
THE EFFECT OF HEALTH EDUCATION ON MOTHER'S KNOWLEDGE IN STUNTING PREVENTION IN TODDLERS

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Abstract

Background: Stunting is a problem that occurs in children under five in Jambi Province with characteristics that do not match height for age, to overcome this, health education is needed. **The purpose** of this study was to determine the effect of health education on mothers' knowledge in preventing stunting in toddlers. **Methods:** This research is a quantitative study with a Pre-Experimental Design with the one group pretest posttest design. Samples were mothers who had children under five, totaling 35 people, samples were taken by purposive sampling technique. This research was conducted in March 2023, data was collected using a questionnaire. Univariate and bivariate data analysis was done using a paired t-test. **Results:** the study showed that there was an increase in mother's knowledge of stunting prevention after health education was carried out with a mean pre-test value of 10.40 and a mean post-test of 12.98 and there was an effect of health education on mother's knowledge in preventing stunting in children in the Health Center Work Area 2023 with a p-value of 0.000. **Suggestions** to the puskesmas to always conduct health education, organize classes for mothers of toddlers, and provide directions on how to provide food with balanced nutrition and texture and increase food according to age

Keywords: Health Education, Knowledge of Stunting Prevention

INTRODUCTION

Stunting is a condition where a child's linear growth remains low. This can be caused by several factors, including inadequate nutrition and health both before and after birth. The incidence rate in Indonesia in 2019 reached around 27.7%, in 2020 it was 26.9 %, in 2021 it will reach 24.4%, and in 2022 it will reach 21.6%. Even though there has been a reduction in the annual stunting rate, this figure is still very far from the desired target of around 14% in 2024 (Bkkbn, 2023) (Badan Kependudukan Dan Keluarga Berencana Nasional, 2021).. The incidence of stunting in Jambi Province in 2022 is 18% and in East Tanjung Jabung district 22.5% ((Dinas Kesehatan Provinsi Jambi, 2023).

Stunting has identifiable short-term and long-term effects. The short-term impacts of stunting include increased symptoms of disease and death, decreased development of children's language, physical and cognitive abilities, as well as high health care costs (Ministry of Health of the Republic of Indonesia, 2018)/(Kemenkes RI, 2018). The success of preventing stunting is influenced by public health procedures themselves. According to the 2021 BKKBN, five pillars for accelerating the reduction of stunting, one of which is community and family empowerment. (Bkkbn, 2023).

According to the Health Promotion Model, increasing the role of families in preventing stunting requires an approach and providing health education by health workers. (Mutingah & Rokhaidah, 2021). The

health education provided will increase family knowledge, especially mothers, because mothers spend an average of 24 hours with their children (Mutingah & Rokhaidah, 2021). The role of nurses as educators is to be able to provide health education to mothers who have 0 month old children under five in terms of fulfilling children's nutrition and good eating patterns to prevent stunting (Induniasih & Ratna, 2013). Based on the problem and incidence of stunting in East Tanjung Jabung, the aim of this research is to determine the effect of health education on mothers' opinions of knowledge in preventing stunting in children under five in Community Health Center Working Area, in 2023.

RESEARCH METHODS

This research is a quantitative research pre-experimental design with the one group pretest posttest design, the research was conducted in the work area of the East Tanjung Jabung Regency Health Center. When the research was conducted from March 5 to March 31 2023, the population in this study was 1,667 mothers with children under five and the sample was 35 mothers, the sample was taken using a purposive sampling technique.

Data was collected using a questionnaire, namely a questionnaire on mothers' knowledge about preventing stunting in children under five. data and data were analyzed univariately and bivariately using paired T-tests. The independent variable in this study is the mother's knowledge before receiving health education and the dependent variable is the mother's knowledge after health education. The measuring scale in this study is an interval scale and the results of measuring good knowledge: 76%-100%, sufficient knowledge: 56%-75%, Lack of knowledge: < 56%.

RESEARCH RESULT

Research results based on respondent characteristics, univariate analysis and bivariate analysis can be seen in tables 1, 2 and 3 below:

A. Respondent Characteristics

Table 1. Frequency Distribution of Respondent Characteristics (n=35)

No	Age	n	%
1	20-35 Year	29	82.9
2	> 35 Year	6	17.1
Total		35	100
No	Work	n	%
1	Housewife	29	82.9
2	Private employees	4	11.4
3	Government employees	1	2.9
4	Farmer	1	2.9
Total		35	100
No	Study	n	%
1	Not Completed In Primary School	1	2,9
2	Elementary School	9	28,6
3	Junior High School	11	40,0
4	Senior High School	13	25,7
5	College	1	2,9

	Total	35	100
No	Total Family Members	n	%
1	2	15	42.9
2	3	17	48.6
3	4	2	5.7
4	5	1	2.9
Total		35	100
No	Total toddlers	n	%
1	1	34	97.1
2	2	1	2.9
Total		35	100

Source: Primary Data 2023

B. Univariate Analysis

Mother's knowledge before and after being given health education

Table 2. Univariate analysis of maternal knowledge before and after health education (n=35).

Variable	Mean	Minimum & Maimum	Standard Deviation
(Pre-Test)	25.34	15-31	2.950
(Post-Test)	30.31	25-35	2.166

Source: Primary Data 2023

C. Bivariate Analysis

The influence of health education on maternal knowledge in preventing stunting in children under five

Table 3. Bivariate analysis of the influence of health education on stunting prevention (n=35)

No	Pengetahuan ibu pencegahan stunting	Mean	Standar Deviasi	P-value
1	Pre test	-	.194	0,000
2	Post test	2.571	-	

Source: Primary Data 2023

Based on table 1 of respondent characteristics, the majority of respondents were aged 20-35 years, namely 29 people (82.9%). The majority of respondents work as Housewives, namely 29 people (82.9%), some respondents have junior high school education, namely 11 people (40%), some respondents with a family of 3 people, namely 17 (48.6%). The majority of respondents had 1 toddler, namely 34 (97.1%).

Based on table 2, the results showed that respondents' knowledge of preventing stunting was obtained with a mean value of 25.34, whereas after being given health education, the mean value was 30.31. This means that there was an increase in maternal knowledge after being given health education by 4.97%.

Based on table 3, the results of statistical tests show that there is an influence of health education on mothers' knowledge about preventing stunting in children under five in the

work area of one of the East Tanjung Jabung District Health Centers in 2023 with a p-value of 0.000.

DISCUSSION

The results of the research above show that there is a difference in mothers' knowledge before and after being given health education in the Community Health Center Working Area, East Tanjung Jabung Regency in 2023. A person's knowledge can be increased by conveying information in lectures, brochures, posters and leaflets. (Sandjojo, 2017). Researchers conducted health education with lectures using LCD and laptops and distributed leaflets afterwards. Health education is easily absorbed by respondents because it uses the senses of sight and hearing. The results of this study are in line with previous research (Ginanjari et al., 2022), namely that the knowledge of mothers of stunted children has an average score of 5.60 before receiving health education, and after receiving health education with an average score of 10.77.

Research conducted by (Zain et al., 2023) entitled Health Education for Mothers as an Effort to Prevent Stunting in Rawang Kao Village, Lubuk Dalam District, Siak Regency, Riau, with the results that before giving counseling there was an average of mothers' knowledge regarding stunting was 55.9%. After attending the counseling, the results were an increase in the average knowledge of mothers about stunting, namely 91.9%. Therefore, providing health education can increase mothers' knowledge about stunting. Health education is not just providing information from one or more people to another, nor is it a list of activities to be carried out or results to be achieved. This is a dynamic process of behavioral adjustment. This is because people have the option to acquire new information, attitudes and behavior related to their personal interests. Naturally, modifying behavior will involve a dynamic process. (Induniasih & Ratna, 2013)

There is an aspect that influences the prevalence of stunting in children under five, namely the mother's level of nutritional awareness. The mother gains more knowledge because she wants to learn about and use preventative measures. Because it influences the food given to children and is one of the elements that determines food intake, mothers' knowledge about food, health and nutrition is a secondary cause of stunting in children. (Fadillah, 2021).

There is an influence of health education on maternal knowledge in preventing stunting in the Simpang Pandan Community Health Center Working Area, East Tanjung Jabung Regency in 2023. Health education is conveying information to individuals, groups and the community. Health education is very meaningful in preventing health problems, one of which is preventing stunting. (Hasanah et al., 2022)

Based on a study conducted by (Rahayu et al., 2018) there is an influence of health education using several methods, including interpersonal communication, lectures, using media and pocket books and audiovisuals on stunting prevention. Research conducted (Ginting et al., 2022), with the results that there were significant differences between knowledge, attitudes and practices in preventing stunting before counseling was carried out using audio-visual media and after counseling/intervention was carried out with a significance value of 0.000. Health

education is a form of education that tries to give people the information and confidence they need to make their own decisions about their health (Masdarwati et al., 2023).

Health education has the goal of changing behavior. Changing behavior here means changing unhealthy behavior into healthy behavior in accordance with health values, forming or developing healthy behavior, and maintaining healthy behavior in accordance with health norms and values (Rahayu et al., 2018).

Researchers assume that health education will have a big impact on mothers' awareness of stunting prevention. Each difference in knowledge depends on how someone understands the topic being presented. Good knowledge will have an impact on preventing health problems. Considering the need for nutria during the toddler years, mothers must ensure whether the nutrition provided is appropriate to the growth and development needs of toddlers and it is recommended that mothers use posyandu and health center facilities to assess nutritional needs for toddlers.

CONCLUSIONS AND SUGGESTIONS

The conclusion of this research is that there is an influence of health education on maternal knowledge in preventing stunting in children under five in the Simpang Pandan Community Health Center Working Area, East Tanjung Jabung Regency in 2023 with a p-value of 0.000. It is recommended that health workers carrying out programs to accelerate the reduction of stunting rates be able to support families at risk of stunting and for further research to be able to research the processing of local food ingredients to prevent stunting.

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