi, 2017; Yazid, 2023; Ayuanda, 2024).

In Indonesia, stunting remains a pervasive issue, intricately linked to nutritional deficiencies that affect early childhood development. The consequences of stunting go beyond physical growth, impacting cognitive and motor skills development, increasing health risks, and diminishing future productivity (Tee et al., 2023; Rahut et al., 2023; Ruaida, 2018; Rahmawati et al., 2020). Although national efforts have been made to reduce stunting rates, the prevalence remains high, particularly in regions such as West Java, East Java, and North Sumatra (Ardana et al., 2023). Cultural factors, including dietary taboos and inadequate

nutrition during the first 1,000 days of life, further exacerbate the stunting problem in Indonesia (Ardana et al, 2023).

Previous research on stunting in Indonesia has predominantly focused on its prevalence, causes, and health-related effects. Studies have pointed to factors such as poverty, cultural practices, and lack of access to health services as significant contributors to high stunting rates (Ardiansyah et al, 2023; Akbar & Mursal, 2023; Ramadhan et al., 2018). However, these studies have largely overlooked the link between stunting and child protection from an Islamic education perspective, which emphasizes the holistic development of children (Azra, 1999; Mishra & Bera 2024).

This study addresses this gap by exploring the relationship between stunting prevention, child protection, and Islamic education. Its focus is on integrating Islamic educational principles with child protection strategies to prevent stunting. By examining stunting within the context of Islamic education, this study aims to provide insights into how Islamic teachings can inform and strengthen national efforts to combat stunting, thereby enhancing the well-being and future prospects of children in Indonesia.

METHOD

This study employs a qualitative methodology with a phenomenological approach, which aims to understand and interpret specific events and social situations in the field (Creswell, 2003; Aspers & Corte, 2021; Sugiyono, 2010). The research utilizes a descriptive-analytic method to provide an overview of the phenomena being studied through empirical data, subsequently allowing for the development of variations and theories within the educational and social domains (Darmadi, 2013). Data collection was carried out through in-depth interviews and documentation, with interviews specifically conducted with lecturers at UIN Ar-Raniry Banda Aceh. Once the data was collected, it underwent a thorough analysis process, beginning with editing, which served as the initial stage before the formal analysis commenced. Following this, data reduction was performed to select, simplify, categorize, and transform the data. Finally, data presentation involved organizing the information in a coherent manner (Denzin & Lincoln, 2009; Moleong, 1997). The data related to stunting and child protection, drawn from interviews, documents, and literature, were then analyzed using the framework of Islamic education theory.

RESULTS AND DISCUSSION

Stunting Prevalence and its Impact in Indonesian Context

Indonesia, despite its rich natural resources, has long struggled with malnutrition, which often leads to stunting—a condition with serious health and economic implications. Stunting not only threatens children's health in both the short and long term but also impacts the nation's economic capacity and productivity. The efforts of the government, parents, families, and society to combat stunting have been insufficient, as the stunting rate in Indonesia remains above the standards set by WHO, highlighting unmet citizen rights such as health and child development (Rizka, et al., 2021).

Stunting has become a critical national issue and is also recognized globally by organizations like WHO. In response, the Indonesian government has made stunting prevention a national priority, as outlined in Presidential Regulation Number 72 of 2021. This regulation defines stunting as a growth disorder characterized by height deficiencies below health ministry standards and sets out a National Strategy to reduce stunting. The strategy aims to lower stunting prevalence, improve family life preparation, ensure adequate nutrition, enhance parenting practices, and improve access to quality health services, drinking water, and sanitation.

Stunting in children is not only a nutritional issue but is also closely linked to the relationship between children and parents, as well as lifestyle factors. According to Bappenas (Badan Perencanaan Pembangunan Nasional/National Development Planning Agency) addressing stunting in Indonesia focuses on two main aspects: direct factors such as disease, maternal nutrition, and food intake, and indirect factors like education, access to clean water, and sanitation. The negative impacts of stunting are both short-term, affecting brain development and physical growth, and long-term, leading to reduced cognitive abilities and weakened immunity (Ardana et al, 2023).

Health and immunization are also critical factors contributing to stunting in toddlers (Hafsah et al., 2023). Poor health, particularly susceptibility to infectious diseases like diarrhoea and respiratory infections, can hinder nutrient absorption and exacerbate stunting. Incomplete or untimely immunization further increases the risk, as unprotected toddlers are more vulnerable to infections that disrupt their growth and cognitive development (Yadika, et al., 2019). Thus, improving toddler health and ensuring timely immunization are essential strategies to reduce stunting risks (Aridiyah, et al., 2015; Suyami, 2023).

The government has established several policies to tackle the problem of malnutrition in young children, including a supplementary feeding program. This program, which is run by the Ministry of Health through community health centers (*Pusat Kesehatan Masyarakat/Puskesmas*) and Integrated Service Posts (*Pos Pelayanan Terpadu/Posyandu*), includes Posyandu development activities, health education, and distribution of nutrient-rich food for children aged 6 to 59 months who rely on food sources local. Apart from that, funds from Health Operational Assistance (*Bantuan Operasional Kesehatan/BOK*) and Special Allocation Funds (*Dana Alokasi Khusus/DAK*) are also allocated to support programs aimed at reducing stunting.

Despite Indonesia's rich natural resources, the persistent issue of malnutrition has resulted in high rates of stunting, which adversely affects children's health and the nation's economic productivity. The government's efforts, though significant, have yet to fully address the stunting challenge, as evidenced by the stunting rates still surpassing WHO standards and highlighting gaps in fulfilling citizens' rights to health and development. The National Strategy outlined in Presidential Regulation Number 72 of 2021 aims to tackle this issue by improving various aspects of family life, nutrition, and healthcare. Moving forward, the next results will focus on evaluating the effectiveness of stunting prevention strategies, particularly the supplementary feeding programs and other interventions aimed at mitigating the root causes of stunting and enhancing overall child health and development.

Strategies for Integrating Stunting Prevention in Islamic Education Perspective

The government has implemented various policies to address malnutrition in young children, including a supplementary feeding program run by the Ministry of Health through Puskesmas (*Pusat Kesehatan Masyarakat/community health centers*) and Posyandu (*Pos Pelayanan Terpadu/ Integrated Service Posts*). This program involves the development of Posyandu activities, health education, and the distribution of nutrient-rich food for children aged 6 to 59 months using local food sources. Additionally, BOK (*Bantuan Operasional Kesehatan/ funding from Health Operational Assistance*) and DAK (*Dana Alokasi Khusus/ Special Allocation Funds*) support these stunting reduction initiatives. Regional government also plays a role in overcoming the stunting issue (Saputri, 2019).

Furthermore, the government has introduced additional measures, including the 2015–2019 RPJM (*Rencana Pembangunan Jangka Menengah/Medium Term Development Plan*), with a goal to reduce stunting prevalence to 28% by 2019. PMT (*Pemberian Makanan Tambahan/The supplementary feeding*) program, targeting malnourished children under five,

is conducted monthly at Posyandu and includes both locally sourced ingredients and manufactured products like biscuits for toddlers. Despite these efforts, low community participation in Posyandu activities remains a challenge. To further combat stunting, the government also launched the 2005–2025 RPJPN (Rencana Pembangunan Jangka Panjang Nasional/National Long-Term Development Plan) focusing on improving access to clean water and sanitation, food fortification, health services, KB (Keluarga Berencana/Family Planning programs) and nutrition education (Sugiarti et al, 2023).

Government Regulation Number 72 of 2021 outlines a comprehensive strategy to accelerate the reduction of stunting rates through five key pillars. These include enhancing leadership commitment and vision across various levels of government, improving communication to drive behavior change and community empowerment, and ensuring better coordination of specific and sensitive interventions across all government levels. Additionally, the regulation emphasizes the need to bolster food and nutritional security at individual, family, and community levels and to strengthen systems related to data, information, research, and innovation. By addressing these areas, the regulation aims to create a coordinated and effective approach to tackling stunting, ultimately contributing to improved health outcomes and development.

The intervention strategy to address stunting in Indonesia includes distributing additional food and providing nutrition education. However, challenges persist, such as ineffective coordination of nutrition interventions at various levels and low community participation in Posyandu activities, which hampers the effectiveness of supplementary feeding programs for toddlers. To improve the impact of these programs, enhanced coordination between institutions, greater community involvement, and expanded nutrition education are essential (Waroh, 2019; Yazid, 2023). Stunting prevention also involves protecting children's rights through legal, educational, and social measures. The government has enacted regulations such as child protection laws, marriage registration, and birth registration to safeguard these rights (Hanapi and Yuhermansyah, 2020; Aprilianda, 2022; Kasim, et al., 2022). Ensuring that children's rights are fulfilled is crucial for their physical and psychological growth, which in turn affects their cognitive development and overall intelligence.

According to MD, a Professor of Islamic Law at UIN Ar-Raniry, significant efforts have been made by the government and related institutions, such as the Ministry of Women and Child Protection and the Women's and Children's Empowerment Service, to prevent stunting, as outlined in the RPJPN 2005–2025. Despite these structural and regulatory efforts, successful implementation hinges on addressing cultural aspects, such as dietary practices and the provision of nutrition to pregnant women and children. MD emphasizes that integrating these efforts with pre-marital education programs conducted by the Ministry of Religion can enhance the effectiveness of stunting prevention initiatives by increasing awareness and support (MD, personal communication, May 27, 2024). It can be seen as a religious contribution to tackle stunting (Husain, H., & Mubarak, S, 2023)

YS, a Lecturer at the Tarbiyah Faculty of UIN Ar-Raniry, further supports this view by highlighting the critical connection between stunting and child protection. YS argues that effective parental care and protection of children's physical and mental rights are essential for preventing stunting. He points out that a child's health and nutritional status are closely linked to their cognitive development and overall intelligence. Thus, addressing stunting is integral not only to safeguarding children's well-being but also to ensuring their future educational and intellectual growth. This underscores the importance of integrating child protection efforts into stunting prevention strategies as part of a broader national agenda (YS, personal communication, May 30, 2024).

Preventing stunting in children is a key component of the government's broader strategy for child protection. This approach is not only a legal obligation but also essential for national competitiveness on the global stage. In 2022, the Ministry of Women's Empowerment and Child Protection reported significant nutritional challenges in Indonesia, with 24.4% of children suffering from stunting. Additionally, 7.1% of toddlers are malnourished, and 17% are underweight. The data highlights severe regional disparities, with Maluku Province experiencing the highest wasting rate at 12%, and East Nusa Tenggara showing the highest rates of malnutrition (29.3%) and stunting (37.8%) (Paikah et al., 2024).

In Aceh, stunting rates have seen only a modest reduction from 34.18% in 2019 to 21.2% in 2022, which remains below the national average of 21.6% (Ramadhan et al., 2018; Mulyani, et al., 2022). Despite various government initiatives focused on Posyandu, such as nutritional support for pregnant women, parenting education, and improvements in sanitation and clean water access, stunting rates persist. These initiatives include providing supplementary food, promoting exclusive breastfeeding, and enhancing sanitation practices (Anggraini & Yusnadi, 2023). This underscores the need for continued and intensified efforts to effectively address stunting and improve child nutrition across Indonesia. The government and Islamic education institutions like Dayah in Aceh should work together to solve this problem (Mujiburrahman, et al., 2024)

IH, an academic from the Faculty of Economics at UIN Ar-Raniry, emphasized the strong connection between stunting and child protection. He noted that providing balanced nutrition is essential to prevent stunting and that ensuring children receive halal sustenance is crucial. According to IH, halal food is not only necessary for physical health but also for the effective absorption of knowledge, as sustenance that is not halal may be rejected by the body and soul (IH, personal communication, May 31, 2024). One of the halal foods for children is breast milk and it can be used to tackle stunting (Normadiyah, et al., 2019). This is to say that breast milk for children is necessary because it is

In the context of Islamic education, it is important to consider not only how parents guide and care for their children but also the quality of the nutrition provided. Halal food plays a significant role in shaping a child's behaviour and morals. Therefore, in Islamic education, preventing stunting requires more than just proper nutrition and care; it also involves ensuring that the food consumed by children is halal, aligning with both health and moral standards (Purwoko, 2011; Rozana & Harahap, 2019; Suleman, et al., 2021).

Preventing stunting in Indonesia is a crucial element of the government's broader child protection strategy, reflecting both legal responsibilities and the nation's competitive positioning globally. Despite various policies and programs aimed at reducing stunting, such as supplementary feeding and improvements in maternal and child nutrition, challenges remain. Significant regional disparities and persistent high stunting rates underscore the need for more effective implementation of these interventions. Moreover, integrating cultural and educational aspects, such as ensuring halal nutrition and enhancing parental education, is vital for the success of stunting prevention efforts. By addressing these multifaceted issues, Indonesia can better safeguard children's health and development, aligning with national and international standards for child protection and well-being.

Child Protection and Islamic Education

In the context of Islamic education, childcare encompasses comprehensive practices from conception to independence within a legal marriage (Amberi, 2023). The responsibilities of parents, referred to in Islamic jurisprudence as *haqānah*, include essential rites such as the call to prayer at birth, *'uqūbah*, *tahnik*, circumcision, and breastfeeding duration. However, contemporary interpretations often focus more on educational aspects of parenting, which

may overlook the broader scope of parenting practices as prescribed by *fiqh* (Samad, 2015; Husain & Mubarak, 2023).

Effective parenting patterns and proper nutrition are crucial in preventing stunting among children. Factors such as exclusive breastfeeding, appropriate introduction of complementary foods (MP-ASI), and adequate intake of proteins and minerals are vital for healthy growth. Conversely, inadequate attention to children's hygiene, poor knowledge about balanced nutrition, and suboptimal breastfeeding practices can contribute significantly to stunting. Addressing these issues through informed parenting and nutrition practices is essential to mitigating the risk of stunting and ensuring children's optimal development.

Childhood stunting has a profound impact on cognitive development and educational outcomes. Research indicates that stunted growth during early childhood is strongly correlated with diminished cognitive abilities and lower academic performance, although this correlation diminishes as individuals age. Growth retardation not only affects immediate educational achievements but also reduces long-term earnings potential due to its effects on cognitive capacity and educational attainment. These findings highlight that recent developmental progress in Indonesia has failed to create an environment that fully supports children in reaching their educational potential (Lestari, 2021).

Breast milk plays a crucial role in a child's overall development, influencing not just physical health but also morals, behavior, and ethics. As the ideal source of nutrition, breast milk is tailored to the child's developmental needs and is derived from the mother's blood, thereby enriching the child's growth and development. Beyond its physical benefits, breastfeeding has significant psychological and intellectual effects, impacting children's emotional well-being and cognitive tendencies more profoundly than their physical health alone (Daud et al., 2019; Bensaid, 2021; Jauhari et al., 2023).

Poor parenting and inadequate nutrition are critical factors contributing to protein and mineral deficiencies in children, which are significant risk factors for stunting. Essential nutrients like protein and minerals are vital for healthy growth and development, and deficiencies can impede height growth and overall development. Additionally, infectious diseases can disrupt the absorption of these crucial nutrients, exacerbating stunting conditions. Thus, it is imperative to address both parenting practices and nutritional intake to ensure children receive the necessary nutrients for optimal growth and development (Yadika et al., 2019; Yazid, 2023). It is important to pay attention to marriage guidance in Islam to develop good parents (Saleh et al., 2022).

The influence of parental education and economic status on stunting highlights the need for comprehensive health education. Parents' educational levels and economic conditions play a substantial role in determining their children's health and nutrition. This underscores the importance of basic education and targeted health education programs for mothers to improve future child health outcomes. Nutrition education programs have proven successful in enhancing the knowledge of women of productive age, thereby helping to reduce stunting rates among children (Handayani, 2023; Martineta, 2021). Preventing stunting requires a multifaceted approach involving various stakeholders and strategies. Effective stunting prevention cannot rely on a single method but must integrate diverse efforts including regulatory frameworks, health worker training, pre-marital counselling, and support for pregnant women. A collaborative, multisectoral approach that includes family planning (Endang & Daulay, 2021), pre-marital education (Djawas, et al., 2022), and early pregnancy care is essential for addressing stunting comprehensively and effectively (Hanifah & Syahrizal, 2024). On the part of Islamic education, teachers are expected to contribute to solving this national problem while they manage to develop their professional competence (Samad et al., 2023).

The Role of Islamic Education in Promoting Holistic Child Development

From the perspective of Islamic education, employing educational methods such as lectures and demonstrations significantly enhances knowledge and efforts to prevent stunting. Islam emphasizes the importance of nurturing and caring for children, viewing them as both a divine gift and a sacred trust. This is supported by Quranic teachings which highlight the responsibilities of parents in ensuring proper nourishment and protection for their children. The Quran instructs that mothers should breastfeed for two years and that fathers must provide for their family's needs, reflecting the fundamental role of parental care in child development (QS. Al-Baqarah/2:233; QS. an-Nisâ'/4:9). Thus, Islamic principles not only underscore the spiritual and physical care required for children but also frame the broader approach to stunting prevention as a moral and communal obligation.

Islamic teachings emphasize the shared responsibility of both parents to ensure the well-being of their children. According to M. Quraish Shihab (2015), Quranic verses like QS. al-Baqarah/2:233 mandate that mothers breastfeed their children for two years, addressing both physical and psychological aspects of their development. Simultaneously, fathers are tasked with providing nutritious and halal sustenance to support the mother in this duty. Additionally, QS. an-Nisâ'/4:9, although primarily directed at the care of orphans, broadly applies to all children, highlighting the importance of safeguarding their well-being to prevent the emergence of weak generations. HI, a lecturer at the Tarbiyah Faculty of UIN Ar-Raniry, asserts that these guidelines underscore the responsibility of Muslims to strive for a healthy, intelligent, and strong generation, stressing that addressing stunting is crucial for the future welfare of the nation. He emphasizes that this responsibility should drive parents to diligently meet their children's physical, mental, moral, and spiritual needs (HI, personal communication, May 29, 2024).

Effective stunting prevention relies significantly on community involvement in health and nutrition education. Implementing educational initiatives that focus on recognizing, understanding, and addressing local health challenges can greatly improve children's well-being. By fostering a deeper awareness of their crucial role in maintaining children's health, community members can contribute to both preventing and alleviating stunting. Furthermore, active community engagement has the potential to drive widespread social change, highlighting the collective responsibility in safeguarding children's health and tackling stunting effectively (Sari et al., 2024).

MJ, a psychologist at UIN Ar-Raniry, highlighted the profound impact of stunting on physical health and growth. He explained that inadequate nutrition during pregnancy or early childhood often leads to stunting, which is exacerbated by poverty and insufficient parental concern for a child's development. MJ emphasized that parents must actively protect their children from stunting by seeking medical treatment and ensuring proper nutrition. Without these interventions, stunted children may experience not only physical health issues but also diminished cognitive abilities, as the physical ailments associated with stunting can impair their overall intelligence and development (MJ, personal communication, May 4, 2024).

Similarly, HI, a lecturer at the Tarbiyah Faculty of UIN Ar-Raniry, stressed the close relationship between stunting and child protection. According to HI, parents have a critical role in safeguarding their children from factors that can negatively affect their physical and psychological growth. This includes providing balanced nutrition from conception through the first 1,000 days of life and maintaining a clean and safe environment. HI pointed out that inadequate sanitation and hygiene facilities increase the risk of diseases that contribute to stunting. Therefore, effective protection and support are essential for ensuring children's healthy development and preventing stunting (HI, personal communication, May 29, 2024).

Addressing stunting effectively requires a multifaceted approach, focusing on both physical and psychological support for mothers. According to YS, a Lecturer in Early Childhood Education at UIN Ar-Raniry, it is crucial to ensure that mothers receive both physical and psychological comfort and that their needs are adequately met. Additionally, providing support for halal and thayyib food is essential for minimizing stunting (YS, personal communication, May 30, 2024). Despite these strategies, challenges persist, such as cultural taboos, misconceptions about stunting, and genetic factors. Overcoming these barriers necessitates comprehensive communication strategies, including education and information dissemination, to improve perceptions and effectively address stunting (Siswati, 2022).

Looking to the future, MD emphasizes the responsibility of both the state and parents in addressing stunting. As children are considered national assets, it is imperative for the state to support economically disadvantaged families by collecting data and providing necessary assistance to stunted children (MD, personal communication, May 4, 2024). From an Islamic educational perspective, YS highlights the importance of a mother's understanding of nutrition and effective parenting, guided by the principles of the Quran and Hadith. Ensuring proper nutrition, exclusive breastfeeding for at least two years, and attentive parenting are crucial for a child's health and development, ultimately contributing to their overall well-being and prosperity (YS, personal communication, May 30, 2024).

From an Islamic education perspective, addressing stunting involves a holistic approach that integrates both spiritual and practical dimensions. The teachings of the Quran emphasize the dual responsibilities of parents: mothers are instructed to breastfeed for two years to support their child's physical and psychological development, while fathers are responsible for providing halal and nutritious food (QS. Al-Baqarah/2:233; QS. an-Nisâ'/4:9). These guidelines underscore the importance of parental care in preventing stunting and highlight the broader communal obligation to foster healthy, capable generations. Experts such as HI stress that these religious teachings guide Muslims in nurturing a strong and intelligent future generation, reinforcing that addressing stunting is integral to national well-being (HI, personal communication, May 29, 2024). Furthermore, YS points out that community involvement in health and nutrition education is crucial for stunting prevention. By actively engaging in education and addressing local health challenges, communities can significantly contribute to alleviating stunting and fostering widespread social change (YS, personal communication, May 30, 2024). Ultimately, combining Islamic principles with practical community efforts creates a comprehensive strategy for preventing stunting and promoting the overall health and development of children. On the part Islamic education institutions, madrasahs and pesantren institutions are expected to contribute to this national problem while they manage to transform into modern educational institutions (Sumanti et al., 2024).

While the present study provides valuable insights into the intersection of Islamic education and stunting prevention, it is not without limitations. The study's reliance on qualitative interviews and specific regional data may limit the generalizability of the findings to broader contexts or other cultural settings. Additionally, the research focused primarily on theoretical frameworks and did not extensively explore the practical implementation of recommended strategies in diverse community settings. Future studies should aim to address these limitations by incorporating a larger, more diverse sample and employing quantitative methods to validate and expand upon the qualitative insights. Furthermore, exploring the effectiveness of specific interventions and educational programs in varying contexts could provide more comprehensive evidence on how to effectively integrate Islamic principles into practical stunting prevention strategies. This would help in developing more targeted and culturally relevant solutions to address stunting across different populations.

CONCLUSION

The findings of the present study underscore the critical importance of integrating both Islamic educational principles and practical community strategies to effectively combat stunting. The study reveals that Islamic teachings offer valuable guidance on child-rearing, particularly through the emphasis on parental responsibilities, such as ensuring proper nutrition and care based on Quranic directives. This religious perspective not only reinforces the necessity of breastfeeding and providing halal, nutritious food but also frames these practices as moral and communal obligations. The study also highlights the significant role of community involvement in health and nutrition education, demonstrating that collective efforts can substantially improve child health outcomes and prevent stunting. The implications for Islamic education are profound: incorporating these insights into educational curricula can enhance the understanding of stunting prevention among future educators and parents, thereby fostering a more informed and proactive approach to child development. By emphasizing both religious teachings and practical strategies, Islamic education can play a pivotal role in addressing stunting and promoting the well-being of children, aligning spiritual values with tangible health improvements.

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