

The effect of health education through peer group education on increasing adolescent knowledge about stunting

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ABSTRACT

Adolescents are a potential age group that can be involved in various stunting prevention programs from an early age. A young woman as a prospective mother has poor nutritional status, so she will be at risk of giving birth to children who have poor nutritional status, including stunting. Health education through peer group education is a very important and urgent intervention to increase adolescent knowledge about stunting. To determine the effect of health education through peer group education on increasing knowledge of young women about stunting. The research design was quasi-experimental using a one group pretest - posttest design. A sample of 60 students at SMA Negeri 1 Padangsidempuan school used purposive sampling technique, then determined respondents according to the inclusion criteria. The results of the paired t test obtained the value of sig. (2-tailed) shows that there is a significant increase in the mean value of adolescent knowledge before and after health education intervention through peer group education. Based on the results, the p value is <0.05, which means that there is an influence of health education through peer group education on increasing teenagers' knowledge about stunting.

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INTRODUCTION

Stunting is a form of chronic malnutrition characterized by failure to grow which occurs over a long period when children grow up with inadequate food and inadequate health care services. This condition can cause cognitive disorders, including delays in motor development, failure in thought processes and failure to perform well at school. Stunting is a condition of failure to thrive in toddlers due to chronic malnutrition in the first 1000 days of life (HPK) (Inayah, 2022). The World Health Organization (WHO) ranked Indonesia as the third country with the highest stunting prevalence rate in ASIA in 2017. The figure reached 36.4 percent (Indah, 2022). The prevalence of stunting in Indonesia is still much higher compared to neighboring countries such as Malaysia (8.4%), Thailand (4.1% - 8.4%) and Vietnam (14-15%). In the Philippines, one of the ASEAN countries in Southeast Asia, the prevalence of stunting in the country is around 30% in children under 5 years of age which not only occurs in children but also in adolescents (Haque, 2022).

In Indonesia, the stunting rate according to the results of the Indonesian Nutrition Status Study (SSGI) of the Ministry of Health (Kemenkes), the prevalence of toddlers experiencing stunting in Indonesia is 24.4% in 2021, which means that almost a quarter of toddlers in the country experienced stunting last year. The government's target for the prevalence of stunting in Indonesia is to fall to below 14% by 2024. For this reason, the target for reducing the prevalence of stunting every year must be around 2.7%. Without optimal efforts to prevent stunting (Purnamasari, 2022).

In adolescents, growth occurs more rapidly than in previous times, so that the amount of nutritional needs in adolescents also increases. Rapid growth and high activity in adolescents greatly influence nutritional needs. Therefore, teenagers are a group prone to nutritional problems, including anemia and KEK, which are closely related to the incidence of stunting (Alwi, 2022). Stunting prevention can be done in the life cycle at the adolescent stage. Knowledge of adolescent nutrition, especially young women, regarding stunting is very important to prevent stunting. Providing education about stunting should start from adolescence as preparation for entering the preconception period (Permatasari, 2022). Health interventions for adolescents have many advantages, including that adolescents are agents of change and will give birth to the next generation, so it is necessary to equip adolescents with stunting prevention from an early age (Rasmaniar, 2022). In this regard, it is also felt to be very important to carry out health education regarding efforts to prevent stunting among teenagers. Health education through peer group education is one of the appropriate methods for providing information to teenagers (Khodijah (2021).

Peer group education is a method used to increase knowledge about stunting prevention, where peers can socialize well so that it has a big influence in preventing stunting in teenagers. Peer education is a form of a sense of shared destiny that can be carried out in the form of two-way communication with peers. Peer educators are trained and encouraged to disseminate knowledge to their peers according to the problems their peers are facing (Tirta, 2020). Increasing adolescent knowledge through Peer Groups can be reflected in the results of other people's research, namely that conducted by Suriani, Hermansyah (2015) that health education by peer groups has an effect on increasing adolescent knowledge at SMP Negeri 2 Lhoksukon, North Aceh Regency The difference with this research is in the variables, this research variable is knowledge about stunting while the research variable by Suriani, Hermansyah (2015) is health knowledge about adolescent reproduction (Akbarini, 2020).

Based on this, the problem formulation can be stated as follows: first, what is the knowledge of adolescents before health education is carried out through peer group education about stunting?, secondly, what is the knowledge of adolescents after health education is carried out through peer group education about stunting? Peer group education to increase adolescent girls' knowledge about stunting? The problem solving approach is to carry out Health Education through peer group education with the hope of being able to increase teenagers' knowledge about stunting and being able to take responsibility independently for improving health and improving nutrition during adolescence in order to minimize the incidence of stunting

RESEARCH METHOD

This research is a quantitative research with a quasi-experimental design using a one group pretest-posttest design. This research was conducted to assess the increase in adolescent knowledge through the peer group education method (peers) about stunting, where the experimental group underwent a pre-test on knowledge of stunting before providing health education interventions through peer group education and a post-test on knowledge of stunting was carried out after health education intervention through peer group education. A sample of 60 students who were students at SMA Negeri 1 Padangsidempuan school used a purposive sampling technique, then determined respondents according to the inclusion criteria, then collaborated with the teacher in identifying potential peer facilitators totaling 3 students. The researcher collected data first using a questionnaire related to knowledge about stunting. Then provide health education about stunting through peer

group education. Next, give back a questionnaire regarding knowledge about stunting 1 week after being given health education through peer group education with analysis using the paired sample t test. Data Processing and Presentation: 1) Screening, 2) Editing, 3) Coding, 4) Entry, 5) Cleaning. And data presentation, data that has been processed, is presented in table form accompanied by a narrative to discuss the research results. The data analysis stage includes descriptive analysis, the statistical tests used are the Kolmogrov Smoirnov test and paired sample t test, then analyzing the research results, making conclusions from the research results as well as suggestions for obstacles and shortcomings during the research.

RESULTS AND DISCUSSIONS

Univariate Analysis

Table 1. Characteristic of respondents

Characteristic	F	%
Age		
16 Years	16	26,7
17 Years	24	40,0
18 Years	20	33.3
Class		
Class X	18	30,0
Class XI	20	33.3
Class XII	22	36,7

Based on Table 4.1, the known ages of students at SMA Negeri 1 Padangsidimpuan are 24 students (40.0%) aged 17 years, 20 students (33.3%) aged 18 years and 16 students (26.7%) aged 16 years. Then the class of students at SMA Negeri 1 Padangsidimpuan in this study was 18 students (30.0%) in class X, then 20 students (33.3%) in class XI and 22 students (36.7%) in class XII.

Bivariate Analysis

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Table 2. Paired t test results

	Knowledge				P Value
	Pre test		Post test		
	Mean	SD	Mean	SD	
Intervention (n=60)	15.32	3.634	25.78	2.768	0,000

The results of the paired t test obtained a sig value. (2-tailed) shows that there is a significant increase in the mean value of adolescent knowledge before and after health education intervention through peer group education. Based on the results, the p value is <0.05, which means that there is an influence of health education through peer group education on increasing teenagers' knowledge about stunting.

The research results show that there is an influence of health education through peer group education on increasing teenagers' knowledge about stunting at SMA Negeri 1 Padangsidimpuan after receiving health education intervention. This is indicated by the existence of a significant difference seen from the average results of the pretest and posttest and the p-value = .000 (<0.05). This proves that health education through peer group education is effective and efficient in having an influence on increasing young women's knowledge about stunting.

Providing health education is one way that can increase a person's knowledge. By providing health education, the information a person has will increase, this will have an impact, especially in increasing knowledge in preventing stunting. This is in line with the results of research by Azizah (2018) which shows that there is a significant influence between health education on the level of knowledge of adolescents, indicated by the p value = .002 (Azizah, 2018). Health education through peer group education about stunting is a learning activity to increase young women's knowledge about the meaning of stunting, symptoms of stunting, causes of stunting, impacts of stunting, ways to prevent stunting and treatment efforts made by the government to reduce the incidence of stunting. In line with Walilulu's research (2018), it is stated that education has an effect on increasing knowledge and efforts to prevent stunting (Walilulu, 2018).

Health education is one of the appropriate methods for providing information to teenagers (Puspitaningrum, 2017). During the teenage stage and as a mother-to-be, interventions can be carried out to prevent the impact of stunting. Sufficient knowledge and teenagers being educated about the problem of stunting from an early age are expected to have an impact on changing attitudes towards preventing stunting so that the incidence rate decreases stunting (Noviasty, 2020). Teenagers as agents of change in society can also provide suggestions and support government programs in efforts to prevent stunting related to accelerating stunting reduction (Milati, 2021). Adolescents' knowledge is an important factor that influences attitudes towards preventing stunting from an early age. Knowledge based on understanding will foster a positive attitude in efforts to prevent stunting. Kurniati (2021) in her research concluded that there is a significant relationship between knowledge and attitudes and the incidence of stunting in children born to them (Kurniati, 2021).

The results of the research show that there is an increase in teenagers' knowledge after the health education intervention was carried out through peer group education which is expected to form a positive attitude in teenagers, especially in preventing stunting in children who will be born later. In line with research conducted by Ngegba and Bah (2016), women who have good knowledge 78 will be more aware of providing resources to improve nutritional status at 1000 HPK compared to women with less knowledge.

CONCLUSION

This research concluded that there was an increase in knowledge among respondents after being given health education about stunting. Increased knowledge is obtained by providing information to teenagers, so that by increasing positive values, good knowledge is formed for teenagers. If teenagers have good knowledge, especially about stunting, they can prevent stunting in the children they give birth to

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