

## Featured Product "Mung Bean Agar" in Carangrejo Village to Reduce the Risk of *Stunting*

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**ABSTRACT** The presentation of this superior product, green bean jelly, aims to provide an alternative to processed green beans for Posyandu mothers. By looking at the ingredients in it, it is hoped that it can help the process of improving nutrition for children, pregnant women, and mothers after giving birth. Apart from that, the ingredients in green beans can also help prevent stunting. Seeing the relatively high stunting rate in Carangrejo Village was the reason for choosing this superior product, green bean Jelly.

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## 1. INTRODUCTION

Stunting is a condition of failure to thrive in children under five (babies under five years) due to from chronic malnutrition so that the child is too short for his age (Pun, 2021; Sinharoy, 2020). Malnutrition happens when the baby is content and for a period beginning after the baby is born (Shekar, 2017; Weatherspoon, 2019). Condition Stunting only appears after the baby is two years old. Toddlers are short (*stunted*) and Very short (*severely stunted*) toddlers with body length (PB/U) or height body (TB/U) according to their age compared to the standard WHO-MGRS (*Multicentre et al. Study*) 2006. At the same time, the definition of stunting according to the Ministry of Health (Kemenkes) is a child under five whose z-score is less than -2 SD/standard deviation (*stunted*) and less than -3 SD (*severely stunted*). (National Team Acceleration of Poverty Reduction Vice Presidential Secretariat, 2017).

In Indonesia, around 37% (almost 9 million) of children under five experience stunting. Indonesia is a country with prevalence stunting the fifth biggest (Harper, 2018; Vilcins, 2018). Toddler/little boy (baby under age two years) Who experiencing stunting will have a level of intelligence that is not optimal (Akombi, 2017; Li, 2020), making children more susceptible to disease and, in the future, may be at risk of decline level productivity (Budge, 2019; Headey, 2018). Finally, in a way, wide stunting will hinder economic growth, increasing poverty and

widening inequality. (Research Basic Health/Riskesdas 2013) Stunting that has occurred if it is not balanced with *catch-up growth* (catch-up growth) results in decreased growth.

Stunting problem is a public health problem associated with an increased risk of pain (Sentongo, 2021; Woldeamanuel, 2019), death, And obstacles to Good motor and mental. Stunting is formed by *growth faltering*, and inadequate *catch-up growth* reflects the inability To reach optimal growth (Beal, 2018; Cumming, 2019). Reveals that group toddlers born with a heavy body average can experience stunting if subsequent needs are not appropriately met (Ministry of Health, 2013).

In Village Carangrejo Regency Ponorogo, place implemented it KKN University Muhammadiyah Ponorogo own number stunting Which tall Enough, information This obtained from the village, namely the village secretary and also information from the midwife on duty in Village Carangrejo.

Peanut green (*Vigna radiata*) is a type of secondary crop known widely in area tropical (Cholily et al., 2022; Kurwiyah et al., 2023; Suharsiwi et al., 2023). This plant, which belongs to the legume family (*Fabaceae*), has many benefits in everyday life as a source of food with high vegetable protein. Peanut green in Indonesia occupies the third most importantly as plant food legumes, after soybeans And peanut land (Sudiantini et al., 2023; Yuniwati & Afdah, 2021; Zahroh et al., 2023).

The most economically valuable part is the seeds. Green bean seeds are boiled until soft and eaten as porridge or eaten directly. Seed ripe Which crushed And madeas a filling for onde-onde, bakpau, or gandas turi (Darmayanti, Hariyadi, et al., 2023; Riono et al., 2023; Sari et al., 2023). Green bean sprouts become vegetables that are commonly eaten. If green beans are boiled long enough, they will break down and release the starch contained in the seeds, which will come out and thicken, becoming a kind of porridge. Mung bean seed flour, called di market, is flour hunks used in making cakes \_ And tends to form a gel. Flour This can also be processed to become mi, Which is known as vermicelli.

Green beans have a relatively high protein content and are a source of essential minerals, including calcium and phosphorus (Aryaseta et al., 2023; Triono et al., 2023). At the same time, the fat content is unsaturated fatty acids. The calcium and phosphorus content in green beans is beneficial for strengthening bones. Green beans also contain low fat, which is very good for those who want to avoid high-fat consumption. Low-fat content green beans are a food or drink ingredient made from green beans that are easy to smell. Green bean fat is composed of 73% unsaturated fatty acids and 27% acids saturated fat.

Generally, nuts contain high levels of unsaturated fat. High intake of unsaturated fats is essential for maintaining heart health. Mung beans Contain vitamin B1, which is helpful for male growth and vitality. Then nuts green And its derivatives very suitable to consume by they Which new Marry. Peanut green Also contains multiple proteins, Which work to replace cells And help the growth of body cells. Therefore, children and women who have recently given birth are recommended to consume it.

Content Peanut Green contains Protein, Calcium, Potassium, Phosphorus, Substance Iron, Vitamin A, Vit B, Vit C, vitamin E, and Vit K. (Jiang, 2020; Singh, 2017). Green bean jelly is jelly made from green beans (Darmayanti, Utomo, et al., 2023; Jannah et al., 2023; Widodo et al., 2023). Product This is a creation that Group 05 of Carangrejo Village wants to excel at. The reason we lift the product is to give inspiration for para Mother nor posyandu to provide more variety in processing the green beans that are usually distributed (Manasikana et al., 2023; Safitri et al., 2023; Sah et al., 2022). Besides, The materials used are easy to obtain, cheap, and affordable. This product is also processed and has many health benefits for para-pregnant mothers And toddlers. The benefits of jelly green beans are to prevent stunting in toddlers, look after the digestive tract of a child, provide alternative replacement MPASI, Which is applicable to guarding the fetus during pregnancy, and conceiving potassium, calcium, And iron.

## 2. METHOD

The method used in this activity was a presentation and also an introduction to the community in Carangrejo Village about the superior green bean gelatin product. This superior product presentation aims to introduce the green bean jelly product to the public as an alternative to processed green beans as an improvement in nutrition for children at posyandu in Carangrejo Village in particular. This method is considered adequate because the introduction of this superior gelatin product is carried out when assisting with routine posyandu activities. It is hoped that with the presentation and introduction of green jelly, it can become an alternative preparation for posyandu mothers as a means of improving nutrition for children in Carangrejo Village.

## 3. RESULTS AND DISCUSSION

### *Process for Making Green Bean Agar-Agel*

The process of making this superior product, green bean jelly, is carried out by members from the servant. How to make it yourselfis as follows:

- a. First of all, wash And soak the beans green for 5-6 O'clock, Then drain well.
- b. Boil the drained green beans until half cooked, then separate the water from the dregs into two different containers.
- c. Besides that, mix plain gelatin with sugar and a pinch of salt and stir thoroughly equally. Then, dissolve with coconut cream.
- d. Boil the mixture with the green bean water that was separated earlieruntil boiling.
- e. If it is boiling, insert return dregs of peanut green.
- f. Wait for stew until it becomes porridge.
- g. Wait for the stew to cool slightly, then transfer it to a cup.Then, put it in the cupboard cooler.
- h. Jelly peanut green Ready served.



Picture 1. Process making jelly mung beans

### *Featured Product Presentation of Mung Bean Agar-Agel*

The presentation of this superior product, green bean jelly, was carried out at the event Title Product, Which was held by party Institution Study And Devotion to Society (LPPM) Muhammadiyah University of Ponorogo. After the presentation at the event, The product presentation was held on Wednesday, February 22, 2023. Then, members of KKN Group 5 introduced this green bean jelly to the

Posyandu mothers in the village. Karangrejo. This was done with the aim of providing another alternative to processed nuts green for moms, with many benefits in peanut green expected can help with repairs nutrition children which exists in the village.

Moms Integrated Healthcare Center, Which is in Village Karangrejo, is enthusiastic about This green bean jelly product because it can be an alternative to processed green beans besides made porridge. Besides That, the response was given by children Who had tasted this green bean jelly very well. This was proven by the enthusiasm of the childrenchild to eat processed peanuts green. Act carry-on from presentation product The superiority of this green bean jelly is by providing training to posyandu mothers about how to make this preparation, which will then be applied and presented in every activity at the Integrated Healthcare Center, which exists in Village Karangrejo.



Figure 2. Processed Green Bean Gelatin

#### 4. CONCLUSION

The implementation of community service activities has been able to revive Sekar Wilis Park by converting an unused swimming pool into a fishing pond. The existence of this fishing pond can help the community to utilize empty land and can revive the economy of the surrounding community.

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