

**Effect of Education on the Attitudes of Pregnant Women in Ante Natal Care for Stunting Prevention in Talang Jerinjing Village, Indragiri Hulu Regency****Yulianto¹, Deswita^{1*}, Rizki Kurniadi², David P. Thomas³**¹⁾ Poltekkes Kemenkes Riau, Indonesia²⁾ Universitas Pahlawan Tuanku Tambusai, Indonesia³⁾ Menzies School of Health Research, Darwin, Australia**Correspondent Author:**

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Abstract

Talang Jerinjing Village is a target zone in endeavors to progress family sustenance since the foundation of the people in this zone could be a primitive tribal society with a low level of instruction. Hindering can be anticipated by keeping up the well-being and sustenance of pregnant women from an early age since a baby's development starts within the womb. The positive behavior of moms to avoid hindering amid pregnancy is the most important thing. This inquiry points to distinguish the impact of instruction on the states of mind of pregnant ladies in antenatal care to avoid hindering in Talang Jerinjing Village, Indragiri Hulu area. This research aimed to determine the effect of education on the attitudes of pregnant women in ante-natal care to prevent stunting. The research method was a quasi-experiment by assessing the perspectives of 20 pregnant women before and after education about the importance of ante-natal care and preventing stunting. The variables in this study are health education and attitudes of pregnant women in antenatal care to prevent stunting. The instrument used was a questionnaire. This research shows a significant change in the attitudes of pregnant women before and after school with $p < 0.05$. Based on these results, it can be seen that health education influences changes in the attitudes of pregnant women in efforts to prevent stunting. Increasing pregnant women's understanding of stunting and efforts to prevent stunting during pregnancy can increase awareness and motivate mothers to try to avoid stunting during pregnancy.

INTRODUCTION

The number of hindering sufferers in Indonesia, agreeing to the 2018 Riskesdas comes about, proceeds to decrease. But steps to anticipate hindering have to be taken. Wellbeing improvement within the 2015-2019 period is centered on four programs, one of which is reducing the predominance of hindering under five (Kementerian Kesehatan RI, 2019). Hindering may be an incessant dietary issue that's caused by multi-factorial and intergenerational. In Indonesia, individuals regularly consider being brief to be an innate figure. Misperceptions in society clarify the problem cannot be effortlessly diminished. The comes about of considers demonstrate that the impact of hereditary components as it were contributes 15%. At the same time, the foremost noteworthy component is related to issues with dietary admissions, development hormones, and repetitive irresistible illnesses in little children (Rahayu, Yulidasari, Putri, & Anggraini, 2018).

The frequency of hindered children in Riau comes to 16,275 individuals spread over different areas. Indragiri Hulu recorded the rate of small children as numerous as 831 individuals, which is the 12th most noteworthy of all communities in Riau. Based on the Declare of the Serve of National Improvement Arranging No. Kep 42/M.PPN/HK/04/2020, Indragiri Hulu locale is included within the Hindering Locus 2021. By the proclamation, the Indragiri Hulu locale government shaped a Hindering Anticipation Coordination Group

including related components, counting instructive education (Dinas Kesehatan Provinsi Riau, 2020).

The dissemination of hindering incidents is almost indeed in a few working areas of the Indragiri Hulu Community Wellbeing Center, one of which is within the Pekan Heran Community Wellbeing Center working range, including Talang Jerinjing Village, where around 15 children are categorized as encountering stunting. Talang Jerinjing Village is additionally a target region in endeavors to make strides in family sustenance since the background of the individuals in this region may be a primitive tribal society with a low level of instruction. Hindering can be anticipated by keeping up the well-being and nutrition of pregnant ladies from an early age since a baby's growth begins whereas within the womb. Positive maternal behavior to avoid hindering amid pregnancy is the most important thing. Keeping up maternal well-being amid pregnancy in ante-natal care is a critical column to guarantee the well-being of babies free from hindering.

Attitude is one domain of behavior, namely the affective domain (Linawati, Helmina, Intan, Oktavia, Rahmah, & Nisa, 2021). Attitudes will increase as a person's knowledge increases, so efforts are needed to increase mothers' knowledge about stunting and how to prevent it. Knowledge can be increased by implementing education. Education, in this case, health education, is an educational application in the health sector (Permatasari & Suprayitno, 2021). Education is given to a person or group to increase knowledge. If knowledge increases, there should be an increase in attitudes.

Previous research conducted by Ririn (2019) entitled The Relationship between Maternal Learning and stunting prevention behavior showed that there was a relationship between cultural values, income, knowledge, attitudes, and perceptions of behavioral control and stunting prevention behavior. The results of this research show that attitudes are also related to stunting prevention behavior. Therefore, efforts to improve attitudes, especially the attitudes of pregnant women, in ante-natal care can be done as an effort to prevent stunting.

There have been many previous studies that have discussed the influence of education on attitudes, but there is no previous or recent research that has addressed the topic of the influence of education on the attitudes of pregnant women in ante-natal care for stunting prevention. Like research conducted by Ekyanti and Suryani (2019) entitled Nutritional Education for Pregnant Women to Prevent Stunting in Pregnant Women's classes, this research raises the theme of education about nutrition and does not discuss ante-natal care to prevent stunting, so there is a difference with previous research. Based on this, researchers are interested in conducting research entitled the influence of education on the attitudes of pregnant women in ante-natal care to prevent stunting in Talang Jerinjing Village, Indragiri Hulu Regency. This research aimed to determine the effect of education on the attitudes of pregnant women in ante-natal care to prevent stunting in Talang Jerinjing Village, Indragiri Hulu Regency.

RESEARCH METHODS

This research is a quasi-experimental study conducted on only one group, called the intervention group without a control group. This research design was used to see whether there was an influence of education on the attitudes of pregnant women in ante-natal care as an effort to prevent stunting in Talang Jerinjing Village. The sample in this study was 20 pregnant women in Talang Jerinjing Village. The sampling technique used was purposive sampling with the inclusion criteria of mothers being willing to be research respondents and being able to read. Meanwhile, the exclusion criteria were mothers who were sick when the research took place and mothers who were not present when the research was carried out. Each pregnant

mother's attitudes about ante-natal care will be measured before and after being given education. The distance between the pre and post-test is 2 weeks, so that after pregnant women are given education, after 2 weeks, the attitude of pregnant women in ante-natal care is measured again to obtain data. The data analysis used in this research is data analysis using the Wilcoxon statistical test. The research process began with a pre-test, namely collecting data about the attitudes of pregnant women regarding the importance of pregnancy checks in preventing stunting, followed by providing education about pregnancy checks to prevent stunting, two weeks later a post-test was carried out, namely collecting data about the attitudes of pregnant women regarding the importance of check-ups. pregnancy in preventing stunting after being given education. Data collection uses a questionnaire.

RESULT

The results of this research are presented in the following tables.

Table 1. Attitudes of Pregnant Women

Before Education	N	Percentage (%)
Positive Attitude	10	50
Negative Attitude	10	50
Total	20	100
After Education	N	Percentage (%)
Positive Attitude	20	100
Negative Attitude	0	0
Total	20	100

Based on Table 1 of attitudes of pregnant women before education, it was found that there were 10 pregnant women who had a positive attitude with a score of ≥ 20 regarding the importance of ante-natal care during pregnancy in preventing stunting. In the attitudes of pregnant women after education, it was found that all pregnant women had positive attitudes with a score ≥ 20 , regarding the importance of antenatal care during pregnancy in efforts to prevent stunting.

Table 2. Attitude Changes After Education

	Variables	N	Mean	Total
After Education	Positive Attitude	20	10.5	210.0
	Negative Attitude	0	0	0
	Total	20	10.5	210

Based on Table 2 can be seen that there has been an increase in attitude scores for all pregnant women with an average increase in attitude scores of 10.50 and a total of 210.0

attitude scores. It can be seen that there are no similar values for pregnant women before providing education and after providing education, in other words, all the attitude values of pregnant women have increased.

Table 3. Analysis Effect of Education on the Attitudes of Pregnant Women in Ante Natal Care for Stunting Prevention

Intervention	Statistic	df	Sig
Education	-.3925	20	.000

Based on the results of the Wilcoxon statistical test, it can be seen that there is an effect of providing education with a significance level of $p < 0.05$. Thus, it can be said that education about the importance of ante-natal care in preventing stunting can change the attitude of pregnant women, making them less concerned about ante-natal care.

DISCUSSION

Based on the results of statistical tests, it can be seen that education influences changes in the attitudes of pregnant women in efforts to prevent stunting. Increasing pregnant women's understanding of stunting and efforts to prevent stunting during pregnancy can raise awareness and motivate mothers to try to avoid stunting during pregnancy. This has become a driving force for changes in the attitude of pregnant women to pay more attention to their pregnancy care by carrying out routine ante-natal care. Antenatal care is a form of prenatal care for pregnant women. Pregnant women should at least carry out care by visiting for prenatal checks at least four times during pregnancy if no problems are found during pregnancy. Optimal ante-natal care during pregnancy is the main factor in preventing stunting by ensuring the fetus is healthy from the first 1000 days of life (Kementerian Kesehatan, 2018).

Attitude is something that motivates someone to behave (Pramestia Utari, 2018). Increasing maternal knowledge can change the mother's attitude towards being better at carrying out pregnancy care. Research conducted by Salamung (2019) stated that learning about stunting is one of the factors related to efforts to prevent stunting by pregnant women. Low knowledge influences maternal behavior in preventing stunting in pregnancy. Arianta Ririn (2019) stated the same thing in her research on the analysis of factors related to stunting prevention behavior in mothers with children aged 6-24 months, saying that efforts need to be made to increase knowledge to change behavior, learning about stunting is needed by mothers so that mothers can do things to prevent stunting, such as increasing nutritional intake and maintaining health.

While carrying out the research, the researcher realized that there were limitations to this research. When the educational intervention was given, researchers had difficulty getting all respondents to focus on education because some respondents came with their toddler children, so at some times the implementation of education was not conducive. For future researchers who are interested in discussing a similar theme, they can plan a play corner for the children brought by the respondents so that all respondents can focus on the education provided.

CONCLUSION

This research concludes that education about stunting influences changes in pregnant women's attitudes toward Antenatal care to prevent stunting in Talang Jerinjing Village.

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