

ATTITUDE AND MOTIVATION OF ADOLESCENTS ON STUNTING PREVENTION IN FEMALE STUDENTS

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ABSTRAK: SIKAP DAN MOTIVASI REMAJA DALAM PENCEGAHAN STUNTING PADA SISWA PUTRI

Latar Belakang: Stunting mempunyai dampak yang sangat merugikan baik dari sisi kesehatan maupun dari produktivitas ekonomi. Dampak jangka pendek stunting terkait dengan perkembangan sel otak yang dapat menyebabkan tingkat kecerdasan menjadi tidak optimal. Dampak jangka panjang dapat menurunkan produktivitas dan menghambat pertumbuhan ekonomi. Salah satu intervensi spesifik dalam penurunan stunting yang dilakukan oleh Kementerian Kesehatan ditujukan kepada remaja putri, calon pengantin dan ibu hamil. Mengatasi stunting tidak hanya dimulai dari saat mengandung tetapi jauh sebelum kehamilan harus diatasi, dengan menyiapkan remaja putri untuk tumbuh menjadi generasi yang siap berperan menjadi ibu secara fisik maupun kematangan mental

Tujuan: Mengetahui hubungan antara sikap dengan motivasi remaja putri dalam pencegahan stunting

Metode: Desain penelitian menggunakan deskriptif korelatif dengan pendekatan cross sectional, sampel sebanyak 49 siswa putri, instrumen pengambilan data menggunakan kuesioner. Variable sikap dikategorikan menjadi dua yaitu mendukung dan kurang mendukung, sedangkan variable motivasi juga dikategorikan menjadi dua, yaitu tinggi dan rendah. Analisis yang digunakan adalah univariat dan bivariat. Uji statistik yang digunakan yakni uji Chi Square.

Hasil: Hasil analisis dari total skor penelitian terhadap sikap 61,2% responden mendukung dan hasil observasi motivasi diperoleh hasil sebagian besar memiliki motivasi tinggi (65,3%). Nilai $p = 0,14 > \alpha = 0,05$ yang menunjukkan bahwa tidak terdapat hubungan positif antara sikap dengan motivasi remaja dalam pencegahan stunting.

Kesimpulan: Tidak terdapat hubungan antara sikap dengan motivasi remaja dalam pencegahan stunting di SMA Muhammadiyah 4 Kendal

Saran: diperlukan adanya kegiatan yang terprogram dari sekolah dalam upaya mendukung siswa dalam kegiatan pencegahan stunting sejak masa remaja, antara lain dengan memberikan penyuluhan tentang gizi & pencegahan anemia serta pemeriksaan kadar hemoglobin secara rutin setiap 6 bulan atau 1 tahun sekali bekerja sama dengan puskesmas terdekat untuk mendeteksi kejadian anemia pada remaja putri.

Kata Kunci : Sikap, Motivasi, Pencegahan Stunting

ABSTRACT

Background: Stunting has a very detrimental impact both in terms of health and economic productivity. The short-term impact of stunting is related to the development of brain cells which can cause intelligence levels to be suboptimal. Long-term impacts can reduce productivity and inhibit economic growth. One of the specific interventions in reducing stunting carried out by the Ministry of Health is aimed at adolescent girls, prospective brides and pregnant women. Overcoming stunting does not only start from the time of pregnancy but long before pregnancy must be addressed, by preparing adolescent girls to grow into a generation that is ready take on the role of motherhood both physically and mentally

Objective: To determine the relationship between attitudes and motivation of adolescent girls on stunting prevention

Method: The research design uses descriptive correlative with a cross-sectional approach, a sample of 49 female students, using a questionnaire as a data collection instrument. Attitude variables are categorized into two, supportive and less supportive, while motivation variables are also categorized into two, high and low. The analysis used is univariate and bivariate. The statistical test used is the Chi Square test.

Results: The results of the analysis of the total research score on attitudes 61.2% of respondents supported and the results of the motivation observation obtained the results that most had high motivation (65.3%).

The p value = 0.14 > α = 0.05 which shows that there is no positive relationship between attitudes and adolescent motivation on stunting prevention.

Conclusion: There is no correlation between attitude and motivation of adolescents on stunting prevention in female students of SMA Muhammadiyah 4 Kendal

Suggestion: There is a need for programmed activities from schools in an effort to support students in stunting prevention activities since adolescence, including providing counseling on nutrition & anaemia prevention and checking haemoglobin levels routinely every 6 months or once a year in collaboration with the nearest health centre to detect the incidence of anaemia in adolescent girls.

Keywords: Attitude, Motivation, Stunting Prevention

INTRODUCTION

The resource quality development framework explains that the problem of stunting is one part of the double burden of malnutrition (DBM) which has a very detrimental impact both in terms of health and in terms of economic productivity, both in the short and long term. The short-term impact of stunting is related to the development of brain cells, which in turn will cause the level of intelligence to be not optimal. This means that children's cognitive abilities will be lower in the long run and can ultimately reduce productivity and hamper economic growth (Makripudin L, Roswandi D.A, Tazir F.T, 2021).

Stunting, or shortness of body due to chronic malnutrition, can occur as a result of malnutrition, especially during the first 1000 days of life (HPK). Specific intervention activities carried out by the Ministry of Health include: Provision of Blood Addition Tablets for adolescent girls, brides-to-be, pregnant women; Promotion of Exclusive Breastfeeding; Promotion of complementary foods; Promotion of fortified foods including iodised salt; Promotion and campaign of Blood Addition Tablets; Micronutrient supplements (Taburia), Macronutrient supplements (PMT); Pregnant Women's Classes; Promotion and campaign of balanced nutrition and behaviour change; Deworming; Management of Malnutrition; Vitamin A supplementation; and National Health Insurance (Kemenkes RI, 2018).

Based on the 2017 report, there are four factors that influence the occurrence of stunting, namely 1) Parenting practices that are influenced by parents' lack of knowledge about nutritional health before and during pregnancy and after childbirth; 2) Antenatal Care and Post Natal Care services that lack quality; 3) Access to nutritious food that is still lacking; 4) lack of access to clean water and sanitation which can affect the occurrence of recurrent infections that have an impact on child development (Makripudin L, Roswandi D.A, Tazir F.T, 2021).

One of the specific intervention activities carried out by the Ministry of Health targets

adolescent girls, brides-to-be and pregnant women. According to Adriani and Wirjatmadi (2012) nutritional problems that often arise in adolescents include irregular eating, pregnancy, eating disorders, obesity, alcohol and drug abuse, acne, and anaemia (Adriani M, Wirjatmadi B, 2012).

Adolescence is a time of rapid changes in the process of physical, cognitive, and psychosocial growth, this period is full of changes and is prone to problems. For this reason, special attention and a good understanding and proper handling of adolescents are important factors for the success of adolescents in later life, considering that this period is the most defining period (Pusdiknakes, 2015).

The impact of malnutrition in a woman's life cycle such as chronic malnutrition, pregnancy with insignificant weight gain can lead to giving birth to babies born with low body weight, which is a risk factor for growing up to become stunted children. This cycle will continue to repeat itself if the root of the problem is not addressed. Pulling out the roots of stunting does not only start at the time of pregnancy but long before that the deepest roots must be addressed. Preparing adolescent girls to grow into a generation that is ready to take on the role of motherhood in terms of physical and mental maturity (Matahari R, Suryani D, 2022).

Adolescent girls as prospective mothers need to be given education about stunting, as a step to prepare prospective mothers with good knowledge to prevent it through improved nutrition at the adolescent stage, reproductive age, pregnancy, after childbirth and parenting (Muchtar F, Rejeki S, Elvira I, Hastian, 2023).

RESEARCH METHODS

This research is descriptive correlative, with a cross sectional approach. The population of this study were all female students at SMA Muhammadiyah 4 Kendal with a total of 55 students. with total population sampling, there were 6 students who entered the exclusion criteria so that the total sample was 49 students. Data collection instruments

using questionnaires. Attitude and motivation criteria were determined based on median values. Attitude is favourable ($n \geq \text{median}$), attitude is less favourable ($n < \text{median}$), motivation is high when $n \geq \text{median}$, while motivation is low when $n < \text{median}$. The variables studied include attitude as an independent variable and motivation as a dependent variable. Data analysis using chi square test.

RESEARCH RESULTS

Univariate analysis

The results of univariate analysis of respondents' attitudes and motivation on stunting prevention are presented below:

Table 1
Frequency Distribution of Adolescent Attitudes on stunting prevention in Female Students of SMA Muhammadiyah 4 Kendal Year 2024

Attitude	Frequency (f)	Percentage (%)
Less Supportive	19	38,8
Supportive	30	61,2

The table above shows that based on the attitude of the respondents, the majority are supportive (61.2%). A person's attitude is formed from cognitive, emotional and behavioural components (Donsu JDT, 2019). Attitudes are formed from the cognitive component, in this case the respondent's attitude on stunting prevention is obtained from information that respondents have obtained about stunting from health workers, teachers, parents and information media. The information that has been obtained increases respondents' knowledge about stunting and its prevention. attitudes arise because of the learning process, in this case respondents learn about stunting prevention through information obtained from health workers, teachers, parents and information media. Statements about attitudes related to understanding, causes, impacts of stunting and prevention efforts include prevention of anaemia, providing information: about nutrition, about reproductive health, clean and healthy living behaviour, and environmental hygiene.

According to Notoatmodjo S (Donsu JDT, 2019), attitudes are categorised into 4 steps, namely: 1) accept; everyone has a sense of wanting to be recognised, including being accepted by society, the emergence of a sense of desire to pay attention to the stimulus he receives, 2) response; everyone needs to be noticed, 3) appreciate; in addition to wanting to be noticed everyone also needs to be

appreciated, 4) responsibility; is an attitude that not everyone can do. This theory describes the respondents in this study, namely adolescent girls, where adolescence has a sense of desire to pay attention to stimulus, namely information related to stunting, a teenager also needs attention from the surrounding environment, in this case family and school, a teenager also wants to be noticed, and begins to have a sense of responsibility. Respondents in this study were a group of adolescent girls aged between 15-18 years, in accordance with the theory that at that age they are included in the Adollescencia category which means growing into adulthood, is a transitional age from adolescence to adulthood and is a critical period in physical, psychological and behavioural growth, generally at the junior high school and high school levels. So that correct information is needed in order to form a good and supportive attitude on stunting prevention efforts since adolescence in preparing for pregnancy.

Adolescent girls play an important role in shaping future family health policies, especially related to children's nutrition and health. Their involvement on stunting prevention efforts can make a major contribution to improving the quality of life of children in the future (Dermawan R, Rahfiludin M.Z, Budiyo, 2024). Adolescents have a great opportunity to break the stunting cycle, as they are the future parents who will give birth to the next generation. Adolescence offers an opportunity to address the nutritional problems posed during the first decade of life and to develop healthy diets and lifestyles. It is a time when attitudes are formed as well as the formation of eating patterns and eating practices (Resmiati, 2022). This study is in line with research on the attitude of adolescent girls in consuming blood supplement tablets as a prevention of stunting, the majority of adolescents are in a good attitude (75%). Adolescent girls who are anaemic have many adverse risks during pregnancy, childbirth, and postpartum. In addition, the children who are born are likely to be stunted, thus continuing the cycle of malnutrition (Rizkiana E, 2022). This study also found a similar picture with previous research on the attitudes of adolescent girls towards nutritional problems, which showed that the majority had a good attitude (Setyaningsih P, Jumiatun, 2022). Community attitudes towards GERMAS also showed that the majority had a good attitude (64.3%). The Healthy Living Community Movement (GERMAS), is a movement that involves all components of the nation in promoting a healthy paradigm. GERMAS aims to increase understanding, awareness, willingness and ability of the community

to behave healthily in an effort to improve quality of life (Susanti Y, Setyaningsih P, Suraji C, 2023).

With an attitude that supports stunting prevention efforts, it is hoped that adolescent girls can prepare themselves in pregnancy planning so that they can support stunting prevention efforts in the 1000 days of life which is a critical period as the beginning of stunting.

Table 2
Frequency Distribution of Adolescent Motivation on stunting prevention in Female Students of SMA Muhammadiyah 4 Kendal Year 2024

Motivation	Frequency (f)	Percentage (%)
Low	17	34,7
High	32	65,3

The table shows that most respondents (65.3%) have high motivation on stunting prevention. According (Muhfizar, et al, 2021), motivation is an impetus that comes from within a person to take action to achieve goals. The definition of motivation cannot be separated from the word 'needs' or 'wants'. A need is a potential in humans that needs to be responded to or responded to (Notoatmodjo S, 2017). According to (Hariandja T. E, 2017) motivation is the factors that direct and encourage a person's behaviour or desire to carry out an activity which is expressed in the form of hard or weak effort. In line with the opinion expressed (Taufik, 2017) that

motivation includes direction or purpose, behaviour, strength and persistence. In addition, it also includes a number of concepts of need, expectancy, interest, family, environment, and rewards.

Respondents who have high motivation most likely already have goals to prepare themselves to prevent stunting, including willingness to maintain health with exercise, willingness to maintain environmental cleanliness and willingness to follow health information about nutritional needs, reproductive health and clean and healthy living behaviour. According to KBBI, the impetus that arises in a person consciously or unconsciously to take an action with a specific purpose, according to the statement in motivation, including the respondent's willingness to check Hemoglobin, willingness to take blood supplement tablets, willingness to meet balanced nutritional needs to prevent anaemia as one of the causes of stunting.

Respondents in this study are adolescent girls as prospective mothers who need to be given education about stunting, as a step to prepare prospective mothers with good knowledge to prevent it through improved nutrition at the adolescent stage, reproductive age, pregnancy, after childbirth and parenting (Muchtar F, Rejeki S, Elvira I, Hastian, 2023). Pulling out the roots of stunting does not only start during pregnancy but long before that the deepest roots must be addressed. Preparing adolescent girls to grow into a generation that is ready to take on the role of motherhood in terms of physical and mental maturity (Matahari R, Suryani D, 2022).

Table 3
Cross Tabulation of Adolescent Attitudes and Motivation on Stunting Prevention in Female Students of SMA Muhammadiyah 4 Kendal Year 2024

Attitude	Motivation				Total		p- Value
	Low		High				
	f	%	f	%	f	%	
Less Supportive	9	47.4	10	52.6	19	100	0.14
Supportive	8	26.7	22	73.3	30	100	

Based on table 3 above, it can be explained that there are 22 respondents (73.3%) who have a supportive attitude and high motivation, while there are 10 respondents (52.6%) who have a less supportive attitude and high motivation. The statistical test results obtained a p-value of 0.138 (>0.05), so it can be concluded that there is no relationship between attitude and adolescent motivation on stunting prevention at SMA Muhammadiyah 4 Kendal.

In accordance with the opinion (Donsu JDT, 2019) that the indicators that form a person's attitude include: 1) attitudes arise because of the learning process, 2) attitudes are changeable so that they cause a person to learn each other's behaviour, 3) attitudes are formed interconnected, 4) attitudes are directed at one object and or many objects, 5) attitudes can run for a long time or briefly, 6) attitudes have taste and motivation. Although attitude is a feeling, thinking about one's behaviour in social interaction, it will be influenced by several indicators

that make it up. Meanwhile, motivation is an encouragement that comes from within a person to take action to achieve goals (Muhfizar, et al, 2021), in this case it is an encouragement from within adolescent girls to take action to achieve the goal of preventing stunting.

Attitude is related to motivation. A positive attitude can form high motivation, while a negative attitude can form low motivation (Irman O, 2019). Motivation is a conscious effort to influence someone's behaviour so that it moves his heart to act to do something to achieve certain results or goals where motivation is also a driver, desire, stimulus or drive that makes people act or behave in a motivational way that refers to the cause of the emergence of a behaviour (Siagian, S, 2012). According to (Deci, E.L., Ryan, R.M., 2010) adolescents who are in a developmental stage are easy to motivate. Researchers argue that the negative attitudes of female students are due to lack of information. Meanwhile, high motivation is due to adolescents who are in a developmental stage so it is very easy to be motivated (Irman O, 2019).

Youth are at the forefront of innovation and agents of change. Many innovations are developed by young people because of their idealism, enthusiasm and creativity. The low knowledge and attitudes of adolescents about stunting and the impact it has in the future make adolescents uncaring, education is needed to increase awareness of the impact of stunting in the future (Mitra, Nurlisis, Rahmalisa U., 2022). Appropriate interventions for adolescent girls have the potential to reduce the risk of stunted generations and increase the chances of quality human resources in the future (Renyot B.S, Dary D, Nugroho C.V.R, 2023).

The results of this study are in line with research conducted by (Mufidah H, Kristanti H, Khristiani E.R, 2022) which states that there is no relationship between attitude and blood donor motivation ($p\text{-value } 0.393 > 0.05$). A person's motivation can be influenced by several factors both intrinsic and extrinsic. The high motivation of respondents can be influenced by the presence of extraphysical factors, including family support, environment and media or information sources. Although the majority of respondents have a less supportive attitude, they have high motivation towards stunting prevention due to external influences such as family support, in the form of emotional support as a sense of security, assessment support as a mediator of problems, instrumental support as a solution, and informational support as a provider of information and an

environment that can influence a person so that they are motivated to do something (Mahtum li, Purnamaningsih I.R, Purbangkara T, 2022).

Factors that Influence Toddler Visits to Posyandu', there are several factors that influence maternal motivation to Posyandu knowledge, age, maternal employment status, access to services, and family support (Dewi C, Nizami N.H, Agustina S, 2022). Research conducted by (Andiani, Lestari T, Sumiati T, 2023) showed the results that the majority of adolescents had less knowledge about stunting (49.3%) and only 17.3% had good knowledge about stunting. Most adolescents still have a negative perception of stunting, as research (Natanael S, Putri N.K.A, Kadek Tresna Adhi K.T, 2022) showed that 52.3% of adolescents have a negative perception of stunting, especially the perception of seriousness. This negative perception of seriousness about stunting in adolescents refers to feelings about the impact that arises from not preventing stunting. There are still adolescents who have wrong perceptions about the threat of stunting, such as there is no link between stunting and early marriage.

Involving adolescents can strengthen the contribution of adolescents in improving adolescent health. One form of adolescent participation in the implementation of health efforts for school-age children and adolescents aims to foster healthy living habits in order to have the knowledge, attitudes and skills to implement the principles of healthy living (Parinduri, S. K, 2021). Health education on stunting prevention will have an impact on the knowledge of mothers and adolescents as prospective mothers. Maternal attitudes will determine the mother's food consumption behaviour during pregnancy which will have an impact on the baby's birth weight. Infants with low birth weight will be at risk of stunting (Angraini, W., Pratiwi, B.A., Amin, M., Yanuarti, R., Harjuita, T.R, 2019). The results of a study entitled 'Community-Based Participatory Research As Positive Youth Development For Adolescents: Findings From The Atlanta Youth Research Coalition Project' showed that involving adolescents can strengthen adolescents' contributions to improving adolescent health (Sales, J. M., Tamler, I., Powell, L., & Tschokert, M, 2019).

Adolescents are one of the main targets in stunting control efforts. Teenagers are the closest generation before adults who will certainly become parents in the future. Therefore, inviting adolescents to be more active in contributing to stunting prevention efforts is important. Teenagers should not only know and understand about stunting for themselves, but also become agents of change who are able to disseminate stunting information more

widely to the surrounding environment. This must be done together as an effort to make Indonesian people healthy, prosperous, and productive. Adolescent girls as future mothers should not give birth to a malnourished generation. Therefore, prepare as early as possible and as much as possible to give birth to a great, healthy and accomplished generation by paying attention to nutritional intake during adolescence and pregnancy later (Sriwiyanti, Nazarena Y, 2024).

CONCLUSIONS

The results of the study were concluded based on the objectives of this study. Most respondents have a supportive attitude and high motivation on stunting prevention, this is supported by the information that respondents have obtained about stunting. In accordance with the Minister of Health's statement that one of the efforts to prevent stunting is carried out in the period before pregnancy, namely during adolescence by preventing anaemia in adolescent girls, because anaemia can increase the risk of adolescents giving birth to stunted babies. In addition to these efforts, it is also recommended that young women routinely check haemoglobin levels at least 6 months or once a year to detect anaemia in young women. There is no relationship between respondents' attitude and motivation on stunting prevention.

SUGGESTION

Programmed activities from schools in an effort to support students on stunting prevention activities since adolescence, including by providing counseling on nutrition & anaemia prevention. Routine haemoglobin level checks every 6 months or once a year in collaboration with the nearest health centre to detect the incidence of anaemia in adolescent girls.

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