



# Fulfillment of Nutrition as an Effort to Prevent Stunting From Early Age on Adolescent Girls in Pahandut Sub-district Palangka Raya City

Putria Carolina

<sup>1</sup> STIKES Eka Harap Harap (INDONESIA)

\*Corresponding author: nersputria@gmail.com

**Abstract:** Stunting is a chronic malnutrition problem caused by a lack of nutritional intake for a long time, resulting in growth disorders in children which the child's height is lower or shorter than the standard for their age. Stunting occurs when nutrient consumption is insufficient in a child's life. The impact of stunting in the short term is impaired brain development, while the impact of stunting in the long term is impaired physical, intellectual and mental growth and development of children, low productivity and high risk of disease. Adolescence is an important period in human growth and development. Adolescent girls are prospective mothers who have a role in giving birth to healthy offspring in the future. Knowledge is the most important thing as an effort to prevent Stunting because the higher knowledge, the better prevention attitude is expected to be formed. The research design used was Correlational with Cross Sectional approach; Sampling using Total Sampling technique; The sample of this research was adolescent girls in Pahandut sub-district, Palangka Raya City, totaling 69 people. The data collection instruments using questionnaires. The analysis using Chi Square statistical test. Based on the results of the Chi Square statistical test, the analysis results obtained p value = 0.000 or a significance level of  $p < 0.05$ , so  $H_0$  was rejected so that there was a relationship between the level of knowledge about nutritional fulfillment and attitudes as an effort to prevent stunting early on adolescent girls in Pahandut sub-district, Palangka Raya City. There was a relationship between the level of knowledge about nutritional fulfillment and attitudes as an effort to prevent stunting early on adolescent girls in Pahandut sub-district, Palangka Raya City.

**Keywords:** Stunting, Knowledge, Attitude, Adolescent Girls

## 1 INTRODUCTION

Stunting is a chronic malnutrition problem caused by a lack of nutritional intake over a long period of time, resulting in growth disorders in children, namely the child's height is lower or shorter (dwarf) than the standard for their age [1]. Stunting can occur when nutrient consumption is insufficient, especially in the First 1000 Days of a child's Life. Several factors that influence stunting include nutritional factors, family, environment, and health services. Considering that adolescent girls are future mothers; it is very important to increase adolescent knowledge about fulfilling nutrition during adolescence as an effort to prevent stunting early on. Fulfilling balanced nutrition plays an important role in a person's health status. However, this will not be fulfilled if it is not supported by knowledge related to balanced nutrition in individuals. One effort that can be made is to provide health education to adolescent girls about preventing stunting early on. Health education using counseling methods can change a person's knowledge and attitudes in the context of health for the better [2]. Preparation of prospective parents, especially mothers, in order to reduce the prevalence of stunting can be started early by increasing knowledge about nutrition and Clean and Healthy Living Behavior (PHBS) in educational environments [3]. Some problems that often occur in adolescent girls mostly complain of feeling tired, exhausted, and lethargic. In addition, they also said the reasons for irregular eating patterns, often eating late, often skipping breakfast, and rarely drinking water. An unhealthy diet will lead to poor nutritional status and can affect the growth and development of adolescents. Eating habits and nutrition in adolescents not only affect their weight, but also their health in the future.

According to the World Health Organization (WHO) in 2018, the prevalence of stunting in toddlers in the world was 22%. Meanwhile, the prevalence of stunting in toddlers in Indonesia based on the 2018 Riskesdas was 30.8%. Meanwhile, stunting data in adolescents based on the 2018 Basic Health Research showed that 8.7% of adolescents aged 13-15 years and 8.1% of adolescents aged 16-18 years were thin and very thin. Thus, it can be said that the prevalence of stunting in Indonesia is higher than the prevalence of stunting in the world. The prevalence of stunting in Indonesia is still above 20%, meaning it has not reached the WHO target of below 20%

[4]. Based on the results of the Basic Health Research conducted every five years, the prevalence of stunting in Central Kalimantan continues to decline, namely 34% in 2018. Then from the results of the Indonesian Toddler Nutrition Status Study (SSGBI) in 2019 it was 32.3 percent, while in 2021 the prevalence of stunting in Central Kalimantan was 27.4 percent. The importance of providing an educational model for preventing stunting in adolescent girls, especially those that emphasize the aspects of perception of seriousness and perception of benefits so that awareness can be obtained to prevent stunting earlier. An unhealthy diet will lead to poor nutritional status and can affect the growth and development of adolescents. This cause is ranked as the third largest cause of various chronic diseases that affect around 5% of adolescent girls.

Knowledge as an indirect causal factor is an important factor in improving children's nutrition so that it can support nutritional improvement. Stunting has an impact on immunological, physical, neurocognitive, and socio-economic growth and development [5]. Stunting can cause poor cognitive abilities, short stature, increased morbidity, decreased productivity in adulthood, increased risk of perinatal and neonatal mortality, and increased chronic diseases. Nurses have an important role in efforts to improve health quality through preventive and promotive efforts. The role of nurses in carrying out preventive and promotive efforts is to provide education on healthy living behavior for adolescent girls to prevent stunting from an early age, namely by maintaining adolescent diets, including meal frequency, types of food consumed to fulfill balanced nutrition during adolescence. The government is currently continuing to strive to achieve the target of reducing the prevalence of stunting in accordance with the targets in the 2020-2024 RPJMN by 14% by the end of 2024. Furthermore, the National Strategy for Accelerating Stunting Prevention (Stranas Stunting) has designated adolescents as one of the important targets in efforts to accelerate stunting prevention. Therefore, intervention in the adolescent age group, especially adolescent girls, is one of the main interventions that must be carried out in preventing stunting in order to create optimal health levels.

## 2 METHODOLOGY

The research design used in this study is correlational (Non-Experimental). Correlational research is a study to determine the relationship and level of relationship between two or more variables without any attempt to influence the variables so that there is no manipulation by the researcher related to how a study can be applied, used as a guide in planning and implementing research to achieve a goal or answer research questions [6].

The sample in this study was 69 adolescent girls in Pahandut Sub-District, Palangka Raya City, aged 12-15 years, cooperative and communicative. Data analysis is a very important part to achieve the main objective of the research, which is to answer research questions that reveal the phenomenon. The raw data obtained cannot describe the desired information to answer the research problem. The analysis was carried out using computer software, statistical tests were carried out using the Chi-Square method. This test is a data testing technique used to measure the level or closeness of the relationship between two variables on an ordinal and nominal scale.

## 3 RESULTS

### 3.1 Results of Identification of Knowledge Levels Regarding Nutritional Fulfillment in Adolescent Girl.

The following are the results of cross-tabulation to determine the relationship between the level of knowledge about nutritional fulfillment and attitudes in efforts to prevent stunting early in adolescent girls.

**Table 1.**  
Results of Identification of Knowledge Levels Regarding  
Nutritional Fulfillment in Adolescent Girls

No.	Category	Amount	Percentage
1.	Good	6	9%
2.	Enough	44	64%
3.	Not enough	19	27%
		69	100%

Based on the table above, out of 69 respondents, 44 (64%) respondents had sufficient knowledge, 19 (27%) respondents had insufficient knowledge, and 6 (9%) respondents had good knowledge.

### 3.2 Results of Attitude Identification in Early Stunting Prevention Efforts in Adolescent Girls

The following are the results of identifying attitudes in efforts to prevent stunting early on in adolescent girls with positive and negative criteria.

**Table 2.**  
Results of Attitude Identification in Efforts to Prevent Stunting Early in Adolescent Girls

No.	Category	Amount	Percentage
1.	Positive	49	71%
2.	Negative	20	29%
		69	100%

Based on the table above, out of 69 respondents, 49 (71%) respondents had a positive attitude and 20 (29%) respondents had a negative attitude.

### 3.3 Results of the Analysis of the Relationship between the Level of Knowledge About Nutritional Fulfillment and Attitudes in Efforts to Prevent Stunting Early in Adolescent Girls

#### 3.3.1 Cross Tabulation

The following are the results of cross-tabulation of the relationship between the level of knowledge about fulfilling nutritional needs and attitudes in efforts to prevent stunting early in adolescent girls.

**Table 3.**  
Cross Tabulation of the Relationship between Level of Knowledge About Fulfilling Nutrition and Attitudes in Efforts to Prevent Stunting Early In Adolescent Girls

		Attitude		Total
		Positive	Negative	
Knowledge	Good	6 (9%)	0 (0%)	6 (9%)
	Enough	43 (62%)	1 (1%)	44 (63%)
	Not enough	0 (0%)	19 (28%)	19 (28%)
		49 (71%)	20 (29%)	69 (100%)

Based on the table above, the results of the cross-tabulation of the relationship between the level of knowledge about fulfilling nutrition with attitudes in efforts to prevent stunting early in adolescent girls can be seen. Based on knowledge about fulfilling nutrition with attitudes in efforts to prevent stunting early in adolescent girls, the good category has 6 (100%) respondents with a positive attitude of 6 (100%) respondents and none have a negative attitude (0%) respondent. Based on knowledge about fulfilling nutrition with attitudes in efforts to prevent stunting early in adolescent girls, the sufficient category has 43 (98%) respondents with a positive attitude and 1 who has a negative attitude 1 (2%) respondents. Based on knowledge about fulfilling nutrition with attitudes in efforts to prevent stunting early in adolescent girls, the less category has 19 (100%) respondents with a negative attitude 19 (100%) respondents and none have a positive attitude 0 (0%) respondents.

#### 3.3.2 Statistical Test Results

**Table 4.**  
Analysis of the Relationship between Level of Knowledge About Fulfillment of Nutrition with Attitude in Efforts to Prevent Stunting Early In Adolescent Girls

Chi-Square Tests			
	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	64,252a	2	,000

Likelihood Ratio	73,534	2	,000
Linear-by-Linear Association	49,258	1	,000
N of Valid Cases	69		

The results of the analysis using the Chi Square test obtained a p value = 0.000 or a significance level of  $p < 0.05$ , so  $H_0$  is rejected so that there is a relationship between the level of knowledge about nutritional fulfillment and attitudes in efforts to prevent stunting early on in adolescent girls.

#### 4 CONCLUSIONS

Based on the results of statistical test analysis using the Chi Square Test method, the sig. (2-sided) figure with a p-value of 0.000 with a significance level of  $p < 0.05$ , then  $H_0$  is rejected so that there is a relationship between the level of knowledge about nutritional fulfillment and attitudes in efforts to prevent stunting early on in adolescent girls. Knowledge is the result of human sensing or the result of someone knowing about an object through the five senses they have. The five human senses for sensing objects are sight, hearing, smell, taste and touch. At the time of sensing to produce this knowledge is influenced by the intensity of attention and perception of the object. A person's knowledge is mostly obtained through the sense of hearing and sight

The more positive aspects and objects are known, the more positive attitudes will arise towards a particular object. According to Notoatmodjo (2020), a person's knowledge of an object has different intensities or levels. Knowledge is a very important domain for the formation of a person's actions. Based on research by Marlina (2022) entitled The Effect of Counseling Using Leaflet Media About Stunting on the Knowledge and Attitudes of Adolescent Girls, the results of the study showed that there was an effect of counseling using leaflet media on changes in the knowledge and attitudes of adolescent girls. The results of the study showed that before being given counseling, most of the knowledge of adolescent girls was sufficient (47%), less (23%), after being given counseling, the majority of knowledge became good (40%), sufficient (60%). Attitude influences thinking to determine action, although attitude is not always shown in behavior or action. A person's positive attitude is influenced by positive knowledge, and vice versa. Attitude can also be interpreted as a positive or negative aspect or assessment of an object.

Based on the results of this study, it shows that there is a fairly strong relationship between the level of knowledge and attitudes in efforts to prevent stunting early in adolescent girls. Most adolescent girls have a good and sufficient knowledge category and a positive attitude in preventing stunting early. Good behavior can be reflected if the knowledge that a person has is supported by a positive attitude. A person's attitude is influenced by belief, a person will have a positive attitude if he believes that a behavior will produce good results. Based on the theory and research results obtained, in this study the better a person's level of knowledge, the better their attitude in preventing stunting early.

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