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THE RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE AND HUSBAND'S SUPPORT WITH STUNTING PREVENTION BEHAVIOR IN GAMPONG CEURIH, ULEE KARENG SUB-DISTRICT, BANDA ACEH CITY

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ABSTRACT

Stunting begins when the fetus is still in the womb caused by the mother's food intake during pregnancy which is less nutritious. As a result, the nutrition that the child gets in the womb is insufficient. Malnutrition will inhibit the growth of the baby and can continue after birth. Stunting in children can be caused by various factors, one of which is low parental knowledge regarding normal child development and family support, especially husbands for pregnant women, which is needed in care during pregnancy. the support provided can affect the success of the mother in fulfilling the mother's nutrition during pregnancy. The purpose of this study was to determine the relationship between the mother's knowledge and the husband's support with stunting prevention behavior in pregnant women in Ceurih Village. This type of research is an analytic observational study using a cross-sectional research design. Samples taken as many as 38 pregnant women in the first, second, and third trimesters who were in Gampong Ceurih were taken by total sampling technique. data was collected through interviews guided by a questionnaire. The results of the bivariate analysis using Chi Square found a significant relationship between the knowledge of pregnant women and stunting prevention behavior in Ceurih Village with a p-value (0.001) and there was a significant relationship between the support of pregnant women's husbands and stunting prevention behavior with a p-value (0.005).

Keywords: Knowledge, Family Support, Stunting, Pregnant Women

PRELIMINARY

Stunting is a major nutritional problem that is being faced both in the world and in Indonesia, having serious impacts both in the long and medium term. Based on global data for cases of toddlers with stunting, it is estimated that there are 149 million children who are stunted in 2018. And more than 50% (81.7 million) of cases come from the Asian continent, while more than a third are in Africa 58.8 million cases. Based on data from the World Health Organization (WHO), Indonesia has the third highest prevalence of stunting in the Southeast Asia Region, with an average prevalence of 36.4% from 2005-2017 (Saputri & Tumangger, 2019; Yani et al., 2023).

In the long term, stunting is associated with morbidity and mortality in infants/toddlers. In the medium term, stunting is associated with low intellectual and cognitive abilities. Meanwhile, in the short term, stunting is related to the quality of human resources and the problem of degenerative diseases in adulthood (Aryastami, 2017).

The results of research by Ni'mah and Nadhiroh (2015) in Surabaya found that the level of knowledge of mothers about nutrition is related to stunting and mothers who know about low nutrition have a risk of 3.877 times experience stunting compared to mothers who know about good nutrition. One of the risk factors that contribute to maternal mortality and stunting is anemia in pregnant women. Support for pregnant women is very much needed in care during pregnancy, especially support obtained from pregnant women's families such as from husbands or fathers because the support provided can affect the mother's success in fulfilling the mother's nutrition during pregnancy (Ni'mah and Nadhiroh, 2015).

Support for pregnant women is very much needed in care during pregnancy, especially support obtained from pregnant women's families such as from husbands or fathers because the support provided can affect the success of the mother in fulfilling the mother's nutrition during pregnancy. In addition to the necessary family support that can be provided such as the availability of time, costs, and seeking information about the health of pregnant women so that they can provide

good and correct treatment in dealing with health problems related to maintaining a healthy pregnancy.

The results of a preliminary study in Gampong Ceurih, Ulee Kareng District, Banda Aceh City on February 2, 2023, found that out of a total of 38 pregnant women in Ceurih Gampong, 4 pregnant women with Anemia and LILA were classified as underweight. The number of babies/toddlers experiencing stunting in Gampong Ceurih was detected as many as 13 babies/toddlers. Under these conditions, it is appropriate to carry out sensitive and specific interventions related to the prevention of further stunting. Both by families, health workers, related officials, and the people of Gampong Ceurih village.

RESEARCH METHODS

Type Of Research

This type of research is an analytic observational study using a cross-sectional research design. This research design is used to find the relationship between the independent variable (risk factor) and the dependent variable (effect) by taking a momentary measurement (Sastroasmoro & Ismael, 2016).

The research was carried out in Gampong Ceurih, Ulee Kareng District, Banda Aceh from February 20 to February 25, 2023. With pregnant women in their first, second, and third trimesters in Gampong Ceurih, there were 38 people. The sampling technique uses the total sampling method. The variables in this study consist of dependent and independent variables. The dependent variable is stunting prevention behavior. The independent variable is knowledge of pregnant women and their husband's support. Methods of data analysis to determine the relationship between knowledge of pregnant women and husband's support with stunting prevention behavior by using the chi-square test.

RESEARCH RESULTS AND DISCUSSION

Research Result

Table 1. Stunting Prevention Behavior Based on Mother's Knowledge and Husband's Support

Variable	n	%
Mother Knowledge		
Good	13	34,2
Enough	10	26,3
Not enough	15	39,5
Husband Support	**n**	**%**
Good	5	13,2
Enough	16	42,1
Not enough	17	44,7
Stunting Prevention Behavior	**n**	**%**
Good	7	18,4
Enough	12	35,6
Not enough	19	50,0

Based on table 1. It was found that the majority of respondents had stunting prevention behavior in the less category, namely 19 respondents (50.0%). And based on the results of the study, the majority of respondents had less knowledge, namely 15 respondents (39.5%). And based on the variable category of husband support, the majority of respondents got husband support in the less category, namely 17 respondents (44.7%).

Table 2. Relationship between Mother's Knowledge and Husband's Support with Stunting Prevention Behavior in Pregnant Women in Ceurih Village

Variable	Stunting Prevention Behavior						*P-Value*
	Not Enough		Enough		Good		
	n	%	n	%	n	%	
Knoglage							
Not enough	13	86,7%	2	13,3%	0	0,0%	
Enough	5	50%	2	20,0%	3	30,0%	0,001
Good	1	7,7%	8	61,5%	4	30,8%	
Support Husband							
Not enough	14	82,4%	1	5,9%	1	11,8%	0,005
Enough	4	25,0%	9	56,3%	3	18,8%	
Good	1	20,0%	2	40,0%	2	40,0%	

Based on Table 2. The results of the bivariate analysis using Chi Square found that there was a significant relationship between knowledge of pregnant women and stunting prevention behavior in Ceurih Village, Ulee Kareng District, Banda Aceh City in 2023 with a p-value (0.001). And the results of the bivariate variable analysis of husband support using Chi-Square found that there was a significant relationship between husband support for pregnant women and stunting prevention behavior in Ceurih Village, Ulee Kareng District, Banda Aceh City in 2023 with a p-value (0.005).

DISCUSSION

The relationship between knowledge of pregnant women and stunting prevention behavior

The results of the bivariate analysis using Chi Square found that there was a significant relationship between knowledge of pregnant women and stunting prevention behavior in Ceurih Village, Ulee Kareng District, Banda Aceh City in 2023 with a p-value (0.001). The results of this study indicate that the knowledge variable has a strong influence on changing maternal behavior regarding stunting prevention during pregnancy.

This research is in line with the results of research by Kusumaningrum et al (2022) based on the results of the analysis, it was found that there was a significant relationship between pregnant women's knowledge about stunting and stunting prevention behavior (p=0.001). with the range of the interval not covering the number 1 which means, the variable knowledge about stunting prevention that is lacking is a risk factor for stunting prevention behavior that is lacking. The prevalence ratio value of 6.7 means that pregnant women with knowledge about stunting who are less at risk are 6 times more likely to have negative/unfavorable behavior in preventing stunting.

This research is also in line with the results of Rahayu's research (2020) concerning "a description of the behavior of pregnant women in preventing stunting in Yangapi Village, Tembuku District, Bangli Regency." The results showed that of pregnant women knowledge of 23 respondents, 15 respondents (65.2%) know about efforts to prevent stunting in children. Of the attitudes of 23 respondents, 12 respondents (52.2%) had a negative attitude in preventing stunting in children. For the actions of 23 respondents, 20 respondents (87.0%) took actions to prevent stunting in children.

The results of the research by Harahap et al (2023), the behavior of preventing stunting children during pregnancy at the Fold Cloth Health Center, Kampar Regency, is also in line with this study. Where it was obtained that the p-value that was most related to stunting prevention behavior in children during pregnancy was family support as well as environmental support, namely 0.000 (<0.05). In addition, the variables of knowledge (0.009), attitude (0.018), and cultural values (0.017)

also show a relationship with the behavior of mothers during pregnancy in an effort to prevent stunting in children born.

Knowledge leads a person to understand problems and change behavior. The low knowledge of pregnant women makes them unable to act appropriately to prevent stunted children from being born. This study reports that the lack of knowledge about the meaning, causes, signs, symptoms, consequences and ways to prevent stunting in children during pregnancy leads to the incidence of child stunting. One of the knowledge of a person is formed by education. Low education is a factor in the difficulty of mothers in receiving information (Beal et al, 2018).

The researchers assume that pregnant women's low knowledge is based on the results of research and field observations, mainly due to the reluctance of mothers to find out more about behavior related to stunting prevention efforts. In pregnant women with middle to lower economic conditions, the absence of a good source of nutrition is less of a concern. The rise of fast food that has low nutritional value tends to be consumed more often.

Relationship between husband's support and stunting prevention behavior in pregnant women

From table 2 above, it is found that out of a total of 17 respondents in the category of lacking husband support, 14 respondents (82.4%) of them had insufficient stunting prevention behavior. Of the 16 respondents in the category of sufficient husband support, 9 respondents (56.3%) had sufficient stunting prevention behavior. and from 5 respondents in the category of good husband support, there were 2 respondents (40.0%) with sufficient stunting prevention behavior and 2 respondents (40.0%) with insufficient stunting prevention behavior.

The results of the bivariate analysis using Chi Square found that there was a significant relationship between husband support for pregnant women and stunting prevention behavior in Ceurih Village, Ulee Kareng District, Banda Aceh City in 2023 with a p-value (0.005).

This research is in line with the results of research by Harahap et al (2023), regarding the behavior of preventing stunting in children during pregnancy at the Fold Cloth Health Center, Kampar Regency. Where it was obtained that the p-value that was most related to stunting prevention behavior in children during pregnancy was family support as well as environmental support, namely 0.000 (<0.05).

Research by Kusumaningrum et al (2022) showed that there was a significant relationship between knowledge about stunting and stunting prevention behavior in pregnant women (p=0.001 and RP=6.7). There is also a significant relationship between family support in preventing stunting and stunting prevention behavior in pregnant women (p=0.001 and RP=3.2). This study shows that family knowledge and support are related to stunting prevention behavior in pregnant women in the Rejosari Health Center work area, where the better the family's knowledge and support, the more positive the behavior will be.

The research results of Azarine et al (2023) show that there is a relationship between knowledge (p-value = 0.001), the role of health workers (p-value = 0.001), and family support (p-value = 0.001) with stunting prevention behavior in pregnant women in work areas Pondok Meja Health Center Muaro Jambi 2023.

Family support factor is something that can motivate mothers to behave healthily. If mothers receive support from their loved ones, especially their families, they will be more motivated to improve their health (Maulid et al, 2021)

The researchers' assumptions are based on the results of research in the field. Husband support is the best support system related to stunting prevention behavior in pregnant women. Fulfillment of good nutrition, adequate emotional support during pregnancy and information support from husbands regarding good behavior that must be applied by mothers during pregnancy to prevent the risk of children being born experiencing stunting.

CONCLUSIONS AND SUGGESTIONS

Conclusions

Based on the results of the study, it was found that there was a significant relationship between knowledge of pregnant women and stunting prevention behavior with a p-value (0.001) and there was a significant relationship between husband support for pregnant women and stunting prevention behavior with a p-value (0.005) in Ceurih Village, Ulee District Kareng City of Banda Aceh in 2023.

Suggestions

As additional information for further research development, especially for midwifery researchers who wish to develop research on domains that influence stunting.

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