

Conference Paper

The Relationship Between Age, Education, Region, and Knowledge with Stunting Prevention Attitudes in Brides-to-Beat the Religious Affairs Office (KUA)

Cut Cahaya Rani Saifa Alhajd Quraisy^{1*}, Ari Natalia Probandari², Vitri Widyaningsih²

¹Master Program of Human Nutrition, Sebelas Maret University, Surakarta, Indonesia

²Faculty of Medicine, Sebelas Maret University, Surakarta, Indonesia

*Corresponding author:

E-mail:

cahayaranisaq@student.uns.ac.id

ABSTRACT

The high prevalence of stunting in West Aceh Regency can be caused by low public awareness to prevent stunting early on through various activities or programs to improve community attitudes, especially in prospective brides as a determining factor that contributes to the problem of stunting due to the age of marriage too early, the low education of prospective brides who are in rural areas, and the lack of information about the importance of stunting prevention by prospective brides. The purpose of this study was to determine the relationship between age, education, region, and knowledge with attitudes to prevent stunting in prospective brides. This research was conducted at the Religious Affairs Office (KUA) of West Aceh Regency, namely the KUA of Meureubo, Kaway XVI, Johan Pahlawan, and Samatiga Districts. This study used a cross-sectional design. The research sample was prospective brides who were selected proportionally according to each location using purposive techniques based on the results of sample calculations on unknown populations according to the Lemeshow formula with the acquisition of 108 respondents. Data collection used a questionnaire that had been validated using validity and reliability tests for the variables of knowledge and attitudes to prevent stunting. The data that has been collected is analyzed using the chi-square test to conclude the problem under study. The results of statistical analysis showed that age and education, both of which had a P.Value smaller than the alpha probability of 0.05, showed that age and education were not associated with stunting prevention attitudes in prospective brides. Meanwhile, region and knowledge obtained a P.Value value greater than the probability alpha 0.05, indicating that region and knowledge are significantly related to the attitude of stunting prevention in prospective brides at the KUA of West Aceh Regency.

Keywords: Stunting, bride-to-be, knowledge, attitude

Introduction

Nutritional problems in toddlers and children are still a major problem in many countries, including Indonesia. One of the nutritional problems in question is stunting (toddlers who have a height that does not match the standard). Worldwide, the *World Health Organization* (WHO) in 2020 reported that the prevalence of *stunting* reached 22 percent. Meanwhile, the prevalence of *stunting* in Indonesia, according to the results of the Indonesian toddler nutritional status study, in 2021 was reported at 24.4 percent, a decrease of 3.3 percent from the previous year which was 27.7 percent (Elinel et al., 2021). Furthermore, through Presidential Decree Number 72 of 2021 concerning Accelerating *Stunting* Reduction, the Government in 2025 has targeted *stunting* to decrease by 14 percent (Yuliasari et al., 2023).

How to cite:

Quraisy, C. C. R. S. A., Probandari, A. N., & Widyaningsih, V. (2024). The relationship between age, education, region, and knowledge with stunting prevention attitudes in brides-to-beat the Religious Affairs Office (KUA). *The 1st International Conference Muhammadiyah Yogyakarta – Hospital & Healthcare Management*. NST Proceedings. pages 1-7. doi: 10.11594/nstp.2024.4201

The importance of reducing the prevalence of *stunting* worldwide and in Indonesia, because *stunting* has a negative impact on toddlers and children, both short and long term. Short-term impacts that will be experienced by children include decreased intelligence, mental disorders, disease, and metabolic problems. The long-term impact is a decline in cognitive abilities, and decreased endurance to degenerative diseases (Fitri et al., 2022). The most visible symptom in toddlers and children who are *stunted* is a posture that is shorter than other children their age (Wardanis, 2021).

The occurrence of *stunting* in toddlers is often not realized, and after two years it is only seen that the toddler is short. The occurrence of *stunting* is a health problem in toddlers and children caused by various multidimensional factors contained in the prospective mother as the most basic factor, including age. (Nursa'iidah & Rokhaidah, 2022) education (Elinel et al., 2022), knowledge (Fitri et al., 2022; Sasmita, 2021), attitude (Arnita et al., 2020; Lestari et al., 2023) in addition to socio-demographics (place of residence) (Astari et al., 2023; Lestari et al., 2018).

Early prevention of *stunting* problems can be done to prospective brides to overcome the indirect causes of *stunting* by intervening in the attitudes of prospective brides through various programs and activities. (Ismayanty et al., 2022). Prevention of *stunting* in the bride-to-be is intended to prepare her pregnancy well to break the chain of *stunting* (Lestari et al., 2023). This is because *stunting* can be prevented starting from the first thousand days of life (1000 HPK). So before getting married, prospective brides need to prepare for their pregnancy and childbirth to child care (Muna et al., 2023). Muna et al. (2022). Early *stunting* prevention activities or programs for prospective brides require partnerships from various parties, one of which is the Office of Religious Affairs (KUA). The pre-marital guidance held by the institution concerned can be used as a forum for delivering material on the importance of *stunting* prevention by prospective brides to break the chain of *stunting* incidence in various regions in Indonesia. (Simanjuntak & Wahyudi, 2021).

Aceh Province is one of the regions in Indonesia with the fifth highest prevalence of *stunting* in 2022 at 31.2 percent, after East Nusa Tenggara (35.3 percent), West Sulawesi (35.0 percent), Papua (34.6 percent), and West Nusa Tenggara (32.7 percent). The prevalence of *stunting* in Aceh Province is classified as poor because it exceeds the threshold set by WHO of 20 percent (SSGI, 2022). Meanwhile, the prevalence of *stunting* in one area of Aceh Province, namely West Aceh District in 2022, was 782 cases. The *stunting* cases in this area, as reported by the West Aceh District Health Office, were dominated by Johan Pahlawan Subdistrict with 192 cases, Meureubo with 141 cases, Samatiga with 112 cases, and Kaway XVI with 78 cases (West Aceh District Health Office, 2023).

Based on the background stated, the researcher is interested in conducting a research study on the relationship between age, education, region and knowledge with attitudes to prevent *stunting*, to know whether there is a relationship between age, education, region, and knowledge with attitudes to prevent *stunting* in prospective brides at the KUA of West Aceh Regency.

Material and Methods

This study used a *cross-sectional* design to determine the relationship of the independent variables, namely age, education, occupation, region, and knowledge to the dependent variable, namely the attitude of *stunting* prevention in prospective brides at the KUA of West Aceh Regency. The population of this study were prospective brides who were registered and attended marriage guidance at the KUA of West Aceh Regency. The research sample was selected based on *purposive technique* a technique of selecting samples intentionally according to the inclusion criteria in prospective brides who were registered and attended pre-marital guidance at the KUA of Meureubo, Kaway XVI, Johan Pahlawan, and Samatiga Districts. Because the population size was unknown, the sample size was determined using the Lemeshow formula totaling 108 respondents.

This research data collection was carried out by researchers by distributing questionnaires about the characteristics of respondents (age, education, region) and questionnaire sheets containing knowledge and attitude questions to prevent *stunting* to prospective brides. The questionnaire given is

a questionnaire developed by the researcher and has been tested for validity with an r count value greater than 0.361 for each knowledge and attitude question item and a reliability test with a *Cronbach alpha* value for knowledge of 0.911 and attitude is 0.926. Furthermore, the analysis used by researchers in this study consists of univariate analysis and bivariate analysis to provide an understanding of data related to the data characteristics of the variables studied and to identify the relationship between the variables studied.

Results and Discussion

The results of the univariate analysis regarding independent variables related to age, education, region, and knowledge as well as the dependent variable, namely the attitude to prevent *stunting* in prospective brides at the KUA of West Aceh Regency can be seen in Table 1:

Table 1. Data distribution of age, education, region, knowledge, and attitude of the bride-to-be

Variables	Frequency	Percent
Age		
Late Teens	52	48,1
Early Adulthood	56	51,9
Total	108	100,0
Education		
Junior high school graduate	2	1,9
High school graduate	40	37,0
Bachelor's Degree	66	61,1
Total	108	100,0
Region		
Rural	54	50,0
Urban	54	50,0
Total	108	100,0
Knowledge		
Less	42	38,9
Simply	65	60,2
Good	1	,9
Total	108	100,0
Attitude		
Less	22	20,4
Simply	81	75,0
Good	5	4,6
Total	108	100,0

Source: Research Data (Processed, 2023)

Table 1 shows that the characteristics of the respondents in this study are quite diverse, where according to the age category, the bride-to-be in the late adolescent category amounted to 52 respondents (48.1%) and the early adult category amounted to 56 respondents (51.9%). As for the characteristics of the last education taken, the majority of prospective brides are graduates, totaling 66 respondents (61.1%). Meanwhile, based on the aspect of the region, each respondent was selected proportionally based on rural and urban areas, each totaling 54 respondents (50%). Then related to the knowledge of prospective brides shows that of the 108 respondents studied, 42 respondents (38.9%) were declared to have insufficient knowledge, 65 respondents (60.2%), were moderately knowledgeable and only 1 respondent (0.9%) had good knowledge. Meanwhile, the results of research on the attitude of

stunting prevention in prospective brides showed that 22 respondents (20.4%) had a poor attitude, 81 respondents (75.0%) had a moderate attitude, and 5 respondents (4.6%) had a good attitude.

The results of the bivariate analysis of the relationship between the variables of age, education, region, and knowledge with the attitude of preventing *stunting* in prospective brides at the KUA of West Aceh Regency, obtained the following cross-tabulation data:

Table 2. Research results on the relationship between age, education, region, and knowledge with the attitude of the bride-to-be

Variabel	Category	Attitude						Total	
		Less		Simply		Good		n	%
		n	%	n	%	n	%		
Age	Late Teens	7	13,5	44	84,6	1	1,9	52	100
	Early Adult Hood	15	26,8	37	42,0	4	2,6	56	100
Education	Junior high school graduate	1	50,0	1	50,0	0	0,0	2	100
	High school graduate	10	25,0	29	72,5	1	2,5	40	100
	Bachelor Degree	11	16,7	51	77,3	4	6,1	66	100
Region	Rural	16	29,6	37	68,5	1	1,9	54	100
	Urban	6	11,1	44	81,5	4	7,4	54	100
Knowledge	Less	13	31,0	28	66,7	1	2,4	42	100
	Simply	9	13,8	53	81,5	3	4,6	65	100
	Good	0	0,0	0	0,0	1	0,0	1	100

Source: Research Data (Processed, 2023)

Table 2 shows that the majority of prospective brides in this research data in late adolescence respondents have a moderate attitude in preventing *stunting*, totaling 44 respondents (84.6%), followed by respondents who have a lack of attitude, namely 7 respondents (13.5%). Meanwhile, the majority of prospective brides who are categorized as early adults are known to have a moderate attitude totaling 37 respondents (42.0%), followed by respondents who have a lack of attitude totaling 15 respondents (26.8%).

Based on the results of data processing according to the education variable, it was found that the majority of prospective brides were respondents who had a bachelor's degree with a fairly good attitude category in *stunting* prevention, totaling 51 respondents (77.3%), which was much better than the majority of respondents who graduated from high school in the moderate attitude category, totaling 29 respondents (72.5%) and even the majority of respondents who graduated from junior high school, totaling 1 respondent (50.0%). The results of this study indicate that respondents who take and complete higher education will have a better *stunting* prevention attitude than respondents who only finish high school and finish junior high school.

Based on the results of data processing according to regional variables, it was found that the majority of prospective brides in rural areas had a moderate attitude in preventing *stunting*, totaling 37 respondents (68.5%), slightly lower than the majority of prospective brides in urban areas, totaling 44 respondents (81.5%). This shows that the attitude of prospective brides in urban areas is slightly better than the attitude of prospective brides in rural areas.

Based on the results of data processing according to the knowledge variable, it was found that the majority of prospective brides who had insufficient knowledge and had a poor attitude in preventing *stunting* were 28 respondents (66.7%) or almost twice lower than the majority of prospective brides who had sufficient knowledge, totaling 53 respondents (81.5%). While respondents with good knowledge and good attitudes in preventing *stunting* were 1 respondent (0.1%). These results show that brides-

to-be who have slightly better knowledge, namely in the moderate category, will have a better attitude to prevent *stunting* than brides-to-be who have poor knowledge.

The results of statistical analysis using the chi-square test obtained the results of the relationship between age, education, region, knowledge, and attitudes to prevent *stunting* in prospective brides at the KUA of West Aceh Regency, as can be seen further in Table 3:

Table 3. Relationship between age, education, region, knowledge, and *stunting* prevention attitudes In the Bride-to-be

Variable	Asymp. Sig. (2-sided)
Age	0,075
Education	0,601
Region	0,031
Knowledge	0,000

According to Notoadmodjo, attitude is a closed response in a person to a certain stimulus or object. (Wardanis, 2021). Respondents in this study had a *stunting* prevention attitude in the moderate category such as *stunting* needs to be prevented by prospective brides through obtaining information from health workers, not giving formula milk to toddlers aged 0-6 months, prospective brides meeting nutritional adequacy before marriage, do not stop breastfeeding when the child is still 0-24 months old. This moderate attitude category shows that many prospective brides studied at the KUA of West Aceh District do not understand the importance of direct efforts to prevent *stunting* in toddlers and children.

The relationship between age and attitude to prevent stunting in prospective brides at the KUA of West Aceh District

The results of statistical analysis of the relationship between age and *stunting* prevention attitudes obtained a P.Value 0,075 greater than the *probability of alpha* 0.05 shows that age is not significantly related to the attitude of preventing *stunting* in prospective brides at the KUA of West Aceh Regency. By the literature of the Ministry of Health of the Republic of Indonesia (2009) according to Amin and Juniati (2007), someone who has age of 17-25 years is classified as early adolescence and those aged 26-35 years are classified as early adulthood. According to WHO, women enter childbearing age at the age of 14-49 years and enter peak childbearing age at the age of 20-30 years. In addition, age can also affect the maturity and understanding of prospective brides in deciding what is best for themselves. This can certainly be taken into consideration for prospective brides who are of productive age to prepare for pregnancy carefully (Handayani & Handayani, 2023).

Relationship between education and stunting prevention attitudes among prospective brides at the KUA in West Aceh District

The results of statistical analysis of the relationship between education and *stunting* prevention attitudes obtained P.Value 0.601 is greater than the *alpha probability of* 0.05, indicating that the level of education is not significantly related to the attitude of preventing *stunting* in prospective brides at the KUA of West Aceh Regency. The results of this study are in line with research conducted by Elinel et al. (2022) that statistically there is no relationship between maternal education and *stunting* prevention behavior that has a baby in the Cimpaeun village, where respondents with low education (57.1%) and respondents with high education (42.9%) with the acquisition of a P.Value value of 0.603 smaller than the *alpha probability of* 0.05.

The Relationship between Region and Attitude to Prevent Stunting in Prospective Brides at the KUA of West Aceh District

The results of statistical analysis of the relationship between the region and the attitude toward *stunting* prevention obtained a *P. Value* of 0.031 is smaller than the *alpha probability* of 0.05, indicating that the region is significantly related to the attitude toward preventing *stunting* in prospective brides at the KUA of West Aceh Regency. The results of this study are in line with the research of Lestari et al. (2018) that areas with a higher percentage of stunted toddlers are found in rural areas compared to urban areas. Similar results can also be found in research conducted by Astari et al. (2023) that there is a disparity in the incidence of stunting between rural and urban areas. However, research on this phenomenon is still limited, because it must involve various variables besides age, education, knowledge, and attitudes such as access to health services, nutritional status, sanitation conditions, and so on. However, several existing studies, show that toddlers or children in rural areas are at a 1.3 times greater risk of stunting compared to children in urban areas. Thus, one of the many efforts that can be made to overcome the disparity in the occurrence of stunting in rural and urban areas is to increase public knowledge and the need for counseling campaigns and stunting information to provide continuous understanding to every community group in rural areas.

Relationship between Knowledge and Attitude of Stunting Prevention in Prospective Brides at the KUA of West Aceh District

The results of statistical analysis of the relationship between knowledge and attitudes towards preventing *stunting* obtained a *P. Value* of 0.000 smaller than the *alpha probability* of 0.005 shows that knowledge is significantly related to the attitude toward preventing *stunting* in prospective brides at the KUA of West Aceh Regency. The results of this study are in line with the research by Dewi et al. (2013) that prospective brides who have good knowledge are one of the efforts to prevent the birth of *stunting* babies in the working area of the Campurejo Health Center, Kediri City, because prospective brides who have the right information tend to have an attitude of preparing to prevent *stunting*.

Conclusion

Based on the results and discussion that have been stated, the research on the relationship between age, education, region, and knowledge with *stunting* prevention attitudes of prospective brides at the KUA of West Aceh Regency can be concluded that age and education, there is no significant relationship with *stunting* prevention attitudes. Meanwhile, region and knowledge have a significant relationship with the attitude of preventing *stunting* in prospective brides at the KUA of West Aceh Regency. From the research that has been conducted, it is necessary and should be to the KUA in West Aceh District so that in the implementation of pre-marital guidance, include socialization/counseling activities on the importance of stunting prevention to prospective brides in order to foster the attitude of prospective brides to improve aspects of health and nutrition to prevent the birth of *stunted* toddlers.

Acknowledgment

The researcher would like to thank the head and staff of the Johan Pahlawan religious affairs office, the head and staff of the Meureubo religious affairs office, the head and staff of the Samatiga religious affairs office, the head and staff of the Kaway XVI religious affairs office, who have provided support and assisted in the research, and the researcher would also like to thank the prospective brides who have been involved in the research.

References

- Amin, A. A. & Juniati, D. (2017). Klasifikasi kelompok umur manusia berdasarkan analisis dimensi fraktal box counting dari citra wajah dengan deteksi tepi canny. *Jurnal Ilmiah Matematika*, 2(6), 33-42.
- Arnita, S., Rahmadhani, D. Y., & Sari, M. T. (2020). The relationship between maternal knowledge and attitudes with efforts to prevent stunting in toddlers in the work area of the Simpang Kawat Health Center, Jambi City. *Jurnal Akademika Baiturrahim Jambi*, 9(1), 6-14.
- Astari, D. W., Sari, D. K., Hakim, D. R., Apriliani, F., Mufarikhah, M., Hasanah, P. U., Septiani, S. A., & Hasyim, H. (2023). Stunting disparities in rural and urban areas: A systematic review. *Health Information:Journal of Research*, 15(3), 1-15.
- Dewi, R. K., Kusumawati, L. S., Fitriasnani, M. E., Prasetyanti, D. K., Aminah, S., Ardela, M. P., Mega, N. L., Salsabila, G., & Ambar, R. S. (2013). Prevention of stunting through education for prospective brides in the Campurejo Health Center Working Area, Kediri City. *Journal of Creativity in Community Service (PKM)*, 6(6), 2395-2409.
- Dinas Kesehatan Kabupaten Aceh Barat. (2022). *Profil Kesehatan Kabupaten Aceh Barat Tahun 2022*. Meulaboh: Dinas Kesehatan Kabupaten Aceh Barat.
- Elinel, K., Nurul Afni, B., Anggi Alifita, F., Agniya Meilani, G., Jondu, H., Iman Ramadhan, K., Fourina Surya, N., Hidayah, N., Errena Rukmana, R., Rahmawati Pebriani, S., Hartono, B., Public Health Science Study, P., Public Health, F., Indonesia, U., Cimpaeun Village, P., Tapos, K., & Depok, K. (2022). Factors that influence stunting handling behavior. *Journal of Community Health Service: Pengmaskemas*, 2(1), 21-30.
- Fitri, R., Huljannah, N., & Rochmah, T. N. (2022). Stunting prevention programs in Indonesia: A systematic review. *Journal of Indonesian Nutrition Media*, 17(3), 281-292.
- Handayani, Y., & Handayani, R. (2023). The nutritional status of prospective women. *Scientific Journal of Midwifery*, 10(1), 62-68.
- Ismayanty, D., Lufar, N., & Mulyati, S. (2022). Socialization of stunting prevention to prospective brides in Kramat Watu District, Serang Regency. *Indonesian Journal of Community Service and Development*, 1(2), 130-134.
- Lestari, E., Shaluhiyah, Z., & Sakundarno Adi, M. (2023). The relationship between information support and knowledge and attitudes of prospective brides in stunting prevention in Semarang City. *Journal of Health Research, Poltekkes Depkes Bandung*, 15(2), 308-316.
- Lestari, W., Kristiana, L., & Paramita, A. (2018). Stunting: Study of social construction of rural and urban communities related to nutrition and parenting patterns of toddlers in Jember District. *Aspiration: Journal of Social Issues*, 9(1), 17-33.
- Muna, I., Salaila, M., Hasratina, Maulidar, Rizka, F., Khairunnisak, & Maritalia, D. (2022). Prevention of stunting through premarital counseling for prospective brides. *Rambideun: Journal of Community Service*, 5(3), 235-240.
- Nursa'idah, S., & Rokhaidah. (2022). Education, occupation and age with toddler mothers' knowledge about stunting. *Indonesian Journal of Health Development*, 4(1), 9-18.
- Sasmita, L. C. (2021). Prevention of childhood stunting problems with the Mayang-Wati Program. *Journal of Public Services*, 5(1), 140-150.
- Simanjuntak, B. Y., & Wahyudi, A. (2021). Improving the knowledge and attitudes of preconception mothers through education on the first thousand days of life: A quasi-experimental study. *Indonesian Nutrition Media*, 16(2), 96-105.
- SSGI. (2022). *Hasil Survey Status Gizi Indonesia*. Jakarta: Kementerian Kesehatan Republik Indonesia
- Wardanis, D. T. (2021). The relationship between knowledge, attitudes and behavior of under-five mothers in efforts to prevent stunting in Maduran District, Lamongan Regency. *Journal of Health Care*, 2(3), 1-8.
- Yuliasari, A., Hardiansyah, F., & Jamiah, R. (2023). Education of prospective brides about the dynamics of marriage and prevention of stunting in prospective bride classes. *AKM Journal: Action to the Community*, 4(1), 33-40.