



Abon Tongkol: Modern Product Innovation with Economic Value as an Alternative for Healthy Food to Prevent Stunting in Malaka Village

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Abstract: Malaka Village has extraordinary natural potential in both the agricultural and fisheries sectors. One of the agricultural potentials of Malacca village is producing nuts. The potential fishery is producing tuna. Apart from its extraordinary natural wealth, Malacca village has an important problem to overcome, namely the high rate of stunting. The village government has made many efforts to reduce stunting rates over the last 5 years, one of which is providing nutrition for pregnant women and children. Shredded Tongkol is an alternative protein that can be consumed by children who are diagnosed with stunting, because the nutritional content in it is complex. The objectives of this service are: (1) providing information on nutritious food for pregnant women, children and teenagers; (2) training in making more innovative shredded cob; (3) Training on packaging for shredded cob products to produce economic value which has an impact on increasing income. The methods used are socialization and training, application of technology, evaluation and assistance in future sustainability. Training on making shredded cob and packaging training has been carried out and these activities have increased the knowledge and skills of partners. It is hoped that in the future partners will be able to produce abon cob typical of Malaka Village, with the aim of increasing community income.

Keywords: Abon Tongkol, Economic Value, Healthy Food, Modern Product, Stunting.

Introduction

Malaka Village, Pemenang District, North Lombok Regency (KLU), is a tourist village with extraordinary natural resources. It boasts several beautiful beaches, including Nipah Beach, Pandanan Beach, and Setangi Beach. The village's primary catch is tuna. One of Malaka's agricultural potentials is its production of nuts. Until now, seafood and agricultural products have only been sold directly to buyers in raw/fresh form. Tuna and nuts are local foods with high nutritional value when processed (Darmawaty et al., 2025).

Tuna contains protein, omega-3 fatty acids (especially EPA and DHA), iron, zinc, calcium, vitamin B12, and vitamin D (Amir et al., 2023). Red beans are rich in fiber,

complex carbohydrates, vitamins, and minerals. Its nutritional content includes iron, potassium, folate, magnesium, calcium, vitamin B, and vitamin K. These two combinations can produce highly nutritious food (Lindawati et al., 2024).

Despite its extraordinary natural wealth, Malaka village faces a significant problem to address: its high stunting rate. The village government has made numerous efforts to reduce stunting rates over the past five years. The stunting rate has decreased annually, with the current figure remaining at 70 children.

Stunting is defined as a condition in which a child is too short for their age due to chronic or recurrent malnutrition (Soliman et al., 2021). This is a

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marker of inequality in human development and can hinder a child's physical and cognitive potential. One form of intervention to accelerate stunting rates is the establishment of Integrated Health Posts (Posyandu) (Ariefiani & Ekowanti, 2024). Posyandu is a strategic effort aimed at reducing infant mortality, maternal mortality, and birth rates. Through this program, the nutritional status of toddlers, pregnant women, and breastfeeding mothers can be directly monitored, enabling early detection of malnutrition (Deka et al., 2023). Therefore, integrated health post (Posyandu) cadres and Family Welfare Movement (PKK) women are at the forefront of reducing stunting rates in rural communities. Low cadre participation results in low community awareness of participating in monitoring activities for the nutritional status of children, pregnant women, and breastfeeding mothers, which ultimately results in inadequate data on the development of nutritional status of toddlers at Posyandu (Lahulima et al., 2023).

Tuna floss is a nutritious alternative food made from processed fish and nuts. Besides being delicious and nutritious, this product has a long shelf life (Rasyid, 2025). The raw materials used are also naturally available, making it easy to cultivate.

Method

This socialization and training activity on making nutritious food is part of the 2025 Kosabangsa Community Service program, one of which is making tuna floss. It was held on October 18-19, 2025, at the Malaka Village Office, Pemenang District, North Lombok Regency. The problem-solving stages in this Kosabangsa community service activity are.

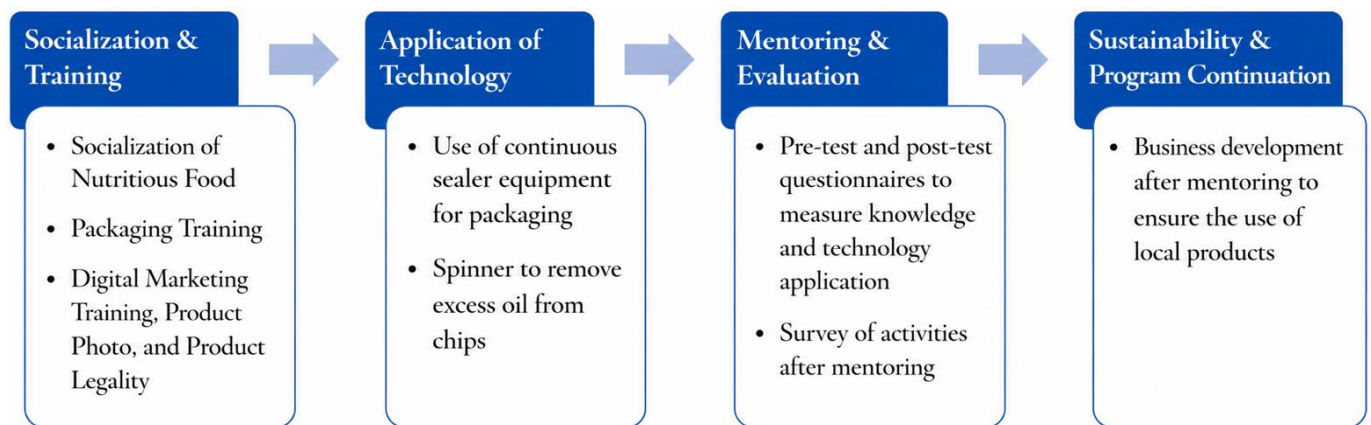


Figure 1. Stages of Implementing Kosabangsa Service

This activity involves target partners, including: posyandu cadres, village PKK members, Bumdes and pregnant & breastfeeding mothers. The number of participants in this activity was 47 people. The material taught is in the form of socializing various nutritious foods by utilizing existing local potential, one of which is making shredded tuna fish mixed with various kinds of nuts. The training taught to target partners is: (1) training in making shredded tuna; (2) packaging training. Apart from being a nutritious menu for pregnant women, toddlers and children with indications of stunting, partners are also educated and assisted in business development.

To measure the level of absorption of community knowledge and skills, a pre-test and post-test were used using a prepared questionnaire (Junaidi et al., 2024). The application of technology in this activity is the use of modern tools such as: continuous sealer, spinner, raw material combination techniques, use of tools and machines to extend product shelf life, packaging

techniques. Evaluation and mentoring are carried out after training activities. It is hoped that this activity will continue in developing community businesses to achieve increased income (Novida et al., 2022).

Result and Discussion

This service activity is part of the 2025 Kosabangsa program. This activity begins with a survey of the partner's situation, where the partner's location is categorized as disaster prone and stunting prevalent (DP2KBP3A, 2023). This activity was held on 18-19 October 2025 in the multipurpose room of the Malaka Village office. The first day was filled with socializing about nutritious food with local potential for stunting loci and continued with making several processed products from tuna, one of which was making tuna fish floss. On the second day, training was conducted on product packaging, digital marketing, product photos and product legality.



Figure 2. Socialization of Additional Food Processing as an Effort to Fulfill Nutrition for Children, Adolescents and Pregnant Women



Figure 3. Training on Making Tuna Floss



Figure 4. Training on packaging of shredded tuna products

Tuna fish floss is an excellent alternative to animal protein food for consumption (Thaifur et al., 2024). However, not everyone likes to consume shredded cob because the aroma is quite strong. However, in this training, the service team provided education and skills in making shredded tuna fish mixed with several local potential nuts, such as red beans and white beans. This aims to further enrich nutrition and is an effort to penetrate the pungent aroma of the cob, so that all groups can enjoy it. The following is the process for making shredded tuna.

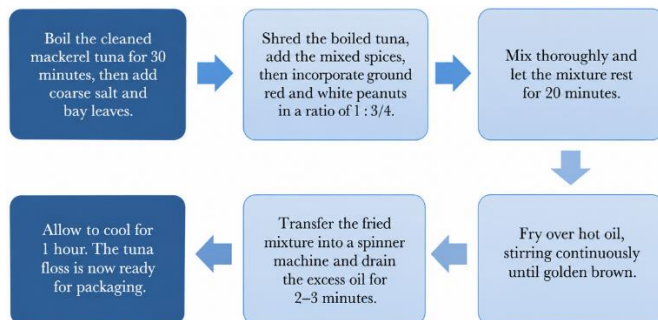


Figure 5. Process of Making Tuna Floss

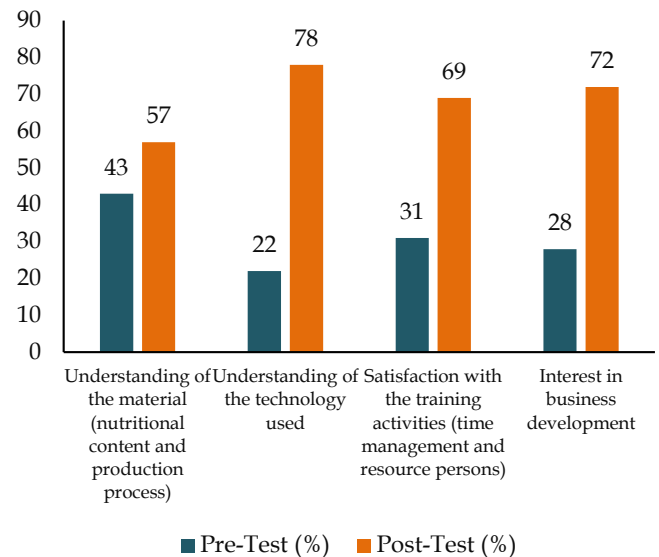


Figure 6. Partner Satisfaction Graph

In the evaluation stage, assessing the success of activities is carried out using pre-test and post-test questionnaires. The following is a summary of the target partner assessment results.

Conclusion

Kosabangsa's community service program for processing tuna floss has been implemented through outreach and training on how to make tuna floss. Pre-test and post-test results revealed a 60-70% increase in the knowledge and skills of target partners. Coaching is also provided for potential village businesses, enabling them to increase community income through the use of technology.

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