

The Effect of Leaflet Media Counseling To Increase Stunting Knowledge On Pregnant Women

Juliana Munthe

STIKes Mitra Husada Medan, Indonesia

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ABSTRACT

The prevalence of stunting globally in 2017 was 22.2% or around 150.8 million children under five in the world experienced stunting. Indonesia ranks fifth in the highest incidence of stunting after Pakistan (45%), Congo (43%), India (39%), and Ethiopia (38%). This study aims to analyze the effect of leaflet media counseling to increase knowledge of stunting on pregnant women. This type of research is experimental. The research design is a quasi-experimental with a time series design approach. The research design was pre-experimental (One group pre and post test design), namely research that used one group of subjects, measurements were carried out before and after treatment, namely the Effect of Leaflet Media Counseling to increase knowledge of pregnant women about stunting as many as 32 people. The results showed that there was an effect of leaflet media counseling to increase knowledge of stunting on pregnant women at Pematang Panjang Public Health Center with a p value of $0.001 < 0.05$. It is hoped that health workers at Pematang Health Center will conduct counseling about stunting in toddlers so that the growth and development of children is in accordance with their age.

E-mail:

munthejuliana1986@gmail.com

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1. Introduction

The prevalence of stunting globally in 2017 was 22.2% or around 150.8 million children under five in the world experienced stunting. However, the incidence of stunting has decreased when compared to the incidence of stunting in 2015 (23.2%), 2010 (26.1%), 2005 (29.3%) and in 2000 (32.6%). In 2017 more than half of children under five experiencing stunting came from Asia (55%), while more than a third (39%) lived in Africa. Of the 83.6 million stunting children under five in Asia, the highest incidence came from South Asia (58.7%) and the lowest incidence was in Central Asia (0.9%). Based on data from the World Health Organization (WHO), Indonesia is included in the third country with the highest prevalence in Southeast Asia/Southeast Asia Regional (SEAR). The average prevalence of stunting in Indonesia in 2005-2017 was 36.4% (WHO, 2018).

The condition of the mother before pregnancy, both body posture (weight and height) and nutrition is one of the factors that influence the occurrence of stunting. Young women as future mothers should have good nutritional status. In 2017, the percentage of young women with short and very short conditions increased from the previous year, which was 7.9% very short and 27.6% short.

Indonesia ranks fifth in the highest incidence of stunting after Pakistan (45%), Congo (43%), India (39%), and Ethiopia (38%). In 2017 from the results of Monitoring the Nutritional Status of Toddlers in Indonesia, at the age of 0-23 months where the Stunting Prevalence (short) was 6.9% and Severe Stunting (Very Short) was 13.2%, and at the age of 0-59 months respectively 9.8% and 19.8%, respectively. The percentage of short toddlers in Indonesia is a problem that must be addressed.

The prevalence of stunting under five years old (toddlers) in Indonesia in 2015 was 36.4%. This means that more than a third or about 8.8 million children under five have nutritional problems where their height is below the standard for their age. Stunting is above the WHO threshold of 20%. The prevalence of stunting / stunted under five in Indonesia is the second largest in Southeast Asia after Laos which reached 43.8% (Kemenkes RI, 2020).

The United Nations Children's Fund (UNICEF) states that Indonesia is ranked fifth in the world for the country with the largest number of stunted children, an estimated 7.7 million children under five (Suzanna, 2017). According to data from around the world, according to the World Health Organization, the proportion of children under five years of age with malnutrition experienced a 10% decrease in the percentage that occurred between 1990 and 2013, from 25% to 15%. In Africa, there was a relatively small decline, from 23% in 1990 to 17% in 2013. During the same period, in Asia there was a decline from 32% to 18%, and in Latin America and the Caribbean it fell from 8% to 3%. This means that the proportion in Asia and Latin America as well as the Caribbean is already close to the number targeted by the Millennium Development Goals (MDG's), while in Africa it has only fallen slightly, achieving only half of the reduction target.

According to Dini, 2018 a child may experience a developmental delay (global developmental delay) which is a state of significant developmental delay in two or more developmental domains. Broadly speaking, the realm of child development consists of gross motor, fine motor, language/speech, and personal social/independence.

It is estimated that more than 200 million children under five in developing countries fail to reach their optimal development potential due to poverty, malnutrition or an unsupportive environment, which affects children's cognitive, motor, emotional and social development. The number of toddlers who reach 10% of the Indonesian population, monitoring the growth and development of preschool children is very important to note because it involves the quality of the nation's future generation. The life of children, aged under five years is a very important part. This age is the foundation that shapes the future of children's health, happiness, growth, development, and learning outcomes in school, family, community and life in general. The coverage of health service indicators for children under five in Indonesia is 70.12%, not meeting the strategic plan target of 83%. The achievement of this indicator also decreased by 73.52% (Hidayat, 2019)

Data from the Cinta Rakyat Village of Deli Serdang Regency in 2020 there were four toddlers who grew and developed abnormally due to two toddlers with low birth weight so that their nutritional status was lacking, one toddler who did not get exclusive breastfeeding due to low maternal education so that the mother's understanding of Exclusive breastfeeding is lacking and one toddler who is growing and developing is lacking in families that have a large number of family members so that they meet the nutritional needs of the poor family. Based on the background, the authors are interested in researching the effect of leaflet media counseling on increasing stunting knowledge among pregnant women.

2. Method

This type of research is experimental. The research design is a quasi-experimental with a time series design approach. The research design was pre-experimental (one group pre and post test design). This type of research was used to determine the effect of leaflet media counseling on increasing stunting knowledge in pregnant women. This research was conducted from March until July 2021. The population in this study were pregnant women at Pematang Panjang Public Health Center in 2021 totaling 32 pregnant women.

The sampling technique used was Total Sampling. Primary data were collected through direct interviews with pregnant women by visiting each respondent's house and secondary data obtained from Pematang Panjang Public Health Center. Univariate analysis is used to obtain an overview of the frequency distribution or the magnitude of the proportion based on the variables studied. Bivariate analysis was used to determine the relationship between the independent variable (free) and the dependent variable (bound). This analysis was carried out using a paired t test at a 95% confidence level ($\alpha = 0.05$), so that if a statistical analysis result of $p < 0.05$ was found, the variable was stated to be significantly related.

3. Result and Discussions

The results of the study that the birth weight of the research showed that the characteristics of the respondents according to the age of the majority 31-35 years were 18 people (56.2%), The results also showed that the characteristics respondent according background formal education the majority graduated from high school (SMA) as many as 25 people (78.1%) and for the work of mothers the majority were entrepreneurs as many as 13 people (40.6%). The results of the analysis can be seen in Table 1. Below

Table 1.
Frequency Distribution of Respondents' Characteristics

No.	Characteristics of Respondent	Total(n)	Persent (%)
1.	Age		
	20-25 years	2	6,2
	26-30 years	8	25,2
	31-35 Years	18	56,2
	>35 years	4	12,5
	Total	32	100,0
2.	Education		
	Junior High School	4	12,5
	Senior High School	25	78,1
	Bachelor	3	9,4
	Total	32	100,0
3.	Work		
	Housewife	9	28,1
	Laborer	6	18,8
	Entrepreneur	13	40,6
	Employee	2	6,2
	Civil Servant	2	6,2
	Total	32	100,0

The results showed that prior to the outreach using leaflet media about stunting, the majority of mothers had sufficient knowledge of 16 (50.0%), 10 respondents had less knowledge (31.2) and 6 respondents (18.8%) had good knowledge of mothers. After counseling with leaflet media about stunting the majority of mothers' knowledge was good as much as 16 (50.0%), mothers' knowledge was less as much as 2 respondents (6.2) and mother's knowledge was sufficient as many as 14 respondents (43.8%).

Table 2.
istribution of Mother's Knowledge Frequency before and after Leaflet Media Counseling

No.	Knowledge (pre-test)	Total (n)	Persent (%)
1	Good	6	18,8
	Enough	16	50,0
	Less	10	31,2
	Total	32	100,0
2	Knowledge (post-test)		
	Good	16	50,0
	Enough	14	43,8
	Less	2	6,2
	Total	32	100,0

The results of the study using the paired t test showed that the results showed that there was a difference in maternal knowledge before and after counseling with leaflet media about stunting with an average value before being given counseling of 1.88 and a standard deviation of 0.707 and the results of mother's knowledge after being given counseling. leaflet media counseling about stunting in mothers obtained an average of 2.44 and a standard deviation of 0.619 with the p value of 0.001.

Table 3
The Effect of Leaflet Media Extension on Increasing Stunting Knowledge in Pregnant Women

Variable	Baby Massage				
		Mean	Sd	Mean Diff	p Value
Knowledge of Mother	Before	1,88	0,707	-5,62	0,001
	After	2,44	0,619		

The results of the study using the paired t test showed that the results showed that there was a difference in maternal knowledge before and after counseling with leaflet media about stunting with an average value before being given counseling of 1.88 and a standard deviation of 0.707 and the results of mother's knowledge after being given counseling. leaflet media counseling about stunting in mothers obtained an average of 2.44 and a standard deviation of 0.619 with a p value of 0.001. This means that statistically there is an effect of leaflet media counseling on increasing knowledge of stunting in pregnant women before and after leaflet media counseling about stunting. Knowledge is the result of knowing, which will occur after someone senses a certain object, such as seeing, hearing, smelling, feeling, and also touching. However, most of the knowledge itself is acquired through the eyes and ears. So, in other words from the results of hearing and also seeing (Notoatmodjo, 2012). One of the strategies to obtain behavior change according to WHO in Rinawati (2017) is to provide information to increase knowledge so that it raises awareness and in the end people will behave according to that knowledge. One of the efforts to provide information that can be done is by providing leaflets and displaying banners. Knowledge is an important factor in determining a person's behavior because knowledge can cause changes in people's perceptions and habits. Increased knowledge can change people's perceptions about disease. Increased knowledge can also change people's behavior from negative to positive, besides that knowledge also forms trust (Rhipiduri, 2019).

This study is in accordance with Kartini's research, 2018, which based on the results of her research paired sample t-test, the results showed that most of the respondents in the working area of the Blangpidie Health Center before the treatment (pre-test) had a level of knowledge with an average value of 6.8267 and after being given treatment (post-test) had an average value of 10.320 or increased the average value to 3.4933. In addition, the t-count is -24,730 with a probability value ($p=0.000$) $<$ ($\alpha = 0.05$), it can be concluded that there is a difference in knowledge between before and after being given treatment with leaflet media about stunting.

Stunting is a problem because it is associated with increasing the risk of illness and death, suboptimal brain development so that motor development is delayed and mental growth is delayed (Suzanna, 2017). Based on data published in the Lancet Journal in 2013, 44.7% of infant deaths were caused by low birth weight (LBW), failure to breastfeed, stunting (short), underweight, and vitamin A and zinc deficiency. The number of infant mortality cases decreased from 33,278 in 2015 to 32,007 in 2016, and in 2017 there were 10,294 cases.

This study is in line with Mutiara (2017) research on the effectiveness of leaflet media on student knowledge about anemia at SMAN 2 Ngaglik Sleman with a score of $p=0.000$. This study is in line with research conducted by Muh Dhinul (2016) which also shows the results that there are differences in knowledge before and after counseling with leaflet media on mother's knowledge about how to deal with complaints during pregnancy at Surakarta Hospital, with $p = 0.000$. The same study was also conducted by Fatmah Zakaria (2017) which stated that there was an increase in maternal knowledge before and after being given health education with leaflet media on maternal knowledge about early initiation of breastfeeding in the city of Yogyakarta, with a value of $p = 0.000$.

4. Conclusion

Based on the results of the research and discussion, the authors conclude: The results of maternal knowledge before being given counseling with leaflet media about stunting was 1.88 and a standard deviation of 0.707, The results of mother's knowledge after leaflet media counseling about stunting in mothers obtained an average of 2, 44 and the standard deviation of 0.619.

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Statistically there is an effect of leaflet media counseling to increase knowledge of stunting on pregnant women before and after leaflet media counseling about stunting with a p value of 0.001

The suggestions in this study, based on the results of the study, are: It is recommended to pay attention to, add insight into the nutritional needs and development of toddlers so that toddler's nutritional needs can be fulfilled and development can be according to age. As well as increasing motivation to be more active in providing stimulation, training and developing the growth and development of toddlers well.

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