



The Giving of Stunting Pocketbooks as a Health Education Tool for Women of Childbearing Age to Prevent Stunting

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ABSTRACT

Stunting is a chronic nutritional problem that can increase morbidity and mortality. Indonesia has a stunting rate of 24.4%, far from the government's target of 14% in 2024. Central Sulawesi Province is one of the regions with a high stunting rate (29.7%) and Enu Village contributes 41% as the stunting locus. Stunting prevention efforts must be carried out from an early age, especially for women of childbearing age as prospective brides and prospective mothers, who need to be equipped with good knowledge of stunting. This study aims to prove the effectiveness of giving a stunting pocketbook as a means of health education for women of childbearing age to prevent stunting. The research method used is a Pre-Experiment with one group pretest-posttest design. It was implemented in June 2022 in Enu Village, the working area of the Toaya Health Center. A sample of 36 people was taken using a purposive sampling technique, data analysis using univariate analysis and bivariate analysis using paired t-test. The results showed an increase in the average knowledge before and after treatment of 14.72 with p-value = 0.001. Giving a stunting pocketbook as an educational tool has proven to increase the knowledge of women of childbearing age. It is hoped that education with pocketbooks can be given to teenagers as one of the preventive efforts to reduce the incidence of stunting.

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Kata kunci:

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ABSTRAK

Stunting merupakan masalah gizi kronis yang dapat meningkatkan angka kesakitan dan kematian. Indonesia angka kejadian stunting 24,4 %, jauh dari target pemerintah yaitu 14% pada tahun 2024. Provinsi Sulawesi Tengah menjadi salah satu wilayah dengan angka stunting tinggi (29,7 %) dan Desa Enu menyumbang 41% sebagai locus stunting pada wilayah kerja puskesmas Toaya. Upaya Pencegahan stunting harus dilakukan sejak dini khususnya bagi wanita usia subur sebagai calon pengantin dan calon ibu, perlu dibekali dengan pengetahuan yang baik terkait dengan stunting. Tujuan penelitian ini yaitu untuk membuktikan efektifitas pemberian buku saku stunting sebagai sarana edukasi kesehatan bagi wanita usia subur dalam upaya pencegahan stunting. Metode penelitian yang digunakan Pre-Experiment dengan rancangan one group pretest-posttest design. Dilaksanakan bulan Juni 2022 di Desa Enu wilayah kerja Puskesmas Toaya. Sampel sebanyak 36 orang diambil dengan teknik Purposive Sampling. Analisis data menggunakan analisis univariat dan bivariat menggunakan uji paired t test. Hasil menunjukkan terdapat peningkatan rata-rata pengetahuan sebelum dan sesudah perlakuan sebesar 14,72 dengan nilai p-value = 0,001. Pemberian Buku saku stunting sebagai sarana edukasi terbukti efektif dalam meningkatkan pengetahuan wanita usia subur. Diharapkan edukasi dengan buku saku dapat diberikan kepada remaja sebagai salah satu upaya preventif menekan angka kejadian stunting.

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INTRODUCTION

Stunting is a chronic nutritional problem and the most important problem that the government must address in Indonesia and the world (Sari et al., 2020). WHO reports that globally stunting affects around 21.3% or 144.0 million children under 5 years in 2019 (WHO, 2020). Nationally, based on data from the Indonesian nutritional status study (SSGI) in 2021, the prevalence of stunting was 24.4%, a decrease of 6.4% from 30.8% in 2018. Even though this figure has decreased, it is still far from the government's target of 14% in 2024. Central Sulawesi Province is in the 8th position with a stunting rate of 31.3% in 2019 which has decreased to 29.7% in 2021. This figure is still above 20% despite the decline, so it is still a serious problem. Donggala is one of the districts in Central Sulawesi which occupies the 4th position with the highest incidence of stunting (29.5%) (Kementerian Kesehatan Republik Indonesia, 2021).

The government focuses on interventions to reduce stunting prevalence in the first 1000 days of life, but research in NTT shows that stunting management that is focused on the conception period and after, such as supplementary feeding programs and improving posyandu services for toddlers has not been able to reduce stunting prevalence. (Jap J, Sumarmi S, 2019). Interventions carried out during pregnancy are considered too late, the nutritional condition of the mother before pregnancy will greatly determine the growth of the fetus (Wahyuningsih et al., 2022). Professor of the Department of Community Nutrition from the Bogor Agricultural University (IPB) recommends that stunting prevention should focus on starting from the bride and groom, prospective mothers, to children born at the age of two because prospective mothers must be equipped with nutrition optimization. (Qonita Marli, 2022). The health and nutritional status of women of childbearing age need to be prepared as early as possible for the health and well-being of women facing pregnancy so that they hope to obtain quality pregnancy outcomes (Young & Ramakrishnan, 2020), (United Nations Children's Fund, 2021).

Toaya Health Center is one of the health centers in Donggala Regency with a stunting prevalence of 31% and Enu Village contributes the highest stunting incidence, which is 41%, and is the locus of stunting. Based on interviews with the nutrition section of the Puskesmas, interventions have been carried out in preventing stunting, one of which is by providing additional food and counseling at the posyandu, but in reality, there is still a lack of public awareness to visit the posyandu, so that this becomes an obstacle in the intervention process provided. The government has formed a stunting reduction acceleration team (TPPS) in the hope of strengthening its implementation at the posyandu level. Lack of public awareness of posyandu activities is a factor that triggers public knowledge regarding health, including nutritional health before pregnancy, during pregnancy, and after giving birth.

The causes of stunting are influenced by multidimensional factors, including poor nutrition parenting, lack of community participation in posyandu activities, including lack of public knowledge about nutritional health before pregnancy, during pregnancy, and after giving birth. (Kemenkes RI, 2018). Stunting appears as a result of long-term malnutrition starting from pre-conception to 1000 HPK (WHO, 2018). The most decisive period of nutritional status is the pre-marital period, the planning period, or the pre-conception period (Fleming et al., 2018). Knowledge of women of childbearing age affects the health of mothers, fetuses in the womb, and the quality of babies born. A

person's knowledge is usually obtained from various sources. The results showed that providing education with brainstorming and audiovisual methods can increase mother's knowledge about stunting (Sofiyya et al., 2019). A good method is needed to reduce the incidence of stunting (Raffe et al., 2017). Providing education through stunting pocketbook media can be used as an independent learning tool that can be used to increase one's knowledge, by visiting homes the information to be conveyed can be achieved and pocketbooks can also be stored and can be read back at a later time (Fauziatin et al., 2019). The purpose of this study was to determine the effectiveness of providing a stunting pocketbook as a means of health education for women of childbearing age to prevent stunting.

METHODS

Research Design

This type of research is quasi-experimental with one group pre-posttest design without control. Used to determine the effectiveness of giving a stunting pocketbook as a means of health education in increasing the knowledge of women of childbearing age about stunting. The research variable consisted of the independent variable, namely the giving of a stunting pocketbook, and the dependent variable, namely the knowledge of women of childbearing age about stunting. Knowledge was measured once, namely, the pretest was carried out before the treatment and the posttest was carried out one day after the treatment. Pretest and posttest were conducted by giving questionnaires directly to respondents. The treatment given was in the form of providing education to respondents using the stunting pocketbook. This book contains information about stunting such as understanding, causes, impacts, and prevention. This book is small in size can be put in a pocket and easy to carry everywhere and is equipped with pictures that can increase respondents' reading interest. The stunting pocketbook was given to the respondent accompanied by an explanation of the contents of the book and at the end of the activity continued with a question and answer session. This research was conducted in Enu Village, Toaya Health Center working area, Donggala Regency, Central Sulawesi Province in June 2022 and has received ethical approval from the Ethics Committee of the Health Polytechnic of the Palu Health Ministry.

Sampling

The population in this study were all women of childbearing age in Enu Village. Based on the Lemeshow formula, 36 people were sampled from 4 hamlets in Enu Village where each hamlet consisted of 9 people. The sampling technique was purposive sampling. The inclusion criteria, namely women aged 20-35 years, women who are not married, and women who are married but not pregnant. And for the exclusion criteria, namely, women who married because they were forced and respondents who did not follow the research flow completely because there were obstacles.

Measures

Collecting data using a questionnaire consisting of 20 questions of knowledge. The validity of the questionnaire has

been tested with a test value of 0.504 and a reliability test result of 0.849. The knowledge category consists of good, sufficient, and less with a questionnaire score range of 0-100.

Data Analysis

This study uses univariate analysis to describe the characteristics of the respondents. Furthermore, the normality test of the research data was carried out using the Shapiro-Wilks test because the sample was <50. Based on the results of the normality test, the probability values > 0.05 (0.12 > 0.05) and (0.095 > 0.05) then the data is normally distributed so that the data analysis uses the Paired t-test to compare the average increase in pre-knowledge knowledge. post-treatment.

RESULTS AND DISCUSSION

Based on table 1. Characteristics of respondents show that most of the respondents have a high school education

(SMA) as many as 17 people (47.2%) and aged between 26-35 years as many as 20 people (55.6%).

Table 1.
Frequency Distribution of Respondents' Characteristics by Education and Age

Characteristics	Giving Stunting Pocket Book	
	Frekuensi (n =36)	Persentase (%)
Education		
College	2	5,6
Senior high school	17	47,2
Junior high school	11	30,5
Elementary	6	16,7
Age		
15-25	16	44,4
26-35	20	55,6

Table 2.
Frequency Distribution of Respondents' Knowledge Before and After Giving Stunting Pocket Books to Women of Childbearing Age

Knowledge Category	Pre-Test		Post-Test	
	n=36	%	n=36	%
Good	3	8,3	18	50
Enough	23	63,9	17	47,2
Less	10	27,8	1	2,8

Table 2 shows the frequency distribution of respondents' knowledge before giving the stunting pocketbook, there are 3 people (8.3%) who have good knowledge, 23 people (63.9%) who have sufficient knowledge, and 10 people (27.8%) who have good knowledge. less, and after giving the stunting

pocketbook, respondents who had good knowledge increased to 18 people (50%), and respondents who had sufficient and less knowledge decreased to 17 people (47.2%), and 1 person (2.8%).

Table 3.
Analysis of differences in knowledge levels before and after giving the stunting pocketbook to women of childbearing age

Variabel	Mean±SD		95% CI		p-value
	Pre-test	Post-test	Lower	Upper	
Knowledge	63,47±12,695	78,19±10,833	-18,493	-10,951	0,001

The difference in the level of knowledge before and after giving a stunting pocketbook to women of childbearing age can be seen in table 3, with the result that the level of knowledge before being given a stunting pocket book was an average of 63.47 and after being given a stunting pocket book an average of 78.19 occurred. an increase of 14.72 with p-value = 0.001 (p <0.005) which means that there is a significant difference in the level of knowledge before and after being given a stunting pocket book in women of childbearing age.

the more often information is given to someone, the longer the knowledge possessed by the respondent and the more information they receive will affect the knowledge they have (Notoatmodjo S., 2012). Knowledge is also influenced by other factors such as one's own experience, sources of information received age, education, and one's interest in being curious about something (Gross & Rutland, 2017).

Respondents in this study were in the age range of 26-35 years and most of them had a high school education. This is one that plays a role in influencing the increase in respondents' knowledge. Education affects the acceptance of information and knowledge and will stimulate the mindset to think more logically and rationally and be able to analyze and solve problems (D. N. Sari and V. Medhyna, 2019). In addition, the level of education is one of the factors that can increase a person's understanding in receiving knowledge. In accordance with the research results of Herni, et al which stated that there was a relationship between the level of education and parental knowledge about stunting in toddlers

DISCUSSIONS

The results obtained based on table 2 prove that the provision of a stunting pocketbook as a means of health education has an effect on increasing knowledge of women of childbearing age about stunting. Researchers assume that

in the Mining Village, the working area of the Semanding Health Center. (Henri, A.A., Wahyuningsih, T. N., 2022). In addition to education, age characteristics also have an effect on increasing respondents' knowledge. The age of the respondent is a productive age who has the ability to learn, understand and remember information, one of which is health information about stunting prevention (D. N. Sari and V. Medhyna, 2019). In accordance with research conducted by Rahmaniati which stated that there was a significant relationship between age and knowledge of Nasyiatul Aisyiyah cadres about stunting in Boyolali Regency (Rahmaniati, 2021).

Stunting is a problem that is of concern to the current government (Raffe et al., 2017). Stunting appears as a result of long-term malnutrition starting from preconception to 1000 HPK (WHO, 2018). The most decisive period of nutritional status is the pre-marital period, the planning period, or the pre-conception period (Fleming et al., 2018). The health and nutritional status of women of childbearing age need to be prepared as early as possible for the health and well-being of women facing pregnancy so that they hope to obtain quality pregnancy outcomes (Young & Ramakrishnan, 2020), (United Nations Children's Fund, 2021).

Women of childbearing age must be equipped with good knowledge about stunting, especially for prospective brides and mothers-to-be. Planning a healthy pregnancy should be done before the period of pregnancy. A well-planned pregnancy process will have a positive impact on the condition of the fetus and the physical and psychological adaptation of the mother for the better (King, 2016), (Juli Oktalia & Herizasyam, 2016). A person's nutritional condition before pregnancy will greatly determine the growth of the fetus (Wahyuningsih et al., 2022).

Empowerment of women of childbearing age in planning a healthy pregnancy can provide a cognitive foundation and knowledge in preparing and dealing with their pregnancy later (Notoadmojo S., 2014). Good knowledge can raise awareness so that it will form a mindset and health behavior, especially about stunting such as fulfilling nutrition starting from before pregnancy until delivery, child nutrition, preventing anemia, implementing clean and healthy living behaviors, and maintaining good home sanitation. (Ega. FM, Maryatun, 2020), (Oktaviani & Sulistyawati, 2022). Research in NTT showed that stunting management focused on the period of conception and after, such as supplementary feeding programs and improvement of Posyandu services for toddlers, had not been able to reduce stunting prevalence (Jap J, Sumarmi S, 2019). Interventions carried out during pregnancy are considered too late, the nutritional condition of the mother before pregnancy will greatly determine the growth of the fetus (Wahyuningsih et al., 2022). Professor of the Department of Community Nutrition from the Bogor Agricultural University (IPB) recommends that stunting prevention should focus on starting from the bride and groom, prospective mothers, to children born at the age of two because prospective mothers must be equipped with nutrition optimization (Qonita Marli, 2022).

The given of education through the medium of stunting pocketbooks is one of the effective interventions in increasing the knowledge of women of childbearing age about stunting as evidenced by the results of the study in table 3 above where there is a difference in the average increase in knowledge from before being given education compared to after being given education. Providing education is a method that encourages and increases existing

knowledge in the community (Puspitasari, A., Putra, W. D., & Amir, 2021).

The stunting pocketbook provided contains important information about stunting such as understanding, its consequences and how to prevent stunting, this pocketbook is clear, easy to understand, accompanied by pictures, and can be read anytime when needed (D. N. Sari and V. Medhyna, 2019). Research by Hairiyah et al. stated that education through pocketbooks and audio-visual approaches had a significant effect on increasing knowledge of women of childbearing age (WUS) in preventing stunting. However, when compared, the average value of the pocketbook method is 39.90 which is higher than the audio-visual average of 23.10.(Hairiyah et al., 2021). Other studies also show the results that the provision of nutrition education through pocketbook media has a higher average value of increasing knowledge compared to using storybook media (Astuti et al., 2019). Several other research results also showed that the intervention of giving a stunting pocketbook increased maternal nutritional knowledge, there was a significant increase from the average pre-test and post-test results. (Sari et al., 2021). The target of providing education through this stunting pocketbook is an individual (individual), this stunting pocketbook can be studied independently for a long time with the aim of changing one's knowledge (Fauziatin et al., 2019).

LIMITATION OF THE STUDY

This study did not have a control group as a comparison factor in seeing the effect of the media used in increasing knowledge of women of childbearing age.

CONCLUSIONS AND SUGGESTIONS

Based on the results of the study, it can be concluded that the provision of a stunting pocketbook as a means of health education has proven to be effective in increasing the knowledge of women of childbearing age (WUS) about stunting so that it becomes one of the things that can be done in an effort to prevent stunting. It is hoped that the government can increase cooperation in various sectors in implementing education targeted at adolescents as a preventive effort in preparing for pregnancy so that babies born later get good nutritional status and the incidence of stunting can be avoided.

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ETHICAL CONSIDERATIONS

Funding Statement

Ethical approval was obtained from the Research Ethics Commission, Poltekkes Kemenkes Palu with number 0093/KEPK-KPK/V/2022

Conflict of Interest Statement

This research is a beginner scheme research that has passed the research grant selection for a certain period of time at the Health Polytechnic of the Ministry of Health Palu. The research was conducted for approximately one year starting from the preparation of proposals, selection, research implementation, and reporting. The output of this research was published in the Journal of Aisyah: Journal of Health Sciences (JIKA) in 2022.

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