

Education For The First 1000 Days Of Life Preventing Stunting In Limapoccoe Village, Maros Regency

Pencegahan Stunting Melalui Pendidikan Pada 1000 Hari Pertama Kehidupan di Desa Lima Poccoe, Kabupaten Maros

Yusma Indah Jayadi^{1,2*}, Novita Sari³, Afiah Alfina⁴, Dian Rezki Wijaya⁵, Yudi Adnan⁶

^{1,3,4,5,6} Public Health Departement, Faculty Of Medicine and Health Science, Universitas Islam Negeri Alauddin Makassar, Indonesia

^{2*} Nutrition Departement, Faculty of Human Ecologi, IPB University

ABSTRACT

As Based on WHO limits, Indonesia is in the category of high stunting problems. So that fulfilment of nutritional intake at 1000 Day First, the child's life is very important. If in that age range the child gets optimal nutritional intake, the decline in the child's nutritional status can be prevented from the start. This research uses quantitative research with purposive sampling technique. This study uses quasi-experimental designs with a one-group pretest-posttest. The research population is all WUS, IRT, and pregnant women who live in Samata and Kampala Hamlets, Limapoccoe Village, totaling 242 residents who are female. Respondents in this study amounted to 30 respondents. The variables seen in this study are Knowledge and Attitudes Regarding the First 1000 Days of Life. This research was conducted in December 2021. Data processing was carried out in a descriptive-analytic manner with the Wilcoxon test. The results of the research conducted on the level of community knowledge in the Samata hamlet regarding the importance of the First 1000 Days of Life there was a significant difference (p-value 0.00) in the knowledge of the community before and after the counseling was carried out, while the attitude of the community when participating in the counseling the results obtained by the residents of the Samata hamlet did not have a difference. before and after the activity (p-value 1.00). It is necessary to have an integrated counseling program carried out by the puskesmas or posyandu cadres so that there is an increase in knowledge and attitudes of 1000 DoL which can prevent stunting in generations.

Keywords: 1000 HPK, Limapoccoe Village, Education, Stunting, Knowledge, Attitudes

ABSTRAK

Berdasarkan batasan WHO, Indonesia masuk dalam kategori permasalahan stunting tinggi. Sehingga pemenuhan asupan nutrisi pada 1000 Hari Pertama kehidupan anak sangatlah penting. Jika pada rentang usia tersebut anak mendapat asupan gizi yang optimal, maka penurunan status gizi anak dapat dicegah sejak awal. Penelitian ini menggunakan penelitian kuantitatif dengan teknik purposive sampling. Penelitian ini menggunakan desain quasi eksperimen dengan one group pretest-posttest. Populasi penelitian adalah seluruh WUS, IRT, dan ibu hamil yang tinggal di Dusun Samata dan Kampala Desa Limapoccoe yang berjumlah 242 warga yang berjenis kelamin perempuan. Responden dalam penelitian ini berjumlah 30 responden. Variabel yang dilihat dalam penelitian ini adalah Pengetahuan dan Sikap Mengenai 1000 Hari Pertama Kehidupan. Penelitian ini dilaksanakan pada bulan Desember 2021. Pengolahan data dilakukan secara deskriptif-analitik dengan uji Wilcoxon. Hasil penelitian yang dilakukan terhadap tingkat pengetahuan masyarakat dusun Samata tentang pentingnya 1000 Hari Pertama Kehidupan terdapat perbedaan yang signifikan (p-value 0,00) pengetahuan masyarakat sebelum dan sesudah dilakukan penyuluhan. sedangkan sikap masyarakat saat mengikuti penyuluhan hasil yang diperoleh warga dusun Samata tidak ada perbedaan. sebelum dan sesudah kegiatan (p-value 1,00). Perlu adanya program penyuluhan terpadu yang dilakukan oleh kader puskesmas atau posyandu agar terjadi peningkatan pengetahuan dan sikap 1000 DoL yang dapat mencegah stunting secara turun temurun.

Kata kunci : 1000 HPK, Desa Limapoccoe, Pendidikan, Stunting, Pengetahuan, Sikap

***Correspondence**

Email : yusmaindahji@gmail.com

Adress : Bogor, Nutrition Departement, Faculty of Human Ecologi, IPB University

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INTRODUCTION

The First 1000 Days of Life exercise is an exercise that accelerates nutritional improvement inherited from the Scaling Up Nutrition (SUN) exercise. The Scaling Up Nutrition (SUN) movement is a global movement coordinated by the Secretary-General of the United Nations. The global goal of the SUN movement is to reduce nutritional problems of 1000 DOL from early pregnancy to the age of two. In Indonesia, the movement to expand nutrition is known as the National Movement (1000 DOL Movement) to accelerate nutrition improvement within 1000 days after birth, based on the Presidential Decree (Perpres) No. 42 of 2013. Nutrition improvement. The first 1000 days, sometimes called the window of opportunity, are golden, based on the fact that between the fetal period and the child's age of two, a very rapid growth and development process is required. Sometimes it is called a period. Place and do not occur in other age groups. It is very important to meet the food intake of 1000 DOL children. An Optimal supply of nutrients in this age range can prevent a child's nutritional deterioration from the beginning (Bappenas, 2012).

Children with suboptimal brain development early in life are at increased risk of neurological problems, school performance and dropouts, poor skills and self-care, poor skills and poor self-care, and thus indirectly. It contributes to the poverty chain between generations. Malnutrition causes the deaths of 2.6 million children worldwide each year. Every year, 20 million children are born with a low birth weight worldwide. Many of these babies are prematurely born, even before they are nine months old in the womb. Others were born normally, but their bodies were small due to poor uterine growth. Even a normal-weight baby can become malnourished in the womb if the mother's diet is inadequate. Others were malnourished during infancy due to illness, lack of milk, or lack of nutritious foods. Malnutrition weakens the child's immune system and makes it more susceptible to diseases such as pneumonia, diarrhea and malaria (Priyatna, A., & Sos, S, 2014).

Indonesia is a country with a double burden or multiple nutritional problems, which is marked by the high prevalence of stunting and anemia in pregnant women. Based on JME stunting data, UNICEF World Bank in 2020, the prevalence of stunting in Indonesia is in the 115th position out of 151 countries in the world. As a result of the COVID-19 pandemic, without sufficient and timely action, the number of acutely malnourished (wasting) children is predicted to increase by 15% (7 million children) worldwide in the first year of this pandemic. Based on Basic Health Research (Riskesdas) data in 2007, the stunting prevalence rate in Indonesia was 36.8%, in 2010 it was 35.6%, and in 2013 the prevalence increased to 37.2%, consisting of 18% very short and 19.2 % short. Riskesdas data in 2019 shows the prevalence of stunting under five in Indonesia is 27.7%. Based on WHO limits, Indonesia is in the category of high stunting problems (Pusdastin Ministry of Health, 2020).

The role of mothers in child growth and development is very important, starting from the phase preconception, prenatal phase, and baby-toddler phase. This role is important because growth and development failure can affect The life of the baby in adulthood. In addition, nutritional status is one factor The growth and development of children who are influenced by eating habits. Maternal nutritional knowledge (p-value = 0.031) is related to the HAZ index. Many mothers with higher levels of nutritional knowledge are having normal-weight children. Due to the low maternal knowledge of traditional foods, stunting is observed in 63.64% of toddlers (Simanjuntak et al., 2019)

Maros Regency is part of South Sulawesi, Indonesia. The Maros Regency has an area of 1619.11 km² and consists of 14 subdistricts servicing 103 villages. Maros Regency is a region directly adjacent to the capital of South Sulawesi at a distance of about 30 km. Altitude with an area of 15.67 km². Samatha, Kampala and Bontopano hamlet are settlements in the village of La Pokko in South Sulawesi, Maros Regency and cendana district. The

village of Lapocoe is 34 km from the town of Turikale, the capital of Maros Regency. The village of La Pokko has an area of 23.37 km², a population of 3,553 and a population density of 153.44 km². The population of Samatha Hamlet and Kampala itself is ± 489 family cards. Stunting is a cumulative process, caused by inadequate nutrition and / or recurrent infections. Growth retardation can occur prenatally because of very low nutritional intake during pregnancy, very poor parental nutritional patterns, and poor food quality depending on the frequency of infection. Can hinder the growth and development of the child.

Based on information from Plt. Kadinkes Kab. Maros said at a conference entitled Stunting Discussion at the Grand Town Hotel Maros on July 31, 2021, the number of stunts was about 24% in 2019 and about 13% in 2020 (Nugrawati N, 2021) A study (Al Rahmad 2019) of 100 couples of childbearing age from several selected areas conducted in the city of Banda Aceh and the Aceh Besar district found that in previous urban areas, about 1000 DOL , It was 41.1 after the advice and 59.9 after the advice. On the other hand, in this area, the value before the consultation was 39.1 and the value after the consultation was 52.4. These results show an increase in knowledge after consultation, but the average knowledge of respondents in the city is higher than that in the suburbs. Based on this, a study was conducted to determine the level of knowledge and community attitudes about life in the first 1000 days of life in La Pokko village, especially in Samatha Hamlet and Kampala Hamlet. The purpose of this research is to see the difference in the level of knowledge and attitudes of the community before and after did counseling related to the First 1000 Days of Life in Samata Hamlet and Kampala Hamlet, Limapocoe Village.

MATERIAL And METHOD

The variables seen in this study are Knowledge and Attitudes Regarding the First 1000 Days of Life. The research was conducted in Limapocoe Village, Subdistrict of Cenrana, Maros Regency, South Sulawesi. This research uses quantitative research with purposive sampling technique. This research was conducted in December 2021. The research population is all WUS, IRT and pregnant women who live in Samata and Kampala Hamlets, Limapocoe Village, totaling 242 residents who are female. This research was conducted in the hamlets of Samata, and Kampala. Respondents in this study amounted to 30 respondents.

Data Collection Tools :

a. Inclusion criteria:

1. Respondents who are female, married and have or have not had children.
2. Willing to be a respondent.

b. Exclusion Criteria:

1. Respondents who are female who are classified as childbearing age
2. willing to be a respondent

This study uses quasi-experimental designs with a one-group pretest-posttest. Data processing was carried out in a descriptive analytic manner with the McNemar.

RESULTS

Characteristics of Respondents

Based on the table 1 above, from 30 respondents there were 11 respondents (36.7%) aged 26-35. 27 respondents (90.0%) are housewives (IRT). 10 (33.3%) respondents who have 1 child.

Distribution of Knowledge Level Pretest and Posttest Results

Based on the table 2 above, the community's level of knowledge about the meaning of the first 1000 DOL, which was considered sufficient before the intervention, increased



from 24 (79.2%) to 28 (92.4%) after the intervention. In contrast, the knowledge level in the subcategories dropped from 6 (19.8%) to 2 (6.6%).

Distribution of Attitude Pretest and Posttest Results

Based on the table 3 above, public attitudes regarding the importance of the First 1000 Days of Life are in the good category as many as 19 respondents (62.7%) and the number of respondents in the bad category as many as 11 respondents (36.3%).

Table 1 of Characteristics of Counseling Respondents for first 1000 DOL in Samata Hamlet Limapocoe Village, Kec. Cenrana Kab. Maros

No	Characteristics	Frequency	Percent
1.	Age		
	15-25	5	16.7
	26-35	11	36.7
	36-45	8	26.7
	46>	6	20.0
2.	Profession		
	IRT	27	90.0
	Teacher	1	3.3
	Student	2	6.7
3.	Number of children		
	0 (No children)	5	16.7
	1	10	33.3
	4	9	30.0
	5	5	16.7
	5>	1	3.3
Total		30	100.0

Table 2 of Knowledge Analysis Results of first 1000 DOL Respondents Knowledge Analysis Samata Hamlet, Limapocoe Village, Kec. Cenrana Kab. Maros

Knowledge	Pre Test		Post Test		Test 2 Related Samples MCNemar
	n	%	n	%	
Enough	24	79.2	28	92.4	0.00
Not enough	6	19.8	2	6.6	
Total	30	100%	30	100%	

Table 3 of Attitude Analysis Results of first 1000 DOL Counseling Respondents Samata Hamlet, Limapocoe Village, Kec. Cenrana Kab. Maros

Attitude	Pre Test		Post Test		Test 2 Related Samples MCNemar
	n	%	n	%	
Well	19	62.7	19	62.7	1.00
Bad	11	36.3	11	36.3	
Total	30	100%	30	100%	

DISCUSSION

Knowledge Discussion

A nutritional status of the first 1000 Days of Life will affect future health, intelligence and productivity qualities. Frugal phenotype theory (Barker and Hales) is malnourished in utero, and infants with permanent metabolic and endocrine regulation have difficulty adapting to a nutrient-rich environment after birth. It leads to obesity and impaired glucose tolerance (Rahayu, A., et al. 2018). In fact, in Indonesia, there are still many mothers who are poorly nourished during pregnancy, for example lean and suffering from anemia. This may be because food intake during pregnancy is not sufficient for the needs of her and her baby. In addition, this condition can be exacerbated by the workload of pregnant women. This is usually the same as or better than before. As a result, babies do not get the nutrients they need, which hinders their growth and development (Kemenkes RI, 2014).

The findings **conducted** by Samata Hamlet's community knowledge level were related to the importance of First 1000 Days of Life, which was considered sufficient before the intervention was implemented, at 24 (79.2%). I already know what the first 1000 Days of Life means, but this is Annisa Paris udha et al. Consistent with the study of. (2020) Increased knowledge Approximately the first 1000 Days of Life to prevent stunting risk in North Bangantapan Aisyiyah Cadre. Respondents have a knowledge level of up to 28, all of whom are Aisyiyah executives, the majority of whom work as teachers.

From the results of McNemar analysis of the level of knowledge carried out in the Samata village, the p value of 0.00 statistically showed that there was a significant effect on the implementation of the first 1000 Days of Life. This is in line with research conducted (Amdadi, Zulaeha A et al. 2021) In the Working Area of the Tamalate Health Center Makassar. The results of the McNemar test analysis with a p value of 0.000, statistically showed that there was a significant effect on the implementation of education for pregnant women about 1000 DoL.

In the studies conducted (Zubaeda, Z., Suhartono, S., & Runjati, R. (2020)), the first 1000 days of life module was given to the target sample and the analysis results were obtained using the paired t-Test a P-value of 0.001 & lt; 0.05 means that the first 1000 days of life module and premarital activity course are effective in increasing premarital knowledge of stunting prevention. On the other hand, after another test using an independent T-test, the results showed a p-value of 0.002 ± 0.05 means that there is a difference in effect between the two groups after receiving the intervention. This is based on the fact that the average rank of the two treatment groups is 65.69, which is higher than the control group's 57.44. It can be concluded that completing the module will increase the knowledge of premarital mothers to prevent stunting more effectively than premarital education alone.

The use of media plays a role in increasing knowledge, such as: Studies at Saigon Health Center and Cyan Taful Health Center (Kurniantin, Lydia Febri et al. 2021). Results Data analysis was carried out using McNemar and obtained p value = 0.002 so that it can be concluded that there is a significant difference in knowledge between before and after receiving education with mentoring booklet media the first 1000 Days of Life Media booklets in a simple sense are sheets of paper resembling albums or calendars that contain demonstration images and behind them contain sentences as messages or information related to the image. Media booklets are usually used by opening or turning page by page alternately to show visual images to educational participants as well as education providers explaining the health information or message to be conveyed.

In a study conducted in Samata Hamlet, posters which were simultaneously stickers were used as a media for counseling the first 1000 Days of Life Posters contain pictures, messages or information on the topic of the first 1000 Days of Life that are packaged in an

attractive and easy-to-understand way for the public. The poster is in the form of a sticker so that it can be affixed, this poster is given to the people who attend so that the poster can be affixed at homes and strategic places such as schools, posyandu, village offices and also distributed to mothers who are being educated, this is a novelty in this research. From the results of MCNemar analysis of the level of knowledge carried out in the Samata village, the p value of 0.00 statistically showed that there was a significant effect on the implementation of the first 1000 Days of Life counseling.

This is in line with the research (Agritubella, SM et al. 2020) conducted at the Rambah Health Center, Rokan Hulu Regency, Based on the results of the univariate analysis in each group, the mean (means) of the pre-test in the control group was $65.33 \pm SD 4.419$. While the mean (means) of the pre-test in the treatment group was $63.33 \pm SD 6.45$. The results showed that there was a difference in the measurement of the average knowledge of pregnant women before giving the the first 1000 Days of Life Diet Pattern Education in the control group and the treatment group with a mean difference of 2.00. The results of knowledge after education in the control group and the treatment group showed that the post-test mean difference in the control group was $79.00 \pm SD 6.601$. While in the treatment group $83.67 \pm SD 11.095$ with a mean difference in knowledge of 4.67.

Attitude Discussion

The results of MCNemar analysis of people's attitudes when attending counseling the results obtained by the residents of Samata hamlet did not have a difference before and after the activity (p value 1.00) regarding the attitude of the Samata hamlet residents there was no difference before and after the activity because the community understood the attitude questionnaire questions where the question is an attitude that they have done so that the attitude before counseling and after counseling is the same. Whereas the attitude question for after counseling is the attitude that is expected or the respondent's desire in the future after attending this the first 1000 Days of Life counseling.

This is not in line with the research conducted (Dhirah, Ulfa Husna et al. 2020) In Mibo Village, Banda Raya District, Banda Aceh, The results of the statistical test (Chi Square) obtained a value of $p = 0.011$ ($p < 0.05$) so it can be seen that the working hypothesis (H_a) is accepted and it is proven that there is a relationship between mother's attitude about the first 1000 days of life with the nutritional status of BADUTA in Gampong Mibo, District Banda Aceh City of Banda Aceh.

In the research conducted (Zubaeda, Z., Suhartono, S., & Runjati, R. (2020)) Paired T-Test results obtained a p value of $0.001 < 0.05$, which means that the the first 1000 Days of Life module and premarital class are effective in improving the attitude of premarital WUS regarding stunting prevention efforts. Meanwhile, after the independent T-Test test, a P value of $0.022 < 0.05$ was obtained, which means that there was a difference in the effect between the two groups after the intervention was given, where based on the average ranking of the treatment group was 59.32, which was greater than the control group, which was 58.81. it was concluded that giving the the first 1000 Days of Life module was more influential in improving the attitude of premarital WUS regarding stunting prevention efforts than giving premarital classes alone.

The first 1,000 days of life from conception until 2 years of age is the most important developmental period for an individual and contributes to long-term health outcomes. Increasing evidence suggests that early nutrition can affect the developing gastrointestinal tract, including its microbiota, and modify the risk profile for intestinal disorders later in life (Ley D, et al. 2017).

With a supportive environment, primary caregiver, and healthy diet, brain It will usually develop well. At infants and children, toxic stress, deficiency emotions, and infection or inflammation have been shown Being the cause is related to deficient brain development optimal, and the child's diet that is less can exacerbate this (Tong & Benjamin Chun-Kit Tong, 2018)

CONCLUSION

In a study conducted in Samata Hamlet, posters as well as stickers were used as media for counseling the first 1000 Days of Life. The results of the research conducted there were significant differences (p value 0.00) in the knowledge of the community before and after the the first 1000 Days of Life counseling in Samata Hamlet, while the attitude of the results obtained by the Samata Hamlet residents did not have a difference before and after the activity (p value 1.00 This is because people understand the attitude questionnaire questions where the question is an attitude that they have done so that the attitude before and after counseling is the same. Whereas the attitude question for after counseling is the attitude that is expected or the respondent's desire in the future after attending this the first 1000 Days of Life counseling.

SUGGESTION

It is necessary to have an integrated counselling programme carried out by the puskesmas or posyandu cadres so that there is an increase in knowledge and attitudes of the first 1000 Days of Life which can prevent stunting in generations.

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