

## **Knowledge of Pregnant Women about *Stunting* at the Mesra Midwife Clinic Padangsidempuan City**

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### **Article Info**

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**Article history:**

Received April 01, 2022

Revised May 11, 2022

Accepted June 13, 2022

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### **ABSTRACT**

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The prevalence of stunting in Indonesia is higher than in other countries, in Southeast Asia, such as Myanmar (35%), Vietnam (23%), Malaysia (17%), Thailand (16%) and Singapore (4%). The purpose of this study was to find out the knowledge of pregnant women about stunting at the Am.Keb intimate midwife clinic in Padangsidempuan City in 2020. This type of research is descriptive using acedental sampling with 20 respondents. Data collection used a questionnaire sheet, examined based on knowledge, age, education, occupation, parity, and information sources. Based on the results of a study of 20 respondents, the majority lacked knowledge, namely 14 people (70%), based on the age of the majority less, namely 11 people (55%), based on education the majority lacked, namely 8 people (40%), based on work the majority was lacking, namely 10 people (50%), based on parity the majority was lacking, namely 13 people (65%), and based on information sources the majority was lacking, namely 7 people (35%). Based on the research results, it can be concluded that the majority of pregnant women's knowledge about stunting is still lacking, so it is expected that pregnant women will increase their knowledge about stunting through health workers, print media, and electronic media.

**Keywords:** Knowledge, Pregnant Women, Stunting

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## **1. INTRODUCTION**

Every pregnant woman definitely wants to have a baby who is healthy and does not lack anything. For that, mothers not only have to be healthy physically, but also mentally. Of course we all understand, As long as the baby is in the mother's womb, everything still depends on how the mother is. Therefore, it is easy to understand that in order for the baby to be healthy, a healthy pregnancy is a requirement that must be met. That is, physically and spiritually, pregnant women must be in a normal state, without any disturbance, and can function properly as they should [23]

Pregnancy is an important period of life, during this time the mother must prepare herself as well as possible to welcome the birth of her baby. Healthy mothers will give birth to healthy babies. One of the factors that affect the mother's health, during pregnancy the mother needs to pay attention to daily food so that the nutrients needed during pregnancy are fulfilled [4]

Various findings by child health experts finally concluded that the largest percentage of infant and child deaths worldwide (since the end of the world war), was due to the poor quality of their food which in turn interfered with body growth and the body's immune system to be able to survive greatly affects work performance and productivity. There are many experiments and studies linking food adequacy to labor productivity as well as social studies linking the relationship between the food adequacy of the population in an area and the frequency of criminal incidents ( theft, robbery , etc.). Recently, a nutritional problem that has attracted the attention of experts is the effect of nutrition on children's mental development [19].

According to data *World Health Organization* (WHO) worldwide, 178 million children under five years are estimated to experience stunted growth due to stunting [15]. Based on data from *the World Health Organization*

(WHO) as a world health agency, states that around 20% of stunting incidents have occurred when the baby is in the womb (Putri, 2017). The prevalence of stunting in Indonesia is higher than in other countries, in Southeast Asia, such as Myanmar (35%), Vietnam (23%), Malaysia (17%), Thailand (16%) and Singapore (4%) [10].

In Southeast Asia, Indonesia ranks 3rd for the highest number of stunting. In 2018, even though the number has decreased compared to previous years, there are still 3 out of 10 Indonesian toddlers who are stunted (Hidayati, 2019). The percentage of stunting in the territory of Indonesia is East Nusa Tenggara (52%), West Papua (45%), West Nusa Tenggara (45%), Jakarta (28%), Yogyakarta (27%) and the national average (37%), meaning that growth is not optimal in suffering from around 8.9 million Indonesian children, or 1 out of 3 Indonesian children [10].

In Indonesia, 7.8 million out of 23 million children under five are stunted or around 35.6%, 18.5% are in the very short category and 17.1% are in the short category [20]. In Indonesia in 2015 there were 29% of children under five including the short presentation category above, a decrease from the previous year, namely in 2013, this year there were 37.2% (nearly 9 million) of children under five experiencing stunting [10]. In Indonesia in 2018 the stunting rate in toddlers reached 30.8%, 1 out of 3 toddlers was stunted or stunted. Data from the Ministry of Health noted that the prevalence of stunting consisted of toddlers who had very short bodies of 11.5% while those with short height reached 19.3% [18].

In North Sumatra Province the number of toddlers who experience stunting reaches (43%) [10]. Based on the results of Basic Health Research in North Sumatra, it was found that the prevalence of shortness by province in 2013 reached (42.3%), however, when compared to 2007 (43.1%). There was a decrease of 0.6%. The prevalence of shortness was 42.5% consisting of 22.7% very short and 19.8% short. When compared with the prevalence of very short and short, the situation in 2013 showed a decrease in the prevalence of very short from 25.2 percent in 2007 and 23.4% in 2010. However, there was an increase in the prevalence of stunting from 17.9%, in 2007 and 18.9 percent in 2010 [24].

Based on the district or city, the 2013 Riskesdas results show that there are 25 districts/cities in North Sumatra that have a prevalence of stunting above the national prevalence rate (37.2%). The order of the 5 (five) highest prevalence of shortness based on district/city is, Langkat (55%), Padang Lawas (54.9%), North Nias (54.8%), Batubara (54.7%) and West Pakpak (52.3%) [24]. Based on the 2013 Basic Health Research, the prevalence of stunting in Padangsidimpuan City was 28.9% for very short toddlers, 19.0% for short and 51.2% for normal [24].

Based on a preliminary survey conducted by researchers, there were 42 pregnant women who came to visit the midwife clinic in Mesra Am.keb, Padamsidimpuan City in September-November, and when the researchers conducted interviews with 6 pregnant women who came to visit the midwife clinic, it was found that only 1 pregnant woman know about stunting. In this case the researcher is interested in taking the title "Knowledge of Pregnant Women About Stunting at the Mesra Am.Keb Midwife Clinic, Padangsidimpuan City in 2020".

### **Formulation of the problem**

Based on the background and the survey above, the formulation of the research problem is "What is the knowledge of pregnant women about stunting at the Midwife Mesra Am.Keb Clinic, Padangsidimpuan City in 2020? “.

### **Research purposes**

To find out the Knowledge of Pregnant Women About Stunting at the Mesra Am.Keb Midwife Clinic, Padangsidimpuan City in 2020.

## **2. METHODS**

The sample is part of the population which is representative of that population (Machfoedz, 2009). The sample in this study was taken using an *acedental sampling technique*, which was carried out by chance. Anyone encountered, as long as it complies with the desired data requirements.

## **3. RESULTS AND DISCUSSION**

From research conducted on knowledge of pregnant women about stunting at the Mesra Am.Keb Midwife Clinic, Padangsidimpuan City , 20 20 . The study obtained a sample of 20 pregnant women , so the results were obtained as presented in the frequency distribution table below

### **Respondent Knowledge Level**

From the results of the research conducted, the data obtained regarding the knowledge of pregnant women about stunting are as follows:

**Table 1.** Distribution of Knowledge Frequency of Pregnant Women About Stunting

NO	Knowledge category	Frequency	Percentage%
1	Good	2	10%
2	Enough	4	20%
3	Not enough	14	70%
<b>Amount</b>		<b>20</b>	<b>100%</b>

Based on table 1 above it is known that of the 20 respondents, the majority of respondents with less knowledge were 14 respondents ( 70 % ), and a minority of respondents with good knowledge of 2 respondents ( 10 % ).

**Table 2.** Frequency Distribution of Knowledge of Pregnant Women About Stunting Based on Age at the Mesra Am.keb Midwife Clinic, Padangsidempuan City Year 2020

NO	Age	Knowledge						Amount	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%		
1	Young < 20 years	-	-	1	5%	2	10%	3	15%
2	Medium 20-40 years	2	10%	3	15%	12	60%	17	85%
3	Old > 40 years	-	-	-	-	-	-	-	-
<b>Amount</b>		2	10%	4	20%	14	70%	20	100%

Based on table 2 above it is known that of the 20 respondents, the majority of respondents with less knowledge at the age of 20-40 years were 12 respondents (55%) and a minority of respondents who knowledgeable enough at the age of <20 years as much as 1 respondents (5%).

**Table 3.** Frequency Distribution of Knowledge of Pregnant Women About Stunting Based on Education At the Clinic Midwife Mesra Am. Keb Padangsidempuan City Year 2020

No	Education	Knowledge						Amount	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%		
1.	SD/Equivalent	-	-	-	-	-	-	-	-
2.	Middle school/equivalent	-	-	1	5%	6	30%	7	35%
3.	SMA/equivalent	-	-	3	15%	8	40%	11	55%
4.	College	2	10%	-	-	-	-	2	10%
<b>Amount</b>		2	10%	4	20%	14	70%	20	100%

Based on table 3 above, it is known that of the 20 respondents, the majority of respondents with less knowledge with high school education were 8 respondents (40%), and a minority of respondents who had sufficient knowledge with junior high school education was 1 respondent (5%).

**Table 4.** Frequency Distribution of Knowledge of Pregnant Women About Stunting Based on Occupation At the Clinic Midwife Mesra Am. Keb Padangsidempuan City Year 2020

No	Work	Knowledge						Amount	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%		
1.	civil servant	-	-	-	-	-	-	-	-
2	Private sector employee	-	-	2	10%	4	20%	6	30%
3.	Farmer Hunt	-	-	2	10%	-	-	2	10%
4.	IRT	2	10%	-	-	10	50%	12	60%
<b>Amount</b>		2	10%	4	20%	14	70%	20	100%

Based on table 4. above, it is known that of the 20 respondents, the majority of respondents have less knowledge, namely the work of housewives (IRT) as many as 10 respondents (50%) , and the minority with good knowledge, namely the work of IRT 2 respondents (5%).

**Table 5.** Frequency Distribution of Knowledge of Pregnant Women About Stunting Based on Parity At the Mesra Am.Keb Midwife Clinic, Padangsidempuan City 2020 year

No	Parity	Knowledge						Total	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%		
1.	Primipara	1	5%	2	10%	-	-	3	15%
2.	Scundipara	-	-	2	10%	13	65%	15	75%
3.	Multipara	-	-	-	-	2	10%	2	10%
4.	Grandemultipara	-	-	-	-	-	-	-	-
<b>Amount</b>		<b>1</b>	<b>5%</b>	<b>4</b>	<b>20%</b>	<b>15</b>	<b>75%</b>	<b>20</b>	<b>100 %</b>

Based on table 5 above, it is known from 20 respondents, it is found that the knowledge of pregnant women about stunting based on parity is that the majority have poor knowledge of scundipara, namely 13 people (65%), and a minority of good knowledge of primiparas, 1 person (10%).

**Table 6.** Frequency Distribution of Knowledge of Pregnant Women About Stunting Based on Sources Information At the Mesra Am.Keb Midwife Clinic, Padangsidempuan City Year 20 20

No	Resources	Knowledge						Amount	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%		
1.	Health workers	2	10%	4	20%	2	10%	8	40%
2	Print media	-	-	-	-	5	25%	5	25%
3.	Electronic Media	-	-	-	-	7	35%	7	35%
<b>Amount</b>		<b>2</b>	<b>10%</b>	<b>4</b>	<b>20%</b>	<b>14</b>	<b>70%</b>	<b>20</b>	<b>100%</b>

Based on table 6 above , it is known that of the 20 respondents, the majority of respondents had less knowledge, namely information sources through electronic media , namely 7 respondents (35%) , and a minority with good knowledge through health workers as many as 2 respondents ( 10 %).

## Discussion

Based on the results of research on Knowledge of Pregnant Women About Stunting at the Mesra Midwife Clinic, Am.Keb Padangsidempuan City Year 20 20 . Then the discussion in the research is as follows:

### *Knowledge of Respondents Based on Knowledge*

Based on the level of knowledge it can be seen that 20 respondents with good knowledge as many as 2 respondents (10%), respondents with sufficient knowledge as many as 4 respondents ( 20 %) and less knowledgeable respondents as many as 14 respondents ( 70 %).

### *Knowledge of Respondents Based on Age*

Based on the results of the study, it was found that the respondent's knowledge of stunting based on the age of the respondent had good knowledge at the age <20 years did not exist, 1 respondent with sufficient knowledge (5%), 2 respondents (10%) with less knowledge, 20-40 respondents with good knowledge years as many as 2 respondents ( 10 % ), respondents with sufficient knowledge as many as 3 respondents (15%), respondents with less knowledge as many as 12 respondents (55%), and respondents aged > 40 years who have good knowledge do not exist, sufficiently absent, lacking does not exist.

### *Knowledge of Respondents Based on Education*

Based on the results of the study, it was found that the respondents' knowledge about stunting was based on education with respondents with good knowledge with no SD education , sufficient based on elementary education no, lacking based on elementary education absent, respondents with good knowledge based on junior high school education absent, respondents with sufficient knowledge based on junior high school as much as 1 respondent, respondents with less knowledge based on junior high school education as many as 6 respondents, respondents with good knowledge based on high school education none, respondents with sufficient knowledge based on high school education as much as 1 respondent (5%), respondents with less knowledge based on high school education as many as 8 respondents (40%), and respondents with good knowledge based on tertiary education as many as 2 respondents (10%) , respondents with adequate knowledge based on college do not exist, respondents with less knowledge based on college no height.

### *Knowledge of Respondents Based on Occupation*

Based on the results of the study, it was found that the respondents' knowledge about stunting was based on work with good knowledgeable respondents , that is, with good civil servant jobs, none, sufficiently absent, lacking, non-existent, good level of knowledge, namely private employee jobs, not enough, 2 respondents (10%), less by 4

respondents (20%), good level of knowledge, namely by working farmers absent, sufficient by 2 respondents (10%), lacking none, and good level of knowledge, namely by working with IRT by 2 respondents (10%), sufficiently absent, less by 10 respondents ( 50%).

#### *Respondents' Knowledge Based on Parity*

Based on the results of the study, it was found that the respondent's knowledge of stunting based on parity with good knowledge in primiparas was 1 respondent (5%), 2 respondents (10%) was sufficient, 13 respondents were lacking 65%, respondents had good knowledge with scundipara parity absent, 2 respondents were sufficient, lacking none, respondents with good knowledge in multipara parity were absent, sufficiently absent, lacking by 2 respondents (10%), respondents with good knowledge in grandemultiparous parity were absent.

#### *Respondents' Knowledge Based on Information Sources*

Based on the research results, it was found that the respondents' knowledge about stunting was based on information sources Respondents with good knowledge , namely with sources of information through health officers , namely as many as 2 respondents ( 10 % ) , as many as 4 respondents (20%), less as many as 2 respondents (10%), and those who have good knowledge through print media information sources do not exist, sufficiently absent, lacking as many as 6 people (30%), and those who have good knowledge, namely through information sources electronic media do not exist, sufficiently absent, lacking 7 respondents (35%).

## **4. CONCLUSION**

Based on the results of research on Knowledge of Pregnant Women About Stunting at the Mesra Am.Keb Midwife Clinic , Padangsidempuan City in 2020 , the following conclusions were obtained: The majority of respondents had less knowledge about stunting , namely 14 respondents ( 75 % ) , and a good level of knowledge in the minority, namely 2 respondents (10%). Respondents' knowledge about stunting based on the age of the majority of respondents with less knowledge at the age of 20-40 years was 12 respondents ( 55 % ) , and a minority of respondents with sufficient knowledge at the age of > 20 years is 1 person (5%). Respondents' knowledge about stunting based on education with the majority of respondents having less knowledge with high school education was 8 respondents (40 %), and a minority of respondents who had sufficient knowledge with junior high school education was 1 respondent (5%). Respondents' knowledge about stunting is based on work with the majority of respondents having less knowledge, namely the work of housewives (IRT) of 10 respondents (50%) , and the minority with good knowledge, namely the work of IRT 2 respondents ( 10 %). Respondents' knowledge of stunting based on parity was the majority lacking in scundipara people 13 (65%) , and a good minority in primiparas as much as 1 person (5%). based on the source of information, the majority of respondents had less knowledge, namely with sources of information through electronic media , namely as many as 7 respondents (35%) , and a minority with good knowledge through health workers , as many as 2 respondents ( 10 %).

## **ACKNOWLEDGEMENTS**

Author thanks to Department of Midwifery, STIKES Darmais Padangsidempuan, Indonesia.

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