

Communication-Based Health Service Policy for Optimizing Stunting Prevention Services at Kosiwo Health Center

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Abstract. *This study aims to analyze the relationship between communication-based health service policies and the optimization of stunting prevention services at Puskesmas Kosiwo, Yapen Islands Regency, Papua Province. The research employed an observational approach with a cross-sectional design involving 41 health workers selected through total sampling. Data were collected using a structured questionnaire that had been tested for validity and reliability, then analyzed using univariate and bivariate analyses with the chi-square test at a significance level of $\alpha = 0.05$. The results showed a significant relationship between communication-based health service policies and the optimization of stunting prevention services ($p = 0.001$). Health workers who applied active communication-based service policies achieved better optimization of stunting prevention efforts compared to those with passive approaches. The findings highlight that effective communication encompassing nutrition education, maternal counseling, interpersonal communication, intersectoral coordination, and media utilization plays a crucial role in improving the success of stunting prevention programs. Strengthening communication-oriented health policies is therefore essential to enhance service performance and accelerate stunting reduction efforts, especially in primary health care settings within remote regions such as Papua.*

Keywords: *communication-based policy, health service, stunting prevention, primary health care,*

1. INTRODUCTION

Stunting remains a major public health problem in Indonesia and is a national priority in health development. This condition is caused by chronic malnutrition, recurrent infections, and suboptimal health services and nutritional communication during the first 1,000 days of life. Its impact extends beyond physical growth to cognitive development and future human productivity (Martony, 2023).

According to WHO data, Indonesia ranks third in Southeast Asia with a stunting prevalence of 36.4%. Although the Indonesian Nutritional Status Survey (SSGI) reported a national decline in stunting from 24.4% in 2021 to 21.6% in 2022, Papua Province experienced an increase to 34.6% (Wenno & Sarwani, 2024). The Yapen Islands Regency remains among the regions with a high prevalence.

Government efforts to reduce stunting rates are implemented through communication-based health service policies, such as nutrition education, counseling for mothers of toddlers, and strengthening the role of community health volunteers (posyandu cadres). However, the effectiveness of these policies largely depends on the role of health administration at community health centers (Puskesmas), particularly in managing human resources, logistics,

and communication systems between health workers and the community (Situmeang & Putri, 2021; Alfina & Azkar, 2024).

Effective communication is the key to successful health services in influencing community behavior. Limited trained health personnel, inadequate communication facilities, and weak intersectoral coordination remain major challenges, including at Puskesmas Kosiwo in the Yapen Islands Regency (Arwidiana & Sudiari, 2024; Novianti, Purnaweni, & Subowo, 2021). Therefore, this study aims to analyze the role of health administration in optimizing communication-based health service policies for stunting prevention at Puskesmas Kosiwo, Yapen Islands Regency, Papua Province.

2. METHODE

The research employed an observational approach with a cross-sectional study design, aiming to determine the relationship between the independent and dependent variables observed at the same point in time. The dependent variable in this study was the *Optimization of Stunting Prevention Services at Kosiwo Health Center*, while the independent variable was the *Communication-Based Health Service Policy*, which included aspects such as community nutrition education, counseling for mothers of toddlers, interpersonal communication among health workers, cross-sectoral coordination, and the use of communication media in health services. The study was conducted at Kosiwo Health Center, Yapen Islands Regency, Papua Province, from September to December 2024. The study population consisted of 41 health workers involved in stunting prevention, all of whom were included as samples using a total sampling technique. Data were collected using a structured questionnaire that had been tested for validity and reliability. Data processing was carried out using SPSS software through several stages, including editing, coding, data entry, and cleaning. Univariate analysis was used to describe the distribution of each variable, while bivariate analysis using the chi-square test was performed to examine the relationship between the communication-based health service policy and the optimization of stunting prevention services, with a significance level of $\alpha = 0.05$.

3. RESULT AND DISCUSSION

a. Result

1) Characteristics of Health Workers

Table 1 presents the distribution of health worker characteristics at Kosiwo Public Health Center, Yapen Islands Regency, Papua Province.

Table 1. Distribution of Health Worker Characteristics at Kosiwo Health Center, Yapen Islands Regency, Papua Province

Characteristics	Category	n	%
Gender	Male	13	31.7
	Female	28	68.3
Age Group (Years)	24–27	3	7.3
	28–31	8	19.5
	32–35	9	22.0
	36–39	10	24.4
	40–43	5	12.2
	44–47	4	9.8
	48–51	2	4.9
Education Level	Diploma (D3)	15	36.6
	Bachelor's Degree	26	63.4
Total		41	100

Based on Table 1, most health workers were female (68.3%), and the majority were aged 36–39 years (24.4%). Regarding educational background, 63.4% held a bachelor's degree, while 36.6% had a diploma-level education.

2) Communication-Based Health Service Policy

Table 2. Distribution of Communication-Based Health Service Policy at Kosiwo Health Center, Yapen Islands Regency, Papua Province

Communication-Based Health Service Policy	n	%
Passive	23	56.1
Active	18	43.9
Total	41	100

Table 2 shows that most health workers perceived the communication-based health service policy as passive (56.1%), while 43.9% considered it to be active.

3) Optimization of Stunting Prevention Services

Table 3. Distribution of Stunting Prevention Service Optimization at Kosiwo Health Center, Yapen Islands Regency, Papua Province

Optimization of Stunting Prevention Services	n	%
Not Yet Optimal	16	39.0
Optimal	25	61.0
Total	41	100

As shown in Table 8, 61.0% of health workers stated that stunting prevention services were optimal, while 39.0% considered them not yet optimal.

4. Relationship Between Communication-Based Health Service Policy and Optimization of Stunting Prevention Services

The Relationship Between Communication-Based Health Service Policy and the Optimization of Stunting Prevention Services

Table 4. Relationship Between Communication-Based Health Service Policy and Optimization of Stunting Prevention Services

Communication-Based Health Service Policy	Optimization of Stunting Prevention Services	Total	X ² (p)
	Not Yet Optimal n (%)	Optimal n (%)	
Passive	15 (65.2)	8 (34.8)	23
Active	1 (5.6)	17 (94.4)	18
Total	16 (39.0)	25 (61.0)	41

Table 4. indicates that among 23 health workers who reported passive communication-based policies, 65.2% stated that stunting prevention services were not yet optimal. In contrast, among 18 health workers who reported active communication-based policies, only 5.6% reported non-optimal services. The chi-square statistical test yielded a value of $X^2 = 15.105$ with $p = 0.001$ (< 0.05), indicating a significant relationship between communication-based health service policies and the optimization of stunting prevention services at Kosiwo Health Center, Yapen Islands Regency, Papua Province.

b. Discussion

The results of the study indicate a significant relationship between communication-based health service policies and the optimization of stunting prevention services ($p = 0.001$). This finding suggests that policies supporting effective communication among health workers, the community, and cross-sector stakeholders play an essential role in enhancing the success of stunting prevention programs at the primary healthcare level, such as community health centers (Puskesmas) (Timisela et al., 2023).

Communication-based health services emphasize the importance of transparency, education, and active community participation in supporting health programs. In the context of stunting prevention, effective communication helps deliver information on parenting, balanced nutrition, sanitation, and the importance of regular child health checkups. When policies encourage intensive and well-directed communication, public understanding of stunting prevention significantly improves (Widyastuti, Arenawati, & Prafitri, 2022).

This study also shows that communication-oriented policies can strengthen relationships between healthcare providers and the community. This is reflected in community-based forums such as *posyandu* (integrated service posts), maternal classes, and health education sessions that serve as two-way communication channels. Within these forums, the community not only receives information but also conveys their needs, challenges, and expectations directly (Timisela et al., 2023).

However, the effectiveness of communication cannot be separated from clear and well-structured policy support. Health service policies that do not explicitly promote community-based communication approaches tend to make educational activities one-sided and less effective. Therefore, the existence of policies that strengthen the roles of community health workers, local leaders, and healthcare providers in health communication is crucial (Widyastuti, Arenawati, & Prafitri, 2022).

Furthermore, communication supported by policy enables stronger cross-sector collaboration. In the context of stunting, cooperation among the health, education, and village government sectors is essential. Policies that promote intersectoral communication facilitate collaboration through the provision of facilities, integrated education programs, and more comprehensive interventions addressing stunting determinants (Safinah, Priyanto, & Permatasari, 2024).

Communication-based policies also influence public trust and engagement in stunting prevention programs. When communication is transparent, participatory, and based on local data, communities are more likely to accept and support the implemented programs. Conversely, without effective communication, programs are often misunderstood and fail to gain full community participation (Safinah, Priyanto, & Permatasari, 2024).

The study results further reveal that among 23 healthcare workers who perceived the communication-based health policy as passive, 65.2% reported that stunting prevention services were not yet optimal. Meanwhile, among 18 healthcare workers who perceived the policy as active, only 5.6% reported suboptimal services. Statistical analysis shows that the calculated chi-square value ($\chi^2 = 15.105$) exceeds the table value ($\chi^2 = 3.841$), and the p-value (0.001) is less than α (0.05). This indicates a significant association between communication-based health service policies and the optimization of stunting prevention services

c. CONCLUSION

This study concludes that communication-based health service policies play a significant role in optimizing stunting prevention services at the primary healthcare level. Effective communication between health workers, the community, and cross-sector stakeholders enhances public understanding, participation, and commitment to stunting prevention programs. The findings indicate a significant relationship ($p = 0.001$) between communication-oriented policies and the improvement of service quality and program outcomes. Policies that emphasize active education, interpersonal communication, community involvement, and cross-sector collaboration contribute to more effective and sustainable health interventions. Therefore, strengthening communication-based policy implementation is essential to improve service performance and accelerate stunting reduction efforts, particularly in rural and remote health service settings such as Puskesmas Kosiwo in Papua Province..

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