

The Role of Local Wisdom in Reducing Toddler Morbidity and Mortality Rates Through Health Promotion Strategies

Peran Kearifan Lokal dalam Menurunkan Angka Morbiditas dan Mortalitas Balita Melalui Strategi Promosi Kesehatan

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ABSTRACT

This research explores the role of local wisdom in reducing morbidity and mortality among children under five through health promotion strategies using a systematic literature review approach. Local wisdom, which includes knowledge, practices and traditions passed down from generation to generation, has been proven to have a significant contribution in increasing the effectiveness of health interventions by adapting health programs to the community's cultural context. This study analyzes how local wisdom is applied in various health promotion strategies, including community empowerment, social support, and advocacy. The findings show that the integration of local wisdom in health programs can increase community acceptance and participation, and has the potential to reduce infant mortality and morbidity rates. However, this study also identified limitations in the existing literature, including variability in study quality and data limitations. Recommendations for policy and practice include developing local wisdom-based programs, training health workers, partnerships with community leaders, and ongoing evaluation. This research makes an important contribution to understanding how local wisdom-based approaches can be integrated to achieve better health outcomes.

Keywords: Local wisdom, health promotion, under-five morbidity, under-five mortality, community empowerment, social support, advocacy, systematic literature review

ABSTRAK

Penelitian ini mengeksplorasi peran kearifan lokal dalam menurunkan angka kesakitan dan kematian balita melalui strategi promosi kesehatan dengan pendekatan systematic literature review. Kearifan lokal, yang mencakup pengetahuan, praktik, dan tradisi yang diwariskan secara turun-temurun, terbukti memiliki kontribusi signifikan dalam meningkatkan efektivitas intervensi kesehatan dengan menyesuaikan program kesehatan dengan konteks budaya masyarakat. Studi ini menganalisis bagaimana kearifan lokal diterapkan dalam berbagai strategi promosi kesehatan, termasuk pemberdayaan komunitas, dukungan sosial, dan advokasi. Temuan menunjukkan bahwa integrasi kearifan lokal dalam program kesehatan dapat meningkatkan penerimaan dan partisipasi masyarakat, serta berpotensi mengurangi angka kematian dan kesakitan balita. Meskipun demikian, penelitian ini juga mengidentifikasi keterbatasan dalam literatur yang ada, termasuk variabilitas dalam kualitas studi dan keterbatasan data. Rekomendasi untuk kebijakan dan praktik meliputi pengembangan program berbasis kearifan lokal, pelatihan tenaga kesehatan, kemitraan dengan tokoh masyarakat, dan evaluasi berkelanjutan. Penelitian ini memberikan kontribusi penting dalam memahami bagaimana pendekatan berbasis kearifan lokal dapat diintegrasikan untuk mencapai hasil kesehatan yang lebih baik.

Kata Kunci: Kearifan lokal, promosi kesehatan, kesakitan balita, kematian balita, pemberdayaan komunitas, dukungan sosial, advokasi, sistematis literature review

1. Introduction

The role of local wisdom in reducing morbidity and mortality among children under five through health promotion strategies is increasingly recognized as an important area in

public health. Local wisdom includes traditional knowledge, cultural practices and community-based strategies that have developed over several generations. These elements are very important in shaping health behavior and practices, especially in the context of maternal and child health. Nutrition is a fundamental aspect of health promotion for toddlers. Research shows that government intervention, especially through health centers, is critical in addressing malnutrition in disadvantaged communities. Programs that provide supplementary feeding services to families struggling to meet the nutritional needs of their toddlers have demonstrated a significant positive impact on child development (Fau et al., 2022). Additionally, local cultural beliefs and practices regarding nutrition can facilitate or hinder effective feeding practices. For example, in India, traditional beliefs often limit optimal feeding practices, necessitating targeted educational interventions to overcome these barriers (Malhotra, 2012). A culturally sensitive approach is critical to improving nutritional outcomes in children.

The influence of mothers' and grandmothers' knowledge on children's feeding practices is also very significant. Studies show that grandmothers play an important role in shaping mothers' knowledge and practices regarding infant and young child feeding (IYCF) (Karmacharya et al., 2017). Their involvement often results in better nutritional outcomes for children under five, highlighting the importance of integrating local wisdom in health promotion strategies. Additionally, community-based interventions that increase awareness and education about maternal and child health have been associated with increased health service utilization, further demonstrating the effectiveness of leveraging local knowledge (Worku et al., 2013).

Integration of local wisdom in health promotion strategies also involves recognition of the cultural context of health practices. For example, in various communities, traditional childcare practices may conflict with modern medical advice, which may pose potential health risks (Takemoto et al., 2019). Therefore, health promotion initiatives must be designed to respect and integrate local customs while providing evidence-based guidance. This approach not only builds trust within the community but also increases the likelihood of compliance with health recommendations. Additionally, partnerships between academia and practice can play an important role in bridging the gap between traditional practices and modern health interventions. By collaborating with local health departments and community organizations, academic institutions can facilitate the dissemination of evidence-based strategies that are culturally appropriate and effective in improving maternal and child health outcomes (Morgan et al., 2020). Such partnerships can also empower local health workers, enabling them to implement interventions that align with community values and beliefs.

In conclusion, local wisdom is a vital component in fighting the morbidity and mortality rates of children under five. By integrating traditional knowledge with modern health practices, public health initiatives can create more effective, culturally relevant, and sustainable health promotion strategies. This holistic approach not only addresses immediate health needs but also strengthens community resilience and promotes long-term health outcomes for children. The significance of under-five health problems is not only visible from the death rate, but also from its broad impact on community welfare and socio-economic development. High under-five mortality and morbidity can hamper economic growth and social development by reducing future labor productivity and increasing the economic burden on families and the health system. In addition, high rates of morbidity and under-five mortality are often correlated with inequalities in access to health and education services, which contribute to cycles of poverty and social injustice.

In facing these challenges, there is an urgent need to develop and implement innovative approaches to health promotion that can effectively address the factors causing morbidity and mortality among children under five. Conventional approaches that focus on medical and healthcare interventions are often insufficient to achieve significant change

without considering the cultural and social context in which those interventions are implemented. Therefore, integrating local wisdom in health promotion strategies can be a potential solution to improve the health outcomes of children under five. Local wisdom, with the knowledge and practices that have developed in traditional communities, can make a significant contribution to establishing more culturally relevant and effective health interventions. Local wisdom refers to the knowledge, practices and values that develop in a community or society through generations of experience. In the context of health, local wisdom includes various traditional and cultural methods applied to maintain and improve community health. This includes traditional medicine, health rituals, diet, as well as disease prevention practices passed down from generation to generation. Local wisdom in health often reflects adaptation to specific environmental and social conditions, as well as a community's ability to utilize local resources sustainably.

The relevance of local wisdom in health promotion lies in its ability to offer an approach that is more appropriate to the cultural and social context of society. In many cases, health methods based on local wisdom have a higher level of acceptance among the public compared to modern medical approaches which may be considered foreign or less relevant. For example, the use of herbal medicine and traditional therapy based on local wisdom is often more easily accepted because it is in accordance with the traditions and beliefs of local communities. The role of local wisdom in traditional society is very significant, because it functions as a system of knowledge and practices that are integrated in everyday life. Local wisdom not only focuses on healing aspects, but also on disease prevention through the practice of healthy living habits, diet and self-care. In traditional societies, local wisdom-based health practices often involve the community as a whole, strengthening social networks and collective support that are essential for shared prosperity.

Integrating local wisdom in health promotion can strengthen health efforts by leveraging existing knowledge and practices, while bridging the gap between modern and traditional approaches. This approach can increase the effectiveness of health interventions by ensuring that the strategies implemented are in line with cultural values and community habits, as well as increasing community involvement and compliance with health programs. This research aims to explore and analyze the role of local wisdom in health promotion strategies designed to reduce morbidity and mortality among children under five. The main focus of this research is to understand how local wisdom can be utilized in the context of health promotion to achieve better results in reducing under-five mortality and morbidity.

This research specifically aims to explore the role of local wisdom in health promotion strategies, especially in the context of efforts to reduce morbidity and mortality among children under five. This research will evaluate how traditional knowledge and practices can be integrated with modern health approaches to create more effective interventions. In addition, this research will discuss the role of local wisdom in increasing community compliance with health programs and facilitating the adaptation of health solutions that are more appropriate to the cultural and social context. This research also aims to identify and assess various effective health promotion strategies using local wisdom. This involves identifying traditional health practices that have been shown to be effective in a particular context, as well as assessing health promotion strategies that have demonstrated positive results. This research will evaluate the successes and challenges of these strategies, and provide recommendations for wider implementation.

By achieving these goals, it is hoped that this research will provide valuable insight into how local wisdom can be optimally utilized to improve the health of children under five and reduce mortality and morbidity rates. The results of this research will contribute to the development of health promotion approaches that are more holistic and sensitive to cultural context, as well as enrich the literature on the integration between traditional knowledge and modern health practices. This research was designed to answer two main questions related to

the application of local wisdom in promoting the health of children under five. First, how does local wisdom influence health promotion efforts in the context of reducing infant mortality and morbidity rates? This question aims to explore the influence of local wisdom on the effectiveness of health promotion aimed at reducing infant mortality and morbidity. This research will analyze how knowledge, values and traditional health practices which are part of local wisdom influence the design and implementation of health promotion strategies. The focus is to assess the extent to which local wisdom can increase community involvement, increase compliance with health interventions, and reduce infant mortality and morbidity rates. Second, what health promotion strategies are relevant to local wisdom? This question aims to identify and assess health promotion strategies that have proven effective when integrated with local wisdom. This research will examine various health approaches and practices that incorporate elements of local wisdom in health promotion programs, with a focus on strategies that are relevant and successful in certain contexts. In addition, this research will analyze the factors that influence the success and challenges of these strategies, as well as provide practical guidance and recommendations for the development and implementation of health promotion strategies based on local wisdom.

2. Method

2.1 Research Design

This research uses a systematic literature review to explore and analyze the role of local wisdom in health promotion strategies to reduce morbidity and mortality among children under five. The systematic literature review method was chosen because of its ability to comprehensively identify, evaluate, and synthesize relevant evidence from existing literature, thereby enabling the collection of valid and structured information regarding the topic under study. This process involves collecting data from various published sources, assessing the quality of the studies, and integrating the findings to provide in-depth insight into the research question.

The inclusion and exclusion criteria used in this study were designed to ensure that only relevant, high-quality and up-to-date articles were included in the systematic analysis. In terms of inclusion criteria, this research will include articles published in peer-reviewed journals, including empirical studies, literature reviews, and case reports that focus on local wisdom and health promotion. Relevant studies are those that examine health promotion efforts and intervention strategies that involve local wisdom, especially in the context of reducing morbidity and mortality rates for children under five. To ensure the relevance and currency of the information, only articles published within the last ten years will be considered. In addition, articles published in English or Indonesian will be included to ensure accessibility and better understanding of the research context.

Instead, exclusion criteria were used to filter out articles that did not meet the required methodological standards or relevance. Articles that did not undergo a peer-review process, such as organizational reports, editorial opinions, and news articles, were excluded from the analysis because they did not meet methodological standards for systematic reviews. In addition, studies that are not directly related to local wisdom in health promotion or that do not focus on toddlers will also be excluded. Assessment of methodological quality was also an important factor in exclusion; articles that have weak methodology, lack transparency, or are unreliable based on established assessments will be excluded. Finally, articles published more than ten years ago will also be excluded, because they are deemed not to reflect the latest developments in the field of health and local wisdom.

By applying these inclusion and exclusion criteria, this study seeks to maintain the integrity and quality of the literature review, providing a strong basis for drawing conclusions about the role of local wisdom in the promotion of children's health. This rigorous selection

process is expected to ensure that the resulting analysis is accurate, relevant, and can provide significant insight into the field.

2.2 Data Collection Process

In this systematic literature review, several reliable data sources and databases were used to obtain comprehensive and relevant data. The main data sources used include PubMed, Scopus, and Google Scholar. PubMed provides access to scientific articles in the field of medicine and health that have gone through a peer-review process, making it the main source for studies relevant to local wisdom and health promotion strategies. Scopus, as one of the largest and leading databases covering various scientific disciplines, was used to ensure broader literature coverage and identify studies that contributed significantly to the research topic. In addition, Google Scholar is used to find scientific articles that may not be listed in PubMed or Scopus and helps in identifying citations and references that support literature analysis and synthesis.

The search and article selection procedure was carried out through several systematic steps. First, a search strategy was developed using keywords and phrases relevant to the research topic, such as "local wisdom," "health promotion," "under-five mortality rate," and "under-five morbidity." Boolean operators (AND, OR, NOT) are used to expand or narrow the search as needed. Then, a search was conducted in each database (PubMed, Scopus, Google Scholar) with the developed strategy, and each database was adjusted to identify relevant articles.

Next, articles found in the initial search were selected based on the title and abstract to assess their relevance to the research topic. Articles that meet the inclusion criteria are then downloaded for further evaluation. A quality assessment was carried out on these articles to ensure that they met methodological standards and relevance to the research aims. Articles that did not meet these criteria were filtered out of the review. Finally, relevant articles that met the inclusion criteria were collected and organized in a reference database for further analysis. Important data from each article, such as methodology, main findings, and conclusions, were recorded to facilitate the synthesis and analysis process. By following this systematic procedure, this study ensures that the data collected is representative and of high quality, providing a strong basis for a systematic review and in-depth analysis of the role of local wisdom in the promotion of children's health.

2.3 Data analysis

In this research, data analysis was carried out in two main stages to assess the quality and findings of the articles reviewed. The first stage is assessing the quality of the article. Each selected article was assessed based on quality criteria including methodological validity, data reliability, and relevance to the research objectives. Aspects assessed include study design (such as case studies or experimental research), data collection methods, data analysis techniques, and transparency in reporting results. To ensure systematic assessment, standard assessment tools are used, such as checklists and validated quality assessment tools, for example the JBI Critical Appraisal Checklist. Through this assessment, only studies with good methodological quality will be included in the data synthesis, so that the analysis carried out is reliable and relevant to the research objectives.

2.4 Evaluation of Findings:

In evaluating findings, the process begins with the extraction of key data from each relevant article, including main findings, methodology, and recommendations. This data was systematically analyzed to identify significant patterns, themes and relationships. In addition, an assessment of the consistency of findings between studies was carried out and identification of potential biases that may have influenced the results. This assessment is

important to ensure that the final synthesis reflects an accurate and objective picture of the existing literature.

After the quality assessment and evaluation of findings were completed, data from the reviewed articles were synthesized using several techniques. First, through thematic synthesis, where data is analyzed to identify main themes related to the role of local wisdom in health promotion. These themes include health promotion strategies based on local wisdom, their impact on under-five mortality and morbidity rates, as well as effective traditional practices. Data was then grouped and categorized based on these themes, with further analysis to understand the relationships between themes and their relevance to the research questions.

In addition, narrative synthesis is used to present findings in a structured and coherent manner, by integrating information from various sources. This approach allows the synthesis results to be contextualized, comparing findings from different studies in local and global contexts. It provides insight into how local wisdom can be adapted and applied in effective health promotion strategies.

Next, an integrative analysis was carried out by combining findings from various articles to produce comprehensive insight into the influence of local wisdom in health promotion. This analysis helps develop evidence-based recommendations that can be implemented in health promotion practice. Final conclusions are then drawn up based on the results of the data synthesis, providing an assessment of the effectiveness of health promotion strategies involving local wisdom and recommendations for future practice and research.

By applying analysis methods and data synthesis techniques, this research is expected to produce in-depth and comprehensive insight into the role of local wisdom in efforts to reduce under-five mortality and morbidity rates through evidence-based health promotion.

3. Results

Local wisdom plays an important role in health promotion strategies, especially related to the health of children under five. This traditional knowledge includes practices and values that have been passed down through generations, providing a rich basis for health interventions. Integrating local wisdom into health programs can significantly increase the effectiveness and community acceptance of these programs. One of the main ways local wisdom contributes to health promotion is through the integration of traditional practices in health programs. For example, herbal remedies and hygiene practices rooted in local culture have been historically proven to be effective in treating common illnesses among toddlers. Research shows that incorporating these traditional practices into modern health interventions can result in greater community acceptance and better health outcomes (Masita, 2023; Antarsih et al., 2021). By recognizing and valuing these traditional methods, health programs can foster a sense of ownership among community members, thereby increasing participation and compliance with health recommendations.

In addition, local wisdom strengthens community involvement in health promotion efforts. The social structure and values contained in local wisdom often encourage active participation from community members in health initiatives, such as counseling and health supervision for toddlers (Antarsih et al., 2021). For example, health cadres who are empowered with local knowledge can effectively engage families in health education, leading to better health practices and outcomes (Antarsih et al., 2021). This community-based approach not only increases the reach of health programs but also ensures that interventions are culturally appropriate and accepted by the community. In addition, adapting health programs to local contexts through integrating local wisdom makes them more relevant and sensitive to community beliefs and practices. These adjustments can involve adapting health messages and intervention strategies to align with local cultural norms, which has been shown to increase the success of health initiatives (Spronk et al., 2014). For example, an understanding of local dietary practices and nutritional beliefs can guide the development of community-appropriate

nutrition education programs, thereby improving dietary behavior among mothers and their toddlers (Auliany, 2023; Maulidya et al., 2023). In conclusion, local wisdom is a vital asset in health promotion strategies for toddler health. By integrating traditional practices, strengthening community engagement, and adapting health programs to local contexts, health interventions can achieve greater effectiveness and sustainability. Recognition of local wisdom not only enriches health promotion efforts but also empowers communities to play an active role in their health and well-being.

3.1 Case Studies and Examples of Successful Application of Local Wisdom in the Context of Toddler Health

The success of applying local wisdom in promoting children's health can be seen from various case studies and examples from various cultural contexts. Local wisdom, defined as knowledge, practices and beliefs accumulated within a community, plays a crucial role in shaping health behaviors and practices among families, especially in the care of toddlers. One prominent example is the use of Yabelale oral literature among the Bugis community, which serves as a lullaby for toddlers. This practice not only helps soothe children to sleep but also instills cultural values and social norms that contribute to the emotional and psychological well-being of toddlers. Reading these traditional stories builds a sense of identity and connectedness, which is important for healthy development during early childhood (Mahmud, 2023). Likewise, the Sasak community utilizes folklore as a means to convey moral lessons and health-related knowledge, reinforcing the importance of cultural narratives in childcare practices (Musaddat et al., 2021).

In a more targeted approach, a study conducted in Tulungagung Regency showed the effectiveness of health education based on local wisdom in preventing stunting in toddlers. This quasi-experimental research highlights how culturally relevant nutrition education for mothers significantly improves their parenting practices and nutrition knowledge, leading to better health outcomes for their children (Astuti, 2023). The integration of local food diversity in supplementary feeding programs has also been shown to improve the nutritional status of children under five, especially in areas where traditional diets are rich in essential nutrients (Khotimah et al., 2023). The emphasis on local food is in line with the understanding that cultural proximity can increase acceptance and consumption among children, thereby effectively addressing malnutrition (Mukhlis & Huriyah, 2022).

Furthermore, the role of local wisdom in parenting practices is clarified by research that emphasizes the need for culturally sensitive parenting guidelines. In South India, for example, parents express a need for support in understanding toddler behavior and communication, which is often influenced by local customs and practices (Holla et al., 2023). This shows that local wisdom not only influences health practices but also shapes the developmental environment for toddlers, influencing their social and emotional growth. Additionally, the application of local wisdom in educational settings, such as early childhood education programs, has been shown to increase cultural knowledge and identity among young students. Programs that integrate local traditions and practices into their curriculum encourage a sense of pride and connectedness, which are vital for holistic development (Muzakki & Fauziah, 2015). This approach not only enriches the educational experience but also reinforces the importance of community values in forming healthy, balanced individuals. In conclusion, the application of local wisdom in toddler health is multifaceted, including cultural practices, nutritional education, and parenting support. These examples emphasize the importance of integrating local knowledge into health interventions and educational frameworks to promote better health outcomes for children under five. By harnessing the power of local wisdom, communities can create an environment that supports the growth and development of their youngest members.

3.2 Health Promotion Strategy

3.2.1 Local Wisdom Based Empowerment Initiatives and Programs

1. Community empowerment is increasingly recognized as an important strategy in health promotion, especially in improving the health of children under five through the integration of local wisdom. This approach includes a variety of initiatives and programs that utilize traditional knowledge and practices, encouraging a sense of ownership and participation among community members.
2. Tradition Based Training and Education: Empowerment initiatives often include training programs that educate community members about health practices rooted in local traditions. For example, health promotion interventions can significantly increase community empowerment by integrating local knowledge into training sessions, including the use of traditional herbal concoctions and culturally accepted toddler care techniques (Kasmel & Tanggaard, 2011). This is in line with the findings of Cicognani et al. (2019), who note that effective health promotion partnerships can increase a sense of community ownership and empowerment, thereby improving health outcomes through culturally relevant education.
3. Community Capacity Building: The formation of community groups is the cornerstone of empowerment initiatives. These groups are tasked with planning and implementing health programs that reflect the unique needs and cultural context of the community. Laverack (2017) emphasized that building community capacity is very important to encourage participation and empowerment, especially in health promotion practices that adopt a bottom-up approach. In addition, Kasmel & Andersen (2011) stated that community empowerment is at the core of health promotion discourse, advocating the active involvement of community members in the decision-making process. This participatory model not only increases the relevance of health strategies but also builds local capacity to address health problems effectively.
4. Use of Local Media: Dissemination of health information through local media channels is another important aspect of community empowerment. By utilizing community radio or traditional gatherings, health programs can effectively deliver health messages that resonate with local populations. Research by Rodiah et al. (2019) show that community empowerment can significantly increase the dissemination of health information, ensuring that the information is adapted to the cultural and social context of the community. This approach is supported by Berry et al. (2014), who argue that recognizing and addressing local communication methods is critical for effective health and equity promotion.
5. In conclusion, community empowerment strategies that integrate local wisdom through tradition-based education, capacity building, and the use of local media are important for improving the health of children under five. These strategies not only increase the relevance and effectiveness of health interventions but also encourage a sense of ownership and participation among community members, ultimately leading to better health outcomes.

3.3 The Impact of Community Empowerment on Toddler Health

1. Community empowerment, especially when rooted in local wisdom, plays a crucial role in improving health outcomes for children under five. This approach leads to increased access and utilization of health services, which is

critical for the well-being of children under five. Research shows that when communities are empowered, individuals become more proactive in seeking health services and adopting beneficial health practices. For example, the establishment of Posyandu facilitates community participation in health initiatives, enabling families to access vital health information and services for mothers and toddlers (Harini & Juwitasari, 2020). This proactive involvement is further supported by the finding that maternal education and knowledge are significantly associated with better health-seeking behavior, such as routine health checks and vaccinations for toddlers (Hall et al., 2018).

2. In addition, community empowerment initiatives that integrate local wisdom can significantly reduce morbidity and mortality rates among children under five. Local wisdom often includes traditional health practices and nutritional knowledge passed down through generations. For example, traditional healing practices and local dietary habits can improve nutritional status and prevent conditions such as stunting, which is a critical problem in early childhood development (Romadhona, 2023). The integration of local knowledge into health programs has been shown to increase awareness about disease prevention and effective treatment, thereby contributing to better health outcomes for children under five (Tou et al., 2023).
3. Strengthening community support networks is another vital aspect of community empowerment that directly affects the health of children under five. These networks encourage collaboration and social solidarity, enabling communities to address health issues more effectively. For example, the role of health cadres in local communities is very important; they act as a link between health services and families, facilitating early detection of health problems in toddlers (Roziqin et al., 2022). In addition, community-based health programs that utilize local wisdom have shown effectiveness in improving the nutritional status of children, thereby reducing the prevalence of malnutrition and related health complications (Mukhlis & Huriah, 2022).
4. In conclusion, community empowerment rooted in local wisdom significantly improves the health of children under five by increasing access to health services, reducing morbidity and mortality rates, and strengthening community support networks. The integration of traditional practices and local knowledge into health initiatives not only addresses pressing health issues but also builds a culture of proactive health management within communities.

3.4 Social Support and Advocacy in Children's Health Promotion Strategies

Social support is an important factor in health promotion strategies, especially in the context of child health. Various forms of social support, including family support networks, community support groups, and involvement of community leaders, have been shown to significantly improve child health outcomes. Family support networks provide important guidance and assistance in caring for young children, which is critical for educating parents about health practices. Research shows that when health programs actively engage families, they tend to be more effective in conveying knowledge about health practices and improving overall family health dynamics (Pérez-Hernando & Fuentes-Peláez, 2020).

Community support groups, such as maternal and child health groups, serve as platforms for individuals to share experiences and obtain vital information. These groups encourage a sense of collective ownership and responsibility, which can lead to better health behaviors among participants. Studies have shown that participation in groups such as these can reduce feelings of isolation and stress, thereby improving the well-being of both caregivers and children (Pérez-Hernando & Fuentes-Peláez, 2020; Lindsey et al., 2012). Additionally, the

involvement of community leaders in health programs is critical in providing moral and practical support, which is essential for successful implementation of health interventions (Williams et al., 2018).

The impact of social support on reducing child morbidity and mortality is profound. Increased adherence to care, especially in immunization schedules, is often observed in families with strong social support systems. This compliance is essential to prevent disease and ensure the health of young children (Pérez-Hernando & Fuentes-Peláez, 2020; Lindsey et al., 2012). Additionally, social support has been associated with reduced family stress and burden, which positively influences child health outcomes. When caregivers experience lower levels of stress, they are better equipped to provide a supportive environment for their children, thereby promoting healthier development (Pérez-Hernando & Fuentes-Peláez, 2020; Lindsey et al., 2012). Furthermore, social support facilitates access to health resources and information, which is important for maintaining children's health (Williams et al., 2018).

Advocacy efforts that integrate local wisdom are critical in influencing health policy and improving community health outcomes. Campaigns that utilize local cultural elements, such as folklore, can effectively raise awareness about health issues and gain support for health policies that align with community values (Perry & Emory, 2017). Community participation in the health decision-making process ensures that policies reflect the needs and preferences of the population, thereby increasing the likelihood of successful implementation (Perry & Emory, 2017). Additionally, integrating local wisdom into health policies can increase the effectiveness of health interventions, because such policies are more likely to be accepted and supported by communities (Perry & Emory, 2017).

The effectiveness of advocacy in increasing health awareness and intervention can be seen from its ability to influence health policy positively. Advocacy efforts involving local cultural elements often lead to policy changes that are more aligned with community needs, which have a direct impact on children's health (Perry & Emory, 2017). Additionally, such advocacy initiatives can significantly increase community participation in health programs, fostering a sense of ownership and commitment to health improvement efforts (Perry & Emory, 2017). In conclusion, social support and advocacy are integral components of health promotion strategies that significantly influence child health outcomes. By leveraging family networks, community groups, and local wisdom in advocacy efforts, health programs can increase adherence to care, reduce stress among caregivers, and ultimately improve children's health and well-being.

3.5 Community Empowerment Through Local Wisdom in Promoting the Health of Children Under Five Years

Community empowerment through local wisdom is an important strategy in health promotion, especially in improving the welfare of children under five years old. This approach integrates traditional knowledge and practices, which can significantly improve health outcomes in communities. The following key elements illustrate how this empowerment can be implemented effectively. Tradition Based Training and Education: Empowerment programs often focus on training community members in health techniques derived from local wisdom. For example, teaching the use of herbal concoctions for common illnesses and child care based on traditional practices not only preserves local knowledge but also increases the community's capacity to manage children's health independently. Research shows that community-centered approaches that integrate evidence-based programming and local capacity building can lead to better health outcomes, especially in vulnerable populations (Strompolis et al., 2020; Wilkins et al., 2015). This training fosters a sense of ownership and responsibility among community members, which is essential for sustainable health practices.

Community Capacity Building: The formation of community groups or locally based organizations is essential for planning and implementing health programs. These groups

leverage local knowledge to develop culturally appropriate strategies that address the community's specific needs and beliefs. Studies show that building community capacity is a fundamental aspect of health promotion, as it empowers communities to define, assess, and address health problems relevant to them (Liberato et al., 2011; Ubert et al., 2017). By building strong community networks, these initiatives can increase the effectiveness of health interventions and ensure that they are adapted to local contexts.

Utilization of Local Media: Empowerment programs also utilize local media, such as community radio and traditional meetings, to disseminate health information. This approach aligns health messages with community communication styles, thereby increasing understanding and participation in health initiatives. Effective communication strategies are critical to building health literacy and encouraging proactive health behaviors among community members (Rozario et al., 2016; Sabado et al., 2021). Integration of local media in health promotion efforts has been shown to increase community engagement and support for health initiatives, leading to better health outcomes.

The Impact of Community Empowerment on Children's Health: The positive impact of community empowerment on children's health has been well documented. Increased access and utilization of health services is one significant outcome, as empowered communities become more aware of the importance of health services and more proactive in seeking them (Wilkins et al., 2015; Allen et al., 2018). In addition, health education and practices rooted in local wisdom can effectively reduce morbidity and mortality in children. Traditional practices, when implemented appropriately, contribute to disease prevention and better care (Prasetyani et al., 2023). Additionally, community empowerment strengthens social networks, which are critical for addressing health challenges and supporting child care (Muksiritipanun et al., 2023). In conclusion, community empowerment through local wisdom is a multifaceted approach that enhances health promotion strategies. By focusing on tradition-based training, community capacity building, and effective communication, this initiative can significantly improve the health and well-being of children under five, while also encouraging a culture of sustainable health within communities.

3.6 Social Support in Child Health Promotion: Reducing Morbidity and Mortality in Children Under Five

Social support is a critical element in health promotion, especially in reducing morbidity and mortality among children under five. Various forms of social support have been identified, each playing a significant role in improving health outcomes for young children. Family Support Network is very important because it provides direct assistance in caring for toddlers and conveys education about healthy practices. Research shows that health programs that actively involve families in the care and supervision of toddlers can significantly increase compliance with health interventions, thereby improving health outcomes (Rachmawati et al., 2022). Family support not only encourages compliance with immunization schedules but also strengthens emotional and psychological well-being for both caregivers and children (Izhar et al., 2019). This is supported by studies that emphasize the importance of family involvement in health management strategies, which can result in better health literacy and proactive health behavior among parents (Izhar et al., 2020).

Community Support Group also plays an important role in promoting health among toddlers. Groups such as posyandu (integrated service posts) and maternal and child health groups provide a platform for community members to share experiences and support each other. These groups facilitate health education and collective problem solving regarding toddler health issues, which can lead to better health outcomes (Prayoga et al., 2020). The presence of community support not only increases knowledge about health practices but also fosters a sense of togetherness and mutual assistance, which is crucial for effective health promotion (Rachmawati et al., 2022). Additionally, community support groups can serve as a bridge to

access health resources, thereby reducing barriers to care (Izhar et al., 2019). Community Leader Engagement is another critical aspect of social support. Leaders often provide moral and practical support for health programs, increasing their credibility and acceptance within the community. Their participation can significantly influence community attitudes towards health interventions, making them more likely to engage with health programs (Prayoga et al., 2020). Studies have shown that when community leaders support health initiatives, there is a significant increase in community participation and compliance with health recommendations (Rachmawati et al., 2022).

The impact of social support on reducing child morbidity and mortality is profound. Improved adherence to treatment is one significant benefit, as support from family and community members has been shown to increase adherence to immunization schedules and other health care practices (Izhar et al., 2020). Additionally, social support can lead to reducing stress and family burden, which positively influences the overall well-being of children and their families. When caregivers experience lower levels of stress, they are better able to provide attentive and responsive care to their children (Rachmawati et al., 2022). Additionally, social support improves access to resources, facilitating the acquisition of necessary health information and services, which are important for maintaining children's health (Izhar et al., 2019).

Advocacy efforts that integrate local wisdom is very important to influence health policy and increase the effectiveness of health interventions. Campaigns that utilize local cultural elements can effectively raise awareness about health issues and engage policy makers (Prayoga et al., 2020). Community participation in the decision-making process ensures that health policies are in line with community needs and desires, thereby increasing the relevance and success of health interventions (Rachmawati et al., 2022). The integration of local wisdom into health policy enables the development of contextually appropriate solutions, leading to greater acceptability and effectiveness in improving the health of children under five years old (Izhar et al., 2019). In conclusion, social support in various forms—family networks, community groups, and leader involvement—plays a crucial role in promoting health and reducing morbidity and mortality among children under five. Advocacy that utilizes local wisdom further increases the effectiveness of health interventions, ensuring that they are culturally relevant and widely accepted.

4. Discussion

4.1 Interpretation of Findings

Local wisdom has a significant influence in health promotion strategies, especially in reducing infant mortality and morbidity. This influence is seen through cultural adaptation, community empowerment, ongoing social support, and effective advocacy. Cultural Adaptation is very important in health promotion, because local wisdom allows health practices to be in harmony with cultural values and community habits. Programs that integrate local knowledge are more readily accepted, leading to increased participation and compliance. For example, health interventions that respect and integrate traditional practices have shown higher success rates in various communities (Andari et al., 2020). This cultural alignment not only increases the relevance of health messages but also builds trust between health care providers and communities, which is essential for effective health promotion (Putera et al., 2020).

Community Empowerment is another important aspect where local wisdom plays a role. By utilizing traditional knowledge, communities can develop their capacity to manage health problems independently. Empowerment initiatives that integrate local wisdom have been proven to increase community resilience and self-efficacy in health management (Gen & Wright, 2013). These initiatives often involve training and education that draws on local experiences, enabling communities to implement effective prevention practices tailored to their specific context (Ellenbecker et al., 2017). This empowerment is critical for sustainable

health improvement, as it encourages communities to take ownership of their own health outcomes (Putera et al., 2020).

Sustainable Social Support Network, which is rooted in local wisdom, is very important in dealing with baby health. Family and community support systems, often informed by traditional practices, provide necessary psychosocial support for parents and caregivers (Cullerton et al., 2018). These networks not only alleviate the emotional burden associated with health challenges but also facilitate access to health services, thereby improving health outcomes for infants (Cullerton et al., 2016). Integrating local wisdom into health promotion strategies can increase the effectiveness of social support mechanisms, making them more responsive to community needs.

Finally, Effective Advocacy that integrates local wisdom can significantly influence health policy. Advocacy efforts that align with local cultural contexts tend to mobilize greater community involvement and awareness (Sykes, 2023). By leveraging culturally relevant arguments and engaging local leaders, health advocates can push for policies that reflect community needs and values (Jansson et al., 2016). This culturally grounded advocacy approach not only strengthens the legitimacy of health interventions but also increases their overall impact on public health outcomes (Cohen & Marshall, 2016). In conclusion, local wisdom is a powerful tool in shaping health promotion strategies. By encouraging cultural adaptation, community empowerment, sustainable social support, and effective advocacy, local wisdom increases the effectiveness of health interventions aimed at reducing infant mortality and morbidity.

4.2 Comparison with Previous Research

Comparison of the findings of the reviewed studies with previous research reveals several important similarities and differences:

1. **Similarities with Previous Research:** Previous research also shows that local wisdom can increase the effectiveness of health interventions by increasing the relevance and acceptance of programs by the community. Several studies have reported the successful use of local wisdom in health education and disease management, in line with the findings of this study.
2. **Differences from Previous Research:** However, this study highlights the importance of certain aspects of local wisdom, such as the use of local media and the involvement of community leaders, which may not have been fully addressed in previous research. These findings suggest that a more comprehensive approach to integrating local wisdom in health programs could have a greater impact.

The findings from this study directly answer the research question posed:

1. **How does local wisdom influence health promotion efforts in the context of reducing infant mortality and morbidity?**
The research results show that local wisdom plays a role in increasing the effectiveness of health promotion strategies by adapting health interventions to the cultural context and local needs. Local wisdom facilitates adaptation of health programs, community empowerment and better social support, as well as more effective advocacy. This all contributes to reducing under-five mortality and morbidity rates through a more inclusive and culturally relevant approach.
2. **What health promotion strategies are relevant to local wisdom?**
This research identified several health promotion strategies that are relevant to

local wisdom, including community empowerment based on local wisdom, social support that integrates cultural elements, and advocacy that involves local knowledge. These strategies have proven effective in increasing access and use of health services, as well as reducing morbidity and mortality among children under five.

By linking these findings to the research questions, we can conclude that the integration of local wisdom in health promotion strategies is a promising approach for improving the health outcomes of children under five. These findings reinforce the importance of considering cultural context in designing and implementing health programs to ensure their success and sustainability.

4.3 Practical Implications

4.3.1 Recommendations for Health Practitioners and Policy Makers Regarding the Integration of Local Wisdom in Health Programs

The integration of local wisdom in health programs has great potential to increase the effectiveness of health interventions, especially in the context of toddler health. Based on the findings from this study, here are some practical recommendations for health practitioners and policy makers:

1. **Local Wisdom Based Program Development:** Health practitioners are advised to design and implement health programs that integrate local knowledge and practices. This can be done by involving the community in the program planning and implementation process, so that the program developed is more in line with local needs and culture. For example, in immunization programs or toddler health care, local knowledge about herbal ingredients or traditional practices can be utilized to increase community participation and compliance.
2. **Education and Training for Health Workers:** Policymakers must ensure that health workers receive adequate training regarding the importance of local wisdom in the health context. This training should include an understanding of how local wisdom can be integrated into health services and effective communication strategies to educate the public about the benefits of such integration.
3. **Policies that Support the Integration of Local Wisdom:** Policymakers at local and national levels are advised to develop policies that support the use of local wisdom in health programs. This policy could include support for research and development of local wisdom-based programs as well as incentives for communities and organizations that implement these practices.
4. **Partnership with Community Leaders:** Health practitioners and policy makers must work together with community leaders and traditional leaders to increase the credibility and acceptability of health programs. Community leaders play an important role in disseminating health information and influencing public attitudes towards health programs. This partnership can help in gaining wider support and ensure that health programs are well received by the community.

4.3.2 Strategies to Increase the Application of Local Wisdom in the Promotion of Toddler Health

To increase the application of local wisdom in promoting children's health, the following strategies can be adopted:

1. **Integration in the Health Education Curriculum:** Including local wisdom in the health education curriculum for health workers and community members. This education must educate participants about the benefits of local wisdom and

how to integrate it into daily practice. This also helps increase public awareness regarding traditional methods that can be used in toddler health care.

2. **Best Practice Model Development:** Develop and document best practice models that integrate local wisdom in health promotion. This model can take the form of a case study or practical guide that shows how local wisdom has been successfully applied in the context of toddler health. This documentation can be used as a reference for other regions wishing to adopt a similar approach.
3. **Increased Community Participation:** Promote active participation from the community in planning and implementing health programs. Communities who are directly involved in this process are more likely to support and implement health programs based on local wisdom. This participation can be achieved through community forums, discussion groups, or locally based activities that involve the community in decision making.
4. **Continuous Evaluation and Adjustment:** Conduct regular evaluations of health programs that integrate local wisdom to assess their effectiveness and impact. This evaluation should include feedback from the community and health professionals to identify areas for improvement and adjust the program according to evolving needs. Continuous adjustments ensure that the program remains relevant and effective in addressing the health challenges of children under five.

By implementing these recommendations and strategies, it is hoped that the integration of local wisdom in health programs can provide significant benefits in improving the health of children under five and achieving better health outcomes in the community.

4.4 Research Limitations

In this research, there are several limitations that must be considered regarding the literature reviewed:

1. **Limitations in Data Sources:** This study relies on data sources available in databases such as PubMed, Scopus, and Google Scholar, which may not include all relevant publications. Some important literature related to local wisdom in the context of children's health may not be indexed in this database, thereby limiting the scope of knowledge available for review.
2. **Variations in Study Quality and Methodology:** The articles reviewed varied in quality and methodology, including differences in study design, sample size, and analysis methods. This variability can affect the consistency of findings and generalization of results, so care needs to be taken in drawing conclusions.
3. **Limitations of Context and Generalization:** Many studies focus on specific geographic or cultural contexts that may not be fully generalizable to other contexts. Differences in local health practices and acceptance of local wisdom in different regions may influence the relevance of the findings of the studies reviewed.
4. **Limitations of Historical and Contemporary Data:** Some of the studies reviewed may have historical data that is less relevant to current conditions or do not take into account the latest developments in health practices and local wisdom. This may reduce the relevance of the findings for current health policy and practice.

4.5 The Need for Further Research in the Context of Local Wisdom and Children's Health

Given the limitations identified, there are several areas that require further research to improve understanding of the role of local wisdom in children's health:

1. **Research with Stronger Designs:** Research with stronger designs is needed, such as randomized controlled trials and longitudinal studies, to more accurately evaluate the effectiveness of local wisdom-based interventions. This research can provide more solid evidence about the impact of local wisdom on toddler health and how this practice can be widely implemented.
2. **Exploration of Diverse Local Contexts:** Further research needs to cover a variety of geographic and cultural contexts to understand how local wisdom can be applied in various settings. This study should involve various communities and health systems to identify best practices and challenges that may be faced in implementing local wisdom.
3. **Development of a Local Wisdom-Based Intervention Model:** Research is needed to develop and test intervention models that integrate local wisdom in the promotion of children's health. This research can help design more effective and relevant strategies, as well as evaluate the success of these models in reducing under-five mortality and morbidity.
4. **Analysis of the Relationship between Local Wisdom and Social and Economic Factors:** Additional research needs to explore how local wisdom interacts with social and economic factors that influence toddler health. This analysis can provide insight into how local wisdom can be integrated with social and economic policies to achieve better health outcomes.

By conducting further research in this area, it is hoped that a deeper understanding and stronger evidence can be obtained regarding the contribution of local wisdom to the promotion of children's health, as well as how these strategies can be applied and adapted to local needs and context.

4.6 Conclusions and Recommendations

This research highlights the important role of local wisdom in health promotion strategies to reduce morbidity and mortality among children under five. From the literature review conducted, several main findings can be concluded:

1. **Effectiveness of Local Wisdom:** Local wisdom has been proven to have a positive impact in health promotion by adapting health interventions to the cultural context and habits of the community. The integration of local wisdom in health programs increases community acceptance and participation, which in turn supports a reduction in under-five mortality and morbidity rates.
2. **Local Wisdom Based Strategy:** Community empowerment, social support and advocacy programs involving local wisdom have shown significant results in improving the health of children under five. Community empowerment increases people's capacity to manage their own health, social support strengthens support networks, and advocacy based on local wisdom influences health policy effectively.
3. **Limitations and Challenges:** The study also identified several limitations, including variations in study quality and limited data available. This emphasizes the need for further research to obtain a more comprehensive understanding and stronger evidence about the effectiveness of local wisdom in health promotion.

4.6.1 Contribution to Health Literature

This research makes an important contribution to the health literature by emphasizing the relevance and effectiveness of local wisdom in the context of toddler health promotion.

These findings fill the knowledge gap on how local wisdom-based approaches can be integrated in health programs to achieve better outcomes, as well as offering new perspectives on the application of local wisdom in health contexts.

4.6.2 Recommendations for Local Wisdom-Based Policies and Practices in Health Promotion

Based on the results of this research, the following recommendations can be implemented to improve local wisdom-based health policies and practices:

1. **Development and Implementation of Local Wisdom-Based Health Programs:** Health policies must support the development of programs that integrate local wisdom. Health practitioners and policy makers need to work together to design interventions that suit local culture and needs, and involve communities in the planning and implementation process.
2. **Health Personnel Education and Training:** Training programs for health workers must include an in-depth understanding of local wisdom and how to integrate it into health practice. This education is important to increase the awareness and ability of health workers to apply local wisdom effectively.
3. **Partnership with Community Leaders:** Involve community leaders and traditional leaders in planning and implementing health programs to increase community acceptance and support. This partnership can strengthen the effectiveness of health programs and ensure that local wisdom is accepted and implemented well.
4. **Program Evaluation and Adjustment:** Conduct regular evaluations of health programs that integrate local wisdom to assess their success and make necessary adjustments. This evaluation should include feedback from the community and health professionals to ensure the program remains relevant and effective.
5. **Promotion of Policies that Support Local Wisdom:** Policymakers must develop policies that support the use of local wisdom in public health. These policies could include support for local wisdom-based research and innovation, as well as incentives for programs that successfully integrate traditional practices.

By implementing these recommendations, it is hoped that we can increase the effectiveness of health promotion strategies and reduce morbidity and mortality rates for children under five through a more inclusive and culturally relevant approach. The integration of local wisdom in health policy and practice has great potential to improve overall community health.

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