

EDUKASI GIZI PADA PASANGAN PRA NIKAH DI PROPINSI RIAU

Nutrition Education for Pre-Married Couples to Overcome Stunting in Indonesia

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ABSTRACT

Knowledge about nutrition plays an important role in fulfilling one's nutritional adequacy. The level of knowledge will encourage someone to have optimal abilities in the form of knowledge and attitudes. Lack of knowledge about nutrition will affect someone in understanding the concepts and principles as well as information related to nutrition. Efforts to increase knowledge can be done by providing nutrition education. This study aims to determine the effectiveness of proper nutrition education books in pre-marriage couples in Pekanbaru city. This study aims to determine the effectiveness of nutrition education for pre-marital couples in Pekanbaru City. This research is a mixed methods research, a combination of qualitative and quantitative research with three stages, literature review, in-depth. The research is carried out in 2020 at the BP4 Office of the Ministry of Religion of Pekanbaru City. The sample in this study were pre-marital couples registered at the Office of Religious Affairs and BP4 Office in the city of Pekanbaru and the organizers of the city marriage counseling. The results showed that the nutrition education had a significant effect on the level of knowledge of the couples ($p = 0.000 < 0.05$). The level of knowledge shows a change before and after education where the knowledge of the couples in the good knowledge category has increased by 14.8 percent and sufficient knowledge by 23.8 percent. conclusion for this research, the nutritional education given affects the knowledge of pre-marital couples. Suggestions for further research, it is hoped that the effectiveness of the nutrition education will be increased by using educational media that is more interesting.

Keywords : nutrition education, premarital, stunting

ABSTRAK

Pengetahuan mengenai gizi berperan penting dalam pemenuhan kecukupan gizi seseorang. Tingkat pengetahuan akan mendorong seseorang memiliki kemampuan yang optimal berupa pengetahuan dan sikap. Kurangnya pengetahuan terhadap gizi akan mempengaruhi seseorang dalam memahami konsep dan prinsip serta informasi yang berhubungan dengan gizi. Upaya peningkatan pengetahuan dapat dilakukan dengan memberikan edukasi gizi. Penelitian ini bertujuan untuk mengetahui efektifitas edukasi gizi pada pasangan pra nikah di kota pekanbaru. Penelitian ini merupakan penelitian mix methods, kombinasi antara penelitian kualitatif dengan kuantitatif dengan tiga tahapan yaitu literatur review, indepth interview. Penelitian dilaksanakan tahun 2020 di Kantor BP4 Kementerian Agama Kota Pekanbaru. Sampel dalam penelitian ini adalah pasangan pra nikah yang terdaftar di Kantor Urusan Agama dan Kantor BP4 di Kota Pekanbaru. Hasil penelitian menunjukkan bahwa edukasi gizi memberikan pengaruh yang signifikan terhadap tingkat pengetahuan pasangan pra nikah ($p = 0,000 < 0,05$). Tingkat pengetahuan menunjukkan adanya perubahan sebelum dan setelah edukasi dimana pengetahuan pasangan pra nikah dalam kategori pengetahuan baik mengalami peningkatan sebanyak 14,8 persen dan pengetahuan cukup sebanyak 23,8 persen. Kesimpulan pada penelitian ini adalah edukasi gizi yang diberikan diyakini berpengaruh terhadap pengetahuan pasangan pra nikah. Saran, untuk penelitian selanjutnya diharapkan meningkatkan efektifitas edukasi gizi dengan menggunakan media edukasi yang lebih menarik.

Kata kunci: edukasi gizi, pra nikah, *stunting*

INTRODUCTION

Nutritional development indicators showed that Indonesia is one of the countries that continue to be faced with nutritional problems that have a serious impact on the quality of human resources. One of the current nutritional problems is the high percentage of stunting.¹ Based on Global Nutrition Report (2018), 22.2 percent of children under five in the world, or around 150.8 million are stunted 7.5 percent or about 50.5 million are wasting, and 5.6 percent or around 38.3 million are overweight. One of the countries that are still facing a triple-double of nutritional problems (stunting, wasting and overweight) is Indonesia.²

Basic Health Research Data in 2018 showed stunting reached 30.8 percent, a decline from the previous 37.2 percent.³ It means that one out of three children, or about 8.9 million children in Indonesia experience suboptimal growth.⁴ Stunning picture of a toddler who has a lower height than the height of toddlers his age.⁵ Stunting is also described as a chronic undernutrition status during a period of growth and development that begins early in life (the first 1000 days of birth). Stunting was represented by a z-score of height for age (TB/U) <-2 standard deviations (SD) based on growth standards.⁶

The Results showed that stunting is influenced by factors such as family income, mother's knowledge of nutrition, maternal care patterns, history of infectious diseases, immunization history, protein, and micronutrient intake, and maternal food intake. Maternal food intake, especially during pregnancy is one of the factors that play an important role. The role of the mother is very important in the fulfillment of fetal nutrition during pregnancy, the nutritional adequacy of the mother greatly affects the condition of the fetus. Therefore, for pregnant women who are malnourished or have inadequate food infusion, the fetus they contain is at risk for growth disorders.⁷

Nutritious and balanced food can increase fertility in women of childbearing age (WUS) because at that age the female reproductive organs have functioned optimally, as well as psychological factors for prospective mothers, thus reducing various risks during pregnancy.⁸

Besides being needed for growth, physical, mental, and health development, nutritious food affects the fertility or fertility of an individual to be able to get offspring. Lack of nutritional intake in a person will have an impact on a decrease in reproduction. Women with poor nutritional status are at risk of giving birth to LBW children. Lack of maternal nutritional infusion before pregnancy and during pregnancy will have an impact on the first 1000 days of the baby's life, besides that it cause Inhibited Fetal Growth (IPM), LBW children, experience impaired growth, and brain development of infants, and increase the risk of death. LBW babies harm the cognitive and psychomotor development of infants.⁹

With this premarital nutrition education, it is useful to identify early matters relating to health and nutrition problems, food infusion, or food consumption patterns that may affect pregnancy. Nutrition education for premarital couples is expected to have an impact on increasing the knowledge, attitudes, and abilities of couples in implementing health and nutrition for their families thus it is hoped that later children will have good nutritional status and stunting can be prevented.

Nutrition education for pre-marital couples can be given at the time of pre-marital guidance. Premarital guidance or counseling is an effort to help pre-married couples understand each other, solve problems and conflicts in a healthy household together, respect each other's differences, and can improve good communication. In addition, pre-marital guidance can provide a relevant understanding of pre-conception and pre-pregnancy.

The implementation of pre-married couples in Pekanbaru was initially carried out by each BP4 Religious Affairs Office in Pekanbaru, Nowadays, the implementation is carried out in an integrated manner by Pekanbaru City BP4. But unfortunately, premarital guidance conveys health rarely, especially the importance of preconception nutrition for premarital women. Pre-marital guidance or counseling for catin will be given before marriage, because after marriage, pre-married couples will undergo adoption. In an effort to prepare for pregnancy, the nutritional status of the mother is an important thing to consider because it affects the quality of the next generation. Therefore, efforts can be made by providing health and nutrition education for the bride and groom to prepare themselves as a father and a mother in the future.¹⁰

Amalia & Siswantara's research (2018) shows that there is a difference in knowledge before and after reproductive health counseling (p -value = 0.031) for prospective brides at the Pucang Sewu Health Center Surabaya. A similar study was also conducted by Rahim et al (2013) in Ujung Tanah District, Makassar which showed a change in knowledge about nutrition and reproductive health after being given the Prospective Bride Course (Suscatin) to preconception women. Where before Suscatin only 70.4 percent of respondents had sufficient knowledge and 29.6 percent had less knowledge. After Suscatin was carried out, there was an increase where all respondents had sufficient knowledge, namely by 100 percent and none had less knowledge.

Premarital counseling is provided by a psychologist or marriage counselor. Initially, the implementation of pre-married couple in Pekanbaru was carried out by BP4 Religious Affairs Office in Pekanbaru City. The implementation is carried out in an integrated manner by Pekanbaru BP4. Unfortunately, it is rare to provide nutrition education in premarital guidance, especially the importance of preconception nutrition for premarital women. Type of the study was a mixed-methods, a combination of qualitative and quantitative research with three stages, namely literature review, in-depth interviews (interviews involving 8 experts from health practitioners (nutritionists and doctors), and implementation of pre-marital couples. This study aims to measure the effectiveness of appropriate nutrition education books for pre-marital couples and the influence of nutritional education on the nutritional knowledge level of pre-wedding couples in Pekanbaru.

METHODOLOGY

Type of the study was a mixed-methods of quantitative and qualitative research. Research in the form of a *one-group pretest-posttest* design. Before this research was carried out, the research had received ethical approval from the Health Research Ethics Commission (KEPK) of the Riau Ministry of Health Poltekkes on June 30, 2020, with the number LB.02.03/6/71/2020. The population of this study was all pre-marital couples in Pekanbaru. The samples used a simple random sampling technique. The sample in this study was 43 pre-marital couples registered at the Pekanbaru BP4 Office.

The instrument used was a questionnaire consisting of 15 multiple choice questions that had to be filled out by pre-wedding couples. Questionnaires were used in the implementation of the pre-test and post-test. The pre-test was given to pre-marital couples before being given nutrition education, while the post-test was given to pre-marital couples after being given nutritional education. Before providing nutrition education, in-depth interviews were conducted involving 8 experts from health practitioners (nutritionists and doctors) for input on books and questionnaires. The reason for using this method is that researchers want to obtain information and understanding of activities, events, and life experiences from experts health sector, especially those related to nutrition and health.

Data were analyzed quantitatively and qualitatively. Quantitative data in the form of subject identity and subject knowledge is obtained from pre-test and post-test questionnaires consisting of 15 multiple-choice questions related to the material in the Nutrition Education Book for Pre-Married Couples which must be filled out by pre-marital couples. While qualitative data in the form of input, suggestions, and criticism from resource persons/experts in the process of revising the media book that was made to obtain the right nutrition education book for pre-marital couples.

Analysis of the data on the subject's knowledge using paired t-test after normality test using Kolmogorov-Smirnov with 95 percent confidence level. After that, a correlation analysis was carried out between the characteristics of the respondents and the level of the respondent's knowledge after the intervention using the Chi-square test (p-value).

RESULTS

The sample in this study was a pre-marital couple registered at the Pekanbaru City BP4 Office. Characteristics of respondents include gender, age, education level. Characteristics of respondents according to education level are classified into two categories, namely: low education level (SD and SMP) and high education level (SMA/Equivalent and Academy/College), and regional origin which are presented in table 1.

Table 1.
Characteristics Distribution of Respondents

Characteristic	n	%
Gender		
Male	43	50
Female	43	50
Respondents' Age		
16 – 25 years old	43	50
26 – 35 years old	42	49
36 – 45 years old	1	1
Educational Level		
Low	10	12
High	76	88
Origin		
Outside Pekanbaru City	7	8
Pekanbaru City	79	92
Total	86	100

Table 2
The Analysis of the Effectiveness using Nutrition Education Guidebooks for
Pre-Married Couples in Pekanbaru

Variable	Min	Max	Mean \pm SD	p Value
<i>Pre-Test</i>	6,67	80	41,82 \pm 16,84	0.000
<i>Post-Test</i>	20	100	60,91 \pm 16,11	

Based on gender, the number of respondents consisted of 43 (50%) males and 43 (50%) females. Based on age characteristics, it is known that most of the respondents are between 16-25 years old as many as 43 people (50%). Based on the education level of the respondents, it is known that the number of respondents with a low education level is 10 (12%) and a higher education level is 76 people (88%). Based on the origin areas of the respondents, it is known that most of them come from the city of Pekanbaru (92%) and a small proportion are immigrants from outside the city of Pekanbaru (8%).

Table 2. shows the results of measuring the knowledge of pre-marital couples before being given nutrition education the average value was 41.82 with the lowest value being 6.67 and the highest being 80. The average value of knowledge increased after being given nutrition education to 60,91 with the lowest value at 20 and the highest at 100.

The results of the paired t-test statistic showed a p-value = 0.000, which means that there is a difference in the level of nutritional knowledge even couples pre-wedding for pre-test and post-test thus it can be concluded that there is an effect of nutrition education provided on the level of knowledge of the pre-marital couples. Thus, it can be concluded that statistically it is believed that there is an effect of nutrition education on pre-wedding couples in Pekanbaru city (2020). Based on these results, it also shows that there is an increase in nutritional knowledge of pre-wedding couples with nutrition education models using book media.

ANALYSIS (DISCUSSION)

Knowledge of nutrition is the beginning of the process to determine changes in a person's behavior that will affect the improvement of his nutritional status, therefore knowledge is an internal factor in changing a person's behavior.¹¹ Another study conducted by Irnani²² shows that nutrition education affects changes in nutritional knowledge, namely from the category of lack of knowledge to be sufficient. However, the nutrition education provided has not significantly changed the practice of balanced nutrition. In contrast to the results of research conducted by Slater et al, on the effectiveness of nutrition education with counseling and magazine distribution methods for adolescents in Brazil for 6 months showed a significant increase in breakfast habits and consumption of fruits and vegetables.¹² Knowledge of good nutrition is an important factor to determine a person's attitude and behavior in applying nutritious food. The better the nutrition knowledge, the more a person will consider the type and quality of the food he or she will consume.¹³ The results of research by Astuti, et al (2019) which showed that there was an increase in knowledge of 50.8 percent after receiving nutrition education using storybook media (p-value = 0.001) and an increase in knowledge of 59.9 percent after receiving nutrition education using media. pocketbook (p value = 0.000).

Based on the answers of pre-marital couples, the material they understand the most is about efforts to improve the nutritional status of prospective mothers to prevent stunting in prospective children. In addition, on average, pre-marital couples said that there was a change in behavior after being given nutrition education, one of which they were more aware of maintaining a healthy diet, exercising regularly, and choosing a balanced diet. Changes in behavior will go through a process, namely changes in knowledge, and attitudes, then practice in daily life.

Community service activities targeting teenagers carried out by Tarsikah²⁵ also show that there is a change in adolescent knowledge about preparation for a healthy pregnancy in the form of increasing scores before and after the intervention. Lack of preparation for pregnancy may result in a pregnancy with complications, pregnancy with complications can increase the risk of morbidity and mortality for the mother and the baby. In addition, lack of preparation for pregnancy can increase the risk of hyperemesis gravidarum, pre-eclampsia and eclampsia, abnormalities in the duration of pregnancy, ectopic pregnancy, diseases and abnormalities of the placenta, and fetal membranes, antepartum hemorrhage, and multiple pregnancies.¹⁴

The nutritional education model given to pre-marital couples is believed by researchers to be effective in equipping brides and grooms to prepare for married life by discussing material including pre-marital guidance, pre-marital preparation, pre-marital nutrition, and preventing stunting with pre-marital nutrition which is expected to assisting prospective brides and grooms in preparing for normal nutritional status, especially for prospective brides so that they can give birth to healthy and intelligent children. Because the nutritional status of the mother-to-be at the time of pre-marriage contributes to the determination of the nutritional status of the child.

Monitoring and evaluation need to be done to determine the effect of nutrition education. Monitoring and evaluation are carried out at the end of the research activity. Due to the pandemic situation, it is not possible to conduct direct monitoring and evaluation to pre-wedding couples, so monitoring and evaluation are carried out online using the google form. The Google form contains open-ended questions related to things that you want to evaluate regarding nutrition education activities that have been provided as well as changes in behavior and attitudes that are felt after providing education.

From the results of the evaluation, it is known that most pre-wedding couples claim to be happy and satisfied with the nutrition education activities that have been provided because they get a lot of information about health and nutrition, especially about nutrition preparation before marriage. Overall, premarital couples not only know about nutrition but also understand the importance of balanced nutrition, especially for mothers-to-be. This is illustrated by the average answers of pre-wedding couples who can correctly interpret the known object. Good nutritional knowledge will certainly affect good nutritional attitudes and behavior in terms of choosing nutritious, diverse, and balanced foods so that it will have a positive impact on the nutritional status of prospective mothers and children.

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A limitation in this study is that research respondents who were present at the Office of Religious Affairs and the B4 Office amid the pandemic imposed restrictions on the presence of pre-marital couples to take pre-marital guidance.

CONCLUSION

Nutrition education book given is believed to be effective in increasing nutrition knowledge of pre-marriage couple. There is difference of pre-marriage couple knowledge between before and after being given nutrition education ($p < 0,05$) until it can be concluded that nutrition education guideline book given has significant influence on nutrition knowledge change in pre-marriage couple.

SUGGESTION

The implementation of health education to pre-marriage couple could be conducted in the form of face to face guidance or independent guidance and increase the effectiveness of nutrition education in pre-marriage couple by using other more interesting educational media as the comparison of book media model.

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