


## Early Stunting Prevention Through Providing Education To Pregnant Women

Ayu Ulfah Nur Lubis<sup>1</sup>, Seri Wahyuni Harahap<sup>2</sup>, Kiki Khoiriani<sup>3</sup>

<sup>1</sup> STIKes Namira Madina, Indonesia

<sup>2</sup> Akademi Kebidanan Kholisatur Rahmi Binjai, Indonesia

<sup>3</sup>STIKes Mitra Sejati, Indonesia

Article Info	ABSTRACT
<p><b>Article history:</b> Received January 18, 2025 Revised January 28, 2025 Accepted February 18, 2025</p> <hr/> <p><b>Corresponding Author:</b> Ayu Ulfah Nur Lubis STIKes Namira Madina, Indonesia Email: <a href="mailto:ayulfahnurlubis@yahoo.com">ayulfahnurlubis@yahoo.com</a></p>	<p>One of the chronic nutritional problems in toddlers is stunting. Even though stunting is experienced by toddlers, it is caused by several important risk factors since pregnancy so that more attention is needed to prevent stunting since pregnancy. This study aims to analyze the effectiveness of various stunting prevention efforts since pregnancy. This research method begins by searching for articles on Google Scholar in the period 2017-2021 and using the keywords stunting prevention, stunting since pregnancy, prevention, stunting, and pregnant women. The results of the study found 4 articles on stunting prevention since pregnancy which stated that promotive and preventive efforts with various media and methods can affect the knowledge, attitudes, and practices of pregnant women regarding stunting prevention. Efforts to provide education through various methods and using various educational media can increase knowledge, attitudes, and behavior regarding stunting prevention since pregnancy.</p> <p><b>Keywords:</b> <i>Education, Pregnant, Stunting</i></p> <p>This article is licensed under a <a href="https://creativecommons.org/licenses/by/4.0/">Creative Commons Attribution 4.0 International License</a>.</p> 

### 1. INTRODUCTION

One of the nutritional problems that occurs in toddlers and is a chronic problem is *stunting*. In 2017, 22.2% or 150.8 million children under five in the world were recorded as experiencing *stunting* with 55% of toddlers coming from Asia. Indonesia is included in three countries with a prevalence of toddlers *stunting*. The highest prevalence rate in Southeast Asia is under five years old *stunting* during 2005-2017 it was 36.4% (Situation of Short Toddlers, 2018).

*Stunting* is a nutritional problem caused by a lack of adequate nutritional intake for a long time, resulting in growth disorders, especially the height of toddlers who are lower or shorter than the standard for their age. The impact of *stunting* Apart from disrupting growth in toddlers, these include being susceptible to disease, hampering the development of toddlers, and being at risk of obesity and other non-communicable diseases in the future [5] [12].

Condition *stunting* Even though it is experienced by toddlers, it is caused by several important risk factors during pregnancy, namely lack of nutritional intake during the fetus due to the lack of knowledge of pregnant women regarding health and nutrition before and during pregnancy and still limited health services including ANC services. (*Ante Natal Care*) quality. *Stunting* considered as a cumulative result of a process that begins during pregnancy, so that nutritional problems in pregnant women are an indirect cause of stunted growth and development of the fetus which is a risk factor for *stunting*. There is a relationship between the time of pregnancy and the incident *stunting* causes the need for effective preventive activities to prevent *stunting* during pregnancy. [3]; [9]; [14]; [7]; [10].

One study in Indonesia stated that pregnant women actually already know about *stunting* and its dangers, so it needs to be prevented from an early age, but they do not have knowledge about how to prevent it *stunting* for pregnant women. Prevention *stunting* during pregnancy, this can be done through promotive and preventive efforts that focus on increasing knowledge and positive attitudes of pregnant women towards prevention *stunting* [1].

Writing purpose *literature review* This is to find out various educational methods and media that are effective for pregnant women to increase awareness of prevention *stunting* in toddlers which can be done since pregnancy.

## 2. METHOD

The writing of this article is based on a literature review (*literature review*) from several research results that analyze preventive behavior *stunting* during pregnancy. The literature comes from searches of national journals found at *Google Scholar* by using the keywords *stunting prevention*, *stunting since pregnancy*, *prevention*, *stunting*, and *pregnant women*, we obtained 4 relevant pieces of literature to study in this article. The literature used is published from 2017 to 2021. The results from several literature sources are described descriptively and then concluded in this article.

## 3. RESULTS AND DISCUSSION

Based on research results obtained from searches on *Google Scholar*, there are 4 studies that have discussions related to prevention activities *stunting* during pregnancy. Anggraini S., Siregar S., and Dewi R / *Like an experiment* with 42 · There is a significant difference in the Dewi R / Sample Media Effect between Audio Visual on maternal knowledge, level of knowledge and pregnancy before and attitudes towards pregnant women after the intervention.

Table 1. Research on preventive behavior *stunting* during pregnancy

No	Author/Article Title (Year)	Research Design	Research result
1.	Anggraini S., Siregar S. and Dewi R / The Influence of Audio Visual Sample Media on the Level of Knowledge and Attitudes of Pregnant Women regarding Stunting Prevention in Cinta Rakyat Village (2020)	Quasi Experiment with 42 Samples	<ul style="list-style-type: none"> <li>• There are significant differences between knowledge of pregnant women before and after intervention use audio visual with <math>p</math> value 0.001 (<math>p &lt; 0.05</math>)</li> <li>• There are significant differences between mothers' attitudes pregnant before and after intervention using audio visual with a <math>p</math> value of 0.004 (<math>p &lt; 0,05</math>)</li> </ul>
2.	Listyarini A D & Fatmawati Y / Nutrition Education for Pregnant Women with Booklet Media on Behavior for Preventing Stunting Toddlers in the Undaan Community Health Center Area, Kudus Regency (2020)	Quasi Experiment with 54 samples	There is an influence of nutritional education using booklet media on the behavior of preventing stunting in toddlers with a $p$ value of 0.000 ( $p < 0.05$ )
3.	Sukmawati. Hermayanti Y, Nurhakim F, Amira I, and Mediani H S / Education for Pregnant Women, Families, and Posyandu Cadres on Stunting Prevention (2021)	Education through electronic media accompanied by pre-test and post-test with 40 respondents	There was an increase in the average knowledge of participants before education (58,375) and after education (66.75)

4.	Ekayanthi N W D & Suryani P / Nutrition Education for Pregnant Women Preventing Stunting in Pregnant Women Classes (2019)	There is an average number of participants before (58.375) and education (66.75) Pre-experimental design (one group pre-test post-test) dengan 35 subjek	<ul style="list-style-type: none"> <li>• There is an increase in knowledge about preventing stunting significantly before with E after intervention was carried out with a P value of 0,000 (p&lt;0.05)</li> <li>• Attitudes regarding significant prevention of stunting before and after intervention was carried out with a P value of 0.001 (p&lt;0.05)</li> </ul>
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One of the efforts made by the Indonesian Government to prevent *stunting* is by providing intervention at 1000 HPK, which starts with fulfilling nutrition for pregnant women until the child is born aged 2 years. Prevention efforts *stunting* is experiencing development along with the development of technology and knowledge, so that a combination of several methods and educational media can be the right intervention choice for pregnant women [13];[4]

Based on the results of researching several articles, it is known that prevention efforts *stunting* pregnant women using several educational methods and media. Educational methods are any method or technique that is planned and implemented to influence the optimal achievement of education, while educational media aims to attract participants' interest in participating in education [4].

There are many efforts that can be made to provide education about prevention *stunting*. Based on the article search results, there are studies that carry out preventive education *stunting* through classes for pregnant women. The method used to educate pregnant women in classes is to study with health workers (midwives) in face-to-face groups with the aim of increasing pregnant women's knowledge about nutritional management during pregnancy which can prevent the occurrence of *stunting* in toddlers. The existence of this class for pregnant women can have a significant effect on increasing pregnant women's knowledge regarding various important information during pregnancy and after giving birth. A good level of knowledge can influence the mother's attitudes and behavior during pregnancy [3];[12]

As technology develops, education can be provided using electronic media and the implementation of education online. One of the prevention education research *stunting* during pregnancy, it is carried out online by providing online seminars (webinars) and education through electronic media such as *youtube* And *instagram*. This activity is carried out to get many targets, be more interesting, and keep up with current developments. The use of mobile phones makes it possible to increase material coverage and the number of targeted health services, especially for people in rural areas who are difficult to reach [4];[2]

Apart from educational methods, the choice of educational media is also a factor in the success of providing education. Media use *audio visual* One study showed that there had been a significant change in the level of knowledge and attitudes of pregnant women regarding prevention *stunting*. This is in accordance with research conducted by Suknawati *et al.*, which states that providing education *audiovisual* (video) is able to increase pregnant women's knowledge of the risks of incidents *stunting*. This type of media also combines 2 types of media that can help knowledge, attitudes and ideas to be well received through written and spoken words because most human knowledge is obtained through the eyes and ears. This is a sign of the importance of following technological developments to provide education [1];[2];[12]

Other media that can be used to provide education are *booklet*. *Booklet* is one of the educational media provided for people with limited access to source books. *Booklet* It is also used so that educational participants can gain knowledge through reading in a short time and under any conditions. This is in line with the advantages *booklet* compared to other educational media, namely that the information obtained is more, the information delivery time is shorter, and can be studied at any time [7];[8].

Based on several research results *literature review*, incident prevention *stunting* This can be done by implementing educational methods which are assisted by the use of various effective educational media and providing continuous information to pregnant women.

#### 4. CONCLUSION

Based on the results of the study and identification of several articles, *stunting* can be prevented since pregnancy through promotive and preventive activities. These various activities are carried out using various methods and media. Modifying several educational media and providing information continuously can be done as an effort to increase knowledge, attitudes and behavior about prevention *stunting* since pregnancy.

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