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THE EFFECT OF SPECIFIC NUTRITION INTERVENTION EDUCATION ON MOTHERS' KNOWLEDGE AND ATTITUDES IN PROVIDING FOOD LOCAL ADDITIONAL FOOD (PMT) FOR TODDLERS AS AN EFFORTS TO PREVENT STUNTING IN TANJUNG BALAI COMMUNITY HEALTH CENTER WORK AREA KARIMUN REGENCY IN 2024

Nellyana[1], Ana Faizah[2], Cica Maria[3]
[1,2,3]Department of Nursing Science, Faculty of Medicines, Universitas Batam, Kepulauan Riau, Batam 29464, Indonesia.

**Corresponding Author :*
Betti Sinaga
E-mail: nellyana1981@yahoo.com

Abstract

Stunting is still a major challenge in Indonesia. Several efforts have been made by the government including the Provision of Local Supplementary Food (PMT). At the Tanjung Balai Health Center, Karimun Regency, it was found that Local PMT was often not finished by toddlers. Therefore, specific nutrition education was provided to mothers of toddlers to improve their knowledge and attitudes in Provision of Local Supplementary Food (PMT) as an effort to overcome stunting. This study aims to determine the effect of specific nutrition intervention education on the knowledge and attitudes of mothers in Local PMT in toddlers as an effort to overcome stunting at the Tanjung Balai Health Center, Karimun Regency in 2024. This study is a pre-experimental study with a pre-test and post-test non-control design. The number of samples was 67 people with a purposive sampling technique. The research instrument used a questionnaire. Specific nutrition education was provided in the form of counseling. Data were analyzed using the Wilcoxon test. The univariate results obtained an average of respondents' knowledge before being given specific nutrition intervention education of 5.3. The average attitude of respondents before being given specific nutrition intervention education 30.3 The average knowledge of respondents after being given specific nutrition intervention education 8.1 The average attitude of respondents after being given specific nutrition intervention education 32.7. There is an effect of specific nutrition intervention education on respondents' knowledge (p value = 0.01) There is an effect of specific nutrition intervention education on respondents' attitudes (p value = 0.01). This study concludes that there is an effect of specific nutrition education on the knowledge and attitudes of mothers of toddlers in Local PMT. It is recommended that health workers provide routine counseling to mothers of toddlers about Local PMT and to mothers of toddlers to try to get their toddlers to finish the Local PMT given.

Keywords: Counseling, Attitude, Knowledge

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INTRODUCTION

Stunting is a condition of growth failure in toddlers due to chronic malnutrition, especially in the First 1,000 Days of Life (HPK).

Growth failure in toddlers is caused by a lack of nutritional intake for a long time and repeated infections, and both of these causative factors are influenced by inadequate parenting patterns, especially in the First 1,000 HPK (Ministry of Health, 2018).

Stunting in children can affect their intelligence level and health status as adults (Ministry of Health of the Republic of Indonesia, 2018). Children who suffer from stunting can suffer physical and cognitive damage and cause stunted growth (UNICEF, 2020). One of the causes of stunting is a child's food intake that does not match the body's needs, this can affect the child's growth, especially if protein intake is not met, so it is important to provide mothers with nutritional education through pregnancy classes (Ekawati G and Rokhaidah, 2022).

Low knowledge is one of the causes of local PMT not being finished by toddlers, due to the lack of insight of mothers about nutritious food ingredients related to nutritional improvement, resulting in a lack of effort from mothers in persuading their toddlers to finish local PMT. Mothers become less persistent and do not regret it if the PMT is not finished by toddlers (Maharani et al, 2019).

Improving mothers' knowledge and attitudes can be done through health education. One of them is by providing health education. Efforts from providing this education can help mothers understand the importance of nutrition and knowledge about the nutrients contained in food ingredients so that they can behave and act according to health recommendations (Mawarni, 2019).

Counseling is one of the health education that can be done in increasing a person's knowledge with the hope that there will be a change in attitude in him. Health counseling is an activity carried out to increase a person's knowledge and abilities through practical learning techniques or instructions with the aim of changing or influencing human behavior individually, in groups or in society to be more independent in achieving healthy living goals (Diantari, 2019).

Extension can reach more people, so that information will arrive faster. An extension worker can better prepare the information to be delivered. Extension workers can provide opportunities for targets to ask questions and also express opinions (Notoatmodjo, 2018).

MATERIALS AND METHODS

This study was conducted in the Tanjung Balai Health Center Working Area, Karimun Regency and the study was conducted in August 2024, using a purposive sampling method. The respondents of this study were mothers of stunted toddlers in the Tanjung Balai Health Center Working Area, Karimun Regency, totaling 67 people. The research was conducted in June 2024. The data collection tool used a questionnaire that had been filled out by the respondents. The data analysis tool used univariate analysis to determine the frequency distribution of the dependent and dependent variables, and bivariate analysis to determine the relationship between the dependent and dependent variables.

RESULTS AND DISCUSSION

1. Research Results

Based on the results of the study entitled "The Effect of Specific Nutrition Intervention Education on Mothers' Knowledge and Attitudes in Providing

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Local Supplementary Food (PMT) to Toddlers as an Effort to Overcome Stunting in the Tanjung Balai Health Center Work Area, Karimun Regency in 2024". Respondent frequency distribution data were obtained based on the results of the study, as follows: a. Univariate Analysis

This analysis is conducted to explain or describe the characteristics of each research variable, which is presented in the form of descriptive statistics including the mean and standard deviation.

1. Average knowledge of respondents before being given specific nutritional intervention education at the Tanjung Balai Health Center, Karimun Regency in 2024.

Table 1 Average Knowledge of Respondents Before Being Given Specific Nutrition Interventions at Tanjung Balai Health Center Karimun Regency in 2024

Variables	n	*Mean*	SD
Knowledge Before Intervention	67	5.3	2.0

Based on table 4.2, the average results of respondents' knowledge before being given specific nutritional intervention education with a sample size of 67 obtained a mean value of 5.3 and SD (standard deviation) of 2.0, which means the standard deviation/measure of data distribution in general in a sample to see how far or how close the data value is to the average.

2. Average attitude of respondents before being given specific nutritional intervention education at the Tanjung Balai Health Center, Karimun Regency, Riau Islands in 2024.

Table 2 Average Respondents' Attitudes Before Being Given Education Specific Nutrition Interventions at Tanjung Balai Health Center Karimun Regency in 2024

Variables	n	*Mean*	SD
Attitude Before Intervention	67	30.3	2.9

Based on table 4.3, the average results of respondents' attitudes before being given specific nutritional intervention education with a sample size of 67 obtained a mean value of 30.3 and SD (standard deviation) of 2.9, which means the standard deviation/measure of data distribution in general in a sample to see how far or how close the data value is to the average.

3. Average knowledge of respondents after being given specific nutritional intervention education at the Tanjung Balai Health Center, Karimun Regency in 2024.

Table 3 Average Respondents' Knowledge After Being Given Education Specific Nutrition Interventions at Tanjung Balai Health Center Karimun Regency in 2024

Variables	n	*Mean*	SD
Knowledge After Intervention	67	8.1	1.1

Based on table 4.4, the average results of respondents' attitudes before being given specific nutritional intervention education with a sample size of 67 obtained a mean value of 8.1 and SD (standard deviation) of 1.1, which means the standard deviation/measure of data distribution in general in a sample to see how far or how close the data value is to the average.

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4. Average attitude of respondents after being given specific nutritional intervention education at the Tanjung Balai Health Center, Karimun Regency in 2024.

Table 4 Average Respondents' Attitudes After Being Given Education Specific Nutrition Interventions at Tanjung Balai Health Center Karimun Regency in 2024

Variables	n	Mean	SD
Attitude After Intervention	67	32.7	2.5

Based on table 4.5, the average results of respondents' attitudes before being given specific nutritional intervention education with a sample size of 67 obtained a mean value of 32.7 and SD (standard deviation) of 2.5, which means the standard deviation/measure of data distribution in general in a sample to see how far or how close the data value is to the average.

b. Bivariate Analysis

Bivariate analysis is a type of analysis used to determine the relationship between two variables. This analysis involves two rounds of data collection for each case. In bivariate analysis, the samples used can be independent or dependent on the experiment. Bivariate analysis is a type of analysis that is applied based on the quantity of variables. This simple analysis can produce very useful results. The bivariate analysis in this study aims to determine the Effect of Specific Nutrition Intervention Education on Mothers' Knowledge and Attitudes in Providing Local Supplementary Food (PMT) to Toddlers as an Effort to Overcome Stunting in the Tanjung Balai Health Center Work Area, Karimun Regency in 2024. The bivariate analysis in this study used the Wilcoxon Signed Ranks Test because the normality test showed that the data was not normally distributed.

a. The effect of specific nutritional intervention education on respondents' knowledge at the Tanjung Balai Community Health Center, Karimun Regency Year 2024.

Table 5 The Influence of Specific Nutrition Intervention Education on Respondents' Knowledge at Tanjung Balai Health Center Karimun Regency in 2024

Knowledge	(Mean ± SD)	Min-Max	n	p value
Pre-test	5.3 ± 2.0	0.0 - 10.0	67	0.01
Post test	8.1± 1.1	6.0 - 10.0		

Based on table 4.6, it can be seen that there was an increase in the average knowledge score in the initial measurement of 5.3 and the final measurement of 8.1 so that the difference (mean difference) was 2.8, which means that there was an increase in the average knowledge after being given nutritional intervention education. Based on the results of the statistical test, a p value of <0.01 was obtained, which means that there is an influence of specific nutritional intervention education on respondents' knowledge.

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b. The effect of specific nutritional intervention education on respondents' attitudes at the Tanjung Balai Health Center, Karimun Regency in 2024.

Table 6 The Influence of Specific Nutrition Intervention Education on Respondents' Attitudes at Tanjung Balai Health Center Karimun Regency in 2024.

Variables Attitude	(Mean ± SD)	Min-max	n	p value
Before	30.3 ± 2.9	26.0 – 36.0	67	0.01
After	32.7± 2.5	28.0 – 37.0		

Based on table 4.7, it can be seen that there was an increase in the average attitude score in the initial measurement of 30.3 and the final measurement of 32.7 so that the difference (mean difference) was 2.4, which means that there was an increase in the average attitude of respondents after being given nutritional intervention education. Based on the results of the statistical test, a p value of <0.01 was obtained, which means that there is an influence of specific nutritional intervention education on respondents' attitudes.

DISCUSSION

a. Average knowledge of respondents before being given specific nutritional intervention education.

Based on univariate analysis, the average value of the level of knowledge before being given specific nutritional intervention education with a sample size of 67 obtained a mean value of 5.3 and SD (standard deviation) of 2.0 with a minimum value of 0 and a maximum value of 10.0.

Knowledge is a collection of information, facts, skills, and understanding that someone obtains through experience, education, or learning processes. Knowledge can be in the form of theories, concepts, principles, or understanding obtained from reading, listening, observation, research, or experiments (Notoatmodjo, 2018). In this study, the knowledge measured was the knowledge of mothers of toddlers about local Additional Food (PMT) for toddlers.

The results of this study are in line with research. Nugroho (2023) regarding Assistance to Toddler Mothers Regarding the Importance of Balanced Nutrition for Stunting Prevention in the Medokan Ayu Village Area, Surabaya City, which found that most respondents had low knowledge, 39 respondents (60%), after being given an animated education intervention, the majority of respondents' knowledge was good, 29 respondents (44.61%) regarding the need to provide adequate nutrition and implement a healthy lifestyle. This is because respondents have never been given counseling on balanced nutrition, which causes low knowledge. In addition, research by Daulay (2022) regarding the Overview of Mothers' Knowledge Regarding Providing Additional Foods to Infants Aged 6-12

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Months in Simangintir Manunggang Jae Village, Padang Sidimpuan City concluded that 45.5% of respondents had low knowledge about PMT, this was due to low experience and an environment that was less supportive in providing PMT.

In this study, the low level of knowledge of respondents before being given education was caused by education because the majority of mothers' lack of knowledge and attitudes in providing local additional food (PMT) to toddlers as an effort to overcome stunting for low respondents, namely 71.6% of respondents with elementary and junior high school education. Low education will cause limited access to knowledge and lack of critical and analytical thinking skills (Smith, 2018).

b. Average attitude of respondents before being given specific nutritional intervention education.

In this study, the average attitude score results for the initial measurement were 30.3 and the final measurement was 32.7, so the difference (mean difference) was 2.4, which means that there was an increase in the average attitude of respondents after being given nutritional intervention education.

Attitude is a person's mindset or feelings towards certain objects, people, situations, or concepts that tend to influence their behavior. Attitude reflects how a person assesses or responds to something, either positively or negatively, and can be influenced by personal experience, education, social environment, culture, and values (Astuti, 2020). Negative attitudes arise for various reasons related to personal experience, social environment, and psychological factors (Notoatmodjo, 2018).

Rusmiati (2015), stated that the formation of attitudes begins with knowledge that is perceived as positive or negative, then internalized in a person. In addition, the increase in positive or good attitudes is due to information when providing health education that suggests that fulfilling nutrition to prevent stunting is important.

c. Average knowledge of respondents after being given specific nutritional intervention education.

In this study, the average knowledge result in the initial measurement was 5.3 and the final measurement was 8.1 so that the difference (mean difference) was 2.8, which means that there was an increase in the average knowledge after being given nutritional intervention education. Based on the results of the statistical test, a p value <0.01 was obtained, which means that there was an effect of specific nutritional intervention education on respondents' knowledge.

Knowledge is a collection of information, understanding, or awareness obtained through experience, education, or research. Knowledge includes facts, concepts, principles, theories, and skills that a person or group has and uses to understand the world, make decisions, and solve problems (Azwar, 2021).

d. Average attitude of respondents after being given specific nutritional intervention education

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In this study, the results showed that the average attitude of respondents after being given specific nutritional intervention education was 32.7 with a minimum attitude of 28.0 and a maximum of 37.0.

There was an increase in respondents' knowledge after being given health promotion intervention. Increased knowledge after being given health promotion is influenced by several factors, one of which is the individual's ability to learn (Mutharoh, 2017). Education is also something that can bring someone to have or achieve the broadest insight and knowledge with higher education will have broader insight and knowledge when compared to people who have lower education.

The results of this study are in line with research conducted by Pratiwi et al (2016). Based on the results of the Wilcoxon test, after being given education, 50% of respondents had a good attitude, while 6.67% of respondents had a less positive attitude. This study conducted research on the influence of education on knowledge, attitudes and the ability to communicate drug information and found that most respondents (87.3%) had a positive attitude.

CONCLUSION AND SUGGESTIONS

1. Based on the results of the study on "The effect of specific nutritional intervention education on mothers' knowledge and attitudes in providing local additional food to toddlers as an effort to overcome stunting in the Tanjung Balai Health Center work area, Karimun Regency in 2024, there were 67 respondents, the author provides the following conclusions:
   a. The average knowledge of respondents before being given specific nutritional intervention education was 5.3
   b. The average attitude of respondents before being given specific nutritional intervention education was 30.3
   c. The average knowledge of respondents after being given specific nutritional intervention education was 8.1
   d. The average attitude of respondents before being given specific nutritional intervention education was 32.7
   e. There is a significant influence of specific nutritional intervention education on respondents' knowledge in providing local additional food to toddlers as an effort to overcome stunting (p=0.01)
   f. There is a significant influence of specific nutritional intervention education on respondents' attitudes in providing local additional food to toddlers as an effort to overcome stunting (p=0.01)
2. Suggestion
   a. For Respondents
      For mothers of toddlers to be more active in motivating their children to finish the local PMT provided. To increase knowledge, researchers suggest that mothers of toddlers be more active in utilizing health service facilities such as health centers, integrated health posts and other health posts and can utilize online media to

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obtain health information and increase knowledge about nutritional needs for the growth and development of toddlers, especially in providing PMT. Create competition and cooperation, give reasonable praise for student success and make new breakthroughs by utilizing technological developments such as learning through audio visuals or including practice videos that can make the teaching and learning atmosphere more interesting and enjoyable for students. Meanwhile, to improve student learning achievement, conduct regular tests in the form of quizzes, tests, or tryouts so that students' understanding of the learning that has been carried out can be measured.

b. For Tanjung Balai Health Center
It is recommended that health workers at the Tanjung Balai Health Center, Karimun Regency, provide routine counseling on local PMT to mothers of toddlers.

c. For Further Researchers
For further researchers, it is hoped that it can increase scientific knowledge, can be used as reference material in further research which is developed using other variables and expanding research variables.

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