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SOCIALIZATION OF MORINGA LEAF PUDDING MAKING AS EFFORT TO PREVENT STUNTING IN BENDO HAMLET

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Abstract - *Stunting is a major health problem in Indonesia that threatens the quality of future generations. This condition is primarily caused by chronic malnutrition, especially insufficient intake of protein and essential micronutrients. One potential effort to address this issue is the use of moringa leaves, which are highly nutritious and locally available. This study aims to describe the implementation of socialization on moringa leaf pudding as an innovative supplementary food to prevent stunting in Bendo Hamlet. The research employed a Community-Based Research (CBR) approach that involved KKN students, posyandu cadres, PKK mothers, and mothers of toddlers in a participatory process from planning to evaluation. The findings showed improvements in community knowledge about the nutritional benefits of moringa leaves, enhanced skills in preparing pudding, and positive acceptance of the product among children. Acceptance was influenced by the pudding's soft texture, balanced sweetness, and attractive natural green color. The success of the program was also supported by easy access to raw materials, a simple preparation method, and strong cadre commitment. Thus, moringa leaf pudding can serve as a practical and sustainable local food alternative to help fulfill children's nutritional needs while strengthening family food security.*

Keyword: Moringa Leaves, Moringa Leaf Pudding, Local Food, Stunting Prevention.

Abstrak - *Stunting merupakan salah satu masalah kesehatan yang masih menjadi perhatian di Indonesia karena berdampak pada kualitas generasi mendatang. Kondisi ini disebabkan oleh kurangnya asupan gizi kronis, terutama protein dan mikronutrien penting. Salah satu upaya yang dapat dilakukan adalah pemanfaatan daun kelor sebagai bahan pangan lokal bergizi tinggi. Penelitian ini bertujuan untuk mendeskripsikan implementasi sosialisasi pembuatan puding daun kelor sebagai inovasi pangan tambahan dalam pencegahan stunting di Dusun Bendo. Penelitian menggunakan pendekatan Community-Based Research (CBR) yang melibatkan mahasiswa KKN, kader posyandu, ibu PKK, dan ibu balita secara partisipatif mulai dari perencanaan hingga evaluasi. Hasil penelitian menunjukkan adanya peningkatan pengetahuan masyarakat mengenai manfaat gizi daun kelor, keterampilan dalam mengolah puding, serta penerimaan positif dari anak-anak terhadap produk tersebut. Faktor penerimaan dipengaruhi oleh tekstur lembut, rasa manis yang seimbang, serta warna hijau alami yang menarik. Keberhasilan kegiatan ini juga didukung oleh kemudahan memperoleh bahan baku, proses pembuatan yang sederhana, serta komitmen kader posyandu dalam melanjutkan praktik. Dengan demikian, puding daun kelor*

berpotensi menjadi alternatif pangan lokal yang tidak hanya membantu pemenuhan gizi anak, tetapi juga memperkuat ketahanan pangan keluarga serta mendukung upaya berkelanjutan dalam pencegahan stunting.

Kata kunci: Daun Kelor, Puding Daun Kelor, Pangan Lokal, Pencegahan Stunting.

A. INTRODUCTION

Stunting is a disorder of children's growth and development caused by chronic malnutrition and repeated infections, characterized by a child's length or height being below standard (Awanis et al., 2023). The prevalence of stunting in Indonesia is relatively high. The 2021 Basic Health Research (Riskesdas) results show that the stunting prevalence in Indonesia in 2021 was 24.4%, a decrease of 6.4% from 30.8% in 2018. The Asian Development Bank states that Indonesia ranks second highest in Southeast Asia for children under five suffering from stunting, with a prevalence reaching 31.8% in 2022 (Awanis, 2023). Some of the causes of stunting include inadequate nutritional intake, especially protein and calories, chronic infections such as diarrhea, lack of access to quality health care, and factors such as teenage pregnancy and maternal malnutrition. can also contribute to stunting, and poverty and poor living conditions are closely related to high stunting rates (Kurniyawan et al., 2023). Stunting mainly occurs as a result of growth and developmental disorders in children due to malnutrition.

Long-term malnutrition occurs from the fetal stage in the womb until early life (the first 1000 days after birth). Causes include limited access to nutritious food, low intake of vitamins and minerals, and poor dietary diversity and animal protein sources. It is important to understand the nutritional content of food provided by mothers to their toddlers (Awanis, 2023). Nutritional literacy about foods beneficial for preventing stunting is essential for mothers to apply to their young children. Providing supplementary foods such as snacks can help meet children's nutritional needs an important strategy to fulfill their dietary requirements (Trisnawati et al., 2024). Because they are easily accessible and widely available near homes, such snacks can be made from local ingredients. One such food ingredient is moringa leaves, which can be used to make children's snacks. One effort in preventing stunting is the utilization of local plants as food sources (Putri et al., 2023). Moringa leaves are one plant that can be utilized for stunting prevention.

Moringa is a shrub plant reaching 7–11 meters in height, growing well from lowlands up to 700 meters above sea level (Isnan & Muin, 2017). The World Health Organization (WHO) has designated it as a "superfood" due to its exceptionally high nutritional value. Besides being a superfood, moringa leaves are also considered functional food (Winarno, 2018). According to research, moringa leaves contain high levels of protein (28.25%), beta-carotene (pro-vitamin A) at 11.93 mg, calcium (Ca) at 2241.19 mg, iron (Fe) at 36.91 mg, and magnesium (Mg) at 28.03 mg (Irwan, 2020). According to Hamzah (2019), moringa is easily available and, without incurring high costs, can quickly restore malnutrition in children. The general public consumes moringa only as a supplement in their daily meals through simple processes such as boiling or stir-frying as a vegetable. According to Purba (2020) states that although moringa is known as a very beneficial plant, many Indonesians still do not utilize it. In fact, moringa leaves can be processed into various food and

beverage products with high economic value, such as moringa pudding, moringa nuggets, moringa ice cream, moringa tea, moringa sticks, and so on.

Pudding is an example of a good substitute food that can attract children's interest in eating (Awanis, 2023). To prevent stunting in children and ensure their daily nutritional needs are met, adding moringa leaf extract to pudding is expected to fulfill these requirements (Arif et al., 2025). Therefore, fresh moringa leaves are used, incorporating the entire leaf portion when making moringa pudding. Its sweet taste and attractive appearance can increase children's food intake, resulting in good acceptance of the pudding among children (Awanis, 2023).

This activity is an effort conducted by UIN Sunan Kalijaga Yogyakarta through the KKN (Community Service Program), aiming to reduce stunting rates by educating the community, raising awareness, and training mothers to make moringa leaf pudding as a snack for children to overcome stunting.

B. METHOD

The research method used in this activity was a qualitative approach. A qualitative approach was chosen because it provides a deep understanding of complex social phenomena through subjective and contextual perspectives (Hanifiyah et al., 2024). In its implementation, nine students from the Real Work Lecture (KKN) program at Sunan Kalijaga State Islamic University Yogyakarta, who came from various study programs, carried out a community service program using the Community-Based Research (CBR) method. The CBR method is a research approach that emphasizes the active involvement of the community at various levels of roles and participation, so that the results are expected to provide tangible benefits to the community or society itself (Hadi, 2025).

This method was applied through active community participation in every stage, from planning and implementation to program evaluation. Thus, the research process not only produced data or findings but also created a space for mutual learning between students and the community. This program was specifically aimed at improving the knowledge and skills of the Bendo Hamlet community so that they could develop local potential while strengthening stunting prevention efforts through the use of moringa-based nutritious food.

This participatory process consists of two main stages:

1. Education socialization stunting and the nutritional benefits of moringa leaves in overcoming stunting.

   Before the outreach activities were carried out, students, posyandu cadres, PKK mothers, and mothers of toddlers participated in the participatory planning of activities. This planning process began with an open discussion involving all relevant parties to agree on the main topics to be presented. In addition, the most effective methods of delivering the material and the technical aspects of implementing the activities were decided upon so that they could be adapted to the actual conditions in the field and the needs of the local community. Through this deliberation, it is hoped that the socialization activities can be more focused, targeted, and provide sustainable benefits to the community.

2. Training on processing moringa leaves.

   The socialization of moringa leaf pudding making began with an opening session introducing the nutritional benefits of moringa leaves for children's growth. Afterwards, a trial feeding of moringa pudding to toddlers was conducted as a taste test and early introduction to nutritious food. The responses from toddlers and parents were used for evaluation to ensure product acceptance. Subsequently, a hands-on tutorial on making moringa leaf pudding was conducted for mothers of toddlers, covering explanations of ingredients, processing steps, and joint cooking practice. This process was designed so that mothers could independently replicate the practice at home, ensuring continued consumption of moringa leaves and sustained nutritional benefits for children.

By implementing the Community-Based Research (CBR) method, this activity is not only positioned as a one-sided socialization program, but also as a collaborative effort that actively involves students and the community. Through this approach, the community is not only an object, but also a subject in the planning, implementation, and evaluation of activities. The collaboration that is built allows for the identification of real problems faced by the community, so that the solutions formulated are truly based on local needs. Thus, every program that is carried out is expected to be more relevant, targeted, and sustainable. The results of these activities are not only beneficial in the short term, but are also expected to have a positive long-term impact, particularly in efforts to prevent stunting through increased knowledge, behavioral change, and strengthening the role of the community in maintaining family health and nutrition.

C. RESULTS AND DISCUSSION

Before the outreach activities were carried out, students, posyandu cadres, PKK mothers, and mothers of toddlers participated in the participatory planning of activities. This process was realized through open discussions that allowed all parties to express their ideas, needs, and expectations regarding the implementation of activities. Through this forum, the main topics to be raised, the most appropriate methods of delivering the material, and the technical implementation tailored to the social and cultural conditions of the local community were agreed upon. This approach is in line with the principles of Asset Based Community Development (ABCD) as stated in the Sunan Kalijaga Berdampak Community Service Program guidelines, which emphasize the importance of active community participation in formulating the agenda for change. With direct involvement from the planning stage, the community is not only the beneficiary but also has a sense of ownership of the program. This, in turn, fosters greater motivation to implement and continue the positive practices introduced, ensuring the sustainability of the program and providing a lasting impact on improving the quality of life of the community.

Figure 1. Planning the Activity
Source: Personal Document

Improving Community Knowledge about the Benefits of Moringa Leaves

The dissemination of moringa leaf pudding making in Bendo Hamlet received a very positive response from the community, especially mothers of toddlers and posyandu cadres who were directly involved in the activity. A total of 20 people participated in this program, consisting of mothers of toddlers and posyandu cadres. This activity not only served as an educational tool, but also provided a real learning experience for the community in processing local food ingredients into more attractive and nutritious products. There were several important results that can be noted from the implementation of this program, particularly related to increasing the community's nutritional knowledge, skills in processing moringa leaves into innovative products, children's acceptance of nutritious foods, and the potential for program sustainability at the local level.

Before the activity took place, most residents only knew moringa leaves as a simple vegetable ingredient that was usually cooked in the form of clear soup or salad. However, through the delivery of nutritional material combined with hands-on practice in making pudding, the community gained a new understanding that moringa leaves have a very complete nutritional content, including protein, iron, calcium, vitamin A, and vitamin C. These nutrients are especially needed to support the growth and development of children in their early childhood. This information provides insight that stunting is not only caused by a lack of calorie intake, but is also closely related to a deficiency in micronutrients that are essential for children's brain and body growth.

With this increased knowledge and skills, the community became more motivated to utilize moringa leaves as an alternative local food source that is inexpensive, easily obtained, and rich in benefits. Children's acceptance of the moringa leaf pudding introduced also adds optimism that this innovation can be sustainably implemented in household environments. Therefore, this activity has great potential to serve as an initial step in supporting stunting prevention based on community empowerment and the utilization of local resources. By promoting the utilization of moringa leaves in an innovative and culturally acceptable form, the program contributes not only to fulfilling children’s nutritional needs but also to strengthening family food security. In the long term, these efforts can play a strategic role in fostering healthier generations, reducing the prevalence of stunting, and ensuring that local resources are maximized to support sustainable public health solutions.

Figure 2. Socialization of Moringa Leaf Pudding Making
Source: Personal Document

These findings are in line with research conducted by Nurhayati et al. (2022) in Janapria Village, Lombok, which proved that education about moringa products can increase the awareness of posyandu mothers about the importance of food diversification based on local ingredients. These results confirm that a simple but practical educational approach can be an effective strategy in increasing community participation in meeting family nutritional needs. Thus, the application of similar innovations in Bendo Hamlet through the use of moringa as a highly nutritious ingredient has the potential to be a real solution in efforts to prevent stunting.

In addition to gaining new knowledge about the nutritional content and benefits of moringa leaves, the mothers in Bendo Hamlet were also able to successfully practice the process of making moringa pudding. This ability shows that the activity was not only oriented towards knowledge transfer, but also succeeded in developing practical skills that can be directly applied in the household environment. The pudding-making process is considered quite simple, the raw materials are easily obtained due to the abundant availability of moringa in the area, and no special equipment is required. These factors motivate the community to repeat the process independently at home.

This condition further reinforces the sustainability potential of the program, as the success of a nutrition intervention is not solely determined by the implementation of socialization activities, but rather by the extent to which the community is capable of adopting and integrating the introduced practices into their everyday lives. The skills that mothers have acquired through training, combined with the supportive environment that ensures the continuous availability of raw materials, provide a strong foundation for the independent production of moringa leaf pudding without relying on external assistance. This independence not only enhances the feasibility of sustained implementation but also empowers families to actively contribute to improving their children's nutritional intake.

Moreover, the utilization of moringa-based local foods demonstrates benefits that extend beyond short-term nutritional gains. It reflects a long-term strategy that strengthens household food security while simultaneously addressing broader public health concerns such as stunting. By embedding this practice into the community's daily dietary habits, moringa leaf pudding has the potential to evolve into a culturally accepted, locally driven, and sustainable solution that supports both immediate and generational improvements in child health and nutrition.

Production Processing Skills

The moringa leaf pudding making activity was held at the Bendo Hamlet Early Childhood Education Center and was attended by around 20 participants consisting of village women and health center cadres. The process of making moringa leaf pudding began with blending moringa leaves obtained from the village surroundings, then preparing a mixture of agar-agar and milk which was cooked on the stove. Once the mixture was warm, the blended moringa leaves were poured in and stirred until evenly mixed. Next, the pudding mixture was poured into molds and left to harden. The results of the activity showed that children liked the moringa leaf pudding, while mothers gained new knowledge and skills in processing abundant moringa leaves into healthy snacks that are easily accepted by children, thus potentially supporting efforts to prevent stunting through the use of nutritious local food ingredients.

According to Pratiwi et al. (2021), empowering communities to process local food ingredients plays a very significant role in strengthening family food security. This is in line with the objective of the moringa leaf pudding socialization activity in Bendo Hamlet, where mothers were given knowledge and practical skills to process local food ingredients into healthy products that children enjoy. With these new skills, mothers are no longer dependent on government programs or outside assistance, but are also able to independently produce nutritious food to meet their families' needs, especially in supporting their children's growth and development.

Observations during the activity showed that most children liked the moringa leaf pudding that was introduced. Factors influencing this acceptance included the soft texture of the pudding, its balanced sweetness, and its attractive natural green color, which added to its visual appeal. This condition shows that the innovation of processing moringa leaves in the form of pudding is more easily accepted by children than moringa vegetables in the form of traditional dishes, which tend to be less popular. Thus, the transformation of the presentation of moringa leaves has proven to be able to increase children's interest in consuming nutritious foods. The following picture proves that moringa leaf pudding is readily accepted by children, as seen during the activity.

Figure 3. Children Consume Moringa Leaf Pudding
Source: Personal Document

This phenomenon is in line with the results of a study by Al Fatin et al. (2021), which showed that adding 3 grams of moringa powder to silky pudding did not reduce its taste; in fact, it still

produced a product that was delicious to consume. Furthermore, the study proved that this innovation still provided sufficient nutritional value, namely 8.88 grams of protein and 2.19 mg of iron per serving. This strengthens the evidence that diversifying moringa-based products can serve as a strategic alternative in efforts to meet community nutritional needs, particularly for vulnerable groups such as infants. Therefore, the implementation of local food processing innovations not only improves family dietary quality but also supports more sustainable efforts to prevent stunting.

Figure 4. Making Moringa Leaf Pudding
Source: Personal Document

Potential Impact on Nutritional Status

Children's acceptance of moringa-based processed products is a crucial aspect, given that one of the biggest challenges in nutritional intervention is ensuring that healthy foods remain palatable and are consumed regularly. Moringa pudding innovation has proven to be able to address this challenge, because in addition to being rich in nutrients, this product also has a balanced sweet taste, soft texture, and attractive appearance, making it more acceptable to children than processed moringa vegetables in general. This condition makes moringa pudding have great potential to be applied as a practical nutritious food supplement at the household level.

Based on the results of the moringa leaf pudding training, it was found that mothers with toddlers said that their children ate the moringa leaf pudding very eagerly. During the activity, the children seemed enthusiastic to try it and showed a positive response on the first try because they liked the taste. On the other hand, some mothers revealed that they had previously processed moringa leaves into clear soup as a menu variation, but not all children liked it. This condition shows that moringa leaves processed into pudding are an alternative that is more easily accepted by children than when served as clear soup. Thus, the dissemination of information on the use of moringa leaves as a snack in the form of pudding can provide additional ideas for processing local food ingredients for mothers in Bendo Village.

Although the outreach activities in Bendo Hamlet focused more on nutrition education and pudding-making practices, the long-term implications can be drawn from a number of previous

studies. Pratiwi et al. (2021) reported that regular consumption of moringa leaf pudding for several weeks in early childhood contributed to weight gain and the fulfillment of essential micronutrients. Another study by Putri et al. (2022) also showed that regular consumption of moringa products can reduce the prevalence of anemia in toddlers. Thus, if the people of Bendo Hamlet consistently consume moringa pudding, the positive impact will not only be an increase in household menu variety, but also has great potential in supporting stunting prevention efforts at the local level. This is even more relevant considering that moringa leaves are abundant in the area and easily accessible to the community.

According to Nurhayati and Rahayu (2023), the effectiveness and long-term success of nutrition interventions at the community level are largely determined by the active involvement of posyandu cadres, who play a pivotal role in directly assisting families and guiding them in implementing health-related practices. In this context, providing cadres in Bendo Hamlet with practical skills in processing moringa leaves, particularly through the production of moringa leaf pudding, represents a strategic and sustainable initiative. By equipping cadres with these competencies, the program not only enhances their capacity as community health facilitators but also ensures that knowledge and practices can be continuously transferred to households in a systematic manner.

Furthermore, the strong collaboration between cadres, the village government, and active community participation serves as an essential foundation for program continuity. It is therefore expected that the innovation of moringa pudding will evolve beyond a short-term intervention and instead become an integrated part of the community's daily dietary habits. Ultimately, this transformation has the potential to strengthen local food security, empower families to independently address nutritional challenges, and contribute meaningfully to the long-term prevention of stunting in a sustainable way.

D. CONCLUSION

The moringa leaf pudding socialization activity in Bendo Hamlet successfully improved community knowledge about local nutrition, enhanced skills in processing simple food ingredients, and resulted in children accepting the nutritious processed product moringa leaf pudding. These outcomes demonstrate that utilizing moringa leaves processed into pudding can serve as an alternative solution for stunting prevention and strengthen household food security. The limitation of this study is the short implementation period, which does not yet allow for long-term evaluation of changes in children's nutritional status. Therefore, future research is expected to conduct evaluations to comprehensively measure its effectiveness and further develop various moringa-based products. Additionally, it is recommended to ensure continuous involvement of PKK cadres, support from village government policies, and development of community-based training models, so the program can be expanded to other regions with similar local food potential.

To ensure that this program does not stop at the socialization stage, a more systematic sustainability strategy is needed. First, posyandu cadres can play a key role in promoting and demonstrating how to make moringa pudding at every monthly routine activity, so that the nutritional message can be conveyed consistently. Second, the village government is expected to provide support through policies, for example by including moringa pudding innovations in the

official agenda of the village stunting prevention program. Third, a variety of moringa-based processed products also need to be developed, such as moringa nuggets, cookies, or herbal drinks, so that the community has more choices and children do not easily get bored with just one type of processed food.

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