

THE RIGHTS OF STUNTED CHILDREN TO HEALTH SERVICES IN DONGGALA DISTRICT

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Abstract

Children are a gift from God Almighty, whose dignity needs to be protected and their rights guaranteed to grow and develop by their nature. Child health problems in terms of nutrition are one of the priorities of the United Nations. Stunting cases are cases of toddlers who have a length or height that is less than the WHO child growth standards. Article 6 paragraph (1) of the Convention on the Rights of the Child reads "States Parties subscribe to the inherent right of every child to life". The right to health is one of the rights inherent in children and adults. One of the Health Rights for children is the fulfillment of children's nutrition and nutrition, so as not to cause stunting of children. SSGI data from Donggala Regency includes districts that have high stunting cases, with a stunting rate in 2023 of 32.4%. This paper aims to find out and analyze the extent of the convention's implementation on the right of stunting children to health services, the factors that cause the high stunting rate in Donggala Regency, and efforts to provide health services for stunting children.

Keywords: Child Rights, Stunting, Health Services

1. INTRODUCTION

Children are a gift from God Almighty so the right to grow and develop by their nature must be protected. As the next generation of the nation, children must receive maximum service. The values embedded in children are used as universal norms, because children are considered complete human beings, so their human rights must be protected. This view makes adults fully responsible for children in the world. Such child protection is part of the implementation of human rights.

Human Rights experienced a fairly rapid development, namely on December 10, 1948, the issuance of the Universal Declaration of Human Rights (UDHR). Children's Rights in the UDHR are contained in Article 25 paragraph (2) of the UDHR which states that "Mothers and children are entitled to special attention and assistance. All children, whether born within or outside marriage, shall enjoy equal social protection". It was not enough to issue the UDHR alone to protect children's rights, activists made demands to the United Nations which then on November 20, 1959, with the issuance of the Declaration of the Rights of the Child stated that children must be guaranteed healthy growth and development and to achieve this goal there must be special care and protection for the child and his mother. Children have the right to adequate nutrition, housing, recreation, and health services.¹

The Convention on the Rights of the Child contains 54 articles which, based on their legal material, regulate children's rights and the mechanism for implementing children's rights by the state as a party to ratifying the Convention. The legal material contains four main ingredients of children's rights, as follows:

- 1) Survival rights include the right to preserve and defend life (the right of life) and the right to the highest standard of health and medical care attainable (the right to the highest standard of health and medical care attainable).
- 2) Protection rights, which include the right to protection from discrimination, non-violence, and neglect for children without families and refugee children,
- 3) Development rights include all forms of education (formal and non-formal) and the right to an adequate standard of living for the physical, mental, spiritual, moral, and social development of the child.
- 4) Participation rights include the right of the child to express his or her opinion in all matters

affecting the child.²

Article 24(1) of the Convention on the Rights of the Child reads "States Parties recognize the right of the child to the enjoyment of the highest attainable health status and to the means of treating illness and restoring health. States parties shall endeavor to ensure that no child shall be deprived of the right to obtain such health care services". Paragraph (2) of this article reads "States Parties shall endeavor to ensure the full realization of this right and shall in particular take appropriate measures:

- a) To minimize infant and child mortality;
- b) To ensure the provision of medical assistance and health care that is treated for children with emphasis on the development of basic health care;
- c) To eradicate disease and malnutrition, including the basic health care framework, through the application of readily available technologies and the provision of adequate nutritious food and clean drinking water, while taking into account the hazards and risks of environmental pollution;
- d) To ensure pre-and post-natal health care for mothers;
- e) e. To ensure that all sections of the community, especially parents and children, are informed, educated, and supported in the use of basic knowledge on child health and nutrition, the benefits of breastfeeding, environmental health and hygiene, and accident prevention;
- f) To develop preventive health care, guidance for parents, and family planning education and services.

Of the many rights of children that must be protected by states, one of the rights that is a priority is health. Health is a priority in addition to education in the Convention on the Rights of the Child, because children must be given good nutrition and proper health care so that children can grow and develop according to their age.

Child health issues in terms of nutrition are one of the UN priorities related to child health. Nowadays we recognize a term called stunting. Stunting is a condition where toddlers have a length or height less than children their age. This condition is seen from the length or height of children who are more than minus two child growth standards from WHO. Stunting can occur due to several factors such as socioeconomic conditions, maternal nutrition during pregnancy, illness in infants, and lack of nutritional intake in infants. In the future, babies affected by stunting will experience difficulties in optimal physical and cognitive development. Stunting can occur within the first 1,000 days from conception to the first two years of a child's life and results in irreversible height loss, a weakened immune system, and a significantly increased risk of disease and death.³

WHO as an international organization related to health issues takes over a very important role in this matter in addition to UNICEF as an international organization related to children's issues. These two international organizations cannot eliminate this stunting case without the help of participating countries.

Convention on the Rights of the Child, the role of participating countries in implementing their policies by the capabilities of their respective countries. Children are a gift from Allah SWT and they are dignified as a whole person. One of the countries that supports the Convention on the Rights of the Child is Indonesia. Legal protection must provide protection, including for children, based on the convention. The definition of child protection is set out in Law No. 23 of 2002, which states that "the child is a trust and a gift from God Almighty, in which he/she attaches dignity as a whole human being. Children are the future of a nation, therefore children have the right to develop and grow and obtain civil rights, such as protection against acts of violence and discrimination. The limitations of human rights regarding children's rights are regulated in Law Number 39 of 1999 which in its application parents, families, citizens, and the state are always responsible for protecting children. To ensure the optimal growth and development of children, the state is responsible for providing facilities and accessibility for children. Guarding the interests and ensuring the welfare of children by protecting various things that damage the physical and psychological state of children, is the duty of the law itself. The definition of child protection is set out in Article 44 Paragraph 1 of Law No. 23 of 2002 which states that:

"The government must provide facilities and organize comprehensive health efforts for children

so that children get an optimal degree of health from the womb". Article 4 of Law No. 36 of 2009 explains, "Every person has the right to health". After that Article 5 (1), emphasizes, "Every person has the same rights in gaining access to resources in the health sector". Paragraph (2), "Every person has the right to obtain convenient, quality, and affordable health services".

The process of optimal growth and development is an important factor of health services in fulfilling children's rights. If children do not have access to health services, this can cause children to experience malnutrition. In accordance with the objectives of national health development, it is necessary to improve health services for the community as a whole through the best quality, holistic, systematic, and affordable costs.⁴

In reality, overcoming the problem of malnutrition has not gone well. This is based on the right to health for malnourished children, especially in health care needs. The final record of 2021 according to the Directorate of Nutrition and Maternal and Child Health of the Ministry of Health of the Republic of Indonesia said that there were one million children of infant age who were stunted. This shows that the government is not serious about providing protection for children based on the number of children and toddlers who suffer from stunting. Various inhibiting factors in efforts to fulfill health services for stunted children include the lack of reach of health services for stunted children, slow handling, and the rejection of health services provided for stunted children.

In order to uphold children's rights to obtain health services, the government stipulates laws and regulations. However, the reality in the community is that children still lack maximum nutritional health services both through the Puskesmas and hospital levels so there appears to be no decrease in the number of children suffering from stunting.

The process of child growth and development can be maximized properly if there is legal protection for malnourished children so that welfare can be guaranteed and the child's future can be realized. In this case, the law is tasked with ensuring the welfare of children in guarding the interests of children as a picture of the nation's future in providing child protection from various kinds of things that damage the physical and psychological conditions of children. Based on this, the author is interested in examining how the implementation of the convention on the rights of stunted children on the fulfillment of health services in Donggala Regency? and What factors result in the high number of stunted children in Donggala Regency.

2. LITERATURE REVIEW

1) Implementation of the Convention on the Right of Stunting Children to Health Services in Donggala District.

Children according to the views of the general public usually in everyday life mean that children are humans born from a mother who is the fruit of marriage in men and women who will become the next generation in the future. Another general public understanding of the term child means a human being who does not yet have physical or mental maturity, where in general children have a small body posture which is accompanied by using patterns of behavior and thinking that are different from the characteristics of an adult human being.⁵

The definition of a child can be studied in depth if it can be viewed from several aspects so that it can be used as a benchmark in determining the category of the child itself, such as related to age limits, various literature was found in giving different age limits for children. This matter when traced based on the developmental phase can provide the skills and abilities of children in activities. This is also due to the understanding that the term child is not yet an adult based on different measures or age limits. Based on international legal instruments which means the convention of nations on a global basis under the auspices of the United Nations (UN) as well as stated in the Convention of the Rights of the Child (Convention of the Rights of the Child) which was approved by the UN General Assembly on November 20, 1989, the definition of children when viewed according to the law becomes a guide in determining the age limit of children by countries in various parts of the world, Article 1 states that

children mean every human being who has 18 years of age and under unless based on the law for children in determining maturity stipulates that maturity is reached more quickly.

Indonesia itself explains the most about children, according to laws and regulations, as well as experts. However, some explanations have not found similarities regarding the definition of children, because they are motivated by the intent and purpose of each of the laws and according to experts. According to laws and regulations, a child is defined as follows:

- 1) The definition of a child is set out in Law No. 4/1979 on Child Welfare which states that "a child is a person who has not reached 21 years of age and has never been married".
- 2) The limitation of the definition of a child is regulated in Article 1 paragraph 1 of Law Number 35 of 2014 concerning Amendments to Law Number 23 of 2002 concerning Child Protection which stipulates that "a child is a person who is not yet 18 (eighteen) years old including children who are still in the womb".

The definition of a child is regulated in Law No. 39/1999 on Human Rights, Article 1 paragraph 5 which stipulates that "a child is a human being under the age of 18 (eighteen) years and unmarried, including children who are still in the womb if it is in their interest".⁶

The right to life is the most basic human right for every human being. Indonesian citizens are obliged to respect life (pro-life) and uphold the understanding that everyone has the right to live. Life is a gift from Allah SWT that is maintained and safeguarded by the state, government, society, and parents because children are essentially human beings and complete legal subjects and have the right to live.

2) Factors causing the high number of stunted children in Donggala Regency

The incidence of stunting arises as a result of long-lasting conditions such as poverty, inappropriate parenting behavior, and often suffering from recurrent diseases due to poor hygiene and sanitation. Stunting in children under five is an indicator of chronic nutritional status that can provide a picture of overall socioeconomic disruption in the past and in the first two years of a child's life can have an impact that is difficult to correct.⁷

One of the indirect causes of the stunting problem is the socio-economic status of the family which is influenced by the level of education of the parents, the higher the level of education of the parents, the greater the opportunity to earn enough income so that they can have the opportunity to live in a good and healthy environment, while better jobs parents are always busy working so they are not interested in paying attention to the problems faced by their children, when in fact these children really need parental love.

The current problem of undernutrition, partly due to inadequate consumption, is seen as an ecological problem that is not only caused by insufficient availability of food and certain nutrients but is also influenced by poverty, poor environmental sanitation, and ignorance about nutrition. The socioeconomic level affects the family's ability to meet the nutritional needs of toddlers, besides that the socioeconomic situation also affects the selection of additional food feeding time and healthy living habits. This is very influential on the incidence of stunting among children under five.

The incidence of stunting is indirectly influenced by socioeconomic factors, such as education level and family income. Family economic status is influenced by several factors, including parental employment, parental education level, and the number of family members. Family economic status will affect the ability to fulfill family nutrition and the ability to get health services. Children in families with low economic levels are more at risk of stunting due to their low ability to fulfill nutrition, increasing the risk of malnutrition.

Family is the main factor in determining the level of educational achievement of their children. However, family education does not solely depend on the family itself, because a particular family coexists with other families. The influence of other families should not be excluded, as well as other elements in society, all of which are referred to as social conditions.

Social factors that influence the incidence of stunting in Donggala Regency are as follows:

a) Parental Education

Education is an activity carried out by a person to improve the quality that exists in him through formal or non-formal education in order to create the ideals he wants. It is known that the purpose of national education is to educate the nation's life and develop Indonesian human resources as a whole. In order to achieve the goals of national education, education is carried out through various channels both formal and non-formal education. In the formal education pathway itself, there are several levels of school education consisting of preschool education, primary education, secondary education, and higher education.

Education is one of the requirements for agricultural development. The limited education a person has can be an obstacle to development, namely, there is a way of thinking and making decisions that highly educated farmers will be more rational in thinking than farmers with low education. The level of education will affect the level of food consumption of a person in choosing food to meet their needs. People who have higher education will tend to choose food that is better in quantity and quality than those with lower education. compared to people with low education.

b) Mother's knowledge

A person's level of nutritional knowledge affects attitudes and behavior in food selection. A mother who has poor nutritional knowledge and attitudes will greatly affect the nutritional status of her child and will find it difficult to choose nutritious foods for her child and family. The role of parents, especially mothers, is very important in fulfilling children's nutrition because children need parental attention and support in dealing with rapid growth and development.

very rapid development. Getting good nutrition requires good nutritional knowledge from parents to provide a balanced menu of choices.

3) Maternal Diet During Pregnancy

Diet during pregnancy is the same as the condition of normal people. Some specialize in choosing certain foods, but some do not give special treatment to pregnant women because the condition of pregnancy is considered a natural event. Eating habits are influenced by the availability of food in the environment.

A good and correct diet contains carbohydrates, fats, proteins, vitamins, and minerals. Three meals a day are breakfast, afternoon snack, lunch, afternoon snack, dinner, and before bedtime. Interludes are necessary, especially if the portion of the main meal consumed at breakfast, lunch, and dinner is insufficient. Interludes should not be excessive as they may cause the appetite for the main meal to decrease due to the satiety of the interlude.

Indonesia's uncontrolled population is caused by a large population, leading to social problems such as poverty, unemployment, and crime. Every year, stunted children in various parts of Indonesia, from Sabang to Merauke are quite alarming, considering the number of stunted children is still high. This must be the concern of the government and all sectors of society. Especially in Donggala Regency, the number of stunted children is still very high. Efforts made by the Donggala Regency Government include providing socialization of early prevention of stunting for residents and preparing facilities such as Posyandu and additional food for children who suffer from stunting.

Recapitulation of Stunting Children in Donggala Regency in 2023

(Source: Donggala District Health Office)

NO	DISTRICT	NUMBER OF STUNTED BABIES	NUMBER OF CHILDREN UNDER FIVE MEASURED TB	%
1	RIO PAKAVA	297	2092	12,3
2	PINEMBANI	145	341	43,4
3	BANAWA	432	3281	13,1
4	BANAWA SELATAN	697	2310	30,2
5	BANAWA TENGAH	251	1091	23,0
6	LABUAN	311	1382	22,5
7	TANANTOVEA	276	1348	20,5
8	SINDUE	637	2015	31,6
9	SINDUE TAMBUSABORA	221	1176	18,8
10	SINDUE TOBATA	126	986	12,8
11	SIRENJA	91	2097	4,3
12	BALESANG	372	2303	16,2
13	BALAESANG TANJUNG	283	1149	24,6
14	DAMPELAS	584	2843	20,5
15	SOJOL	466	2416	19,3
16	SOJOL UTARA	195	881	22,1
	TOTAL	6346	27710	19,3

3. RESULTS AND DISCUSSION

The issue of stunting is one of the international issues that must be resolved together, with both the Donggala government and its people. Donggala Regency is one of the districts with high stunting rates. The role of the Government in making policies related to stunting problems must also be adjusted to the conditions of the region, it takes the cooperation of all stakeholders both central and regional. The implementation of regulations in Indonesia has been good by issuing several laws in addition to the rights of stunted children to health services but the regions have not fully fulfilled these rights. Stunting in Donggala Regency is influenced by several factors, namely economic factors, education, diet during pregnancy, and knowledge of pregnant women. Although the Donggala Regency Government has conducted socialization regarding early prevention of stunting, as well as preparing Posyandu facilities in villages, these facilities and infrastructure are not adequate so they greatly affect the high rate of stunting in Donggala Regency.

4. CONCLUSION

The role of the Government in making policies related to stunting problems must also be adjusted to the conditions of the region, it takes the cooperation of all stakeholders both central and regional. The implementation of regulations in Indonesia has been good by issuing several laws in addition to the rights of stunted children to health services but the regions have not fully fulfilled these rights. Stunting in Donggala Regency is influenced by several factors, namely economic factors, education, diet during pregnancy, and knowledge of pregnant women

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