

EFFECT OF HEALTH PROMOTION ON THE BRIDE AND GROOM KNOWLEDGE ABOUT THE FIRST 1000 DAYS OF LIFE

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ABSTRAK : PENGARUH PROMOSI KESEHATAN TERHADAP PENGETAHUAN CALON PENGANTIN TENTANG 1000 HARI PERTAMA KEHIDUPAN

Seribu Hari Pertama Kehidupan (1000 HPK) merupakan fase kehidupan yang sangat penting dalam upaya pencegahan stunting. Berdasarkan data UNICEF (United Nations Children's Fund) tahun 2019, sebanyak 21,3% anak mengalami stunting, khususnya di Kabupaten Lampung Tengah sebanyak 1420 balita, di Wilayah Kerja Puskesmas Candi Rejo. Balita tersebut termasuk dalam kategori sangat pendek sebanyak 107 orang dan balita pendek sebanyak 263 orang. Upaya penurunan stunting yang dilakukan adalah dengan memberikan promosi kesehatan kepada calon pengantin terkait fase 1000 HPK balita. Tujuan penelitian adalah untuk mengetahui pengaruh promosi kesehatan terhadap pengetahuan calon pengantin tentang 1000 hari pertama kehidupan di Wilayah Kerja Puskesmas Candi Rejo, Kecamatan Way Pengubuan, Kabupaten Lampung Tengah tahun 2022.

Penelitian kuantitatif menggunakan pendekatan *one group pretest-posttest*. Populasi penelitian ini adalah seluruh calon pengantin dengan sampel sebanyak 31 orang secara total sampling dengan pendekatan *one group pretest-posttest*. Penelitian dilakukan di Wilayah Kerja Puskesmas Candi Rejo, Kecamatan Way Pengubuan, Kabupaten Lampung Tengah pada bulan Juli 2022. Pengumpulan data menggunakan lembar observasi.

Hasil rerata pengetahuan calon pengantin tentang 1000 hari pertama kehidupan sebelum diberikan promosi kesehatan adalah 35,3 dan setelah diberikan promosi kesehatan adalah 95,9. Pengaruh promosi kesehatan terhadap pengetahuan calon pengantin tentang 1000 hari pertama kehidupan di Wilayah Kerja Puskesmas Candi Rejo, Kecamatan Way Pengubuan, Kabupaten Lampung Tengah tahun 2022 menunjukkan nilai $p = 0,000$. Saran: Bagi tenaga kesehatan, diharapkan untuk lebih meningkatkan edukasi yang diberikan berupa leaflet kepada calon pengantin tentang pentingnya 1000 hari pertama kehidupan.

Kata Kunci : 1000 hari pertama kehidupan, promosi kesehatan, pengetahuan, calon pengantin

ABSTRACT

The First Thousand Days of Life (1000 HPK) is a very important phase of life in stunting prevention efforts. Based on UNICEF (United Nations Children's Fund) data in 2019, as many as 21,3% of children are stunted, particularly in Central Lampung Regency as many as 1420 toddlers, in the Working Area of the Candi Rejo Health Centre. The toddler is included in the very short category as many as 107 people and short toddlers as many as 263 people. The efforts to reduce stunting are providing health promotion to brides and grooms related to the 1000 HPK toddler phase. The purpose of the study is to determine the effect of health promotion on the bride and groom's knowledge about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Central Lampung Regency in 2022.

Quantitative research was used with *one group pretest-posttest* approach. The population of this study is the entire bride and groom with a sample used as many as 31 people in total sampling by means of one group pretest-posttest. The study was conducted in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Central Lampung Regency in July 2022. Data collection used observation sheet.

The average results of the bride and groom knowledge about the first 1000 days of life before given health promotion was 35.3 and after given health promotion was 95.9. The effect of health promotion on the knowledge of the bride and groom about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Central Lampung Regency in 2022 showed a p -value = 0.000. Suggestion: For health workers, it is expected to further improve the education given in the form of leaflets to the bride and groom on the importance of 1000 days of life.

Keywords : first 1000 days, health promotion, knowledge, bride and groom

INTRODUCTION

The First Thousand Days of life or known to 1000 HPK is a very important phase of life, starting from the formation of the fetus in the womb until the child is 2 years old. This period is also called as the golden period, which if not used properly, it will occur permanent damage (window of opportunity) (Meliyanti, 2022). The brain growth and development in this period occurs very rapidly which must be supported in the adequacy of nutritional needs (Nurlaela, 2018).

Nutritional status is closely related to the rapid growth and development during the golden period. Meanwhile, the problem of nutrition is one of the highest health problems in the world, especially in developing countries. The efforts to improve nutritional status in order to build quality human resources should start as early as possible, from the beginning of fetal life in the womb (Nurleela, 2018).

Growth failure in this golden age phase can cause physical growth disorders such as Stunting, Wasting, Low Birth Weight (LBW), disruption of brain development, and intelligence will also cause metabolic disorders that can trigger the emergence of non-communicable diseases, such as stroke, obesity, diabetes, disability, and coronary heart disease. In addition, the impact in the long term is a decrease in cognitive ability, learning achievement, and decreased immunity so it easily exposed to disease. The treatment of nutritional problems in the first 1000 days of life focused on reducing the proportion of stunted toddlers, underweight toddlers (wasted), children born to low body weight and over nutrition / obesity in children, as well as increasing the percentage of exclusive breastfeeding and reducing the proportion of anemia in women of childbearing age (Nurlaela, 2018).

According to UNICEF (United Nations Children's Fund) data in 2019, 21,3% or more of one in five children under the age of 5 worldwide experienced stunting, almost two in five stunted children live in South Asia. Meanwhile, two in five other children live in sub-Saharan Africa. In 2019, 47 million toddlers experienced wasting, 14,3 million of them experienced severe wasting. This means a prevalence of 6,9% and 2,1%, respectively. In 2019, more than half of wasting children lived in South Asia and a quarter in sub-Saharan Africa on the same proportion for severely wasting children. At 14,8%, the prevalence of underweight in South Asia (Patimah, 2021).

The Ministry of Health stated that the percentage of malnutrition in toddlers aged 0-23 months in Indonesia is 3,8%, while the percentage

of malnutrition is 11,4%. The province with the highest percentage of malnutrition in toddlers aged 0-23 months in 2018 located in East Nusa Tenggara, while the province with the lowest percentage is West Java province. Lampung province itself has a prevalence of malnutrition of 2,70% and malnutrition of 10,20% (Ministry of Health, 2020).

In 2016, overview of malnutrition cases in Lampung Province as many as 99 cases. In 2017, as many as 87 cases. In 2019, as many as 65 cases. the highest case was Pesawaran Regency as much 21,3% and the lowest in Metro City as much 10,31%. Concerning the distribution of malnutrition cases in toddlers which based on districts/cities, it could be seen that the highest cases were in Lampung Tengah Regency as many as 16 cases and Mesuji Regency was the second highest as many as 9 cases (Lampung Health Office, 2020).

Based on data from Lampung Tengah Regency in 2017, the incidence of stunting was 1420, underweight of 2224 cases, and malnutrition was 402. In 2018, the case of Stunting was 1511, underweight 2278, and malnutrition 431. Based on data from September 2019, toddlers with the very short category (stunting) was 1848 people and short toddlers was 5733 people. The Lampung Tengah Regency data was divided into 38 Public Health Centre (Data from Lampung Tengah, 2020).

Data on Stunting cases in Lampung Tengah spread across 28 sub-districts on the most cases in Public Health Centre (Lampung Tengah Regency Health Office, 2019). Based on the data, it can be seen that Candi Rejo District is the highest cases of stunting as many as 494 cases, followed by Kalirejo District as many as 490 cases, Terbanggi Besar district as many as 444 cases, and the lowest in Rumbia district as many as 38 cases (Lampung Tengah Health Office, 2019).

Based on data from the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency, it is known that in 2021, toddlers who fell into the very short category as many as 107 people and short toddlers as many as 263 people. Meanwhile, in the malnutrition category as many as 4 people, and malnutrition of 42 toddlers. These data increased when compared to 2018 where toddlers who fell into the very short category amounted to 68 people. These mean that there was an increase in very short toddlers by 57,3%. On malnutrition, there were 5 people and malnourished were 57 toddlers.

Handling stunting cases require special attention and cooperation from many parties,

especially in developing countries including Indonesia. The implications of stunting that can affect the quality of development generations in the future become a reference to the importance of handling thoroughly and continuously so that it is hoped that the program that has been built can touch all levels of society and achieve the expected target. Indonesia, with its abundant natural resources, has great potential as a provider of cheap and micronutrient-rich foods needed to develop a balanced nutrition model for stunting children. The agro-ecosystem region provides considerable natural wealth that is able to provide food sources that have sufficient content of macronutrients (carbohydrate, fat, and protein) as well as various micronutrient components. These components can be given to handle cases of stunting, especially in rural areas which are still part of the regional character in Indonesia. So, it can be expected that this guidance of the first 1000 days of life (HPK) can be an appropriate guideline for many parties in the management of stunting. Besides, this cases can help accelerate the decrease in stunting cases in rural areas (Berawi, 2020).

The period of the first 1000 days of life (HPK), which is from the beginning of pregnancy to the second year of the child is a critical period that determines the health, success, and well-being of the child in the future. Malnutrition in this period can result in irreversible (irreplaceable) damage. The bad effects that can be caused by stunting can be found in the short and long term as previously described (Berawi, 2020).

The target group for improving the health quality in the first 1000 days of life starts from women of childbearing age, couples of brides and grooms, pregnant women, nursing mothers, newborns, and children under two years of age (baduta). This target group is a vulnerable group to nutrition (Nurlaela, 2018). In this case, the researcher selected the bride and groom or couples who will marry into the target group in the study. Prospective bride (*Catin*) is a woman who is getting married, who is prepared to have a healthy condition before becoming pregnant so that she can give birth to a healthy baby (Nurlaela, 2018).

The results of the study according to Luz M De-Regil, et. al mentioned that the provision of awareness about nutrition before pregnancy is very important in the pre-pregnant women group, including brides who will prepare for their pregnancy (Nurlaela, 2018). Prospective brides and grooms are a strategic target group in an effort to improve health before pregnancy. Before the wedding, many brides do not have enough knowledge and

information about reproductive health in the family. So, after marriage, pregnancy is often not planned properly and not supported by optimal health status. These can have a negative impact, such as the risk of disease transmission, pregnancy complications, disability, and even death of mother and baby as well as impaired growth and toddlers development. The provision of information communication and education about reproductive health to prospective brides is very necessary to ensure that each bride has sufficient knowledge in preparing the pregnancy and a healthy family (Ministry of Health of the Republic of Indonesia, 2018).

One way that can be used to increase knowledge through health education related to the fulfillment of balanced nutrition, especially in the period of the first 1000 days of life in the bride and groom is to provide health promotion, so that the provision of health promotion is more effective by using an attractive media (Nurlaela, 2018). One of the media to provide health promotion is using cards. The researcher create a card called *Kartu Cinta Anak* (KCA) because based on Shafira Evi's research, the use of card Health Promotion media was more effective than slide media (Nurlaela, 2018).

Based on the survey results on 8 prospective brides in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency, it was found that 6 prospective brides did not know about the problems occurred in 1000 days of growth of babies under five. Two the bride and groom know about the importance of the first 1000 days of life because they are health workers who are getting married. All prospective brides said that they had never received special education about the first 1000 days of life before in the Working Area of Candi Rejo Health Center.

RESEARCH METHODS

Quantitative research was used with one group pretest-posttest approach. The population of this study is the entire bride and groom with a sample used as many as 31 people in total sampling by means of one group pretest-posttest. The study was conducted in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Central Lampung Regency in July 2022. Data collection used observation sheet through univariate and bivariate analysis (t-test)

RESEARCH RESULTS

Based on Table 1, it is known that respondents aged 24 years were 32,3%, overall respondents in the age of responduction were not at

risk, respondents with high school education were 90,3%, and respondents with no work were 87,1%.

Table 1
Characteristics of respondents

Variable	N	%
Age		
20	1	3.2
21	3	9.7
22	4	12.9
23	6	19.4

24	10	32.3
25	6	19.4
27	1	3.2
Bachelor's degree	3	9.7
High school	28	90.3
Occupation		
Teacher	1	3.2
College	1	3.2
Village Apparatus	2	6.5
Not Working	27	87.1

Table 2
Normality Test of Research Data

Variable	Health Promotion	Shapiro-Wilk	Remark
Knowledge	Before	0.079	Normal
	After	0.090	Normal

Based on Table 2. above, data normality test used Shapiro-Wilk for both variables in the knowledge group before and after the significant value obtained > 0.05 which means that the data is normal.

Univariate Analysis

Based on Table 3, it is known that the average knowledge of the bride and groom about the first 1000 days of life before being given health promotion is 35.3, with a standard deviation value of 8,7, a minimum value of 15 and a maximum value of 50.

Table 3
Average knowledge of the bride and groom about the first 1000 days of life before being given health promotion

Knowledge	N	Mean	SD	Min-Max
Before	31	35.3	8.7	15-50

Table 4
Average knowledge of the bride and groom about the first 1000 days of life after being given health promotion

Knowledge	N	Mean	SD	Min-Max
After	31	95.9	5.8	80-100

Based on Table 4, it is known that the average knowledge of the bride and groom about the first 1000 days of life after being given health promotion is 95,9 with a standard deviation value of 5.8, a minimum value of 80 and a maximum value of 100.

Bivariate Analysis

Based on Table 5 above, the results of the statistical test, p-value = 0.000 (p-value < α = 0,05) which means that there is an effect of health promotion with the knowledge of the bride and groom about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency in 2022

Table 5

The effect of health promotion with the knowledge of the bride and groom about the first 1000 days of life

Group	N	Mean Difference	SD	t-test	p-value
Knowledge of the bride and groom before and after given health promotion	31	60.6	8.9	37.8	0.000

DISCUSSION

Characteristics of Respondents

Based on Table 1, it is known that respondents aged 24 years were 32,3%, overall respondents in the age of reproduction has no risk. Respondents with high school education were 90,3%, and respondents with no work were 87,1%.

The results of this study are in accordance with the theory that mothers aged < 20 years and > 35 years are at risk for pregnancy and childbirth (Cunningham, 2014).

Based on the researcher's opinion, the results of the study known that more respondents were the age 24 years of 32,3%. Overall respondents of reproductive age have no risk. Therefore, it can be concluded that the bride and groom who followed health promotion with healthy reproductive age were ready if they experience pregnancy after marriage since they have optimal body conditions. Besides, this study also found that respondents with a high school education as much as 90,3%. It means that almost all respondents with secondary education, age, and education are likely to have information obtained related to women's reproductive health during the marriage, pregnancy, childbirth, and others. However, the information was apparently not obtained from health workers so there were still respondents who did not know the pre-wedding preparations, conditions, or changes in the body during the pregnancy process. From the results of the study, it is known that the increase of each respondent awareness is different due to the characteristics of different respondents and the ability to capture someone is different. Everyone's ability to think is different. Intelligence is something that is closely related to a person's ability to think. A high level of intelligence can also increase one's thinking ability. Education is an increasingly important factor in daily life. The level of education will affect a person's perception of cognitive. A highly educated person also has high reasoning as well.

Univariate Analysis

The average knowledge of the bride and groom about the first 1000 days of life before being given health promotion in the Working Area of the Candi

Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency in 2022

Based on the results of the study, it is known that the average knowledge of the bride and groom about the first 1000 days of life before being given health promotion is 35,3 with a standard deviation value of 8,7, a minimum value of 15 and a maximum value of 50.

Amdadi research (2021) stated that respondents of bride candidates who had less knowledge before being given health education were 12 people (35,3%)

Knowledge is the result of knowing and after people do sensing of certain objects. The sensing occurs through five human senses, namely the senses of sight, hearing, smell, taste, and touch. Most human knowledge is acquired through the eyes and ears (Budiman, 2013).

Based on the researcher's opinion, knowledge is the result of knowing obtained by respondents from various factors, such as age, and education. Overall respondents with a healthy reproductive age between 20-35 years and most aged 24 years as much as 32,2% and with secondary education of high school as much as 90,3%, with age and education, is likely to have information obtained by respondents related to the period of the first 1000 Days Of Life-related to pregnancy, childbirth, and child development, and others. However, the information is likely not obtained from health workers so there were still respondents who did not know the period of the first 1000 days of life such as an attempt to reduce the case of stunting in children.

The average knowledge of the bride and groom about the first 1000 days of life after being given health promotion in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency in 2022

Based on the results of the study, it is known that the average knowledge of the bride and groom about the first 1000 days of life after being given health promotion is 94,3, with a standard deviation value of 12,9, a minimum value of 30, and a maximum value of 100.

In line with the Amdadi study (2021), it

showed that as many as 84 (94,4%) respondents with good knowledge of the first 1000 days of life and 5 (5,6%) respondents with less knowledge about the first 1000 days of life.

One way that can be used to increase knowledge through health education about the fulfillment of balanced nutrition, especially in the period of the first 1000 days of life in the bride and groom is to provide health promotion, so that the provision of health promotion is more effective, then attractive media is used (Nurlaela, 2018).

According to the researcher's opinion and from the results of the study, it is known that there is an increase in knowledge after the provision of education related to the preparation of the bride and groom, where there is an average change of 11,6 points before the education. One effort to increase knowledge and change the attitude of the bride and groom about the first 1000 days of life is to provide counseling about the first 1000 days of life before the wedding takes place. Counseling during the first 1000 days of life can create an equation of perception and information so as to improve behavior in reproductive health, especially in the prevention of stunting in children and the development of the first 1000 days of life in children.

Bivariate Analysis

The study aims to determine the effect of health promotion on the bride and groom's knowledge about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency in 2022

Based on the results of statistical tests, p -value = 0.000 (p -value < α = 0,05) which means that there is an effect of health promotion with the knowledge of the bride and groom about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Central Lampung Regency in 2022.

In line with Rahmad's research (2019), the results showed that there was an increase in the effect of 1000 HPK counseling on couples of childbearing age in urban and rural areas, with a p -value <0.05. Amdadi research (2021) results showed that there was a significant effect in the implementation of education in pregnant women on increasing the knowledge of pregnant women about 1000 HPK with a value of p = 0.000.

In the opinion of counseling researchers or education play an important role in the success of education. The material carrier is required to be able to master the material given and be more communicative in conveying the message of extension so that it is more easily understood and

captured by the target of extension and use language that is easily understood by the target of extension by considering the level of education of the recipient of the extension material. The material provided in the extension is required to be easily understood by respondents with secondary and higher education levels. The extension material used language that is adjusted to the target of the extension so that the message conveyed can be understood. In addition, the support tools used when counseling was very instrumental in the delivery of the material, where this study used a tool in the form of leaflets that help to stimulate the sense of sight to convey a message to the brain. It also used interesting images so that counseling is not monotonous.

CONCLUSION

1. The knowledge of the bride and groom about the first 1000 days of life before being given health promotion on average was 35,3 with a standard deviation value of 8,7, a minimum value of 15 and a maximum value of 50.
2. Knowledge of the bride and groom about the first 1000 days of life after being given the average health promotion was 95,9 with a standard deviation value of 5,8, a minimum value of 80, and a maximum value of 100.
3. There is an effect of health promotion with the bride and groom's knowledge about the first 1000 days of life in the Working Area of the Candi Rejo Health Center, Way Pengubuan District, Lampung Tengah Regency in 2022 (p -value = 0.000).

SUGGESTION

For Public Health Centers, it is able to carry out health promotion activities on a regular basis and occur continuously to improve the knowledge and reproductive health of the bride and groom through the whatsapp/virtual group (*zoom meeting*) who can join after the prospective bride and groom register themselves to Office of Religious Affair (KUA) or do TT injection to the health center, and for respondents can follow counseling activities held by the KUA or Health Center in preparation for being the parents.

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