
Increasing Knowledge of Mothers of Toddlers About Balanced Nutrition Education as an Effort to Prevent Stunting by Using Booklet Media

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Abstract

The aim of writing this case study is to increase the knowledge of mothers with stunting toddlers about balanced nutrition by providing education using booklets. The method used is descriptive research using a case study approach. Case studies were conducted on respondents who met the research criteria. The intervention was carried out for 5 days. Results: After 5 days of intervention, namely efforts to increase knowledge among mothers with stunted toddlers regarding balanced nutrition education using booklet media. The results obtained were that the mother's level of knowledge increased where on the fifth and third day the client was able to do what the researcher taught. The conclusion can be drawn that providing nutrition education using booklet media is able to increase knowledge in mothers with stunted toddlers.

Keywords: *Stunting, Knowledge, Education, Nutrition Balanced, Booklet.*

INTRODUCTION

The incidence of injuries in Indonesia according to Riskesdas data (2018) recorded that the most common type of injury experienced by the Indonesian population is abrasions with a percentage of 64.1%. In South Sulawesi province, there is 67% prevalence of wounds with the type of lacerations as much as 27.7%, burns 1.3% and the highest prevalence of 66.9% in the incidence of abrasions (Safitri & Munir, 2022). Incision is a condition of trauma to the skin caused by objects on the sharp side such as knives, razor blades, scissors, swords or other sharp objects. Incision wounds are open wounds where exposed skin tissue has the risk of causing bleeding, sympathetic stress response, contamination from bacteria, blood clots, and cell tissue damage (Abdullah, 2022).

The wound recovery process is a physiological thing done by the body when there is damaged or injured tissue. The healing process begins since the occurrence of injury to the tissue and is divided into 4 stages, namely coagulation, inflammation, proliferation, tissue remodeling. Wound healing is influenced by several factors, one of which is wound care patterns (Wallace et al., 2021). Antiseptics that are an alternative to topical wound treatment kill bacteria and have a wider spectrum of antimicrobial activity than antibiotics. WHO guidelines recommend the use of povidone iodine as an antiseptic in wound care (Bigliardi et al., 2017).

Various kinds of herbal plants are commonly used as alternatives in traditional medicine because they have good pharmacological effects and side effects that arise relatively mild compared to synthetic drugs (Wientarsih & Astuti, 2021). The bidara plant (*Ziziphus Mauritiana*) or also known as Indian Jujube spread throughout the world is known to have a variety of benefits that are often used for treatment. In the bidara plant (*Ziziphus Mauritiana*) contained various benefits such as vitamins, proteins, magnesium, calcium, iron, and active compounds such as alkaloids, flavonoids, phenols, methyl esters, saponins, carotenoids, phenols, quercetin, terpenoids, and others (Giri et al., 2021). In addition, the content in this plant also has antiviral, antibacterial and antiseptic effects where this has an effect in regenerating and repairing the epidermal layer of the skin (Usman et al., 2021).

Based on this background, researchers want to examine the benefits of bidara leaves (*Ziziphus mauritiana*) in the health sector, especially the doses needed for the incision wound recovery process carried out on white rats (*Rattus Norvegicus*).

RESEARCH METHODS

The type of case study used in this research is descriptive using booklet media to increase knowledge among mothers with stunted toddlers about balanced nutrition in Parsingguran I Village (Morissan, 2021).

The subject of the case study in this research is the mother's knowledge about balanced nutrition with education carried out in Parsingguran I Village. This case study uses inclusion and exclusion criteria in selecting case study subjects, namely:

1. Criteria Inclusion
 - a. Mothers who have stunted toddlers (aged 2-3 years).
 - b. Mother with history education maximum high school.
 - c. Mothers with low economic status.
 - d. Mothers who are willing to be respondents.
2. Criteria Exclusion
 - a. Mother with hearing impairment
 - b. Mother with mental disorders.

Instruments research are tools needed for collecting data (Notoatmodjo, 2011). Overcoming mothers' knowledge about balanced nutrition with education using media booklets.

1. Family Nursing Care Format In the case study, a nursing care format is used which consists of assessment (using a stature meter/growth chart and KMS), nursing diagnosis, nursing intervention, nursing implementation.
2. Booklets
In carrying out implementation, booklet can be read repeatedly until the target can understand the contents of booklet.
3. Informed Consent
Sheet that serves as evidence in which client is willing to be subject study case.
Sheet SAP (Unit Event Extension) An SAP sheet is a work procedure sheet that will carry out when carrying out case studies.

RESULTS AND DISCUSSION

Table 1 Criteria Results

Results Criteria	Target Score
	Increase
Behavior as recommended	5
Verbalization of interest in learning	5
Ability to explain knowledge about a topic	5
Ability to describe previous experiences appropriate to the topic	5
Behavior in accordance with knowledge	5

Source: (SLKI, 2016)

Table 2 Sheet Observation

Result Criteria	Before Implementation	After Implementation	
		Client 1	Client 2
Behavior as recommended	2	5	5
Verbalization of interest in learning	2	5	5
Ability to explain knowledge about a topic	2	5	5
Ability to describe previous experiences appropriate to the topic	2	5	5
Behavior in accordance with knowledge	2	5	5

Stunting (stunt) is a condition in where a toddler has body length or height that is less if compared with age. This condition indicates poor nutritional status (malnutrition) over a long period of time (chronic) (Candra, 2020)

Stunting can be caused by 2 factors, namely the first is a direct causal factor consisting of: lack of nutritional intake and chronic infectious diseases. The two indirect causal factors consist of: exclusive breastfeeding and MP-ASI factors, completeness of immunizations for children, parental knowledge, economic factors, and low health services (Mitra, 2015). The goal is to change

behavior and increase knowledge mothers about stunting and balanced nutrition using booklet media.

Researchers conducted an assessment on 3 clients on the same day but at different times. The assessment was carried out on June 1, 2022. After perform assessment, the researcher found that in all three clients had the same problem, namely deficit knowledge. Next, the researcher asked for approval from the three clients to carry out the intervention for the next 5 days . Then the researcher perform a time contract for the three clients to perform interventions for 5 days.

The first day of intervention was providing education about stunting. For the three clients, the researcher provided material in the form of a booklet and then explained the material which contained the meaning of stunting and the factors that cause stunting. When explaining, the researcher saw that the three clients were cooperative. After the researcher finished providing education, the researcher provided time for questions and answers. Once finished, the researcher asked the three clients to repeat the material that the researcher had presented. The three clients were able to repeat the material presented by the researcher slowly and in poor sentences. Then the researcher provided conclusions from the material presented and the three clients seemed to pay attention. Next, the researcher asked for a time contract, ended the meeting, and said closing greetings.

The second day of intervention also provided education on a different topic, namely about balanced nutrition. On the second day of education, the level of knowledge of the three clients was different. In client 1, behavior began to be in accordance with recommendations and knowledge such as understanding the material presented. Client 2 also experienced changes in behavior and ability to explain knowledge. In the client 3, does not experience changes due to factors age which is younger than client 1 and client 2, so the power catch on client 3 less strong.

On the third day of intervention, the researcher conducted education and applied methods of making good in the three clients. In clients 1, researchers noticed changes in behavior and interest in learning increasingly increased. In clients 2 also experience changes in behavior and increase interest in learning. In client 3, the researcher did the same with clients 1 and clients 2. Change behavior in clients 3 starting to increase, but not as fast as clients 1 and clients 2.

On the fourth day of intervention, the researcher watched three clients in making additional food for toddlers. For client 1, the researcher saw that client 1 could understand and easily make additional food. On clients 2 also carry out manufacture food food properly in accordance with what is pursuing . At clients 3, researchers pay attention process manufacture food extra that is a little slow and sometimes looks confused.

On the fifth day of intervention, the researcher watched three clients in making additional food for toddlers. Client 1 makes food, starting from preparing the ingredients needed to processing it properly and according to recommendations. For client 2, the researcher also saw that client 2 was able to make additional food well and according to recommendations starting from ingredient preparation and processing. In client 3, the researcher saw that client 3 had an improvement from the previous day. Client 3 can carry out the process of making additional food from ingredient preparation to ingredient processing.

After implementation for 5 days in accordance with SAP, researchers evaluate that education can increase knowledge. This can be seen from the three clients' increased understanding of nutrition, where the three clients were able to mention and explain material about stunting again. The three clients were also able to prepare balanced nutritional food according to the knowledge they had gained, this can be seen from the food recall table. This is supported by Setyawati's (2015) research which states that nutrition education using booklets can increase knowledge.

Even though the three clients received education with the same material and duration, the level of knowledge of the three clients was different. For client 1 and client 2, it can be seen that the level of knowledge on the fourth day showed a score of 5 but client 3 had a score of 4. According to Notoatmodjo's theory (2014), several factors influence the level of knowledge, one of which is related to client 3, namely " Age". From the results of the study, it was found that there was a

difference in age between client 1, client 2, and client 3. Notoatmodjo's theory (2014) states that the older a person is, the faster their ability to catch.

Booklet media has several benefits, such as being easy to carry everywhere (not thick), can be studied at any time because it is in the form of a book, is more detailed and clear, and is easy to understand because it uses language that is easy to understand. Where the existence of booklet media can help to attract clients' attention in understanding stunting and balanced nutrition. Booklet media is very effective in increasing a person's knowledge. This is supported by Roza (2012), booklet media in providing education has proven to be effective in increasing parental knowledge caring for stunted toddlers. Booklet media was chosen as a health education medium because it is able to disseminate relevant information in a short time, so it can increase mothers' knowledge.

Based on research conducted, it turns out that providing education using booklet media can increase parents' knowledge, especially mothers. Therefore, future researchers can conduct research by providing education using booklet media.

CONCLUSION

Researchers have provided nursing care to three clients. Based on the results of the assessment of the three clients, nursing problems were found, namely that the client was less interested in knowing about stunting and the client did not know about additional foods that had good and simple nutrition.

Therefore, the researchers intervened with the clients, namely on the first day providing education about stunting, on the second day providing education about balanced nutrition, on the third day explaining again about balanced nutrition and providing examples of how to make additional food, on the fourth day the researchers provided to the client to make additional food as explained, and on the fifth day the client made additional food as explained by the researcher.

After carried out intervention during 5 days, the researchers obtained evaluation results, that the three clients had changes in their level of knowledge, where the clients were able to explain and make additional food as recommended by the researcher. For Verbalization of interest in learning, the clients have a change in wanting to know about stunting and good balanced nutrition for toddlers so that the three clients can understand and repeat what the researcher has explained. Ability to explain knowledge about a topic has also increased, where the clients can understand and repeat what the researcher explained well and use better sentences than the previous day

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