

# The Effectiveness of the Education of Pregnant Women on Stunting Prevention in Bandar Lampung City

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Failure to grow or stunting is a threat of losing a generation. The incidence of stunting in Indonesia has decreased from 2013 (37.2%) to 2018 (30.8%). In the Lampung province the incidence of stunting in 2017 was above the national average of 42%. The Ministry of Health in the Republic Indonesia (2018) has set up prevention programs targeting pregnant women stunting. Midwives who are the main service personnel in providing care to pregnant women in health centers have a strategic role in preventing stunting through assisting pregnant women in high-risk groups by using the MCH (Maternal and Child Health) book media, which has been used as a medium to increase maternal knowledge in pregnancy care and care preparation of a toddler. The research was conducted in Puskesmas Kemiling with the consideration that the stunting figure is quite high in this area. The aim of research is to know the effectiveness of support for pregnant women in the prevention of stunting with the MCH book media. The population in this study were all pregnant women who live in Puskesmas Kemiling Bandar Lampung. The research sample of pregnant women is according to inclusion criteria. Sampling is with the purposive sampling technique. Significant until determined by the consecutive sampling method. A total sample of 20 people. Analysis of the data used in univariate and bivariate. The results showed that there was a significant relationship between MCH book media education and the knowledge imparted to pregnant women about stunting prevention with a p-value of 0.000 ( $p < 0.05$ ). Educational advice about stunting prevention must also be given to families as a supporting factor for comprehensive stunting prevention.

**Keywords:** *Stunting prevention, education, pregnant women, Indonesia*

## Introduction

Short or stunting infants problem illustrates the chronic nutritional problems are affected by the condition of the mother/prospective mother, foetus, and a baby/toddler (Fazilah, 2019). The

illness during infancy include things that cause short toddlers (stunting) (Ministry of Health of the Republic of Indonesia, 2016). The case rate of stunting in Lampung is still above the national average of 42%. Areas in Sumatra with a high prevalence of undernourishment is northern Sumatra, South Sumatra, and Aceh. The three provinces in which the figure reaches 44% stunting. Nationally, there were 9.2 million child stunting of 24 million children. Stunting is a condition in height toddlers below the age standards. The average number of cases nationwide reached 37.2% stunting (Balitbang Ministry of Health of the Republic Indonesia, 2018).

Based on research Damar (2017) One of the causes of stunting is early age marriages, married women aged between 15-18 years and having had several children. According to the results of this study, women who marry too young, do not yet have enough knowledge of how to care for children, particularly child nutrition. During pregnancy, the foetus is not considered and as such a nutritional deficient infant intake leads to impaired growth (Ilahi, 2017 and Marniasih 2015).

The institute recommends that local authorities take over the case stunting policy. One way is to take reasonable precautions against women who married too young. Besides, Damar (2017) also suggested adding nutrition experts. Meanwhile, according to Lampung provincial health department, to overcome the problem of stunting, especially in the province of Lampung in addition to the economic factors, the company implemented several programs. The Healthy Indonesia program, consists of the family approach, giving FE tablet, or and blood boosters to adolescent girls. Early cases of stunting due to malnutrition is chronic because of economic factors. People know about proper nutrition; such as meat or fish is nutritious, but because of the economy, they do not comply.

The efforts made by the Lampung provincial health department is in the short term and the long term. Including verification of the data, supplementary feeding, and guidance to households with toddlers stunting.

Based on the data from the agency there has not been a government effort in preventing stunting when it occurs when the pregnancy is at an early age. Efforts to decrease the incidence of stunting had not implemented the prevention of stunting when the mother was already pregnant at an old age or at any other of the circumstances that constituted a high risk of of stunting occurrence (Utami, 2018). Continuous efforts are needed for pregnant women to prevent early stunting. The golden period to avoid the stunting happening is from the time of conception up to 1000 days of life (Alfarizi, Nurmalasari, and Nabila, 2019).

As a strategic implementer midwifery service, midwives have primary responsibility as an educator for pregnant women. The prevention of stunting is important for the administration of education to increase the understanding and awareness of pregnant women. Knowledge and

understanding of the question are matters relating to the prevention of stunting (Maywita, 2018; Sukmawati, Hendrayati, Chaerunnimah, & Nurhumaira, 2018). Among them is the importance of the consumption of iron tablets regularly, monitoring of weight gain, and the preparation of exclusive breastfeeding (Purbadewi and Ulvie, 2013).

Midwives, in its efforts to educate pregnant women have used the medium of books MCH. This book is a handbook given to pregnant women during the visit to pregnancy for the first time. This book continues to be used until delivery, parturition, lactation, and until the age of five years old (Nulhaqim, Fedryansyah, Irfan, and Adiansah, 2019), This book contains data about pregnancy, childbirth, and postpartum mothers, also contains data relating to babies from ages 0 months to five years. The book also includes the procedure for prenatal care, danger signs of pregnancy, and childbirth (Masrul, 2019). It also contains information about maternal and infant immunisation. This book does not directly provide any of the material about the prevention of stunting. Recently procedures for prenatal care in general, and also the prevention of stunting has been added.

Based on data from the Health Service profile of Bandar Lampung in 2018, the rate of coverage of the tablet FE in pregnant women was 95%. However, the incidence of anemia based Ramadanti studies in pregnant women in 2018 was 54% in the city of Bandar Lampung. The incidence of stunting in Bandar Lampung has increased successively during the period 2015-2017. In 2015 (22%), 2016 (22.3%) and 2017 (33.4%) (Departement of Health Lampung Province, 2018).

One of the districts in the city of Bandar Lampung with the highest incidence of stunting is ithe area of West Tanjung Karang, with the second-highest prevalence of stunting infants in the city of Bandar Lampung, namely 17.9% and 19.7% of very short toddlers (Bandar Lampung City Health Department, 2018). Based on the above data, the authors are interested in researching the effectiveness of maternal education on the prevention of stunting using the MCH (Maternal and Child Health) book medium in Puskesmas Kemiling Bandar Lampung.

## Methods

This study is cross-sectional studies that analyse the relationship between the effectiveness of education to pregnant women in the use of the MCH book medium. This study uses a questionnaire measuring instrument and observation sheets. In addition to the survey measured by midwives of stunting education and knowledge that pregnant women have access to. Observation checklist to assess the levels of Hb and BB by looking at the data in the book MCH.

The research was carried out at Kemiling health centers in the region of Bandar Lampung. The research period was from June to October 2019. The population in this study is of pregnant

women in Puskesmas Kemiling Bandar Lampung. Samples are pregnant women who presented at the health center in Kemiling and meet one or more criteria inclusion. The Inclusion Criteria: Pregnant women with gestational age at Trimester 3, having higher levels of HB 8-10, 9gram%, below the 23.5 cm Lila, age under 20 years, Multi grande, Education SMP down exclusion criteria, pregnant women with gestation trimester 1 and 2, HB normal, pregnancy complications; heart disease, tuberculosis, hypertension, and asthma. The sampling technique is non-probability sampling because it uses the inclusion and exclusion criteria. The sample is determined by consecutive sampling. The samples obtained were 20.

## Results and Discussion

**Table 1. Characteristics of Respondents**

No.	Characteristics	Frequency	%
1	Education		
	SD	3	15
	SMP	2	10
	High School	11	55
	D3	2	10
	S1	2	10
	Total	20	
2	Profession		
	Irt	17	85
	General employees	1	5
	emolument	1	5
	PNS	1	5
	Total	20	
3	number of pregnancies		
	1	5	5
	2	9	45
	3	2	10
	4	2	10
	5	0	0
	> 5	2	10

Based on Table 1, the characteristics of respondents are the respondents' education is a high school (55%). The respondent's job is housewife (IRT) (85%). The number of pregnancies mostly were women in their second pregnancy (45%).

**Table 2. Distribution of Media Education Mch Handbook By Midwives About Stunting**

Provision of education stunting	Frequency	Percentage (%)
Rarely	7	15
Often	13	85
Never	0	0
Total	20	100

According to Table 2 of the 20 respondents 13 (85%) were often given knowledge about stunting by a midwife.

**Table 3. The Mean Value of Hb Levels and Weight Before and After a Given Educational Media Mch Handbook**

Variables	Mean	Sd	Se	P-Value	N
Hb before	50.0500	42.11447	9.41708	0000	20
Hb after	73.6000	48.13402	10.76309	0000	20
B before	43.9000	4.27847	0.95669	0000	20
BB after	51.4500	5.75349	1.28652	0000	20

In Table 3, the data presented Hb before and after being given an education. Before the test with paired T-test, data is first tested to determine the normal distribution of data or not. After checking the formula Kosmogorov Smirnov in getting  $p\text{-value} > 0.05$  means that the data is normally distributed. Then, a paired T-test conducted in getting  $p\text{-value} 0.000$  ( $P < 0.05$ ), which means that there are significantly elevated levels of HB between before and after the education given by a midwife with the MCH book medium.

Similarly, the increase in weight respondents. Before the test with a paired T-test, data is first tested to determine the normal distribution of data or not. After testing with formula Kosmogorov Smirnov in getting  $p\text{-value} > 0.05$  means that the data is normally distributed. Then, a paired T-test conducted in getting  $p\text{-value} 0.000$  ( $P < 0.05$ ), which means that there is a significant increase in body weight between before and after the education given by a midwife with the MCH book medium.

**Table 4. The Mean Value of Hb Levels and Weight Before and After a Given Educational Media Mch Handbook**

variables	mean	SD	SE	p-value	n
Hb after	23.5500	85.91151	19.21040	0235	20
bb after	7.55000	3.33206	.74507	0000	20

Based on Table 4, the average value of the increase in Hb is 23.5500 with a standard deviation 85.81151. The statistics of test results get p-value 0.235, meaning at alpha 5% there is no seen significant difference in a mean increase in Hb before and after a given educational media MCH book.

The average weight gain is a standard deviation of 7.55000 to 3.33206. Statistical test results obtained p-value 0.000, meaning at alpha 5% seen no significant difference in the average increase in weight before and after a given educational media MCH book.

**Table 5. The Level of Knowledge About Prevention Of Stunting**

Category	Frequency	Percentage
Less than (<mean)	0	0
Good (> mean)	20	100
Total	20	100

Based on Table 5 in getting all respondents to have a good level of knowledge. And test this hypothesis using bivariate analysis Kendall's Tau. This analysis determines the presence or absence of a significant relationship between the two variables of ordinal or nominal scale. In this test, the data used did not have a normal distribution. Ho hypothesis is rejected if the significance value 0.05, which means the two variables have a significant relationship. Based on bivariate analysis Kendall's Tau obtained significance value 0.022 ( $p < 0.05$ ). The level of closeness or relations between these variables is 1,000 means that relations between the two variables are the perfect relationship.

According to the research with 13 respondents (85%) said to have been educated by midwives with a MCH book medium. There are 7 (15%) of respondents who perceive a midwife rarely provided education. The results of this study are higher than the research of Masrul (2019) in Padang, which states that 75% do not know the information in the book MCH. The education of pregnant women and a sustainable society is considered effective in addressing the problems of stunting and malnutrition, particularly in Indonesia (Rahmawati, et al., 2016). Education should be able to bring change to the mindset and behaviour in everyday life. If not implemented, then the potential for the occurrence of stunting and malnutrition will happen.

Specific intervention is one done with cross-sectoral cooperation involving all the stakeholders in the community. For example, the Ministry of Religious Affairs needs to educate brides associated with pregnancy health and nutrition preparation.

Education in pregnancy is a specific intervention to be set in place in the first 1,000 days of birth. These results indicate midwife educators have duties as well. But cross-sectoral cooperation is still needed to support the prevention of stunting in the community.

Based on the analysis, there are different levels of HB in mothers before and after education with a p-value of 0.000. During pregnancy, the respondents when anaemic were given iron tablet; 90 tablets to increase maternal hemoglobin concentration (Herawati & Astuti, 2010). According to Aditianti (2015) and Purwandari (2017), anaemia in pregnant women related to the incidence of stunting in children aged 6-24 months. The pregnant women were required to consume blood-boosting tablets (Widyaningrum and Romadhoni, 2018) and Purwandari, Lumy & Polak (2016). Compliance respondents consume blood tablets as the impact of education conducted by a midwife through the MCH book. The results are consistent with research Hidayah and Anasari (2012), which states that there is an influence of the level of compliance of pregnant women in consuming fe tablets for anaemia.

Based on the analysis, there was an increase in respondent's weight before and after being given education, with a p-value of 0,000. According to Candrasi et al (2012) and Ni'mah and Nadhiroh (2015), maternal anthropometric measures significantly affected the body weight of the baby to be born. Anthropometry measured in pregnancy is weight and upper arm circumference (MUAC). Weight gain during pregnancy is necessary for foetal growth, amounting to 26%. The results of this study do not correspond with the results of the study Zaif, Wijaya, and Hilmanto (2017) and Candrasi (2012), which states that there is no relationship between weight gain during pregnancy on the growth of children under five. It required further research on factors associated with stunting besides maternal weight.

Based on the results, the analysis of differences between the mean increase in Hb between before and after the administration of education, there was no significant difference. The results of this study differ from Aditianti's research, Permanasari and Julianti (2015), stating that there is a relationship between compliance with information to mothers with iron tablet consumption. Differences in these results may occur related to a greater number of respondents. This study recommends using a larger sample because the levels of HB use data in a small range.

Based on the results, the analysis of differences between the mean increase in body weight (BW) between before and after administration of education found that there are significant differences between weight gain before and after administration of education. Weight gain in pregnant women needed one of them to the weight gain of the foetus in the third trimester (Yuliani et al., 2018), The results are consistent with the results of research Fajrina (2016) and Astuti (2016) which states that women who suffer chronic energy deficiency or anaemia during pregnancy give birth to babies with low birth weight. With a significant weight gain, pregnant women are prognosed to give birth to babies of normal weight (Lubis, Cilmiaty, and Magna, 2018). The study recommends further research related to the extra weight of pregnant women with a BMI adjust (body mass index).

Then, based on an analysis of the level of knowledge about the prevention of stunting was good as much as 100%. The results of this study are higher than Olsa's research, Sulastris, and Anas

(2017) amounted to 47%. One crucial factor incidence of stunting is parenting. The role of mothers' parenting can be determined by the knowledge and attitudes that will shape the behaviour of parenting (Yudianti & Saeni, 2017). Further research is needed on maternal behaviour in care within 24 months after birth because this study is limited to pregnancy.

The analysis result was no significant relationship between education MCH book with the mother's knowledge about the prevention of stunting. The level of knowledge is a factor that affects the behaviour of individuals, groups, or communities in the maintenance and improvement of maternal health. To obtain a healthy life that can prevent stunting from happening requires knowledge that raises the awareness of mothers to take advantage of the MCH book so as to gain greater information about pregnancy, delivery and the care of young children.

Midwives, as a special services officer to the pregnant women in this study, had to do their jobs well in general by providing education related to the treatment and prevention of stunting in pregnancy in particular. However, as stated by Yusuf Habibi (2019), stunting prevention can not be implemented solely by a midwife as it requires other programs across the board such as nutrition and environmental health. It also takes a cross-sectoral co-operation with the Ministry of Religious Affairs, Ministry of Education, Ministry of agriculture and food defense ministry to address stunting.

## **Conclusion**

The conclusion of this research is the prevention of stunting through the media education MCH book was delivered by midwives, and there was an increase in hemoglobin concentration and weight gain after being given the education. Then there is a good level of knowledge about the prevention of stunting after being given education and a significant relationship between media education with MCH book with knowledge about the prevention of stunting.

There is a suggestion with this research for the clinics to provide a more varied education to prevent boredom in pregnant women and provide the need to involve other family members, such as husbands, parents, and in-laws, to support pregnant mothers in the prevention of stunting. Furthermore, other researchers are expected to observe the behaviour of pregnant women in the prevention of the occurrence of stunting and are expected to collaborative traffic research and cross-sectoral programs to prevent stunting from occurring.

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