

Booklet Cegah Stunting (BoCeSting) as an Educational Medium and its Influence on the Attitudes of Mothers Under Five on Stunting Prevention in the Archipelago

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ABSTRACT

A major public health problem in developing countries, including Indonesia, is the nutrition problem. Nutritional problems in Indonesia are shown by the high prevalence of stunting, a chronic problem related to poverty, low education, inadequate services, and environmental health. One of the nutritional status problems in children under five is stunting, which is described as a form of growth failure due to poor nutrition and health during the prenatal and postnatal periods. One of the Efforts to reduce the incidence of stunting is by providing health education using media. Health education is part of health promotion to create community behavior conducive to health. The purpose of this study was to determine the effect of education using booklets (BoCeSting) on the attitudes of mothers under five about stunting prevention in the Archipelago region. This is a quantitative study using the quasi-experimental with pretest-posttest design. This study was only conducted in one intervention group. The population was mothers with toddlers aged 0-2. The research was located in Tanjungpinang City. The sampling technique in this study used a non-probability purposive sampling technique consisting of 74 respondents. The results showed that respondent attitudes in the moderate category increased to a good attitude (24 or 32.4%). The results of the attitude analysis showed (p -value = 0.000 < 0.05). The results of this study are that providing health education with the BoCeSting Booklet media affects mothers' attitudes about stunting prevention. So it is expected that health workers can provide health education so that public knowledge is better about stunting prevention.

Keywords: booklet; *BoCeSting*; attitude; stunting

INTRODUCTION

A major public health problem in developing countries, including Indonesia, is the nutrition problem ⁽¹⁾. Nutritional problems in Indonesia are shown by the high prevalence of stunting, a chronic problem related to poverty, low education, inadequate services, and environmental health ⁽²⁾. One of the nutritional status problems in children under five is stunting, which is described as a form of growth failure due to poor nutrition and health during the prenatal and postnatal periods. Stunting appears as a result of malnutrition accumulated over a long period, so its physical manifestations will be more visible at 24-59 months ⁽³⁾.

Based on the results of Nutritional Status Monitoring, the prevalence of short toddlers in Indonesia is 29%. These numbers decreased in 2016 to 27.5%. However, the prevalence of short toddlers increased to 29.6% in 2017. The prevalence of very short and short toddlers aged 0-59 months in Indonesia in 2017 was 9.8% and 19.8%. This condition increased from the previous year, with the prevalence of very short toddlers at 8.5% and short toddlers at 19%. The province with the highest prevalence of very short and short toddlers aged 0-59 months in 2017 is East Nusa Tenggara. Meanwhile, the province with the lowest prevalence is Bali ⁽⁴⁾.

In 2013, the incidence of stunting in the Riau Islands Province was 26%. One to two toddlers out of four were stunted (unmatch height to age). Based on the percentage of stunting per district in the Riau Islands Province in 2019, the highest is in Natuna District (17.8%); 15.2% in Karimun District, 3.9% in Bintan District, 17.8% in Natuna District, 9.3% in Lingga District, 5.2% in Anambas District, 3% in Batam City, and 2.8% in Tanjung Pinang.

Researchers did not take stunting cases in the Natuna Regency area due to limited funds, and it took a long time to go to the Natuna Regency area because the distance was far. Hence, the researchers conducted research in Tanjungpinang. Tanjungpinang is part of the Riau archipelago, where there is still a high incidence of stunting. Based on the results of interviews with mothers of children under five, it was found from 20 mothers with children aged 0-2 years, 15 of them said that they had never heard the term stunting and how to prevent it, and 5 of them said they had heard the term stunting.

They said that the cause of stunting was nutritional problems such as malnutrition in children under 5 years old, children's eating patterns, and not washing their hands. 5 mothers said breastfeeding and supplementary breastfeeding after 6 months were essential to meet the nutritional needs of children to prevent stunting. According to mothers who have toddlers 0-2 years old, they have never received health education about stunting, so it is concerned that it will impact the knowledge and attitudes of mothers in caring for their toddlers.

One of the Efforts to reduce the incidence of stunting is by providing health education using media ⁽⁵⁾. Health education related to nutrition is carried out to increase knowledge to change behavior. Most nutrition education interventions aim to reduce targeted nutritional problems for the changes in parents' or caregivers' knowledge, attitudes, and behavior related to the fulfillment of toddler nutrition ⁽⁷⁾. Conventional counseling at Posyandu only provides material through lectures, so it is necessary to encourage mothers to give stimulation to their children by providing educational media by a booklet ⁽⁸⁾.

A booklet is a medium to convey health messages through books ⁽⁹⁾. The booklet provided contains children's growth and development materials from various library sources as a guide during the counseling and is also used daily. A booklet is a medium for delivering health messages in the form of books with a combination of writing and pictures. The advantages of booklet media are that the information is complete, detailed, precise, and educative. In addition, the booklets used as educational media can be taken home so they can be stored and read it repeatedly ⁽¹⁰⁾.

This booklet's organization is customized to mothers' needs in providing nutrition to toddlers and combined with pictures so that they attract attention and avoid boredom in reading. This is the reason for choosing booklets as educational media. Based on some of the considerations above, researchers are interested in examining whether health education using the booklet to prevent stunting (BoCeSting) can affect parents' problems in preventing stunting.

Goal

This study aimed to determine the effect of education using booklets to prevent stunting (BoCeSting) on the attitudes of toddlers mothers about stunting prevention in the Archipelago area.

Hypothesis

Booklets to prevent stunting (BoCeSting) affect the attitudes of toddlers mothers about stunting prevention in the Archipelago area.

METHODS

This quantitative study used a quasi-experimental method with a pretest-posttest design. This study was only conducted in one intervention group. The population was mothers with toddlers aged 0-2. The research was located in Tanjungpinang City. The sampling technique in this study used a non-probability purposive sampling technique consisting of 74 respondents. Before being given the treatment, mothers were given a questionnaire related to attitudes about stunting prevention to measure their attitudes. Then the intervention was carried out by distributing the Prevent Stunting Booklet (BoCeSting) to read. After an educational intervention with BoCeSting, another questionnaire about stunting prevention was given. The tool in this study used an attitude questionnaire consisting of 25 questions made by the researcher himself and had been tested for validity. The test value of the validity of the attitude questionnaire (506-687) with a significant level of 5%.

RESULTS

Table 1 shows respondents' characteristics of 74 mothers of toddlers. Based on age category, mostly 20-35 years old (98.6%), the rest aged >35 years old (1.4%). The characteristics of respondents based on education were 58.1% were high school graduates, the remaining 31.1% were junior high school graduates, 6.8% were college graduates, and 4.1% of respondents were elementary school graduates. The characteristics of the respondents based on the occupations involved in this study were 62.2% of respondents a housewives, 33.8% of employed, while the remaining 4.1% were self-employed.

Based on the study's results, it was found that the mother's attitude before being given health education was adequate (40 respondents or 60.8%). After being given health education, the majority of the respondent had a good attitude (43 respondents or 58.1%).

Table 1. Distribution characteristics of research subjects (n = 74)

Subject characteristics	Frequency	Percentage
Age		
20-35 years old	73	98.6
>35 years old	1	1.4
Education		
Elementary school	3	4.1
Junior high school	23	31.1
Senior high school	43	58.1
College	5	6.8
Occupation		
Housewife	46	62.2
Employed	25	33.8
Self-employed	3	4.1

Table 2. Attitude before and after education

Category	Attitude			
	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Inadequate	8	10.8	3	4.1
Adequate	45	60.8	28	37.8
Good	21	28.4	43	58.1

Table 3. Wilcoxon test results of mother's attitude on stunting prevention

	Attitude before and after given education with booklet (BoCeSting)
Z	-4.849(a)
Asymp. Sig.(2tailed)	0.000

DISCUSSION

Based on the study's results, it was found that the mothers' average age is 20-35 years old (73 respondents or 98.6%). Age is one of the factors that can affect a person's attitude change. The results of Nugrahaeni's research ⁽¹¹⁾ state that changes will appear in both physical and psychological aspects as a person ages. These changes will increase a person's thinking level, making them more mature.

Based on the study's results, it was found that the mothers with higher education were 43 respondents (58.1%). The results of Nur Azikin Rozali's research ⁽¹²⁾ show a relationship between the level of education, especially mothers, on knowledge, actions, and mindsets in seeking and obtaining various information about toddler nutrition. The results of Trimantono's research in Miftahul In'am ⁽¹³⁾ also prove that the higher the education of parents, the higher the health concern, especially information about maintaining the nutritional status of children.

Based on the study's results, it was found that the majority of mothers were housewives (46 respondents or 62.2%). This study is in line with Syamsiah's research ⁽¹⁴⁾ which states that housewives' mothers have much free time. This enables mothers to get more knowledge through media such as TV, radio, internet, and printed media, as well as through the social environment such as neighbors. According to Widayanti & Maryatun ⁽¹⁵⁾, a person's employment status can affect the opportunity and time used to increase a mother's knowledge and change their attitude toward preventing stunting.

Based on the study's results, it was found that the mother's attitude before being given health education is adequate (40 respondents or 60.8%). After being given health education, the majority had a good attitude (43 respondents or 58.1%). The results of Nugrahaeni's research ⁽¹¹⁾ regarding the prevention of undernourished toddlers, it is known that most of the mothers of toddlers have adequate attitudes about nutrition (28 mothers or 41.8%). The inadequate attitude of toddlers mothers regarding their toddler's nutrition is due to the lack of knowledge. The lack of information then became the background of the inadequate knowledge and attitude of the mother of the toddler.

Attitude is a response that comes before action. Changing one's attitude can be done by coaching through health education because it can increase knowledge and lead to better attitudes ⁽¹⁶⁾. Providing health education to

respondents can provide additional information and increase respondents' confidence to be able to behave better in maintaining health⁽¹⁷⁾. The initial process is that someone knows and is aware of the stimulus. The subject's attitude begins to emerge towards the stunting prevention stimulus until a positive attitude is formed to do things according to the stimulus⁽¹¹⁾.

The Wilcoxon test in attitude before and after health education resulted in a p-value of 0.0000 ($p < 0.05$). It can be concluded that there is an effect of health education with the booklet on mothers' attitudes about stunting prevention. The results of this study follow Nasution's⁽¹⁸⁾ research on the effectiveness of health promotion media (booklets) in changing the knowledge and attitudes of pregnant women about the early initiation of exclusive breastfeeding. The results showed that the health promotion media (booklet) effectively increased the mother's knowledge and attitude scores with a p-value of 0.000. Attitude changes can occur slowly, often with increasing knowledge, information, and experience.

CONCLUSION

The results showed that health education using BoCeSting booklet media effect mothers' attitudes about stunting prevention in the Archipelago Region (Tanjungpinang) with a value p-value of 0.000 (< 0.05). Health education with BoCesting can convey health information through sheets that can clarify the message.

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