

Literature Study: The Effectiveness of the Use of e-HDW Applications in Increasing the Prevalence of Stunting

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ABSTRACT

Objective: This study aims to analyze the effectiveness of the e-HDW (Electronic Human Development Worker) application in accelerating the reduction of stunting rates in Indonesia. **Method:** A descriptive qualitative approach was employed, using literature studies from theses, scientific articles, and journals relevant to the research focus. The analysis was guided by Duncan's (1985) organizational effectiveness theory, which emphasizes three indicators: goal achievement, adaptation, and integration. **Results:** The findings demonstrate that the e-HDW application has effectively supported stunting reduction efforts by improving data accuracy, accelerating nutrition interventions, and strengthening coordination among stakeholders. Nevertheless, challenges persist, including limited access to technology, low levels of user understanding, and technical constraints that hinder optimal implementation. **Novelty:** Unlike previous studies, this research applies Duncan's organizational effectiveness framework to evaluate the e-HDW application, offering a comprehensive perspective on how digital tools contribute to public health initiatives, while underscoring the critical need for capacity building, infrastructure development, and continuous adaptation to ensure the sustainability of stunting reduction programs in Indonesia.

INTRODUCTION

Stunting is a condition of stunted growth and development of children caused by malnutrition, recurrent infections, and lack of adequate psychosocial stimulation. Stunting is a condition of growth disorder caused by a lack of nutritional intake over a prolonged period of time. Stunting can begin to develop from pregnancy and usually becomes more noticeable when the child is two years old. Based on Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction, stunting is a condition of impaired growth and development of children caused by long-lasting malnutrition and infections that occur repeatedly. This situation is characterized by the height or length of the child's body that is below the standards set by the Minister of Health [1] [2] [3]. A child is categorized as stunting through an examination if his height is below the -2 Standard Deviation (SD) threshold in accordance with the growth curve set by the WHO. The examination aims to detect stunting as early as possible so that appropriate interventions can be carried out to prevent its long-term impact on children's health and development. Therefore, efforts to overcome stunting must be carried out comprehensively and sustainably [4] [5]. Nutritional problems in toddlers do not only include stunting, there are four types of nutritional status in toddlers that are quite concerning, which can be seen in the picture below:

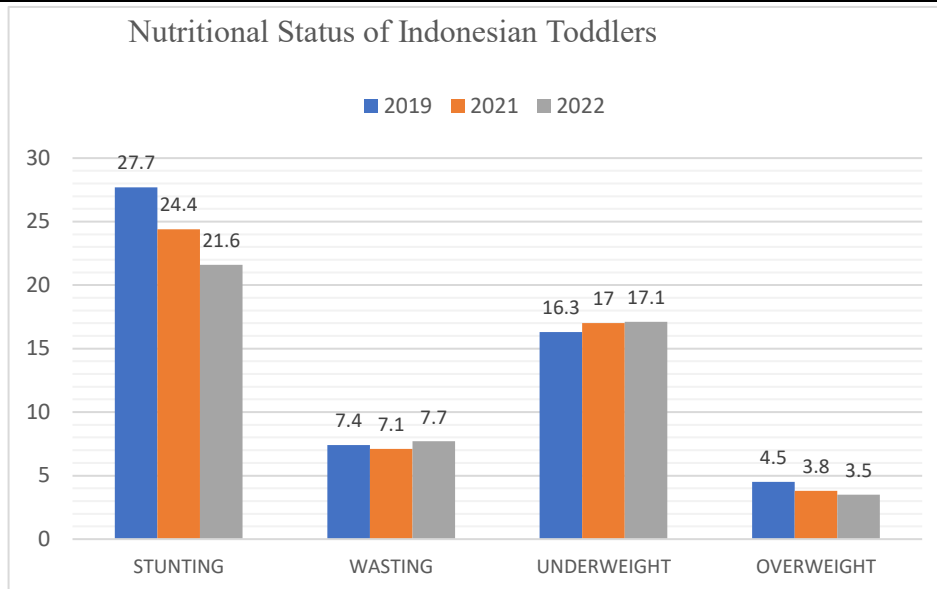


Figure 1. Nutritional Status of Indonesian Infants

Source 1. Indonesian Nutrition Status Survey (SSGI) Pocket Book, 2022

Figure 1 shows a significant decrease in the stunting rate from 27.7% in 2019 to 21.6% in 2022, reflecting the improvement in child nutrition fulfillment and the effectiveness of stunting prevention programs. Meanwhile, the wasting rate is relatively stable, decreasing slightly from 7.4% in 2019 to 7.1% in 2021, but rising to 7.7% in 2022, indicating challenges in fulfilling the nutrition of toddlers. Then, the condition of underweight increased from 16.3% in 2019 to 17.1% in 2022, indicating that there are still many toddlers who experience nutritional problems. Finally, the overweight rate decreased from 4.5% in 2019 to 3.5% in 2022, even though the overweight rate is not as large as other malnutrition categories, it still needs attention so that it does not develop into obesity in children in the future.

In 2023, the stunting rate in toddlers nationally will decrease to 21.5%. A total of 19 provinces also experienced a decrease in stunting rates. Among these provinces, the four provinces with the largest decline were Bali with 7.2%, Jambi with 13.5%, Riau with 13.6%, and Lampung with the highest decline of 14.9%. Although the trend of stunting reduction shows positive progress, more intensive and collaborative efforts from various sectors are still needed to achieve the targets that have been set [6] [7]

In this context, the eHDW (*e-Human Development Worker*) application is present as an innovative solution to support efforts to combat stunting. The eHDW application is an application system developed to support efforts to reduce stunting in Indonesia, especially at the village level. This application was developed by the Ministry of Villages, Development of Disadvantaged Regions, and Transmigration (Kemendesa) with support from the World Bank. This application was launched in May 2020 with the main objective of supporting stunting prevention at the village level which is specifically designed to assist health cadres in collecting, analyzing, and utilizing data related to children's nutritional status in the community to support their task in monitoring the implementation of stunting prevention convergence programs in Indonesia. [8]

Basic Health Research (Riskesdas) data in 2018 shows that lack of nutritional intake, recurrent infections, and improper parenting contribute to the high rate of stunting rates. To address this, the eHDW application is equipped with an educational module that provides information to parents about the importance of balanced nutrition and good parenting. To improve the performance of the e-HDW application, this application is divided into two versions. The first version is the data collection version of e-HDW, which is used for data collection and update by village admins and Human Development Cadres (KPM). The second version is the monitoring and report version of e-HDW, which is used for monitoring and reporting activities related to stunting data, with users consisting of admins at the provincial, district, sub-district, and village levels. To access the app, users can open a browser and type in [9] <https://ehdw.kemendes.go.id> address [10].

Several previous studies have shown the importance of data-driven interventions in stunting management. First, a research conducted by Pratiwi, Indah, Dwinanto, and Kholil (2022), entitled "Digitization of Posyandu Services with ICT for Recording and Reporting of Posyandu Mardi Rahayu Boyolali Activities". The research technique is carried out by demonstration, trial, and field practice. The results of the study show that the application of digitalization is proven to increase the effectiveness and efficiency in recording routine activities [11].

Second, research by Nurjanah, Nasution, Wahidar and Putri (2024), entitled "The Effectiveness of E-HDW Application Innovation Communication in Increasing the Prevalence of Stunting Toddlers in Bengkalis Regency". This study uses a combined approach between qualitative and quantitative methods. The analysis was carried out with reference to the communication effectiveness theory from Hardjana (2000), which includes six indicators: recipient or user, timeliness, message content, media channel, format, and message source. In addition, this research was also analyzed using the innovation diffusion theory from Everett Rogers (1983). The results of the study show that the innovation process in information delivery and reporting has run effectively in accordance with good service standards [12].

Third, research by Firdaus (2024), entitled "Performance Analysis of Electronic Human Development (E-HDW) Applications on KPM Performance in Kendal Regency". The research method used is a quantitative method. The results of the study stated that the e-HDW application is effective in supporting KPM tasks, but it still needs some improvements to improve its performance further [13].

From the three previous studies, there are problems, one of which is limited access to technology, where users in remote areas often do not have adequate access to devices and the internet. Despite the training, some users still struggle to understand how to use the app optimally, which hinders data collection and utilization. Additionally, app performance is an issue, with reports of apps running slowly and having trouble accessing certain features. The lack of ongoing support after training, such as guidance or technical assistance, also makes it difficult for users to encounter issues, especially if the app is not updated.

From the analysis of several sources, in achieving the effectiveness of using the eHDW application, there are problems that can be seen from the indicators of organizational effectiveness stated by Duncan in Steers (1985:53), namely: (1) Goal Achievement, (2) Adaptation, (3) Integration. Based on the explanation above, the author is interested in analyzing the effectiveness of using the eHDW application to reduce stunting rates in Indonesia, so the author raises the problem with the title "The Effectiveness of the Use of the e-HDW Application in Increasing the Prevalence of Stunting".[14]

RESEARCH METHOD

This study uses a descriptive qualitative research method with a data collection technique, namely a literature study. According to Sarwono (2006), literature study is the process of examining various reference sources and results of previous research that are related to the research topic in order to obtain a theoretical basis that supports the research to be carried out [15]. This research is focused on the preparation of journal articles without involving field research activities. Therefore, this study does not involve the collection of primary data directly in the field, so it does not reflect the current empirical conditions of the implementation of e-HDW applications in various regions.

The data analysis technique used refers to the Miles and Huberman model as described by Sugiyono (2010), which includes three main stages: data reduction, data presentation, and conclusion drawn. In this study, data was collected through sources such as theses, scientific articles, theses, and journals relevant to the research topic, in order to examine the effectiveness of the use of the e-HDW application in increasing the prevalence of stunting. The data that has been collected is then analyzed, analyzed, and presented in narrative form. [16]

The theory used as the basis for this study is the theory of effectiveness put forward by Duncan in Steers (1985:53), which measures the success of effectiveness through three main indicators, namely goal achievement, adaptation, and integration.

RESULTS AND DISCUSSION

Results

The eHDW application is an application developed by the Ministry of Villages, Development of Disadvantaged Regions, and Transmigration (Kemendesa) with support from the World Bank, which refers to Law Number 36 of 2009 concerning Health which emphasizes the importance of efforts to prevent and overcome health problems and Presidential Regulation Number 72 of 2021 concerning the Acceleration of Stunting Reduction.[17] [18]

The eHDW application utilizes information technology to enable cadres to monitor the prevalence of stunting in real-time, so that interventions can be carried out faster and more precisely. This application focuses on households in the first 1,000 Days of Life (HPK), brides-to-be, couples of childbearing age, children aged 24-59 months, and young women. Key features of eHDW include improving data accuracy by reducing the

risk of errors, as well as providing monitoring and evaluation tools for village governments down to the central level. In addition, this application serves as an advocacy tool for Human Development Cadres (KPM) in identifying stunting problems and designing appropriate interventions in the village. [10]

Since its launch on May 13, 2020 by the Ministry of Villages, Development of Disadvantaged Regions, and Transmigration (Kemendesa), this application has undergone several updates. The last update was made on June 25, 2020, with version 1.0.24 that is compatible with all Android devices. To date, this application has been downloaded around 10,000 times, showing the public's enthusiasm and need for this tool in supporting stunting prevention programs. The updates are aimed at improving the performance of the application and adding more useful features for users. Until the end of 2024, eHDW is updated to version 2.0 optimized for improved performance and ease of use, available in both web and mobile apps for Android devices. [19]

In this case, to measure the effectiveness of the eHDW application, there are three indicators, according to Duncan, namely:

1. Goal Achievement

Goal achievement is the result obtained when a group successfully meets a predetermined goal or goal. According to Duncan in Steers (1985:53), the achievement of a goal should be seen as a process that involves the entire effort to achieve it. The achievement of goals involves several factors, including the time frame, which refers to the promised time to complete the task, as well as goals, which are concrete targets such as work results that have met the set criteria [20]. The goals and targets by the Ministry of Villages in reducing stunting according to Presidential Regulation No. 72 of 2021 are: [21]

Table 1. Targets Between Accelerating Stunting Reduction

Goal	Target Indicators	Targets and years of achievement	Person in charge
Availability of Specific Intervention services	The percentage of pregnant women with Chronic Energy Deficiency (KEK) who receive additional nutritional intake.	Target: 90% Year: 2024	Ministry of Health
	The percentage of pregnant women who take Blood Supplement Tablets (TTD) is at least 90 tablets during pregnancy.	Target: 80% Year: 2024	Ministry of Health
	The percentage of adolescent girls who take Blood Supplement Tablets (TTD).	Target: 58% Year: 2024	Ministry of Health

	The percentage of babies less than 6 months old get exclusive breast milk.	Target: 80% Year: 2024	Ministry of Health
	The percentage of children aged 6-23 months who received Complementary Foods for Breast Milk (MP-ASI).	Target: 80% Year: 2024	Ministry of Health
	The percentage of malnourished children under five years old (toddlers) who receive malnutrition management services.	Target:90% Year: 2024	Ministry of Health
	The percentage of children under five years old (toddlers) who were monitored for growth and development.	Target: 90% Year: 2024	Ministry of Health
	The percentage of undernourished children under five years old (toddlers) who receive additional nutritional intake.	Target: 90% Year: 2024	Ministry of Health
	The percentage of children under five years old (toddlers) who received complete basic immunization.	Target: 90% Year: 2024	Ministry of Health
Availability of Sensitive Intervention services.	Percentage of postpartum Family Planning (KB) services.	Target:70% Year: 2024	Population Agency and National Family Planning
	Percentage of unwanted pregnancies.	Target: 15.5% Year: 2024	Population Agency and National Family Planning
	Coverage of prospective Couples of Childbearing Age (PUS) who obtain a medical examination as part of marriage services.	Target: 90% Year: 2024	Population Agency and National Family Planning

The percentage of households that have access to decent drinking water in the district/city of the location priority.	Target: 100% Year: 2024	Ministry of Public Works and People's Housing
The percentage of households that get access to sanitation (domestic wastewater) is feasible in the priority location.	Target: 90% Year: 2024	Ministry of Public Works and People's Housing
National Security Assistance Coverage. Health Contribution Recipient (PBI)	Target: 112.9 million inhabitants Year: 2024	Ministry of Health
Coverage of families at risk of stunting who receive assistance.	Target: 90% Year: 2024	Population Agency and National Family Planning
The number of poor and vulnerable families receiving conditional cash assistance.	Target: 10.000.000 Year: 2024	Ministry of Social Affairs
The percentage of target targets who have a good understanding of stunting in priority locations.	Target: 70% Year: 2024	Ministry of Health
The number of poor and vulnerable families who receiving food social assistance.	Target: 15.600.039 Year: 2024	Ministry of Social Affairs
The percentage of villages/sub-districts that stop open defecation (BABS) or Open Defecation Free (ODF).	Target: 90% Year: 2024	Ministry of Health

Source: Presidential Regulation No. 72 of 2021

The eHDW application was developed with the main goal of supporting stunting reduction programs in Indonesia. Since its launch in May 2020, this application has been used as a tool for health cadres in collecting, analyzing, and utilizing data related to children's nutritional status in various regions. The success of achieving the goals of this application can be seen from its ability to improve data accuracy, accelerate nutrition interventions, and strengthen coordination between the village government and the central government in stunting prevention efforts.

The use of eHDW has shown a positive impact in the implementation of stunting prevention convergence programs. With real-time data, the government can respond more quickly to the condition of children at risk of stunting, so that interventions can be carried out more on target. In addition, the app has also undergone several updates to improve performance and ease of use, which indicates that there is an effort to continue to adapt the app to the needs in the field.

However, in its implementation, there are still several obstacles that hinder the achievement of the goals of the eHDW application to the maximum. Key challenges include limited access to technology in remote areas, lack of user understanding of in-app features, and technical constraints that cause apps to run slowly or difficult to access. To overcome these obstacles, improvement efforts are needed such as continuous training for health cadres, improving digital infrastructure, and developing features that are more responsive to user needs.

The indicators of achieving goals in implementing the eHDW application are in line with the previous study entitled "The Effectiveness of E-HDW Application Innovation Communication in Increasing the Prevalence of Stunting Toddlers in Bengkalis Regency" by Nurjanah. This research shows that the use of the eHDW application in the process of innovation in the delivery of information and reports has been effective according to good service standards. However, while the app has shown positive achievements, there are still some challenges that need to be overcome. Some regions experience obstacles in access to technology and internet networks, which hinder the process of recording and reporting in real-time. In addition, there are still people and cadres who do not fully understand how to use the application, so continuous training and improvement of digital infrastructure are needed.

Overall, based on the goal achievement theory according to Duncan, the eHDW application has shown its effectiveness in helping stunting prevention efforts, although it still needs various improvements to be able to achieve the goal optimally.

2. Adaptation

Adaptation is the ability of a system or organization to adapt to changes in the environment to remain effective and relevant in achieving goals. Adaptation, according to Robbins in Dewi (2024), is a process that involves individuals trying to meet their goals or needs to face the changing environment and social conditions, so that they can survive [22].

In the implementation of the eHDW application, adaptation is very important because stunting prevention programs must face various challenges, such as policy changes, technological developments, and social and economic conditions of the community. Since its launch in 2020, eHDW has undergone various adjustments to ensure that the app remains optimally functional in the field. One form of adaptation is the update of the system and application features to improve performance and ease of use. For example, the app is updated to a version 2.0 that is more stable and compatible with a wide range of devices. This update shows a response to technical challenges experienced by users, such as limited access and difficulty in operating the application [13].

Apart from the technical side, adaptation is also seen in the process of socialization and training for health cadres and other users. The training is carried out both directly and through digital media so that health cadres can better understand how to use applications to support monitoring children's nutritional status.

Although it has improved, the adaptation process by health cadres is still a challenge. The use of eHDW 2.0 requires a deeper technical understanding, so special training is needed so that users can take full advantage of the new features. Some health cadres have difficulty adapting to the new system due to differences in digital literacy levels, limited internet access in remote areas, and other technical obstacles that hinder the process of data input and monitoring. In addition, not all users have sufficient levels of digital literacy to operate the application optimally. To address this, a more flexible approach is needed, such as providing an alternative to manual data collection that can be integrated with digital systems afterwards.

The adaptation indicators in implementing the eHDW application are in line with the previous study entitled "Performance Analysis of Electronic Human Development Worker (e-HDW) Applications on Performance" by Firdaus. This research shows that there are still challenges in the eHDW adaptation process, especially in areas with limited digital infrastructure. Some regions experience obstacles in unstable internet network access, which has an impact on the smooth input and processing of data in real-time. To overcome these challenges, some regions adopt manual logging strategies first before data is entered into the system when the network allows

Overall, based on the concept of adaptation according to Duncan, the eHDW application has demonstrated the ability to adapt to various conditions in the field. Although there are still some obstacles, the continuous improvement steps that are being taken show that the system has sufficient flexibility to develop and adapt to the needs of the stunting reduction program.

3. Integration

Integration refers to the extent to which different elements in a system or organization can work harmoniously to achieve a common goal. Integration, according to Duncan in Mandasari (2022), is the ability of organizations to socialize and build communication with other organizations. Organizations that carry out programs can conduct socialization both directly and indirectly [23].

In the implementation of the eHDW application, integration is essential to ensure that the various parties involved in the stunting prevention program can collaborate effectively. The eHDW application is designed to connect different levels of government, from villages to the central level, in managing stunting prevention data and interventions. This integration can be seen from the existence of a monitoring system that allows data to be collected by health cadres at the village level and then analyzed by higher parties, such as district and provincial governments. With this system, coordination between stakeholders becomes more effective because all parties have access to the same data and can take appropriate action based on the information obtained.

In addition to vertical integration between various levels of government, eHDW also supports horizontal integration between institutions and sectors involved in stunting prevention programs. This application is not only used by the Ministry of Villages, but also involves the health, education, and social sectors to ensure that stunting is handled comprehensively. The data collected through eHDW can be used to develop more targeted policies, for example in the distribution of nutrition assistance or educational programs for the community.

However, there are several obstacles in the integration process. One of them is the difference in the level of understanding and readiness of technology in various regions. Not all health cadres and village officials have the same skills in operating this application, so inconsistencies are still found in data input and utilization. In addition, technical issues such as limited internet access in remote areas can also hinder the smooth flow of information between different levels of government.

The integration indicators in implementing the eHDW application are in line with the previous study entitled "Performance Analysis of Electronic Human Development Worker (e-HDW) Applications on Performance" by Firdaus. This research shows that the use of the eHDW application is still found to be challenging in the integration process, especially related to the alignment of technology utilization in various regions. Some KPMs face obstacles in operating applications due to lack of training or limited access to technology. In addition, not all regions have adequate infrastructure to ensure that data can be accessed and updated optimally.

Discussion

Based on the concept of integration according to Duncan in Steers, this application has shown good efforts in bringing together various elements in the stunting prevention system, although it still needs some refinement so that the integration can run more optimally.[14]

Based on the results of the analysis of literature studies and organizational effectiveness theory studies from Duncan, it was found that the use of the e-HDW application has proven to be effective in supporting efforts to accelerate the reduction of stunting rates in Indonesia. This application is able to improve data accuracy, accelerate nutrition interventions, and strengthen coordination between stakeholders from the village to the central level.

The effectiveness assessment is carried out through three main indicators. First, in terms of achieving goals, the e-HDW application supports the government's targets set in Presidential Regulation No. 72 of 2021, especially in specific and sensitive interventions. Second, in terms of adaptation, the application shows a positive response to technical and operational challenges by presenting the latest version and training programs, although there are still constraints on access to technology and digital literacy in some areas. Third, in terms of integration, the application functions as a collaboration platform across sectors and government levels, although integration is not yet fully evenly distributed due to infrastructure disparities and user competencies.

Although the application has made a positive contribution, challenges such as technological limitations in remote areas, minimal user understanding, and technical constraints of the application still need to be addressed. Therefore, continuous support is needed in the form of training, strengthening digital infrastructure, and developing features that are more responsive to user needs. Thus, e-HDW has great potential as a strategic innovation in stunting control nationally.

CONCLUSION

Fundamental Finding : This study concludes that the e-HDW application is effective in reducing stunting rates in Indonesia by improving data accuracy, accelerating nutrition interventions, and fostering coordination between village and central governments, while also demonstrating adaptability through updates and stakeholder integration. **Implication :** These findings imply that digital applications like e-HDW can serve as strategic tools in public health initiatives, provided they are supported by adequate infrastructure, continuous training, and integrative cross-sectoral policies, while also contributing theoretically to the application of organizational effectiveness in digital health governance. **Limitation :** Nonetheless, the study is limited by its reliance on literature review without primary field data, its uneven representation of regional conditions, and its focus only on three indicators of effectiveness, excluding dimensions such as cost efficiency and user satisfaction. **Future Research :** Future studies should adopt empirical approaches through qualitative and quantitative fieldwork to capture user experiences, technical challenges, and actual impacts, while also comparing regional implementations and examining synergies between e-HDW and other digital systems to enhance sustainable public health policies.

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