



Health Promotion About Stunting On Mothers' Knowledge In Pasir Bidang Village, Sarudik District, Tapanuli Regency Mid Year 2023

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ABSTRACT

Stunting is a category of nutritional status based on the Body Length/Height Index for Age (PB/U or TB/U) with a Z-score <-2 SD (short and very short) and the National target for stunted toddlers in 2024 is $<14\%$. According to the World Health Organization (WHO) in 2017, Indonesia was included in the third country with the highest prevalence in the Southeast Asia/South-East Asia Regional (SEAR). The average prevalence of Stunting toddlers in Indonesia in 2005-2017 was 36.4%. The purpose of the study was to determine whether there was an effect of Health Promotion in Kricak Kidul Village, Tegalrejo, Yogyakarta City. This type of research is quantitative research with a pre-Experimental research design using the One Group Pre-test Post-test Design. This research was conducted in March-July 2023. The population in this study were all mothers who had toddlers totaling 169 toddlers. Data analysis using the paired t-test statistical test if the data is normal, is used to determine the average score before and after the intervention is carried out. If the data is not normal, the test used is the Wilcoxon test at a 95% confidence level. The results before health promotion were good knowledge 25 people (39.7%) sufficient 38 people (60.3%). after health promotion was good knowledge 31 people (49.2%) sufficient 32 people (50.8%). there is an effect of health promotion on maternal knowledge in Kricak Kidul Village using leaflet media with a p value of $0.000 > 0.05$. So it can be concluded that there is an effect before and after health promotion about stunting. There is an effect of health promotion on maternal knowledge in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency with a P value of 0.000.

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1. Introduction

Stunting is a condition of failure to thrive in children due to chronic malnutrition, which often begins during pregnancy and continues until the age of two. According to WHO, stunting is measured by height based on age that is lower than a certain standard deviation. This condition not only affects the physical, but also the cognitive development of children.

Stunting is a chronic nutritional problem caused by many factors, both from health problems and non-health problems and lasts a long time. Stunting has an impact on cognitive disorders and the risk of suffering from degenerative diseases in adulthood. The problem of short toddlers illustrates the existence

of chronic nutritional problems that are influenced by the condition of the mother-to-be, the fetal period, and the infant/toddler period, including diseases suffered during the toddler period and other problems that indirectly affect health (Ministry of Health, 2016).

The number of toddlers experiencing stunting is still high. Data from 2017 showed that 22.2% of toddlers or around 150.8 million toddlers in the world experienced stunting (Ernawati, 2022). According to the World Health Organization (WHO) in 2017, Indonesia was included in the third country with the highest prevalence in the Southeast Asia/South-East Asia Regional (SEAR) region. The average prevalence of stunting in toddlers in Indonesia in 2005-2017 was 36.4% (WHO et al., 2017). Riskesdas 2018 data showed that the prevalence of stunting reached 30.8%. Indonesia is included in the category of regions with high stunting problems because it has a stunting rate of more than 30-39% (Ministry of Health, 2018). The causes of stunting can generally be divided into 2, namely direct and indirect causes. The direct cause is the lack of food consumed and the presence of infections suffered. Indirect causes include inadequate parenting, lack of environmental cleanliness, unhealthy culture, unaffordable health services and lack of food availability. Stunting impacts individuals, families, communities and countries.

2. Methods

2.1 Research Design

The type of research used in this study is quantitative research with a descriptive approach. This study aims to describe maternal knowledge about stunting and the effectiveness of health promotion programs implemented in Pasir Lapangan Village.

2.2 Population and Sample

The population in this study were all mothers who had children under five years of age in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency. The sample was taken using a purposive sampling technique, where 100 mothers were selected based on certain criteria, namely: Mothers who have children aged 0-5 years, mothers who are willing to participate in the study.

2.3 Method of collecting data

Data was collected through several methods:

1. Questionnaire: The questionnaire consists of two parts: Demographic Section: Information on the mother's age, education, occupation, and economic status. Stunting Knowledge Section: Questions regarding the mother's understanding of stunting, its causes, impacts, and how to prevent it.
2. Interviews: In-depth interviews were conducted with 10 mothers to obtain more in-depth information regarding their knowledge and experiences related to stunting.

2.4 Data Analysis Techniques

The collected data will be analyzed descriptively using statistical software. The analysis is carried out to determine: Average knowledge of mothers about stunting. Percentage of mothers who have good, sufficient and inadequate knowledge.

3. Results and Discussion

Table 1.

Frequency Distribution of Respondents Based on Age, Education, and Occupation

Age (years)	Frequency (n)	Percentage (%)
17-25 (Late teens)	7	11.1
26-35 (Early adulthood)	27	42.9
35-45 (Late adulthood)	24	38.1
36-55 (Early elderly)	4	6.3
56-65 (Late elderly)	1	1.6
Total	63	100
Education :		

Graduated from elementary school	7	11.1
Junior High School	10	15.9
High School	35	55.6
College	11	17.5
Total	63	100
Work :		
Civil Servants/TNI/POLRI	2	3.2
Private employees	12	19.0
Trader	8	12.7
Farmer/Laborer	1	1.6
Doesn't work	40	63.5
Total	63	100

Based on table 1, the age of the respondents is mostly 25-35 years old, 27 people (42.9%) and the least is 56-65 years old, 1 person (1.6%). The most education is high school, 35 people (55.6%) and the least is elementary school graduate, 7 people (11.1%). The most respondents are unemployed, 40 people (63.5%) and the least is farmer/laborer, 1 person (1.6%).

Table 2
Knowledge of Toddler Mothers Before Health Promotion

Variables	Frequency (n)	Percentage (%)
Knowledge before being given Health promotion		
Good	25	39.7
Enough	38	60.3
Total	63	100

Based on table 2, the results of the pre-test conducted in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency, show that knowledge before health promotion was carried out was mostly in the sufficient category, as many as 38 people (60.3%).

Table 3 Knowledge of mothers of toddlers after health promotion

Variables	Frequency (n)	Percentage (%)
Knowledge after health promotion		
Good	31	49.2
Enough	32	50.8
Total	63	100

Based on table 3, the results of the post-test conducted in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency, show that the knowledge of mothers of toddlers after health promotion was carried out was mostly in the sufficient category, 32 people (50.8%).

Table 4
The Influence of Health Promotion on Respondents' Knowledge Before and After Health Promotion

Knowledge	Mean	Frequency (n)	Percentage (%)	P value
Before	11.10			
Good		25	39.7	
Enough		38	60.3	
Total		63	100	0,000
After	13.59			
Good		31	49.2	
Enough		32	50.8	
Total		63	100	

Based on table 4, the results of the bivariate test using the Wilcoxon test show that the mean results have a difference in the average knowledge before and after being given health promotion, pre-test (11.10) and post-test (13.59) so that it can be said that there is an effect of health promotion with a p value = 0.000 with leaflet media on mothers' knowledge about stunting in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency. The knowledge of mothers of toddlers before health promotion was in the good category was 25 people (37.7%) and the knowledge of mothers of toddlers after health promotion was in the good category was 31 people (49.2%).

3.2 Discussion

a. Mother's Knowledge About Stunting Before Being Given Health Promotion Using Leaflet Media

The results of the study showed that the level of maternal knowledge about stunting before being given health promotion with leaflet media was good knowledge, more in the sufficient category, 38 people (60.3%). Factors that influence knowledge are education, sources of information, age, interests, and attitudes. Education affects the learning process, the higher a person's education, the greater the possibility of information being obtained and the more active and diligent the person is in learning, the more knowledge is obtained. The more developed the era is now, the more sources of information can also be obtained from anywhere such as television, radio, cellphones, and various other media, this indicates that it is likely that knowledge is easier to obtain depending on each individual in viewing the available information.

b. Mother's Knowledge About Stunting After Being Given Health Promotion Using Leaflet Media

Based on the results of the study, it shows that the knowledge of mothers of toddlers about stunting after being given health promotion with leaflet media is good knowledge, more in the sufficient category, 32 people (50.8%). Providing counseling with leaflet media is one of the methods and media used to increase knowledge in mothers of toddlers. Based on research conducted by (Siallagan, 2021) which examined the effect of counseling by nutrition workers with leaflet media on maternal behavior and the growth of malnourished toddlers in Tanjung Beringin sub-district, it was concluded that the research conducted using the method

c. Lectures using posters and leaflets can increase the knowledge and attitudes of mothers of toddlers.

Results Respondents' answers based on the questionnaire after health promotion were carried out, the most correct answers were statements number one and three, namely stunting is a condition where the height of a toddler is shorter than the height of other toddlers in general (who are the same age) and slow growth in height of toddlers, slow tooth growth and quiet are characteristics of stunting. The most incorrect respondent answer was statement number thirteen, namely balanced nutritional intake during the first 1,000 days of life is one of the efforts to prevent stunting.

d. The Influence of Leaflet Media Health Promotion on Knowledge About Stunting

Based on the research that has been done, the results obtained are that there is an increase in the average value (2.51) before and after health promotion with leaflet media. And it can also be concluded that there is an effect of health promotion with leaflet media on knowledge about stunting in mothers in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency with a value (p value 0.000). From the results of the test that has been done, seen from the mean value, the pre-test mean value was 11.10 and after health promotion regarding stunting was carried out, the mean value was 13.59, if seen from these results there is an increase in the average value before and after health promotion regarding stunting. The results of this study are in line with research conducted by Alfina stating that there is an effect of health promotion on mothers' knowledge about stunting. In contrast to research conducted by HB Riata Sewa stating that there is no significant influence between health promotion and knowledge about stunting prevention. Good, toddler growth is more controlled, community knowledge regarding health increases, and the success of the family planning program (Saepuddin et al., 2017).

4. Conclusion

The level of knowledge of mothers in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency about stunting before being given health promotion using leaflet media, knowledge was good 25 (39.7%) and sufficient 38 (60.3%). The level of knowledge of mothers in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency about stunting after being given health promotion using leaflet media, knowledge was good 31 (49.2%) and sufficient 32 (50.8%). There is an influence of health promotion using leaflet media on knowledge of stunting in mothers in Pasir Lapangan Village, Sarudik District, Central Tapanuli Regency with a p value = 0.000.

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