



Research Article

## Impact of 1000 HPK Video on Knowledge and Attitudes of Reproductive-Age Mothers for Stunting Prevention at Guguk Panjang Health Center

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### A B S T R A C T

**Background:** There are many growth and development problems that occur in children, including stunting. Stunting is a condition of growth failure in children under five due to chronic malnutrition so that children are too short for their age. Malnutrition occurs from the time the baby is in the womb and in the early period after the baby is born, however, stunting conditions are only visible after the baby is 2 years old. Thus the period of 1000 HPK should receive special attention because it determines the growth rate of physique, intelligence, and productivity in the future. In 2020, the national stunting prevalence rate was 27.6%. In Bukittinggi city, the stunting rate in 2021 is 19%. This figure is still far from the national target for 2024 to 14%. Given the importance of stunting prevention, researchers are interested in conducting research on the Influence of 1000 HPK Video Media on Increasing Knowledge and Attitudes of Uisa Subur Couples as Stunting Prevention Efforts at the Guguk Panjang Health Center.

**Purpose:** To determine the influence of health promotion media videos about 1000 HPK on increasing knowledge and changing attitudes of mothers of couples of childbearing age as an effort to reduce the incidence of stunting

**Methods:** This study is a quasi-experimental study, which uses a one-group pre-test post test design, with a sample of 18 people in the Guguk Panjang Health Center work area.

**Results:** The results showed that before being given education through video media about 1000 HPK, the average maternal knowledge was 7.44 and after it was carried out it became 9.61. The average attitude of mothers before being given education was 34.88 and after it was carried out it was 37.88.

**Conclusion:** There is an influence of 1000 HPK video media education as an effort to prevent stunting on increasing the knowledge and attitudes of mothers of couples of childbearing age at the Guguk Panjang health center..

## INTRODUCTION

Child health problems that are currently a top priority that the government wants to improve are regarding child growth and development. Many growth and development problems that occur in children, one of which is stunting (Indonesian Ministry of Health, 2018). Stunting is a condition in which toddlers have less length or height when compared to age. This condition is measured by length or height that is more than minus two standard deviations of the median child growth standard from WHO.<sup>7</sup>

The World Health Organization (WHO) estimates the prevalence of stunted children worldwide at 22 percent or 149.2 million by 2020. In 2017, the prevalence of stunting in the world was 22.2% and 21.9% in 2018. This situation is the cause of approximately 2.2 million of all under-five deaths worldwide. Based on Globab Overview Child Malnutrition data, the prevalence of stunting showed a decrease from 2000 (32.5%), 2015 (23.3%) and 2018 (21.9%).

(Kemenko PMK, 2019), The danger of stunting threatens our children and nation. Based on the results of SSGI 2021, the prevalence of stunting in Indonesia showed a decrease from 27.7% in 2019 to 24.4%. However, the prevalence of underweight has increased from 16.3% to 17%. However, when reviewed According to WHO standards, this figure is still very high when compared to the WHO limit of 20%. (gantiangka) in 2022 bukittinggi prevalence. The province with the highest prevalence of stunting is NTT.<sup>1</sup> According to data from the Ministry of Health, in 2018 East Nusa Tenggara (NTT) was the province with the highest percentage of stunted toddlers nationally at 42.7% and the province with the lowest percentage of stunted toddlers nationally was Bali at around 10.9% while in West Sumatra province itself the prevalence rate of stunting was 27.7%, 0.3% higher than the national stunting rate. Meanwhile, for Bukittinggi City, the prevalence of stunting in 2021 was recorded at 19%. Meanwhile, the national target in 2024 is to reduce the stunting rate to 14%.<sup>6</sup>

Stunting is caused by multi-dimensional factors and is not only caused by malnutrition experienced by pregnant women and toddlers. The most decisive intervention to be able to reduce the prevalence of stunting is the intervention carried out in the First 1,000 Days of Life (HPK) of toddlers.

Another determinant of stunting is the low level of knowledge of mothers and couples of childbearing age (PUS). Fertile-age couples (PUS) are married couples who are bound in legal marriage with the wife's age between 15-49 years. Many couples are unable to understand how important the conditions before pregnancy are, so that prospective fathers and mothers are too focused on preparation during pregnancy and childbirth alone. Lack of knowledge about the importance of maternal nutrition will have an impact on the lack of efforts made to prevent stunting. This condition will certainly continue until the child is born and grows. Efforts to improve knowledge and attitudes are an inseparable part of improving the health and nutritional status of stunted children. Efforts to improve this knowledge and attitude are carried out through health education. Health education is carried out as an effort to improve mothers' knowledge and attitudes about stunting prevention.<sup>8</sup>

Health education about stunting prevention is delivered information must use media to be easily accepted by parents, especially mothers, and this method is able to overcome the problems faced in providing education or health education.

Based on this background, a study was conducted on the effect of using video media and booklets as an effort to prevent stunting at the Guguk panjang health center

## METHOD

This research is a quasi-experimental study, using a one group pre-test post test design, data collection using questionnaires.

Pre test	Treatment	Pot test
01	X	02

01 :pre test, namely the measurement of maternal knowledge and maternal attitudes before being given promotional media about 1000 HPK for stunting prevention using the 1000 HPK video X treatment, namely the provision of promotional media about 1000 HPK.

02: post test, which is the measurement of maternal knowledge and actions after being given promotional media about 1000 HPK with video media.

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This research was conducted at Puskesmas Guguk Panjang Bukittinggi City. This study was conducted in early June to November 2022, conducted as much as one pretest and one posttest.

The population was all couples of childbearing age (PUS) in Guguk Panjang Bukittinggi City. The sample size in this study was about 18 mothers of childbearing age with simple random sampling technique.

**RESULT**

This study used 18 respondents who were used to describe the extent of the influence of the 1000 HPK video promotional media on increasing the knowledge and attitudes of mothers of childbearing age couples as an effort to prevent stunting. Respondent characteristics, namely describing the description of the identity of the response according to the predetermined research sample. Based on the results of data collection through questionnaires to mothers of childbearing age couples at the AtehTambuo 2 posyandu in Aur who were used as respondents, the characteristics of the respondents can be known. In sample research, respondent characteristics are grouped according to age, occupation.

**Univariate Analysis**

Univariate analysis was conducted to determine the distribution of respondent characteristics with video

**Tabel 2.1**

**The average value of knowledge of PUS mothers before and after 1000 HPK health promotion on stunting prevention**

	N	Min	Max	Mean	St.Dv
PreTest	18	7	8	7,44	0,51
PostTest	18	9	10	9,61	0,50

Based on the table, it can be seen that the average knowledge of mothers before being given a promotion through video media about 1000 HPK as an effort to prevent stunting is 7.44 (lack of knowledge) and the average knowledge of mothers after being given a promotion using video media is 9.61 (increase).

**Tabel 3.1**

**The mean attitude of PUS mothers before and after 1000 HPK health promotion on stunting prevention**

	N	Min	Max	Mean	St. Dv
PreTest	18	30	38	34,88	2,88
PostTest	18	33	40	37,88	2,11

Based on the table, it can be seen that the average attitude of mothers before being given promotion through video media about 1000 HPK as an effort to prevent stunting is 34.88 and the average attitude of mothers after being given promotion using video media is 37.88

**Bivariate Analysis**

Bivariate analysis was used to determine the effect of 1000 HPK video media on the knowledge and attitudes of mothers of childbearing age before and after being given 1000 HPK videos as an effort to prevent stunting using the wicoxon test analysis because in the t-test normality test the data was not normally distributed with a value of (-0.18).

**Tabel 4.1**

**The effect of health promotion on knowledge as an effort to prevent stunting**

Variabel		N	Mean Rank	Sum of Ranks	Z	P value
Pengetahuan	NegativeRanks	0 <sup>a</sup>	,00	,00	-3,796 <sup>b</sup>	,000
	Pretest	Positive Ranks	18 <sup>b</sup>	9,50		
Posttest	Ties	0 <sup>c</sup>				

In the table of 18 respondents, the average knowledge obtained after being given a video media promotion about 1000 HPK as an effort to prevent stunting is 9.50 and with a p value of  $0.000 < 0.05$ , which means that there is an educational effect of providing 1000 HPK video media on increasing the knowledge of PUS mothers as an effort to prevent stunting at the Guguk Panjang health center.

**Tabel 5.1**

**The effect of health promotion on attitudes as an effort to prevent stunting**

Variabel		N	Mean Rank	Sum of Ranks	Z	P value
Knowledge	NegativeRanks	1 <sup>a</sup>	8,50	8,50	-	0,002
	Pretest	15 <sup>b</sup>				
Posttest	Ties	2 <sup>c</sup>	127,50			

In the table of 18 respondents, the average attitude obtained after being given a video media promotion about 1000 HPK as an effort to prevent stunting is 8.50 and with a p value of  $0.002 < 0.05$ , which means that there is an educational effect of providing 1000 HPK video media on increasing the attitude of PUS mothers as an effort to prevent stunting at the Guguk Panjang health center.

**1. Overview of Maternal Knowledge Before and After Given Video Media**

Based on research that has been conducted by providing education through video media about 1000 HPK as an effort to prevent stunting, this study has experienced a significant increase with the results of univariate analysis showing that the average knowledge before being given 1000 HPK education to respondents is 7.44 and after being given education in the form of videos about 1000 HPK is 9.61 based on these results it is found that the average value of knowledge after education is greater than before education is given with an increase in the average difference of 2.17

Based on the results of the research obtained with the number of respondents 18 mothers, the average value before being given education through 1000 HPK video media as an effort to prevent stunting had never been given education about 1000 HPK and after being given education about 1000 HPK in the form of animated videos, there was a change in the average knowledge of mothers in the Guguk Panjang health center work area.

From the results of the study that there were 18 mothers of childbearing age couples, from the results of the mother's knowledge test regarding the 1000 HPK video of 7.44 before being given education, while after being given education through video media amounted to 9.61. This happened because initially the respondent's ignorance and after being given counseling intervention through video had a positive impact in increasing knowledge.

**2. The Effect of Maternal Knowledge Before and After Given Video Media**

This study is to identify changes in knowledge before and after being given education through 1000 HPK animated video media to increase the knowledge and attitudes of mothers of childbearing age couples as an effort to prevent stunting at the Guguk Panjang health center which can be seen from its effect on respondents' knowledge.

Based on research that has been conducted by providing education through video media on stunting prevention, this study has experienced a significant increase with the results of univariate analysis showing that the average knowledge before being given 1000 HPK education as an effort to prevent stunting in respondents is 7.44 and after being given 1000 HPK education

as an effort to prevent stunting is 9.61 based on these results it is found that the mean value of knowledge after education is greater than before being given education with an increase in the average difference of 2.17.

Knowledge is the result of knowing, and this occurs after people perceive a certain object. Sensing occurs through human senses, namely the senses of sight, hearing, smell, taste, and touch. Most human knowledge is acquired through the eyes and ears. Knowledge or cognitive is a very important domain in shaping a person's actions (Notoadomodjo, 2012).

According to Notoadomodjo (2007), there are several factors that influence knowledge, namely education, mass media (information), socio-culture and economy, environment, and human experience.

Researchers obtained information that these respondents knew about the prevention of stunting and among them they had very limited knowledge of stunting, only knew that it was dangerous, did not have extensive knowledge about stunting prevention, based on the respondent's statement that there had been no counseling on stunting prevention with animated video media, according to their opinion education through video media was very interesting because in general health education with the lecture method which resulted in boredom and monotony.

### **3. Overview of Maternal Attitudes Before and After Given Video Media**

Based on research that has been conducted by providing education through video media about 1000 HPK, in this study there is a significant increase with the results of univariate analysis showing that the average attitude before being given 1000 HPK education respondents amounted to 34.88 and after being given 1000 HPK education amounted to 37.88 based on these results it is found that the average value of attitude after education is greater than before being given education with a difference of 3 average increases.

Based on the results of the research obtained with a total of 18 maternal samples, the average value before being given education through 1000 HPK video media has never been given stunting prevention education and after being given stunting prevention education in the form of animated videos, there is a change in the average attitude of mothers in the working area of Puskesmas Guguk Panjang.

Based on the results of univariate analysis on respondents, it shows that the average attitude before 1000 HPK education is 34.88 and after 1000 HPK education is 37.88 based on these results, it is found that the mean value of knowledge after education in the treatment group is greater than before education with a difference of an average increase of 3. Based on the results of the research obtained with a total of 18 samples of mothers, the average value before being given 1000 HPK education has never been given education using animated video media for stunting prevention, and after being given education in the form of animated video media, it can be seen that there is a change in attitude in mothers in the Puskesmas Guguk Panjang working area.

### **4. The Effect of Mother's Attitude Before and After Given Video Media**

Based on research that has been conducted by providing education through video media about 1000 HPK, in this study there is a significant increase with the results of univariate analysis showing that the average knowledge before being given 1000 HPK education is 34.88 and after being given 1000HPK education is 37.88 based on these results it is found that the mean value of knowledge after education is greater than before being given education with an increase in the average difference of 3.

Based on the theory of Louis Thurstone, Rensis Likert and Charles Osgood in Azwar (2012), attitude is a form of emotional reaction and tends to take sides or not takes side. In this study, it is converted into the form of strongly agree, agree disagree and strongly disagree. The possibility for someone to take sides and not take sides is influenced bt the knowledge they have, because attitudes are used as an evaluation or reaction to external stimuli. So it can be seen that based on the respondents's knowledge about a good healy diet, it will have an influence on the respondednt's attitude regarding a healthy diet as well.

## CONCLUSION

Based on the result of research and discussion of “The Effect of 1000 HPK Video Media on Increasing Knowledge and Attitudes of Fertile Age Couple Mothers (PUS) as an Effort to Prevent Stunting at the Guguk Panjang Health Center in 2022, it can be concluded as follows:

1. The average of knowledge before education through animated video media on respondents was 7.44 and after education was 9.61 in fertile age couple mothers at the Guguk Panjang health center.
2. The average attitude before education through animated video media on respondents was 34.88 and after education was 37.88 in mothers of childbearing age couples at Guguk Panjang health center. There is an effect of video media on increasing the knowledge of mothers of childbearing age in Guguk Panjang health center.
3. There is an effect of video media on improving attitudes in mothers of childbearing age couples at the Guguk Panjang health center.

## SUGGESTION

1. it is expected that health center officers, especially in the MCH section of Puskesmas Guguk Panjang, can provide 1000 HPK education as an effort to prevent stunting in mothers using the recommended animated video media as a new media in delivering effective health information.
2. It is hoped that the community can find out what 1000 HPK is as an effort to prevent stunting.
3. It is expected that the researcher as a researcher's experience in solving 1000 HPK problems that exist in the community in the micro scope and the results of the study can be used as input for further researchers.

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