

Stunting and the relationship with the thematic study of the Qur'an

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Abstract. The creation of man is destined to be the best of creatures. The success of Muslims is not impossible to always be realized in Indonesia because of the potential for the quantity that has dominated and is also committed to improving quality. This quality improvement must be pursued early and continuously, by paying attention to the intake of halal and good food and breastfeeding to its growth and development at the beginning of the golden period of growth. Improved nutritional status will affect intelligence and productivity. Therefore, we must support the government's program to eradicate stunting and be strengthened by various arguments regarding health, child development, and nutrition. If the movement to reduce the stunting rate is included in charity work, then this stunting problem needs to be used as a thematic discussion of the Qur'an. In the end, it is hoped that these thematic findings and efforts to improve health status will be reinforcement that the Qur'an is a guide in every human problem.

Keywords: Stunting, Thematic, Qur'an

1 Introduction

There are elements in humans, namely the spirit, mind, and body, that should not be left in a vacuum. This attention should be done since in the womb. The intake of the spirit is equipped with the importance of a person having faith, believing in the Creator's existence, and having the impact of having spiritual power in his heart. The fulfillment of reason is obtained from the pouring of various knowledge that enters, is understood, digested, and followed up with action, while the perfection of the body will be good if you get food that contains balanced nutrition [1]. Balanced nutrition is a common need in developed and developing countries.

Nutritional problems, especially stunting or short toddlers, namely chronic malnutrition in infants in the first 1,000 days of life that lasts a long time and causes delays in brain development and child development, the incidence in Indonesia reaches 27.67% or exceeds the stunting limit from the World Health Organization (WHO) is 20% [2].

This study focuses on discussing the fulfillment of the right to the physical body, namely how to solve nutritional problems at an early age, and on which verses of the Qur'an are related so that Muslim researchers can be more motivated to participate in reducing this prevalence based on faith and belief, make the best possible contribution to society.

"And let fear (of Allah) those who if they leave weak offspring behind them who they worry about (their welfare). Therefore, let them speak with the right words." (An Nisaa: 9)

The objectives of this study are taking a thematic Al-Quran approach to solve the problem of stunting in Indonesia to improve the quality of human resources (Muslims) from an early age,

while specifically, the aims include: 1) Paying attention to nutritional intake during pregnancy, breastfeeding, and 1000 HPK; 2). Knowing the definition of stunting 3). Knowing food sources and how to get halal and good food sources;

2 Literatur Review

2.1 Understanding Concept and Thematic

Knowing the cause of something that makes a thematic form is necessary. Philosophically, there is something that starts with a truth thought based on what is experienced, felt, and occurs in an ecosystem's internal and external environment, so that an idea is born to respond or a form of response to conditions of the environment. An idea can arise because of the sharpness of thought in a state of nature, which is very close to the truth, as the principle of presumption of innocence. Concept is the proportion of something judged to be true [3]. An idea requires a follow-up in the form of an answer to the truth, action steps that bring benefits can also be in the form of concrete findings in the form of materials, rules, and even laws. The statement must clearly distinguish between the line of truth (haq) and error (bathil). If we try to make the premise that if a concept is something true, it can be concluded that creating a true concept is the same as producing a true idea or idea, and of course, it must be universally understood. This is a line to convert how to understand the theme, with the basic words of the theme, namely the main idea [4][5]. Thus, thematic means material related to the theme, including also in studying a thematic search for verses in this last heavenly book that focus on a problem.

2.2 Study of Thematic Al-Qur'an

Understanding the Qur'an is intended to help all stratification of society and scholars understand the holy book of Muslims by combining several approaches: thematic, stylistic, and comparative. Here we discuss in terms of the thematic approach only [6].

Thematic study of the Qur'an is a means of studying the Qur'an to understand the meaning, interpretation, and retrieval of a copy of the verse based on the main idea that has been focused on specific things [7]. Thematic interpretation or *maudhu'i* means discussing the verses of the Qur'an that focus on a specific title/topic/sector of discussion. The meaning of *maudhu'i* interpretation based on the terms of the scholars is "to collect verses of the Qur'an which have a single purpose which together discusses specific titles/topics/sectors and put them in order as far as possible according to the period of their descent in accordance with the causes of their objectives, then make a conclusion (*istinbath*) [8]. This method is not meant as a compulsion in the search for the verse, but rather a unification between the contexts of a search for a problem variable which is described as a side of Islamic concern regarding a reality that occurs in the field which the searcher then follows up into the context of searching for related themes. It is called thematic because it selects a group of verses that relate to a single theme. The process is called synthesis because events are not written directly on previous events that have existed and can also take an empirical approach to the following verses meaning into a structured view [9].

Al-Sadr defines thematic as an application to explain the first characteristic of this interpretation, starting from a theme that comes from a real problem and returns to the Qur'an. This process is also called synthesis because it attempts to compile phenomena that occur in humans with the Qur'an [10]. Al Farmawi requires a step to collect all verses related to the theme.

However, if it is not possible, the searcher can take another step by selecting representative (representative) verses. From the description above, it can be concluded that the interpretation of maudhu'i is an attempt to interpret the verses of the Qur'an about a variable, by compiling all or part of the verses that represent and explain them as a unit to obtain answers or views of the Qur'an. in full on a particular theme, taking into account the chronology of the revelation of the verses in question and in accordance with asbabun nuzul if necessary [11].

Based on the preliminary research, the first, the assistance provided by an organization with a religious approach is based on the Qur'an Surah Al-Baqarah verse 233, namely Allah has ordered a mother to breastfeed her child for up to two years. A father also gives many supports and responsibilities to ensure the family is in the safety conditions. The goal setting should reach good social welfare and quality of life [12]. From Lestari, stunting is not a single result of a toddler's health problem but is closely related to the social construction of society [13].

3 Theoretical Basis

3.1 Human Development Index

The Human Development Index (HDI) is designed to give attention to the world's population and self-quality as a parameter for assessing a country's development, not just economic growth. The HDI can also be used to evaluate national policy options. This index is a summary measure of average achievement in the critical dimensions of human development: long life and health, knowledge, and a decent standard of living [14].

3.2 The Importance of Paying Attention to Nutritional Intake During Pregnancy, Breastfeeding and 1000 HPK

Mothers and mothers-to-be need to have basic knowledge about this nutrition because it determines the optimal physical growth of the fetus, it also affects intelligence in the future. This attention will then continue when the baby is born, namely by giving exclusive breastfeeding for 6 months, especially making sure to get colostrum in the first three days, namely the yellow liquid in breast milk as immunity for the baby. After six months, infants are given complementary foods (MPASI) until breastfeeding is completed at the age of 2 years.

The First Thousand Days of Birth 1000 Hari Pertama Kelahiran (HPK are the days when a child starts life in the mother's pregnancy (270 days) until a child has already been born for two years (730 days). This phase is called the Golden Period because the brain grows very rapidly during this time. The lack of nutritional intake in this phase will damage or stunt growth in the next life. Paying attention to and providing appropriate nutritional intake during pregnancy is very important to confirm what the baby will be as most parents wish the best [15].

3.3 Stunting

Stunting is chronic malnutrition in infants in the first 1,000 days of life that does not occur quickly and causes stunted brain development and child development. Understanding stunting does not mean judging on physical measures alone, but rather on the concept that the process of stunting coincides with the absorption of inadequate nutritional intake, which is distributed holistically to all parts of the body, including brain development. This means that a child who

suffers from stunting is most likely to have experienced stunted growth and development of other organs [16]. Generally, this stunting can be monitored from the baby's birth weight which is expected to be more than 2500 grams with a length within a tolerance of 50 cm, followed by weight adjustments based on age and sex on the indicator card towards health (KMS).

3.4 Sources of food and how to get it halal and good

Nutrition, the origin of the word: *ghizai* (Arabic), is healthy food. Nutrition Science is defined as a science that studies the process of food from the beginning in the oral cavity until the organs in the digestive system digest it and processed it in a metabolic system into living substances (nutrients and non-nutrients) in the blood and in the cells of the body. Body cells are organized in the formation of body tissues and organs that have a description of their respective tasks in a system, to produce growth (physical) and development (mental), intelligence, and productivity as a condition for achieving a healthy, fit and prosperous life [17]. The nutritional content generally known is a. Protein, as a building block, revitalizes cell damage and renewal.

Forming regulatory substances such as enzymes and hormones; b. Carbohydrates, forming energy, are found in staple foods; c. Fat produces the largest calories in the human body; d. Vitamins, help regulate the body's activity processes; e. Minerals and water, part of substances that are active in metabolism or as an important part of the structure of cells and tissues [18].

How to get these nutritional sources can be obtained from various natural sources such as fish, shrimp, chicken, beef, eggs, vegetables, fruits, rice, wheat, corn, milk, and all-natural ingredients that are lawful, as well as how to get them including from the sustenance that it is lawful for someone to buy these foodstuffs for their family members, it can even be cultivated from their hard work, namely by raising livestock, farming as well as gardening yourself, the treatment of slaughtering animals that will be consumed with correct manners and processing and serving them can be categorized as getting the food properly (good or *thoyib*).

4 Research Methods

Musthafa Muslim [19] mentioned eight steps to explain the thematic Qur'an. There are: 1. Determine the theme to be discussed (*ikhtiyar 'unwan li al-mawḍū' Alqurani majala al-bahsi*); 2. Collecting the verses of the Qur'an in a pre-made title frame (*jam'u al-ayat Alquraniyah al-lati tabhasu hadza al-mawḍū'*); 3. Sorting verses based on the time of revelation of the verse; for classification purposes law and others (*tartibu hadzihi al-ayat hasba zamani an-nuzul*); 4. Conduct a study /study of the books of interpretation by using the method *tahlili* adequately refers to the causes of its descent, if any, and the meaning semantically, it also examines the correlation between words in a sentence, between words sentences in one verse and between verses in one clump [sub-theme]; 5. Make important points like the message in the Qur'an in the scope of the theme created; 6. Make a summary by referring to the interpretation that uses the method *ijmali*; briefly stated the hadiths of the Prophet, and the opinions of the *Shahabat*; 7. using scientific research methods (*manhaj al-bahsi al-'ilmi*) in commentary writing of thematic; 8. Writing thematic interpretations should be oriented to: (a) displaying: the truth of the Qur'an with a comprehensive explanation, and (b) displaying The truth of the Qur'an is presented using attractive language (*bi uslub musharaq-'adab*), logical and argumentative (*uslub al-bayani as-sahih*) and not stuck with complicated editorials and literary styles (*mutajaniban al-alfad*

algharibah wa asālib al-saja'). The technical steps proposed by Mustafa Muslim above are only an example and are not permanent. It can be made flexibly according to with need.

5 Result and Discussions

Table 1. Finding of verses concerning the stunting

Variables	The Verses
Human Development Index	Surah At Tiin :4
The Importance of Paying Attention to Nutritional Intake During Pregnancy	Al-Mukminun: 12-14
Breastfeeding and The First Thousand Days of Birth	Al Baqarah : 233
Food Sources	Al Baqarah: 61, 173
Getting the Halal and Thoyib Food	Al Maidah : 88

According to the tafsir of Surah At Tiin; 4, it mentioned that we have surely created the human being in the finest and the best proportions (with enormous capabilities for an all-around advancement through the process of evolution. [20]. Al Mukminun : 12-14, explained how God created humans. *Then We have created of the fertilized ovum a clot clinging (to the womb wall), and (afterwards in sequence) We have created of the clinging clot a (chew of) lump, and We have created of (a chew of) lump bones, and We have clothed the bones in flesh. Then We have caused it to grow into another creation. So Blessed and Supreme is God, the Creator Who creates everything in the best and most appropriate form and has the ultimate rank of creativity* [21].

Al Baqarah : 233 mentioned that Mothers might breastfeed their children for two complete years for whoever wishes to complete the nursing [period]. Upon the father are the mother's provision and their clothing according to what is acceptable. No person is charged with more than his capacity. No mother should be harmed through her child and no father through his child. Furthermore, upon the [father's] heir is [a duty] like that [of the father]. Moreover, if they both desire to wean through mutual consent from both of them and consultation, there is no blame upon either of them. Furthermore, if you wish to have your children nursed by a substitute, there is no blame upon you as long as you give payment according to what is acceptable.

Al Baqarah : 61 explained the enrichment of food diversity as the sources of good nutrition. It is very useful for kids growth with good quality food. *And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing.*

Al Baqarah: 173 and Al Maidah 88 explained the forbidden things consumed by human. *He has forbidden you only the Maytatah (dead animals), and blood, and the flesh of swine, and that which is slaughtered as a sacrifice for others than Allah (or has been slaughtered for idols, etc; on which Allah's Name has not been mentioned while slaughtering). But if one is forced by necessity without wilful disobedience nor transgressing due limits, then there is no sin on him. Truly, Allah is Oft-Forgiving, Most Merciful.*

6 Conclusion

Stunting, as a generational problem and factors that influence the process of its occurrence, including the achievement of the human development index, the importance of paying attention to nutritional intake during pregnancy, breastfeeding, and the first 1000 days of birth, sources of food and how to get it halal and *thoyib*, found an empirical approach in Al-Quran is in the letter An Nissa: 9, At Tiin: 4, Al Mu'minuun: 12-14, Al Baqarah: 233, Al Baqarah; 61, Al Baqarah verse 173 and Al Maidah: 88.

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