

THE EFFECT OF KNOWLEDGE LEVEL EDUCATION ON THE IMPLEMENTATION OF BALANCED NUTRITION DURING PREGNANCY BASED ON LOCAL FOOD AS STUNTING PREVENTION

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ABSTRAK : PENGARUH TINGKAT PENGETAHUAN EDUKASI PENERAPAN GIZI SEIMBANG MASA KEHAMILAN BERBASIS PANGAN LOKAL SEBAGAI PENCEGAHAN STUNTING PADA IBU HAMIL

Latar Belakang : Stunting merupakan kondisi kekurangan gizi kronis sejak masa kehamilan hingga anak berusia dua tahun. Kondisi stunting dapat menyumbang angka kesakitan dan kematian pada bayi dan anak dan juga dapat menghambat pertumbuhan dan perkembangan.

Tujuan : tujuan kegiatan yaitu memberikan edukasi gizi berupa pendampingan ibu hamil untuk pencegahan stunting

Metode : Desain penelitian menggunakan metode survei analitik penelitian dilaksanakan di wilayah kerja Puskesmas Kesumadadi. Rancangan penelitian yang dilakukan yaitu menggunakan pre post eksperimental. Populasi pada penelitian ini yaitu ibu hamil trimester 1 sampai dengan trimester III. Analisis data ini menggunakan uji paired t test yang akan diolah menggunakan SPSS.

Hasil : kegiatan penelitian menunjukkan bahwa terjadi peningkatan pengetahuan ibu hamil dan dengan hasil analisis $0,005 < 0,05$ yang artinya ada pengaruh antara edukasi ibu hamil dengan peningkatan pengetahuan setelah diberikan edukasi gizi dan pendampingan penerapan gizi seimbang.

Kesimpulan

Sebelum dilakukan edukasi frekuensi pengetahuan kurang lebih banyak dibandingkan dengan frekuensi pengetahuan baik. Setelah dilakukan edukasi pengetahuan baik frekuensi lebih tinggi dibanding dengan frekuensi pengetahuan kurang. Adanya pengaruh antara edukasi ibu hamil dengan peningkatan pengetahuan setelah diberikan edukasi gizi dan pendampingan penerapan gizi seimbang.

Saran : tidak makan makanan frozen dan keluarga selalu mengingatkan untuk makan makanan gizi seimbang

Kata Kunci: Edukasi Gizi, Kehamilan, Pengetahuan, Stunting.

ABSTRACT

Background: Stunting is a condition of chronic malnutrition from pregnancy until the child is two years old. Stunting conditions can contribute to morbidity and mortality in infants and children and can also hinder growth and development.

Objective: The aim of the activity is to provide nutritional education in the form of assisting pregnant women to prevent stunting

Method: The research design used an analytical survey method. The research was carried out in the working area of the Kesumadadi Community Health Center. The research design used was pre-post experimental. The population in this study was pregnant women from the 1st trimester to the 3rd trimester. This data analysis uses a paired t test which will be processed using SPSS.

Results: research activities showed that there was an increase in the knowledge of pregnant women and the analysis results were $0.005 < 0.05$, which means that there was an influence between the education of pregnant women and an increase in knowledge after being given nutrition education and assistance in implementing balanced nutrition.

Conclusion : Before education was carried out, the frequency of knowledge was more or less greater than the frequency of good knowledge. After education, good knowledge is higher than the frequency of poor knowledge. There is an influence between pregnant women's education and increased knowledge after being given nutrition education and assistance in implementing balanced nutrition.

Suggestion: don't eat frozen food and always remind your family to eat balanced nutritional food

Keywords: Nutrition Education, Pregnancy, Knowledge, Stunting.

INTRODUCTION

Stunting is a chronic nutritional problem caused by a mismatch between nutritional intake and nutritional needs. The incidence of stunting begins from the time of conception or what is commonly known as the first thousand days of life. If balanced nutrition is not met during this period, the impact of stunting will only be known when the child is 24 months old. An area experiences nutritional problems if the prevalence of stunting is above 20%. Indonesia is among the highest in stunting cases with a prevalence of 37.2% compared to other neighboring countries.

Based on the Kesumadadi Community Health Center report, it is known that in 2023 there will be 20 (12%) stunted toddlers out of 1267 toddlers and in 2024 there will be 12 (13%) stunted toddlers out of 1275 toddlers. This data shows a picture of an increase in the number of stunted toddlers at the Kesumadadi Community Health Center. So far, cadres have collaborated with the TPG Naioni Kupang Community Health Center through several activities at the posyandu. So far, all these activities have not shown satisfactory results. The latest results based on the Setia community service report (2021) show that out of 12 newborns, 7 babies (40%) were born short.

The impact of stunting is an increase in morbidity and mortality rates in children, growth in body posture or height that is not optimal compared to the child's age, disruption of motor development, an increase in the incidence of degenerative diseases, less than optimal learning performance so that children's cognitive and productivity are affected and that even further is the increase in health costs (Rahmawati et al., 2020; Rahmadhita, 2020).

An indirect but risky factor that can potentially cause nutritional problems is knowledge (Salamung, N., 2021). Pregnant women must understand the concept of maternal nutrition during pregnancy, because the mother's nutritional status determines the health and nutritional status of the child or fetus in the womb. Olsa et al's (2017) research shows that nutritional knowledge during pregnancy is related to the selection and fulfillment of balanced nutritious food at the household level. Mothers with a good level of understanding about nutrition, knowing the function and benefits of food for growth and development tend to have children with good nutritional status as well. Knowledge based on understanding will create good behavior (Susilowati & Himawati, 2017). Knowledge of nutrition and the impact of maternal malnutrition during pregnancy is very important for pregnant women to know. This is because we can prevent stunting by providing proper

and correct nutrition so that it has an impact on the growth and development of the fetus (Sukmawati et al., 2021).

A preliminary study carried out in the working area of the Kesumadadi Community Health Center, showed the results that after measuring the nutritional knowledge of pregnant women using a questionnaire on 12 pregnant women in the Kesumadadi Community Health Center working area, there were around 60 % of pregnant women with poor knowledge. One of the reasons why children experience stunting is the mother's level of understanding of nutrition during pregnancy, so it is important to carry out community service activities to increase the mother's knowledge of nutrition during pregnancy so that she is able to fulfill and make additional food during pregnancy based on local food to prevent stunting (Trisyani, K., Fara, Y. D., Mayasari, A. T., & Abdullah (2020).

RESEARCH METHODS

This research was conducted for 1 day. This type of research is an analytical survey with a pre post experimental design with paired t test data analysis. This research was conducted at the Kesumadadi Community Health Center with a population of 25 and the sample are 12 because has according to the inclusion criteria : pregnant women who wish to become respondent, there are complication of pregnancy and whose house is in the Kesumadadi Community Health Center area. The sample used in this research was total sampling, mothers who had their pregnancy checked at the Kesumadadi Health Center and mothers whose homes were close to the Kesumadadi Health Center. The exclusion criteria in this study were mothers who could not read and mothers who had pregnancy complications.

RESEARCH RESULT

The nutrition education carried out in this service activity takes the form of counseling using leaflet media with the material presented, namely nutrition during pregnancy, signs and symptoms and prevention of stunting, then continued with a discussion and question and answer session (figure 1). In the discussion session, participants were very active in asking questions regarding the types of food that should be consumed, foods that should be consumed and reduced, food arrangements when children start being given complementary foods for breast milk, and efforts to prevent stunting and how to consume food in the early trimester. After being given nutritional education in the form of material about stunting, it was followed by a demonstration on

making additional food for pregnant women based on local food (figure 2). When explaining frozen food

recipes, participants were very enthusiastic and liked the taste of the frozen food they made.

Tabel 1
The Effect Of Knowledge Level Education On The Implementation Of Balanced Nutrition During Pregnancy Based On Local Food As Stunting Prevention Conclusion

Pengetahuan	F	%	F	%	P value
Baik	4	33,3	10	83,3	0,005
Cukup	0	0	2	16,7	
Kurang	8	66,7	0	0	
Jumlah	12	100	12	100	

Table 1 shows that of 12 pregnant women, only 33.3% of pregnant women had good knowledge before being given education. Increased to 83.3% after being given education. 66.7% before education, pregnant women had little knowledge about nutrition during pregnancy. This lack of knowledge regarding balanced nutrition in pregnant women is illustrated by the lack of weight gain of the pregnant mother during pregnancy based on interview data on weight gain or discrepancies in weight gain in the current trimester and the research results of Misrina and Salmiati (2021) state that a mother with knowledge and poor nutritional attitudes can affect the nutritional status of the mother which is reflected in weight gain that is not appropriate for gestational age, this is due to a good understanding of nutrition related to choosing a balanced menu. Other research proves that there is a relationship between a mother's good understanding of nutrition and one of the determinant factors for the growth and development of babies and toddlers. Mothers with good knowledge and understanding of nutrition are able to choose good food ingredients and prepare a balanced menu according to nutritional needs at the household level and are able to implement a healthy lifestyle. (Lukman et al., 2017; Antari, G. Y., & Supianti, R. 2022). Other research explains that knowledge and understanding of good nutrition is reflected by consuming blood supplement tablets as recommended so that it affects the nutritional status of pregnant women (Susanti, D. ., & Dewi, R. 2022).

The results of table 1 are 0.005, which means there is an influence between the implementation of balanced nutrition education in pregnant women. Education is one of the health education activities. Health education is defined as a learning process carried out both targeting individuals, families, groups and communities with the aim of changing unhealthy behavior to healthier patterns. There are many methods used in the health education process, including strategies for sharing knowledge, maintaining commitment to behavior

change and also health education focusing on behavior change as the basis for changes in health status (Listyarini et al., 2020).

After being interviewed and filling out the post test questionnaire, 83.3% of pregnant women already knew about balanced nutrition during pregnancy in preventing stunting by answering and providing arguments and statements that supported pregnant women's own understanding regarding the material presented. Pregnant women know that there is no significant weight gain during pregnancy due to poor food supply patterns and eating habits during pregnancy, and are also aware of the effects of this ignorance on pregnant women who have had children before by looking at the nutritional status of the child concerned. After carrying out a demonstration on making frozen food based on local food for pregnant women, pregnant women became interested and practiced at home. Nutrition education for pregnant women has a significant impact on increasing mothers' knowledge about nutrition during pregnancy and preventing stunting. Previous research showed that there was an increase in maternal knowledge after being given intervention in the form of nutrition education (Anggraeni & Murni, 2021).

Nutrition education given to pregnant women is reported to be able to change mothers' behavior in selecting and procuring balanced food at the household level, which if balanced nutrition is met is able to prevent short births and stunting in the future (Yunitasari et al., 2021). Other research is Ekayanthi & Suryani (2019) showed the results that providing education to pregnant women had a significant influence on increasing mothers' knowledge in preventing stunting. The mother's attitudes and behavior during pregnancy are supported by the mother's knowledge about her pregnancy (Ekayanthi & Suryani, 2019). The most successful nutritional health intervention for pregnant women is knowledge (Musdalifah et al., 2020)

CONCLUSION

Before education was carried out, the frequency of knowledge was more or less greater than the frequency of good knowledge. After education, good knowledge is higher than the frequency of poor knowledge. There is an influence between pregnant women's education and increased knowledge after being given nutrition education and assistance in implementing balanced nutrition.

SUGGESTION

There has been an increase in nutritional knowledge of pregnant women to prevent stunting. Advice given to cadres and TPGs in local work areas is that assistance in the form of nutrition education should be carried out as often as possible so that targets know and are often exposed to health information. There is an influence of 0.005, which means there is an influence between the application of balanced nutrition education to pregnant women.

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