

## Nutrition Appropriate Generation Great: Education Stunting prevention for Family in Tanjung Tiram Village North Moramo

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### ABSTRACT

**Introduction:** Stunting is a problem that continues to occur in developing countries. The prevalence of stunting in South Konawe district based on e-pggbm data entry in 2021 is 13.32% and the Puskesmas Community Health Center There are 19 toddlers experiencing stunting. Therefore, it is important to develop and implement effective educational programs to increase family awareness and understanding of the importance of proper nutrition to prevent stunting.

**Objectives:** To analyze the effect of education stunting prevention for family in the Tanjung Tiram Village North Moramo.

**Methods:** The type of this research is experimental research with a one group pretest-posttest design approach. Population of this research is 19 toddlers, and research samples used was 15 participants. The research instrument using a questionnaire and data analysis was carried out using univariate and bivariate analysis using the Paired T-Test.

**Results:** Average level of respondent knowledge before the intervention is 4.2667, after the intervention the average of respondent knowledge increased to 7.0667. The results of the Paired T-Test showed a p-value = 0.000 <  $\alpha$  (0.05), it means which means that there is an influence of Health education on respondent knowledge.

**Conclusions:** There is an influence of Health education on respondent knowledge related to stunting prevention for family in Tanjung Tiram Village North Moramo.

## Introduction

Stunting is a problem that continues to occur in developing countries. Globally, in 2022 22.3% of 148.1 million children under the age of 5 are stunted (World Health Organization, 2022). Based on data presented by UNICEF, there are around 80% of children under five with stunting spread across 24 developing countries in Asia and Africa. Where Indonesia is ranked fifth with the highest prevalence of stunted toddlers after Pakistan, Nigeria, China and India. To date, the prevalence of stunting in South Asia is estimated at 38% (UNICEF, 2020). Indonesia is a developing country which is still dominated by nutritional health problems. The problem of children's nutritional health that is currently the government's main priority to be addressed immediately is children's growth and development (Agustina et al., 2019). Based on disease prevalence data collected by the Ministry of Health through Basic Health Research in 2022, stunting prevalence in 2022 Reaches 21.6%, Decreased from 2021. This data illustrates the success of the government's program through efforts to reduce stunting in children under five, even though it has not yet achieved the target of the Ministry of Health's strategic plan for 2020-2024 (Ministry of Health of the Republic of Indonesia, 2023).

Prevalence of Stunting in Southeast Sulawesi Province In 2017, it was known that there were no areas in Southeast Sulawesi Province that were free from cases of malnutrition, in fact



the average was above 10 cases of malnutrition, with Bombana Regency, Muna and Buton have the highest number of cases (Southeast Sulawesi Provincial Health Office, 2017). In 2019, it was known that the prevalence of Stunting in Southeast Sulawesi Province was 31.44%, stating that the prevalence rate of Stunting in the region based on the results of the 2021 Indonesian Nutrition Status Study (SSGI) reached 30.02 percent, where the Stunting rate in Southeast Sulawesi was still above the average. nationally, because the national stunting case rate only reached 24.4 percent based on the 2021 SSGI, ranking fifth out of 37 provinces that have the highest incidence of stunting, even higher than the national prevalence of stunting (Southeast Sulawesi Provincial Health Office, 2022).

For Southeast Sulawesi Province, the prevalence of stunting is 30.2%. South Konawe Regency shows a stunting prevalence of 28.3% (Kementerian Kesehatan RI, 2023). Report on the implementation of nutritional surveillance in South Konawe district, nutrition and health section, Sports Work through e-ppgbm data entry in 2021, the prevalence of stunting is 13.32% and the Puasana Community Health Center There are 19 toddlers experiencing stunting (Puasana Health Center, 2021).

Stunting is a condition of failed growth in toddlers (babies <5 years) due to chronic malnutrition where the child becomes very short for his age. Stunting can occur from the time the fetus is still in the womb and only appears when the child is two years old (de Onis & Branca, 2016). Stunting that has occurred if not balanced with *catch-up growth* results in a decrease in growth, the problem of stunting is a public health problem related to the increased risk of illness, death and obstacles to growth both motor and mental. Stunting is formed by inadequate growth faltering and *catch up growth* which reflects the inability to achieve optimal growth, it reveals that groups of toddlers born with normal weight can experience stunting if the next needs are not met properly (Ministry of Villages, Development of Disadvantaged Regions and Transmigration, 2017; Ministry of Health of the Republic of Indonesia, 2016).

Stunting is affected by factor income family, mother's nutritional knowledge, mother's parenting style, history of disease infections, immunization history, protein intake, and mother's intake. Maternal intake, especially during pregnancy, is one factor that plays an important role (Picauly & Toy, 2013). Nutrition fetus depend fully on Mother, So the nutritional adequacy of the mother greatly influences the condition of the fetus she is carrying. Pregnant women who are malnourished or have insufficient food intake will cause problems with fetal growth in the womb (Castrogiovanni & Imbesi, 2017). Olsa et al., explains that direct factors related to stunting include nutritional intake, genetic factors (short parental height), LBW (Low Birth Weight), infectious diseases, level of exclusive breastfeeding, and unavailability food at home, while indirect factors are the level of cleanliness and parenting patterns that are not optimal, low parental education, mothers with poor nutrition during pregnancy, and low socioeconomic status (Olsa et al., 2018).

Tanjung Tiram Village is a village in the working area of North Moramo District, South Konawe Regency. Tanjung Tiram Village is a coastal and lowland area. Most of the people of Tanjung Tiram Village work as laborers and farmers. Based on initial survey data, it shows that Tanjung Tiram Village has 10 pregnant women with a total of 170 children under five. Based on the problems mentioned above, we are interested in providing community service to the Thematic KKN in the form of Increasing Pregnant Women's Understanding of Stunting Disease in Tanjung Tiram Village, North Moramo District, Konawe Regency South.

## Methods



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The type of this research is experimental research with a one group pretest-posttest design approach, which is carried out in one group without a comparison group. The method used is providing health information related to stunting for the entire community of Tanjung Tiram Village. By using printed leaflets and power point slide media with lecture and discussion methods with the community containing information related to providing proper nutrition for families in preventing stunting. Population of this research is 19 mother that have toddlers experiencing stunting in Pusana, where the number of research samples used was 15 participants with a purposive consecutive sampling technique and following counseling about providing proper nutrition to prevent stunting which has been meet the inclusion criteria. The research instrument uses a previous research questionnaire that has been tested for validity and reliability (Rupiasih, 2022). After that, data analysis was carried out using the SPSS program to analyze descriptively and inferentially with the Paired T-Test.

## Results

The results of the pre-test and post-test regarding community knowledge related to stunting are as follows:

**Table 1. Distribution of Respondent Characteristic**

Respondent Characteristic	n	%
<b>Age (Years)</b>		
16-25 Year	8	53,3
26-35 Year	6	40,0
36-45 Year	1	6,7
<b>Education</b>		
Junior High School	3	20,0
Senior High School	10	66,7
College	2	13,3
<b>Occupation</b>		
Housewives	11	73,3
Merchant	4	26,7
<b>Total</b>	<b>15</b>	<b>100,0</b>

Based on table 1, the most age group is 16-25 years old, namely 8 respondents (53.3%). Based on education, the most people have a high school education, which is as many as 10 respondents (66.7%). Based on occupation, the majority were housewives as many as 11 respondents (73.3%).

**Table 2. Distribution of Respondent Knowledge Before and After Intervention**

Category	Knowledge			
	Pretest		Posttest	
	n	%	n	%
Less	14	93,3	2	13,3
Sufficient	1	6,7	13	86,7
<b>Total</b>	<b>15</b>	<b>100,0</b>	<b>15</b>	<b>100,0</b>

Based on Table 2, it shows that the respondents' knowledge before (pretest) Counseling was carried out from 15 respondents, resulting in the poor knowledge category being 14 respondents (93.3%) and the sufficient knowledge category being 1 respondent (6.7%). And the knowledge of respondents after (posttest) counseling from 15 respondents obtained the less

knowledge category of 2 respondents (13.3%) and the sufficient knowledge category of 13 respondent (86.7%).

**Table 3. Normality Test**

Variable		p-value	Description
Knowledge	Pretest	0,196	Normally distributed
	Post-test	0,276	Normally distributed

Based on the results of the normality test above, it is known that the significance value is more than 0.05, so it can be concluded that the data is distributed normally, so to continue the influence analysis using *the Paired T-Test test*.

**Table 4. The Influence of Education Stunting prevention for Family in Village Cape Oyster Speed North Moramo**

Knowledge	Mean	p-value
Pretest	4,2667	0,000
Post-test	7,0667	

Based on the table above, it can be seen that the results of the analysis are known to have an average level of knowledge of respondents before the intervention of 4.2667, after the intervention the average knowledge of respondents increased to 7.0667. The results of *the Paired T-Test* showed a p-value = 0.000 <  $\alpha$  (0.05) which means that there is an influence of Health education on knowledge related to stunting prevention for family in Tanjung Tiram Village North Moramo.

## Discussion

Knowledge is an important factor in determining a person's behaviour because knowledge can cause changes in people's perceptions and habits. Increased knowledge can change people's perception of a disease, increased knowledge and data change people's behaviour from negative to positive, besides that knowledge also helps a belief (Wawan & Dewi, 2010).

Before the intervention, it was known that the average knowledge of the respondents was lower. A person's lack of knowledge is caused by the lack of information obtained by a person related to stunting prevention (Kinanti et al., 2022). Notoatmodjo explained that a person will remember information by 10% from hearing, 20% from reading and hearing, 50% from hearing and seeing (charts, photos and graphs), 70% from hearing, seeing, and speaking the words themselves, and 90% from speaking while working on a health education material on their own (Notoatmodjo, 2012).

This community service activity was carried out in the form of counseling on providing proper nutrition to prevent stunting for families and activities regarding and activities for making nutritious food and herbal drinks that have the power to increase appetite for families. Stunting is a condition of growth failure in children due to chronic malnutrition which can cause various chronic nutritional health and development problems and includes delays in cognitive and motor development. Counseling was conducted to increase community understanding of stunting and understanding of proper nutrition as an effort to prevent stunting using pre-test and post-test knowledge questionnaires. Starting from the definition of stunting, causes of stunting, characteristics of stunting children, the impact of stunting and steps to prevent stunting.



The media used to conduct counseling related to nutritious food education to prevent stunting is using slide media (Power Point) and printed media (Leaflet). The use of these two media is proven to provide a clear and more detailed picture of the steps taken to prevent stunting. In addition, nutritious food distribution was also carried out in the form of chicken porridge and pudding made from moringa leaves and turmeric sour latte which were used as nutritional supplements for children in an effort to prevent stunting. In other studies, video and leaflet media and leaflet media are more effective in using online COVID-19 prevention education than video media alone (Sabarudin et al., 2020).

The results of the study were obtained that there was an influence of health education with power points and leaflets on stunting prevention. In line with Azhari's research which found that there is an influence of education through leaflet media on the knowledge of life skills of students' reproductive health at State High School 5 Makassar City (Azhari et al., 2022). The counseling process can increase community knowledge related to stunting prevention in order to reduce the stunting prevalence rate. Good nutritional knowledge is expected to affect the consumption of good food, so that it can lead to a good nutritional status as well (Nuheriana et al., 2022). Supported by research that concludes that there is an influence of counseling with video media and leaflets on adolescents' knowledge and attitudes about the risks of early marriage in the East Gerung Butun Neighborhood (Lestari & Sundayani, 2020). It is hoped that the results of this service can be an illustration, information and reference regarding the development of science through research, as an effort to prevent stunting by providing nutritious food to families, and as an effort to serve the community regarding stunting problems.

## Conclusion

Based on the community service that has been carried out, it can be concluded that there is an influence of Health education on knowledge related to stunting prevention for family in Tanjung Tiram Village North Moramo.

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