



The Effect of Health Promotion on Pregnant Women Attitudes in Stunting Prevention

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ABSTRACT: Stunting is caused by various problems, one of which is a lack of health promotion so that mothers cannot take a stand in preventing stunting, to reduce stunting problems, nurses need to make promotional efforts, namely providing health education about stunting to pregnant women, so that with health education, mothers can take a stand in order to prevent stunting from the time of pregnancy. To determine the effect of health promotion on attitudes of pregnant women in preventing stunting. Using the Literature Review method. Journal searches use the google scholar academic database published in 2017-2020 using Indonesian. Obtained 6 research results according to the inclusion criteria. The research design used was Pre-Experimental, Quasi Experiment and True Experiment. The results of the analysis of 6 studies showed similarities, namely the influence of health promotion on the attitudes of pregnant women in preventing stunting with a p-value <0.05. Based on the results of this Literature Review research, from 6 journals analyzed, it shows that there is an effect of health promotion on the attitudes of pregnant women in preventing stunting. It is hoped that nurses can improve health promotion related to stunting prevention for pregnant women so that they can prevent stunting in children since in the womb.

Keywords: Health Promotion, attitude, pregnant women, stunting.

1. INTRODUCTION

Stunting is a condition of failure to thrive in children under five (babies under five years) resulting from chronic malnutrition so that the child is too short for his age. Malnutrition at an early age increases infant and child mortality, causing sufferers to get sick easily and have less than optimal body posture as adults. Therefore, short children are a widely accepted predictor of poor quality of human resources, which in turn reduces the productive capacity of a nation in the future. This is caused by various factors, one of which is the lack of maternal attitudes regarding health and nutrition so that mothers cannot prevent stunting. Based on the research results of Olsa et al., a mother who has a poor nutritional attitude will greatly influence the nutritional status of her child and will find it difficult to choose nutritious food for her child and family.

Health promotion is an effort to empower people to maintain, improve and protect their health. It is supported by the results of research by Angraini et al., that the mother's less supportive attitude will influence the mother's behavior in consuming food during pregnancy. Nutritional intake during pregnancy is a period included in the 1000 HPK which really needs to be paid attention to, starting from consuming a balanced nutritional intake to consuming Fe tablets because consuming Fe tablets regularly can prevent low birth weight. Low birth weight is a precursor to stunting in children. In other words, mothers who give birth to children with low birth weight will be at risk of stunting.

According to WHO (2018), the prevalence of stunting under five becomes a public health problem if the prevalence is 20% or more. Globally in 2018 it was found that 22.9% or 154.8 million children under 5 years experienced stunting [6]. Survey results: According to WHO, a region is said to be free of nutritional problems if the prevalence of underweight children under five is less than 10%, wasting is less than 5%, stunting is less than 20%. Meanwhile, the 2019 National Medium Term Development Plan (RPJMN) target is to reduce the prevalence of underweight toddlers by less than 17%, reduce the prevalence of wasted toddlers by less than 9.5%, reduce the prevalence of stunted toddlers by less than 28%.

In Indonesia, stunting is considered to still be a serious problem, although it appears to be decreasing because the prevalence rate is still above 20%. Based on 2017 PSG data in the Indonesian Ministry of Health (2018), the most disturbing percentage of stunting is in NTT Province, reaching 40.3%. In contrast to NTT Province, Bali Province is the province with the lowest stunting prevalence rate, namely 19.1%. In 2019 the national stunting prevalence rate fell to 27.67% [7]. The Minister of Health stated that the results of the 2019 SSBGI showed that there had been a reduction in the prevalence of stunting from 30.8% in 2018 to 27.67% in 2019 [8]. The percentage of toddlers aged 0-59 months who are very short is 9.8% and stunted toddlers are 19.8%.

In Central Kalimantan in 2018 the prevalence of stunting was 15.9%, the province with the highest percentage of very stunted and stunted toddlers aged 0-59. Meanwhile, in 2017 the prevalence in Palangka Raya experienced an increase in the prevalence of stunting to 17.72%, from 1800 samples it was found that 6.67% were very short (Severely Stunted) and 11.05% were stunted and in 2018 there were 14.83% of toddlers who were stunted. The results of research by Angraini et al., (2020) showed that the mean attitude of mothers before being given health education about stunting was 24.21, while the mean attitude of mothers after being given health education about stunting increased to 29.58 [9]. Supported by the results of research by Sopyah et al., (2020) showing that of 42 pregnant women based on the attitude category before the intervention regarding stunting prevention, the majority had an adequate attitude, 25 people (59.9%).

Stunting is a hidden tragedy that occurs due to chronic malnutrition during the first 1,000 days of a child's life. According to research results from Olsa, it is stated that there is a significant relationship between maternal attitudes and knowledge and the incidence of stunting. If a pregnant woman has a negative attitude, her actions and behavior will tend to be negative, so that nutritional problems in children will occur. Lack of attitudes about the importance of maternal nutrition will have an impact on the lack of efforts made to prevent stunting [9]. Nutritional problems, especially stunting in toddlers, can hinder a child's development, which will continue in later life, such as intellectual decline, vulnerability to non-communicable diseases, decreased productivity, causing poverty and the risk of giving birth to babies with low birth weight.

Efforts to improve the nutritional status of the community, including reducing the prevalence of stunted toddlers, are one of the national development priorities listed in the main targets of the 2015 - 2019 Medium Term Development Plan. Based on the research results of Sewa, et al. (2019) that there is a significant influence of health promotion on knowledge and attitudes with stunting prevention measures so that to reduce the incidence of stunting, nurses need to make promotive efforts, namely providing health education about stunting to pregnant women, so that with health education, mothers can take a stand in order to prevent stunting and preventive efforts such as providing additional food (PMT) to pregnant women, encouraging early initiation of breastfeeding (IMD), encouraging continued breastfeeding until the child/infant is 23 months old. Then, after the baby is over 6 months old, they are accompanied by providing MP-ASI, providing worm medicine, providing zinc supplementation, fortifying iron in food, providing complete immunization, and preventing and treating diarrhea. The aim of this research is to determine "The Effect of Health Promotion on the Attitudes of Pregnant Women in Stunting Prevention".

2. METHODOLOGY

The research method used in this research is Literature Review. Literature Review is an integrated analysis of scientific writing that is directly related to research questions. The literature sources used in this research were not obtained from direct data collection, but were obtained from the results of research conducted by previous researchers. Secondary data sources obtained in the form of articles or journals that are relevant to the topic are carried out using academic databases. The secondary data sources obtained were national and international journal articles. In searching for secondary data literature sources, researchers used 2 academic databases, namely Google Scholar and Pubmed. The process of searching for journals as a literature source in this research is through indexed academic databases and using keywords and Boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify searches. The use of these keywords makes it easier to determine the journal that will be used in this research review. The keywords used in this research are "Health Promotion AND Attitudes of Pregnant Women AND Stunting Prevention".

In the literature review research on the Influence of Health Promotion on the Attitudes of Pregnant Women in Preventing Stunting, the descriptive analysis method was used, namely presenting data describing in a narrative manner the results of previous research, both literature characteristics, respondent characteristics and special data based on the variables studied, namely the mothers' attitudes before and after being given health promotion using various methods and media and analyzing each article taken according to the inclusion criteria consisting of similarities or differences between the 6 articles taken.

3. RESULT

General Data

Literature Characteristics

The research articles obtained in this research came from Indonesia, totalling 6 articles. Of the 6 articles, all articles used intervention. For research design, 3 articles were obtained using a Quasi Experiment research design, 2 articles using a pre-experimental research design and 1 article using a True Experiment. The year of article publication was used based on inclusion criteria, namely articles published in 2017, namely 1 article, in 2018, namely 1 article, in 2019 there were 2 and in 2020 there were 2 articles.

Respondent Characteristics

The research respondents in the 6 research articles used were pregnant women. The number of research respondents in the article varied, with the highest number being 74 respondents and the minimum being 19 respondents. The average age of respondents is 20-35 years old, with a dominant high school education and jobs as housewives, private sector workers and civil servants.

Specific Data

Attitude before being given health promotion

Based on the results of a literature study from 6 articles, it was found that there were similarities in 3 articles, namely a dominant negative attitude, 2 articles with a dominant positive attitude result, 1 different article, namely a fairly dominant result before being given a health promotion. Based on the attitude category before being given health promotion, there are 2 articles that are the same as Good, Sufficient and Poor, namely in the research results of Isndaruwati (2020) and Sofyah (2020), 3 articles are the same as Positive and Negative, namely in research results from Anggraini (2020), Andriani, (2017) and Sewa, (2019) and there is 1 different article, namely in the categories Very Good, Good, Fair and Poor, namely in the research of Jumielsa, (2018). Based on the facts from previous research results, there is a similarity that the mother's less supportive attitude will influence the mother's behavior in consuming food during pregnancy. Nutritional intake during pregnancy is a period included in the 1000 HPK which really needs to be paid attention to, starting from consuming a balanced nutritional intake to consuming Fe tablets because consuming Fe tablets regularly can prevent low birth weight. Low birth weight is a precursor to stunting in children. In other words, mothers who give birth to children with low birth weight will be at risk of stunting.

Attitude after being given health promotion

Based on the results of a literature study from 6 articles, there were similarities in 2 articles with a dominant category of good attitude, 3 articles with a dominant category of Positive and 1 different article, namely with a dominant category of Very Good. Based on the attitude category, there are similar results, namely in the attitude variable after being given health promotion, there are 2 articles that are the same as Good, Fair and Poor, namely in the research results of Isndaruwati, (2020) and Sofyah, (2020), 3 articles are the same as the Positive category. and Negative, namely in the research results of Anggraini, (2020), Andriani, (2017) and Sewa, (2019) and there is 1 different article, namely in the Very Good, Good, Fair and Poor categories, namely in the research of Jumielsa, (2018). Health promotion is an effort to improve community capabilities through learning from, by, for and with the community, so that they can help themselves, as well as developing activities that are community resourced, appropriate to local social culture and supported by health-oriented public policies.

The goal of health promotion in general is to change individual or community behavior in the health sector. Changing behavior related to culture, attitudes and behavior. A person's reaction or response that is still hidden or closed to a stimulus or object is a form of a person's attitude. Attitude is a determinant of the tendency to accept or reject an action to be carried out and before carrying out an activity. The research results show that the theory and facts from previous research results are similar. This is proven by the fact that after being given health education about stunting, it was found that all mothers had a very positive attitude. This proves that after being given health education, the mother's attitude has improved. After providing health education about stunting prevention, respondents' knowledge increased so that their attitude response led to a very good attitude.

The Influence of Health Promotion on the Attitudes of Pregnant Women in Stunting Prevention

Based on the results of the analysis of the 6 related articles, there are similarities in the results of the analysis, namely that all articles state that there is an influence of health promotion on the attitudes of pregnant women in preventing stunting. Namely in the research of Isndaruwati, (2020), Sofyah, (2020), Anggraini, (2020), Andriani, (2017), Sewa, (2019) and in the research of Jumielsa, (2018). There are similarities in statistical tests, namely based on research by Isndaruwati, (2020), the results of the Wilcoxon test for attitudes before and after health education with a p value of 0.0000 ($p < 0.05$).

It can be concluded that there is an influence of health education with leaflet media on mothers' attitudes about preventing stunting. The results of Andriani's (2017) study based on the Wilcoxon test and paired t-test found that there was a significant difference in attitudes ($p = 0.000 < 0.05$). In line with the results of the study by Jumielsa et al., (2018) The results of the Wilcoxon test were obtained $p = 0.000$ or a significance level of $p < 0.05$, which means there is a difference between attitudes before and after being given health education about stunting.

The statistical test is different from the research results of Angraini et al., (2020). Based on the results of the Compare Means Paired T-Test, a p value of 0.002 was obtained, with these results meaning that there was an improvement in mothers' attitudes before and after being given health education about stunting at the Arga Makmur Community Health Center, North Bengkulu Regency. Supported by the research results of Sopyah et al., (2020), there is a significant difference between the attitudes of pregnant women before and after the intervention using audio-visual media with a p value of 0.004 ($p < 0.05$). The results of research by Sewa et al., (2019) based on the Independent Sample T Test showed that there was a significant difference or meaningful difference between attitudes in preventing stunting in the group given the experimental group b which was given counseling with leaflets with a p value = 0.000 < 0.05 . Even though the statistical tests used are different, the results are all the same, namely that there is an influence of health promotion on the attitudes of pregnant women in preventing stunting.

Changes in attitudes can occur slowly, often with increasing knowledge, information and experience gained. This is in accordance with what Azwar (2013) said that attitude formation can be influenced by several factors, namely education, experience, the influence of other people who are considered important, emotional factors and mass media. Providing health education to respondents can provide additional information and increase respondents' confidence to be able to behave better in terms of maintaining health. The initial process is that a person is aware and aware of the stimulus given, then the subject's attitude begins to emerge towards the stunting prevention stimulus, until finally a positive attitude is formed to try to act in accordance with the stimulus.

The results of previous research show that theory and facts are similar. This was proven after health education was given about preventing stunting to mothers. During health education about stunting, it was found that the dominant respondents had very good attitudes. From the results, it was found that mothers' attitudes changed after there was an increase in knowledge from before health education and many mothers did not know what stunting was and the answers to questions about the attitudes of some mothers behaved well after being given health education, before being given health education some mothers had a negative attitude because they did not know what is meant by stunting, but after being given health education, all mothers behaved positively due to an increase in their knowledge.

4. CONCLUSION

The results of the analysis, conducted across six independent studies, consistently demonstrate that health promotion activities have a significant impact on shaping the attitudes of pregnant women toward the prevention of stunting in their children. In all six studies, the statistical analysis yielded a p-value of less than 0.05, indicating that the observed relationship between health promotion efforts and positive changes in maternal attitudes is statistically significant. This means the likelihood that these results occurred by random chance is less than 5%. Therefore, the

findings strongly suggest that health education and promotional interventions play a crucial role in influencing pregnant women's perceptions, knowledge, and behavior regarding stunting prevention

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