

THE EFFECT OF COUNSELING WITH BOOKLET ON PREGNANT WOMEN ABOUT NUTRITION DURING PREGNANCY TO PREVENT STUNTING INCIDENTS

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ABSTRAK : PENGARUH PENYULUHAN DENGAN MEDIA *BOOKLET* TERHADAP PENGETAHUAN TENTANG GIZI PADA MASA KEHAMILAN UNTUK MENCEGAH TERJADINYA *STUNTING*

Latar Belakang : Berdasarkan data SSGI tahun 2021 dalam profil kesehatan Provinsi Lampung, diketahui bahwa Kabupaten Tulang Bawang memiliki prevalensi stunting sebesar 9,5%, namun berdasarkan data SSGI tahun 2022 dalam profil kesehatan Provinsi Lampung angka prevalensi stunting di Kabupaten Tulang Bawang mengalami peningkatan sebesar 10,2%. Salah satu dampak jangka panjang stunting yaitu menurunnya prestasi belajar. Pada tahun 2023 dilakukan pengukuran balita di wilayah kerja Puskesmas Tiuh Tohou dan didapatkan 189 (12,98%) dari 1456 balita mengalami stunting.

Tujuan : Mengetahui pengaruh penyuluhan pada ibu hamil dengan media booklet terhadap pengetahuan tentang gizi pada masa kehamilan untuk mencegah terjadinya stunting.

Metode : Penelitian ini dalam bentuk kuantitatif dengan rancangan menggunakan pendekatan Pre-Eksperimental yaitu one group pre test-post test. Sampel penelitian ini ibu hamil sebanyak 60 orang dengan teknik *Purposive Sampling*. Analisis data menggunakan analisis univariat dan analisis bivariat. Uji statistik menggunakan *Wilcoxon Signed-Rank Test*, hasil dari uji statistik nilai *p-value* $0,000 < 0,05$.

Hasil : Hasil penelitian menunjukkan nilai rata-rata *pretest* sebesar 15,72 dan *posttest* sebesar 18,78 sehingga mengalami peningkatan sebesar 3,06. Sedangkan hasil uji statistik diperoleh *p value* 0,000.

Kesimpulan : Ada pengaruh penyuluhan pada ibu hamil dengan media booklet terhadap pengetahuan tentang gizi pada masa kehamilan untuk mencegah stunting di Wilayah Kerja Puskesmas Tiuh Tohou Kabupaten Tulang Bawang.

Saran : Tenaga Kesehatan terutama bidan, dalam memberikan pelayanan kepada ibu hamil berupa penyuluhan sebaiknya menggunakan media booklet, karena booklet merupakan buku kecil yang berisi informasi yang ringkas dan padat sehingga mudah dipahami oleh ibu hamil.

Kata kunci : Penyuluhan, Media Booklet, Gizi Kehamilan, Pencegahan Stunting.

ABSTRACT

Background: Based on the 2021 SSGI data in the health profile of Lampung Province, it is known that Tulang Bawang district has a stunting prevalence of 9.5%, but based on SSGI data in 2022 in the health profile of Lampung province, the stunting prevalence rate in Tulang Bawang district has increased by 10.2%. One of the long-term impacts of stunting is declining learning achievement. In 2023, a measurement of toddlers was carried out in the working area of the Tiuh Tohou Health Center, and 189 (12.98%) of 1456 toddlers were stunted.

Purpose: Knowing the effect of counseling on pregnant women with booklet media on knowledge about nutrition during pregnancy to prevent stunting incidents.

Methods: This research is in quantitative form with a design using a Pre-Experimental approach, namely one group pre-test-post-test. The sample of this study was 60 pregnant women using the purposive sampling technique. Data analysis, univariate analysis, and bivariate analysis. The statistical test uses the Wilcoxon Signed-Rank Test, with a statistical test of *p-value* $0.000 < 0.05$.

Results: The results showed that the average *pretest* score was 15.72 and the *posttest* was 18.78, there was an increase in maternal knowledge by 3.06. Meanwhile, the results of the statistical test obtained a *p-value* of 0.000.

Conclusion: There is an effect of counseling on pregnant women with booklet media on knowledge about nutrition during pregnancy to prevent stunting in the Tiuh Tohou Health Center Working Area, Tulang Bawang Regency.

Suggestions: Health workers, especially midwives, in providing services to pregnant women in the form of counseling should use booklet media, because a booklet is a small book that contains concise and dense information, so that it is easy for pregnant women to understand.

Keywords: Counseling, Media Booklet, Nutrition during Pregnancy, Stunting Prevention.

INTRODUCTION

Stunting is a condition of growth failure in toddlers caused by chronic malnutrition, resulting in the child being too short for his age. Malnutrition can occur since the baby is in the womb and early after the child is born, but is only seen after the child is 2 years old, where the nutritional status of the mother and child is an important factor in the growth and development of the child. The short-term impact of this nutritional problem is impaired brain development, intelligence, impaired physical growth, and metabolic disorders in the body. Then, in the long term, it can result in decreased cognitive abilities and learning achievement, as well as decreased immunity.

Several risk factors for stunting begin during pregnancy, there are lack of fetal nutritional intake while in the womb, lack of knowledge of pregnant women about health and nutrition before and during pregnancy, then limited health services, including quality of Ante Natal Care (ANC) services. Stunting is considered a cumulative result of the process that begins during pregnancy. Nutritional problems in the mother are an indirect cause of stunted, fetal growth and development, which becomes a risk factor for stunting. The relationship between pregnancy and stunting requires effective prevention activities to prevent stunting during pregnancy.

The World Health Organization (WHO) said the incidence of stunting in the world in 2020 reached 22% or 149.2 million (Rofita et al., 2023:1321). According to the World Health Organization, the prevalence of stunting in Southeast Asia in 2018 was 31.9% or 55.5 million toddlers, then in 2019 it was 31% or 52.6 million toddlers, then reached 30.1% or 51.1 million toddlers in 2020. In 2020, Indonesia was in the second highest position for toddler stunting in Southeast Asia at 31.8%, then the first position was in Timor-Leste at 48%, then Laos was in the position after Indonesia with a prevalence rate of 30.2% (Oktaria Batubara et al., 2023:41). The incidence of stunting in Indonesia is still very high, 31.8% in 2020, decreased to 24.4% in 2021 and continued to decrease in 2022 to 21.6%

Based on the results of the Indonesian Nutrition Status Survey (SSGI) in the health profile of Lampung Province in 2021, toddlers with stunting

in Lampung Province were 18.5%, this figure has decreased from the previous year, which was 26.26% (Health Profile of Lampung Province, 2021:93). According to the Indonesian Nutrition Status Survey (SSGI) in the health profile of Lampung Province in 2022, toddlers with stunting in Lampung Province were 15.2%, this figure has decreased from the previous year, which was 18.5%

In addition, based on the Indonesian Nutrition Status Survey (SSGI) data in Health Profile of Lampung Province in 2021, it can be seen that Tulang Bawang Regency has a Stunting prevalence of 9.5% (Lampung Province Health Profile, 2021:93). However, based on the Indonesian Nutrition Status Survey (SSGI) data in the Lampung Province Health Profile in 2022, the stunting prevalence rate in Tulang Bawang Regency increased to 10.2%

The increase in stunting in 2022 could occur due to the COVID-19 pandemic, which resulted in a lack of counseling, due to government regulations, physical distancing so that pregnant women cannot gather to get counseling. After physical distancing was no longer enforced, the counseling carried out also only used the lecture method, not using media such as booklets. Stunting deserves more attention because it can have an impact on a child's life until they grow up, especially the risk of impaired physical and cognitive development if not handled properly (Nirmalasari, 2020:19). According to (Kurniati & Sunarti, 2020:24) one of the long-term impacts of stunting is decreased learning achievement.

According to research conducted by (Yuliana & Lestari, 2022) with the title Nutrition Education for Pregnant Women Through Booklet Media to Prevent Stunting in Pregnant Women's Classes in Toriyo Village, Sukoharjo in 2022, which stated that after being given nutrition education for pregnant women using booklets, there was an increase in knowledge, namely 94.29%. According to the p-value for knowledge of 0.000 (<0.005). Based on this, it can be concluded that there is a significant effect of providing nutrition education for pregnant women using booklets on increasing knowledge of pregnant women about preventing stunting.

Stunting can occur during pregnancy due to inadequate nutritional intake during pregnancy,

inappropriate diet, and low food quality resulting in stunted growth (Anakoda et al., 2021:98). One of the interventions to prevent stunting can be carried out during pregnancy (Hikmawati et al., 2022:126). Early efforts that can be made to prevent stunting can be done since pregnancy. The principle is to increase the nutritional intake of pregnant women by ensuring that during pregnancy the mother consumes nutritious and good quality food, therefore, counseling is needed to increase the insight of pregnant women regarding good nutritional needs during pregnancy and increase the skills of pregnant women in managing foods that are rich in nutrients.

Efforts to prevent stunting have developed along with the development of science, technology and knowledge, so that there are several combinations of methods and educational media that can be selected as appropriate interventions for pregnant women (Nuradhiani, 2022:48). Educational methods are ways or techniques that are planned and applied to influence optimal educational achievement, while educational media aims to attract participants' interest in participating in education.

The right way that can be used to increase knowledge is by using media as health education. One of the supporters of the information understanding process is the existence of media, health promotion media that can increase knowledge, one of which is booklets (Zahra et al., 2021:124). Booklet media was chosen as a health education media because it can disseminate information in a relatively short time, so that it can increase the knowledge of pregnant women.

Lack of knowledge in pregnant women affects the amount of food consumed, as a result it can cause energy and other nutritional needs to be inadequate during pregnancy (Quraisy et al., 2022). From the results of the study (Zahra et al., 2021:125) it was found that after being given counseling intervention with booklet media, there was a statistically significant increase in knowledge in pregnant women.

Pre-surveys have been conducted at two Health Centers in Tulang Bawang Regency, Menggala and Tiuh Tohou Health Centers. Menggala Health Center is one of the Health Centers in Tulang Bawang Regency. In August 2023, toddler measurements were carried out and it was found that 92 (4.6%) of 1985 toddlers experienced stunting. The details of the stunting incidents are as follows, Menggala Selatan village (3.8%), Ujung Gunung village (3.4%), Menggala Tengah village (5.0%), Menggala Kota village (6.7%)

(Menggala Health Center, 2023). Tiuh Tohou Health Center is one of the Health Centers in Tulang Bawang Regency. In August 2023, toddler measurements were carried out and it was found that 189 (12.98%) of 1456 toddlers experienced stunting. The details of the stunting incidents are as follows, Bujung Tenuk village (13.68%), Astra Ksetra village (15.74%), Ujung Gunung Ilir village (11.32%), Kagungan Rahayu village (14.32%), Tiuh Tohou village (9.96%) (Tiuh Tohou Health Center, 2023). In Astra Ksetra village, Tiuh Tohou sub-district, the number of toddlers recorded based on measurements in August 2023 was 216 toddlers, with details of 182 toddlers (35.62%) not experiencing stunting or normal and 34 toddlers (15.74%) experiencing stunting

The incidence of stunting in Tiuh Tohou Health Center is highest among them, which is 12.98% when compared to Menggala Health Center which is only 4.6%. Therefore, the researcher is interested in conducting a study entitled "The Effect of Counseling with Booklet Media on Knowledge of Nutrition During Pregnancy to Prevent Stunting in the Work Area of Tiuh Tohou Health Center, Tulang Bawang Regency.

RESEARCH METHODS

The method of this research was quantitative, using a Pre-Experimental approach with a one-group pre-test-post-test design, a measurement method by taking one measurement before intervention (pre-test), then giving treatment (experimental treatment) and re-measurement after the intervention (post-test) (Sutriyawan, 2021:114). The test that will be carried out is by providing a questionnaire that will see the comparison of knowledge before and after the intervention was given. The population in this study was all pregnant women in the working area of the Tiuh Tohou Health Center, Tulang Bawang Regency in January-November 2023 with a population of 115 people.

The sampling technique of this study was Nonprobability Sampling by Purposive Sampling, which is taking samples intentionally according to the required sample requirements (Sutriyawan, 2021:148). The inclusion criteria are pregnant women who are willing to be respondents; can read, write and not illiterate; live in the Tiuh Tohou Health Center Work Area. The exclusion criteria are pregnant women who have given birth during the data collection period.

The data used in this study are primary data, those taken directly from respondents. The data collection tool in this study used a questionnaire and checklist. The questionnaire used in this study was

a closed questionnaire, namely a questionnaire made with closed statements, so that respondents could choose or answer the existing answers (Nugraha et al., 2023:89). The data collection process includes pre-test, intervention in the form of nutrition counseling for pregnant women and post-test. The data analysis was done univariately using the mean, while for the previous bivariate analysis, a normality test was carried out which aims to see whether the data is normally distributed or not normally distributed. If the data is normally distributed, the p value > 0.05 uses the t -dependent

test (paired t -test), while if the data is not normally distributed, the p value < 0.05 uses the nonparametric test, wilcoxon signed rank test, with the following conclusions: H_0 is rejected if the p value < 0.05 ; H_a is accepted if the p value > 0.05

RESEARCH RESULTS

Respondent Characteristics

Based on the research results, the characteristics of respondents are obtained as detailed in the following table:

Table 1
Characteristics of Respondents at Tiuh Tohou Health Center Tulang Bawang Regency

Characteristics of Respondents	Frequency	Percentage
Age		
<20 Year	1	1,7 %
20-35 Year	52	86,7 %
>35 Year	7	11,7 %
Education		
Elementary	3	5,0 %
Junior High School	15	25,0 %
Senior High School	33	55,0 %
Diploma	1	1,7 %
Bachelor	8	13,3 %
Occupation		
Housewife	51	85,0 %
Teacher	3	5,0 %
Honorary worker	4	6,7 %
Health Analyst	1	1,7 %
Customer Service	1	1,7 %

Based on the table 1, it shows that the majority of pregnant women in the Tiuh Tohou Health Center work area are 20-35 years old, as many as 52 people (86.7%), most of whom have a high school education, as many as 33 people (55.0%) and have occupation as housewives as many as 51 people (85.0%).

Univariate Analysis

Based on the table 2, the average knowledge score of respondents before being given treatment with counseling using Booklet was 15.72 with a standard deviation of 2.835. After the intervention, the average knowledge score was 18.78 with a standard deviation of 1.462. There was an increase in the average knowledge after the intervention of 3.06.

Table 2
The Average of Mothers' Knowledge Before and After Being Given Counseling Using Booklet

Variable	Mean	Standard Deviation	Min	Max	N
Pre Test	15,72	2,835	9	20	60
Post Test	18,78	1,462	14	20	60

Bivariate Analysis

Normality Test

In this study, a normality test was carried out with the Shapiro-Wilk test to determine whether the data was normally distributed or not. The results of data processing were obtained as follows:

Table 3
Data Normality Test Results

Group	Statistic	Df	Sig
Pretest	,944	60	,008
Posttest	,782	60	,000

Based on table 3, it is known that the pretest significance value (0.008) and the posttest significance value (0.000) or <0.05 so it can be concluded that the research data is not normally distributed.

a. Wilcoxon Signed-Rank Test

The type of hypothesis test used in this study based on the results of the data normality test is the Wilcoxon Signed-Rank Test. This hypothesis test aims to prove whether counseling for pregnant women with booklet media can improve the knowledge of pregnant women in the Tiuh Tohou Health Center Work Area, Tulang Bawang Regency.

Table 4

Wilcoxon Signed-Rank Test of counseling for pregnant women with booklet media on pregnant women's knowledge about nutrition in order to prevent stunting before and after in the Tiuh Tohou Health Center Work Area, Tulang Bawang Regency

Intervention	N	Negative Ranks	Positive Ranks	Ties	Sum of Ranks	Z	p-value
Counseling with Booklet Media Before and After	0	0	50	10	1275,00	-6,184	0,000

Based on the table 4, out of 60 pregnant women respondents who experienced an increase in knowledge about nutrition from pretest to posttest were 50 respondents, while respondents whose values remained the same from pretest to posttest were 10 respondents. Based on the table, it was also found that the Asymp. Sig (2-tailed) value with a p-value of 0.000 so that <0.05 which means H_a is accepted, meaning that there is a significant influence of counseling using booklet media on knowledge about nutrition during pregnancy to prevent stunting in the Tiuh Tohou Health Center Work Area, Tulang Bawang Regency.

DISCUSSION

The results of the analysis of the average knowledge before being given counseling with Booklet media (pretest) with an average value (15.72). While the average knowledge of mothers after being given counseling with Booklet media (posttest) with an average value (18.78). Based on these results, it can be seen that the average value of knowledge after being given counseling with Booklet media is greater than before being given counseling with Booklet media with a difference of 3.06. This proves that counseling for pregnant women with Booklet media can increase knowledge.

The results of this study are in line with research conducted by (Listyarini & Fatmawati,

2020), (Yuliana & Lestari, 2022), (Listyarini et al., 2020) which states that with nutrition education or education using booklet media for mothers can increase mothers' knowledge about nutrition. According to the theory put forward by Notoatmodjo (2010) in (Murniati et al., 2022:7) Knowledge is the result of "knowing" and this occurs after people sense a particular object. Sensing occurs through the five human senses, namely sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears. According to Suardi et al., (2022:69) a booklet is a print with a special form in the form of a book that functions as a leaflet, ideally a booklet consists of a maximum of 20 pages equipped with a cover and binding with a certain design that functions to convey information. Booklets are preferred as educational or counseling media because booklets can contain more and more detailed information when compared to other visual educational media such as leaflets and posters (Srimiyati, 2020:5).

According to researchers, respondents with higher education have more knowledge, better comprehension and mindset when compared to mothers with lower education. A person's employment status does not affect a person's knowledge, because knowledge cannot only be obtained from the work environment. Knowledge can also be obtained through health facilities,

integrated health posts, and in this modern era, knowledge is very easy to obtain through the internet and social media. The increase in knowledge of respondents in this study was obtained through the five senses, namely the eyes, respondents read the booklets provided and also through the five senses of the ears, namely by listening to counseling given by researchers. One of the causes that can cause stunting is malnutrition during pregnancy. To prevent this, counseling about nutrition is needed for pregnant women both during pregnancy check-ups and during integrated health posts. The purpose of providing counseling about nutrition with booklet media is that pregnant women can understand the concept of nutrition for pregnant women, the importance of nutrition for pregnant women, the benefits of nutrition during pregnancy, the nutritional needs of pregnant women, the preparation of daily menus for pregnant women, and the provision of blood-boosting tablets for pregnant women.

Based on the results of the normality test, the results of the pretest significance value (0.008) and the posttest significance value (0.000) or <0.05 were obtained so that the data distribution was declared abnormal, so that the analysis test that could be carried out was a non-parametric statistical test using the Wilcoxon Signed-Rank Test hypothesis test, which is an alternative test to the paired t-test because the data is not normally distributed. The Wilcoxon Signed-Rank Test is used to test the difference in rank scores in two paired sample groups before and after the intervention. From the results of the statistical tests that have been carried out, the Asymp. Sig. (2-tailed) value was obtained with a p-value of $0.000 < 0.05$ so that H_0 is rejected and H_a is accepted. Thus, there is an effect of counseling with booklet media on the knowledge of pregnant women about nutrition during pregnancy to prevent stunting in the Tihuh Tohou Health Center Work Area, Tulang Bawang Regency. The results of this study are in line with the research conducted by (Rosmadewi & Mugiati, 2022) entitled Effectiveness of Booklet Media and Whatsapp Group in Health Promotion for Early Detection of Pregnancy Complications in Central Lampung Regency in 2021 which states that the study found that $p \text{ value} = 0.007 \leq \alpha = 0.05$ which means there is a significant difference in respondents' knowledge between those given booklets compared to those who were not given intervention. This illustrates that providing booklets in health promotion can increase pregnant women's knowledge about early detection of complications in the third trimester of pregnancy.

According to (Marfiah & Kurniawati, 2022:42) Nutrition education or counseling is an educational approach to produce individual or community behavior that is needed to improve eating behavior and nutritional status. Nutrition education programs basically aim to change unhealthy behavior into healthier behavior, especially eating behavior. Counseling is an effort that can be made to increase the knowledge of pregnant women so that during pregnancy the mother can get sufficient nutrition and nutrition during pregnancy to prevent stunting (Isnaini et al., 2022:93). Based on the discussion of this study, the knowledge of pregnant women about nutrition increased after being given counseling with booklet media and it is hoped that pregnant women can consume nutritious foods during their pregnancy so that the mother's nutritional needs can be met.

According to researchers from this study, it is proven that counseling with booklet media can influence pregnant women's knowledge about nutrition in order to prevent stunting in the Tihuh Tohou Health Center Working Area of Tulang Bawang Regency. This is because the size of the booklet is not too big or small which can display the right writing so that it makes it easier for respondents to read the booklet and there are pictures in the booklet to make it easier for respondents to understand the material. In addition, the attractive appearance of the booklet also makes respondents enthusiastic to read it and respondents are also very focused on listening to the explanation given by the researcher during the counseling and the results of reading and listening to the material presented by the researcher during the counseling, information can be conveyed well and can be embedded in the brain and thoughts of respondents. So that it can increase respondent knowledge in this case is the respondent's knowledge about nutrition. Researchers chose to use booklet media because booklets can contain more complete material and information when compared to other printed media such as leaflets and posters which are only one sheet. In addition, booklets can also be used long term and stored so that if one day the mother forgets the material that has been given, the mother can re-read the material in the booklet.

CONCLUSION

There is an effect of counseling for pregnant women with booklet media on pregnant women's knowledge about nutrition in order to prevent stunting in the Tihuh Tohou Health Center Working Area, Tulang Bawang Regency, which is proven after the Wilcoxon Signed-Rank Test hypothesis

test was carried out and the results of Asymp. Sig. (2-tailed) with a p-value of 0.000 (<0.05).

SUGGESTION

Health workers who providing services to pregnant women need to implement counseling using booklet media because the appearance is more attractive, easy to understand, complete and clear as a medium to increase the knowledge of pregnant women, especially in nutrition, which is given directly during Antenatal Care (ANC) examinations at the Tiuh Tohou Health Center or integrated health posts, so that pregnant women can understand the importance of nutrition during pregnancy and can fulfill nutritional needs during pregnancy so that they can prevent stunting in their children.

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