

The Effect of Leaflet as Educational Media on the Pre-Conception Nutrition for Prospective Bride and Groom

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Abstract

Nutritional status of the prospective bride or pre-wedding woman for three or six months during the preconception period will determine the condition of the baby being born. Pre-conception perfect nutrition is the key to the birth of a normal and healthy baby as one of the specific nutrition intervention efforts is the prevention of stunting cases.. This study aims to examine the effect of the intervention of leaflet media education methods on increasing knowledge about preconceptional nutrition of the bride and groom. Methods: This study uses a Quasi-Experimental design with one group before and after intervention design on 20 prospective brides at KUA, Johan Pahlawan District, West Aceh Regency. Result: Based on the results of the bivariate test, it is known that there is a significant effect of the leaflet media education method on increasing knowledge about preconception nutrition of the bride and groom. To conclude, the intervention of the leaflet media education method has an effect on increasing knowledge, about preconception nutrition of the bride and groom.

Keywords: Prospective Bride and Groom, Preconception Nutrition, Knowledge, Leaflet

1. Introduction

Stunting is a chronic condition that describes the stunted growth of children due to long-term malnutrition, starting in the perinatal period (in the womb), birth until the child is two years old, characterized by the child's height being shorter than the standard height of children his age (Ernawati & Arini, 2020). Stunting is also a public health problem associated with an increased risk of morbidity, mortality, and motor and mental growth retardation (Rahmadhita, 2020). Riskesdas (2018) published the results of basic health research in which the presentation of stunting in Aceh Province exceeded the national figure, namely, 37.1 percent. This figure is even higher than the prevalence of stunting set by the World Health Organization (WHO), which is 20 percent. The stunting rate in Aceh shows that Aceh is experiencing serious public health problems (Suryana et al., 2018).

The results of the Indonesian Nutrition Status Survey in 2021 showed that the stunting presentation of the Aceh Province exceeded the national figure, which was 33.2% while the stunting prevalence rate in West Aceh Regency was 27.2% (Ministry of Health RI, 2021). The framework for specific nutrition intervention activities begins in the preconception period until delivery (Saputri, 2019). One of the specific nutrition intervention efforts is the prevention of stunting cases in prospective brides by providing preconception nutrition education to prospective brides (Patimah, 2021). One of the national actions to accelerate stunting reduction in Indonesia is the Specific and Sensitive Intervention approach (Saputri & Tumangger, 2019). The focus of this intervention is on

the incubation period of stunting cases through a refocusing of integrated and integrated nutrition interventions. The intervention was carried out on the target group of pre-wedding or prospective brides with the intervention of providing preconception nutrition education, reproductive health, anemia, as well as catin health screening (Hb levels, BMI, LILA), as well as catin food consumption habits (Saputri, 2019; Patimah, 2021).

The preconception period is the time span from three months to a year before conception. Ideally, there should be sufficient time when the ovum and sperm are mature, that is, about 100 days before conception (Sumarmi, 2017; Dieny & Rahadiyanti, 2019; Patimah, 2021). The preconception period is the time span from three months to a year before conception. Ideally there should be sufficient time when the ovum and sperm are mature, that is, about 100 days before conception (Sumarmi, 2017; Dieny & Rahadiyanti, 2019; Patimah, 2021).

Research conducted by Naila Fauziati, et al. (2019) showed that there was an increase in the knowledge of the bride and groom after being given counseling with flipchart media. A. Lestari et al. (2020), the results of his research show that there is an effect of counseling with video media and leaflets on adolescent knowledge. Wedding preparations are not only to provide household knowledge to the bride and groom. Equally important is life education after marriage, including nutrition interventions to reduce the prevalence of stunting at the household level (Fauziatin et al., 2019). Stunting prevention education can be carried out for both brides and grooms (Simanjuntak & Wahyudi, 2021). The responsibility for a child's nutritional status on the 1000th day of birth is not only a burden for the mother, but also requires the father's contribution.

In a study by researchers of three prospective brides at KUA, Johan Pahlawan subdistrict, West Aceh district, it was found that the informants (1) did not know about preconceptional nutrition, (2) did not know about stunting, and (3) had never assessed nutritional status. The low level of knowledge is at risk of stunting in infants. Even though good knowledge about nutritional status, the risk of stunting in infants, can reduce the number of babies at risk of stunting.

The purpose of this study was to determine the effect of the leaflet-mediated education in improving the knowledge of prospective bride and groom about preconception nutrition as an effort to prevent stunting in Johan Pahlawan District. In a preliminary study conducted by researchers on three prospective brides at KUA, Johan Pahlawan Subdistrict, West Aceh Regency, it was found that the informants (1) never knew about nutritional preconceptions, (2) did not know about stunting, and (3) never assessed nutritional status. A low level of knowledge is at risk of stunting in toddlers. Whereas good knowledge about nutritional status, the risk of stunting in toddlers, can prevent the number of babies at risk of stunting. The purpose of this study was to determine the effect of leaflet-mediated counseling in increasing knowledge of prospective brides on preconception nutrition as an initial effort to prevent stunting in Johan Pahlawan District.

2. Method

This study uses a Quasi-Experimental design. with one group before and after intervention design. The determination of the research sample was carried out using a consecutive sampling technique. The samples in this study were 20 brides and grooms in Johan Pahlawan District, West Aceh Regency.

3. Results and Discussions

Characteristics of Respondents

Respondent characteristics (Age, Education, Types of work)

Table 1. Distribution of Respondent Characteristics of prospective brides and grooms in Johan Pahlawan District, West Aceh Regency in 2022

Characteristics	F	%
Age		
- < 20 years old	1	5
- 21-35 years old	19	95
Education		
- Junior High School	1	5
- Senior High School	14	70
- University/College	5	25
Work		
- Working	13	65
- Not Working	7	35

Characteristics of respondents according to age are categorized based on the ideal age for marriage and a good age for reproduction for prospective brides. From the table above, it is known that the respondents. The results showed that most of the respondents had the ideal age for marriage, namely 21-35 years (95%). Education Respondents are at most high school level as many as 14 people (70%), at least have elementary education, namely 1 person (5%). Characteristics of work, most respondents chose a job as many as 13 people (65%).

Univariate Analysis

Knowledge, Attitude and Behavior about Preconception Nutrition

Table 2. Average Value of Preconception Nutrition Knowledge Scores of prospective brides before and after the intervention

Variable	Value			
	Mean	SD	Min	Max
Knowledge - Before Intervention	13	1.25	10	15
- After Intervention	17,1	1.38	12	19

Based on the table above, it can be seen that the average knowledge value of respondents before the intervention was 13, and after the intervention (in the form of counseling) it increased to an average of 17.

The level of knowledge of respondents based on the category of answers given by respondents is as follows:

Table 3. Knowledge Level of Pre-conceptional Nutrition Before and After Intervention

Variables			Before Intervention		After Intervention	
			N	%	N	%
- Knowledge	- Good		7	35	19	95
	- Not Good		13	65	1	5

From the table above, it is known that the knowledge of the respondents before receiving the intervention was mostly in the unfavorable category of 13 people (655). However, after being given the intervention, 95% of the respondents had good knowledge

Bivariate analysis

Knowledge, Preconceptional Nutrition for the Bride and Groom

After being given interventions in the form of counseling and counseling, the results obtained were differences in preconceptional nutrition knowledge of the prospective bride and groom before and after being given the intervention using the Wilcoxon test:

Table 4. Differences in Knowledge Before and After the Intervention

Variables		N	Mean	P-value
Knowledge	Before Intervention	20	0	0.001
	After Intervention	20	6,50	

Based on Table 4, it can be seen that the average value obtained by respondents regarding knowledge of preconception nutrition before being given an intervention was 0 and after being given an intervention the average value of respondents regarding knowledge about preconception nutrition increased to 6.5. Based on the results of the Wilcoxon test, it was found that the P-value = 0.001 and this is smaller than = 0.05 (P-value = 0.0001 < = 0.05), so it can be explained that there is a significant influence of preconception nutrition education in the extension method with leaflet media on increasing knowledge about stunting in Johan Pahlawan District of West Aceh Regency

The results showed that at the end of the measurement all respondents experienced increased knowledge, attitudes and behavior about pre-conceptual nutrition compared to the initial measurement (pre-test). Differences in knowledge, attitudes and behavior regarding pre-conceptual nutrition at the beginning of the measurement and the final measurement (post-test) showed that there was an effect of the application of counseling and counseling methods using pocket books and leaflets on knowledge, attitudes and behavior regarding pre-conceptual nutrition in the bride and groom.

This study is in line with research conducted by Pratiwi Hariyani Putri, et al. (2021) there is a significant difference between the knowledge and attitudes of premarital women before and after being given education with media booklets and health care pocket books for prospective brides, in line with Sriwiyanti's research (2022), that there are the effect of providing nutrition education with booklet media on the knowledge and attitudes of young women. Statistical tests were carried out using Paired Samples T-test, the value of $p = 0.000$ indicates that the level of knowledge about stunting before and after being given nutrition education through booklet media and shows that there is an effect of providing Nutrition Education through booklet media on the level of knowledge about stunting ($p = 0.000$). Doloksaribu (2019) The results of the study show that there is a significant effect on knowledge and attitudes before and after the intervention, Naila Fauziatin's (2019) reverse media is proven to be able to increase the knowledge and attitudes of prospective brides in preventing stunting.

4. Conclusions

There is a significant effect of the leaflet media education method on increasing knowledge about preconception nutrition of the bride and groom.

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