

# The Effect Of Nutrition Intervention Education Using Video Explainer Media On Mother's Knowledge And Attitude About Stunting Prevention In Posyandu Banjar Tubuh Blahbatuh

Ni Putu Widya Putri Laksmidewi<sup>1</sup>, Miftakhur Rohmah<sup>2</sup>

Faculty Nursing and Midwifery, Universitas STRADA Indonesia

Corresponding author : [niputuwidya Putri@gmail.com](mailto:niputuwidya Putri@gmail.com)

## ABSTRACT

Mother's knowledge and attitudes are one of the things that influence the growth status of toddlers. In fact, the lack of knowledge and attitudes of mothers to prevent stunting is still a problem today. The research aims to determine the effect of nutritional intervention education using video explainer media on mothers' knowledge and attitudes regarding stunting prevention at Posyandu Banjar Badan Blahbatuh.

Quantitative research, using the Pre-Experiment method with one group pre-test and post-test design. Using the Purposive Sampling technique, a sample of 30 respondents was obtained. The independent variable was nutritional intervention education using explainer video media, and the dependent variable was mother's knowledge and attitudes regarding stunting prevention. The Wilcoxon correlation test was used to determine the effect of education provided on maternal knowledge and attitudes. The results of research on mothers' knowledge before being given education were 18 people (60%) categorized as sufficient. After being given education, 30 respondents (100%) were categorized as good. Attitudes before being given education were in 19 positive categories (63.3%) after education became 24 (80%) in positive categories.

Wilcoxon analysis resulted in  $p\text{-value} = 0.000 < 0.05$ , meaning that H1 was accepted, there was an increase in mother's knowledge and attitudes after being given education. Mother's knowledge and attitudes are influencing factors in preventing stunting. By providing nutritional intervention education using video explainer media about preventing stunting, mother's knowledge and attitudes will increase.

**Keywords:** Attitude, Knowledge, Stunting, Video Explainer

## INTRODUCTION

Infancy is the most vulnerable period because it is a period of growth and development. The mother's knowledge and attitude are factors that can affect the status of toddler growth, whether it is normal or not. In order for children aged 12-59 months to grow and develop normally, in addition to adequate nutritional intake, a healthy body is also needed to avoid infectious diseases. Mothers' knowledge about stunting plays an important role in preventing stunting. In fact, there are still many mothers who do not understand about preventing stunting, the lack of knowledge and attitudes of mothers in providing nutritional intake as an effort to prevent stunting in children is still a problem today.

Stunting or dwarfism is a condition where a toddler has a length or height that is less than his age. Toddler stunting is a nutritional problem that is caused by inadequate nutritional intake for a long time due to the provision of food that does not meet nutritional needs. Stunting can occur when the fetus is still in the womb and appears when the child is two years old. Toddler stunting will have difficulty achieving optimal physical and cognitive development (Ministry of Health of the Republic of Indonesia, 2018 ).

Based on the prevalence data of stunting toddlers collected by WHO in 2020, as many as 22% or around 149.2 million toddlers in the world experienced stunting (World Health Organization,

2021). Based on the 2019 Indonesian Nutritional Status Study (SSGI), the prevalence of stunting in Indonesia is still above 20%, namely 24.4%, underweight 17% and wasted 7.1% (Izwardy, 2020). If you look at the percentage of stunting in toddlers in Bali Province in 2020, it was 6.1 % from the results of electronic data input for Community-Based Nutrition Recording and Reporting (e-PPGBM). Stunting data in each district such as Gianyar (12.4 %), Tabanan (16.2%), Denpasar (18.8%), Buleleng (20.5%), Klungkung (21.4%), Badung (25.2%), Karangasem (26.2%), Jembrana (29.1%), and Bangli (43.2%) (Bali Province Health Profile, 2020).

The high prevalence of stunting indicates that there are still many toddlers who do not consume balanced nutritional food. Factors that cause stunting can be: grouped into direct and indirect causes. Providing colostrum and exclusive breastfeeding, children's consumption patterns, and infectious diseases suffered by children are direct causal factors that affect children's nutritional status. While indirect causes such as maternal knowledge, parenting patterns, access and availability of food ingredients and sanitation and environmental health (Rosha et al, 2020). The mother's attitude in providing nutrition to toddlers is influenced by the mother's knowledge. Mother's knowledge is one aspect that has a significant influence on stunting events. In overcoming this stunting problem, it can be done through sensitive intervention, this method is done by increasing the mother's knowledge and abilities, so that it can improve the mother's attitude in providing nutrition to children.

Innovation must be done for counseling media that are made more creative and interesting as an effort to improve the knowledge and attitudes of mothers, this can be done with animated video media, one of which is explainer videos. Explainer videos can present learning materials in the form of interesting animations consisting of a series of images arranged into a video. This media is quite easy to access and can explain health materials such as stunting sequentially through moving image transition effects which are expected to make the material more understandable. Health counseling interventions for preventing stunting using explainer video media have a higher influence compared to standard interventions such as brochures. With more innovative media, it can increase mothers' knowledge about preventing stunting through explainer videos.

## METODE

This study uses a quantitative approach, the research method used is *Pre-Experiment* with *one group pre-test and post-test design*. With the Purposive Sampling technique, a sample of 30 respondents was obtained. The independent variable of nutritional intervention education using explainer video media, the dependent variable is the mother's knowledge and attitude about preventing stunting. Used test correlation Wilcoxon For know influence education Which given to knowledge and the mother's attitude obtained p-value results =  $0.000 \leq 0.05$  means H1 accepted There is improvement knowledge And attitude Mother after given Nutrition intervention education using explainer video media.

## RESULT

**Table 1. Frequency Distribution of Maternal Age Characteristics**

		Age	
	Age	Frequency	Percentage %
Valid	20-29 years	16	53.3
	30-39 years	14	46.7
	Total	30	100.0

Research Questionnaire Date May 17, 2023

Based on the table above, it is known that the majority of respondents, 16 people or 53.3%, are aged 20-29 years out of a total of 30 respondents.

**Table 2. Frequency Distribution of Mother's Education Characteristics**

		Education	
		Frequency	Percentage
Valid	SD	2	6.7
	Junior High School	1	3.3
	High School/Vocational School	22	73.3
	D3	2	6.7
	S1/D4	3	10.0
	Total	30	100.0

Research Questionnaire Date May 17, 2023

Based on the table above, it is known that the majority of respondents, 22 people or 73.3%, have a high school/vocational school education from a total of 30 respondents.

**Table 3. Frequency Distribution of Mother's Occupation Characteristics.**

		Work	
		Frequency	Percentage %
Valid	Taking care of household	15	50.0
	Farmer/Gardener	2	6.7
	Private sector employee	2	6.7
	Entrepreneur/ Self-Employed	11	36.7
	Total	30	100.0

Research Questionnaire Date May 17, 202

Based on the table above, it is known that the majority of respondents, 15 people or 50 %, work as housewives from a total of 30 respondents.

**Table 4. Identification of Respondents Based on Mothers' Knowledge Before and After Being Given Nutritional Intervention Education Using Explainer Video Media About Stunting Prevention**

Variables	n %	n %	n %
<b>Knowledge</b>		Good	Enough
	Before	7 23.3	18 60.0
	After	30 100.0	0
		Less	
			5 16.6
			0

Research Questionnaire Date May 17, 2023

The table shows that based on the mothers' knowledge before being given education, 18 respondents were categorized as having sufficient knowledge. After being given health education about preventing stunting using explainer video media, there was an increase of 30 respondents in the good knowledge category.

**Table 5. Identification of Respondents Based on Mothers' Attitudes Before and After Being Given Nutritional Intervention Education Using Explainer Video Media About Stunting Prevention**

Variables	n %	n %	Mean
<b>Attitude</b>	Positive	Negative	
	Before	19 63.3	11 36.6
After	24 80.0	6 20.0	37.3

Research Questionnaire Date May 17, 2023

Based on table 4.5, it shows that the mother's attitude was categorized as positive before being given education as many as 19 respondents (63.3 %). After being given education, the mother's attitude was categorized as positive as many as 24 people (80.0 %).

### Bivariate Analysis Results of the Research

**Table 6. Analysis of the Influence of Nutrition Intervention Education Using Explainer Video Media on Mothers' Knowledge of Stunting Prevention at the Banjar Tubuh Blahbatuh Health Post.**

Variables	Knowledge				p-value
	Before		After		
Category	N	%	N	%	
Good	7	23.3	30	100.0	0,000
Enough	18	60.0	0	0	
Not enough	5	16.6	0	0	

Research Questionnaire Date May 17, 2023

The table shows that p-value = 0.000 <0.05 which means there is an increase in maternal knowledge before and after being given nutritional intervention education using video explainer media. So the results show that there is an effect of education using video explainer media on knowledge about stunting prevention at Posyandu Banjar Tubuh Blahbatuh.

**Table 7. Analysis of the Influence of Nutrition Intervention Education Using Explainer Video Media on Mothers' Attitudes Regarding Stunting Prevention at the Banjar Tubuh Blahbatuh Integrated Health Post**

Variables	Attitude				p-value
	Before		After		
Category	N	%	N	%	
Positive	20	66.6	24	80.0	0,000
Negative	10	33.3	6	20.0	

Research Questionnaire Date May 17, 2023

The table shows that p-value = 0.000 <0.05 which means there is an increase in the average attitude of mothers before and after being given nutritional intervention education using explainer video media on stunting prevention. So it is concluded that there is an effect of providing education using explainer video media on mothers' attitudes about stunting prevention at the Banjar Tubuh Blahbatuh Health Post.

## DISCUSSION

### Identification of Respondents Based on Maternal Knowledge Before and After Being Given Nutritional Intervention Education Using Explainer Video Media About Stunting Prevention.

Based on these results, after being given education using explainer video media, there was an increase, previously knowledge with a good category of 7 people and after being given education, knowledge in the good category increased to 30 people, meaning that education has a positive influence on maternal knowledge. Knowledge is the result of human sensing of certain objects. The sensing process occurs through the five senses of sight, hearing, smell, taste and touch. Knowledge or cognitive is a very important domain for the formation of actions (*over behavior*) (Notoatmodjo in Hamimah, 2019). The level of maternal knowledge regarding nutrition in toddlers is one of the factors that influences stunting in toddlers. Increased knowledge occurs because of the mother's willingness to know and follow efforts to prevent stunting. Maternal knowledge is an indirect cause of child stunting because it affects what food is given which affects food intake (Suriani, Adelima & Nova, 2021).

In line with the research of Widisarinasih, et al. (2020) there was an increase in public knowledge as evidenced by the *pre-test* and *post-test questionnaires*. Education was provided using animated videos on stunting prevention and had educated the public. The mother's age and knowledge are one of the influences on stunting in children. This is related to the mother's experience in caring for children, mothers who are younger (<30 years) tend to have less knowledge in caring

for children, this is also related to the number of children the mother has cared for. Young mothers who have just given birth to 1 child certainly have different experiences in caring for children than mothers who already have experience caring for 2 to 3 children. Mothers certainly have good parenting experience from previous children in meeting the right nutrition and nutrition for their children. Age greatly influences a person's readiness to become a mother, so that is the importance of getting married and having children at the right age and being physically and mentally ready.

In addition, maternal knowledge is an indirect cause of stunting, the knowledge factor is one of the things that affects growth status. The level of maternal knowledge cannot be separated from the history of the mother's education level. Mothers who have a history of high school education certainly have different knowledge from mothers who have a history of undergraduate education. In addition, the level of understanding after being given education is also influenced by the mother's education level. Mothers are expected to have a desire and willingness to understand about stunting and there is an effort within the mother to want to learn in order to increase her knowledge in providing proper nutrition for her child so that it can prevent stunting.

Education is the basic capital to achieve good nutritional fulfillment, because with a high level of education can affect the level of ease of mothers in receiving and accessing information. A high level of education also affects the pattern of healthy nutritional habits and the mother's knowledge of the nutritional content of each food given to children. Mothers with low levels of education such as elementary school, junior high school or high school tend to be dominated by the category of sufficient to insufficient knowledge. Parents' ignorance about how to feed and there are habits that are detrimental to health indirectly cause stunting in children.

#### **Identification of respondents based on mothers' attitudes before and after being given nutritional intervention education using explainer video media about stunting prevention.**

Based on these results, the mother's attitude after being given nutritional intervention education using explainer video media has increased from the previous positive attitude of 19 respondents after being given education to 24 respondents. The nutritional condition of children is not only caused by the lack of sufficient nutritious food but also because of poor parenting practices. The parenting patterns referred to in it are early breastfeeding (IMD), exclusive breastfeeding up to 6 months, and providing breast milk followed by complementary foods (MP-ASI) (Ministry of Health of the Republic of Indonesia, 2018).

This study is in line with Angraini et al.'s (2020) study where the average knowledge and attitude of mothers increased about stunting prevention after being given education. According to Notoatmodjo in Shinta (2019), attitude is a person's closed response to a particular stimulus or object that already involves the factors of opinion and emotion concerned. In addition, in the study of Widyaningsih et al. (2018). Which stated that as many as 51.2% of stunted toddlers have poor parenting patterns. Poor parenting patterns in this study are related to toddler feeding practices, because mothers have a habit of delaying feeding and paying less attention to their children's nutritional and nutritional needs so that they are not met and are prone to stunting.

Parenting patterns are the mother's attitude in educating, in providing nutritional intake and nutrition to children, providing breast milk, how to maintain children's cleanliness and how to maintain children's health. How mothers try to behave to meet children's nutrition properly is very important by taking the time, paying attention and supporting in meeting children's physical needs. Mothers are expected to have an attitude with the mother's willingness as parents to lectures or counseling so that it is hoped that the mother's attitude will be more open and respond to efforts to prevent stunting. Mothers' behavior in providing nutrition is also influenced by the mother's employment status. Working mothers have an attitude that is still lacking because the mother's work also affects the time together between mother and child so that the mother's attention in paying attention to the growth and development of toddlers is reduced. Working mothers have less time in terms of feeding time and tend to provide food that is important for the child to feel full as long as it is fast and the mother can go to work immediately, besides the mother's habit of delaying feeding

children also affects the incidence of stunting. Meanwhile, mothers with low levels of education such as only elementary, junior high or high school graduates also affect the mother's attitude and skills in processing and providing food to children.

### **Analysis of the influence of nutritional intervention education using explainer video media on mothers' knowledge about stunting prevention at the Banjar Tubuh Blahbatuh integrated health post**

Based on the results of the study above, it is known from the Wilcoxon test that the *p-value* = 0.000 was obtained, so it can be concluded that there is an effect of nutritional intervention education using video explainer media on mothers' knowledge about preventing stunting at the Banjar Tubuh Blahbatuh Posyandu. The results of this study are supported by Hamimah's research (2019) entitled The Effect of Health Counseling Through Sparkol Videoscribe-Based Video Explainer Media on Mothers' Knowledge About Stunting Shows that there is a difference in mothers' knowledge about stunting before and after health counseling through sparkol videoscribe-based video explainers, namely a significance value of  $p = 0.00$  (*p-value* <0.05).

Based on the research conducted, the use of explainer videos has a positive effect on mothers' knowledge about stunting. Explainer video media aims to educate the public. The use of animated explainer video media has been widely used in previous studies to explain specific information to respondents by creating interesting and relevant stories will produce data on increased knowledge after absorbing the information conveyed (Miskiyyah , 2021 ). The use of explainer videos to convey and explain information effectively and interestingly to target respondents with the presentation of interesting information, the knowledge of mothers has increased, which previously many mothers' knowledge was still categorized as lacking, it can be increased to good. The situation of the research location was also made as comfortable as possible to help increase the focus and attention of mothers in paying attention to the education provided. So that during research activities at the Posyandu, children do not fuss and divert the focus of mothers, researchers also provide snacks, toys and gifts so that parents focus more on watching videos and children's attention is diverted to other things.

Visual effects on videos can have a big influence on viewers who can captivate imagination and memory. This is proven in the data results after the intervention in the form of education about nutritional interventions to prevent stunting, knowledge has a significant increase in score values so that counseling using explainer videos has an effect in terms of increasing maternal knowledge. When explainer video media is used for health counseling activities on stunting prevention, it is hoped that the video media can increase public knowledge about stunting and how to prevent it, after the formation of this good knowledge, it can indirectly trigger attitudes and behavior towards a better direction in efforts to prevent stunting.

### **Analysis of the influence of nutritional intervention education using explainer video media on mothers' attitudes about preventing stunting at the Banjar Tubuh Blahbatuh Integrated Health Service Post**

Based on the research results above, it is known from the Wilcoxon test that the *p-value* = 0.000 was obtained, so it can be concluded that there is an effect of nutritional intervention education with explainer video media on mothers' attitudes about preventing stunting at the Banjar Tubuh Blahbatuh Posyandu.

In line with the research of Anggraini W, et al. (2020) health education has an influence on the attitude of mothers in preventing stunting. The results between theory and facts have similarities after being given education about stunting, all mothers had a positive attitude. With this good attitude, the score has increased and the number of respondents who have a positive attitude has also increased.

The use of explainer video media can trigger mothers' attitudes and behavior in preventing stunting. This change in respondents' attitudes cannot be separated from the process of increasing knowledge. Mothers who previously did not know now know, then understand that it will change the mother's attitude and action patterns. Respondents behaved well after knowing that if they did

not change their attitudes. According to Sinaga (2021). The purpose of health education is to change behavior from being detrimental to health to being in accordance with health norms towards behavior that is beneficial to health (Sinaga , 2021 ).

The increase in the mother's attitude score from 63.3% to 80% is inseparable from the mother's knowledge, increased knowledge triggers a person's attitude to be better. However, negative results of the mother's attitude can still be found. The results of the mother's pre-test and post-test scores show that the mother's attitude in preventing stunting is still lacking. This is also influenced by the mother's age, occupation and education. Where mothers with low education have less knowledge, which affects the mother's attitude in fulfilling the right nutrition to prevent stunting in their children. Low education and age factors can affect memory and comprehension in receiving educational information provided. In addition, working mothers also have a negative attitude in preventing stunting. This is influenced by the time together between the mother and the child which is still lacking so that the provision of nutrition to the child is fast and the important thing is that the child is full, sometimes it is undeniable that the child will feel fussy if they eat not with their mother or are fed by their mother so they have no choice but to provide food according to the child's wishes so that they want to eat like instant food without paying attention to whether the child's nutrition will be sufficient, whether the food is nutritious and has an effect on the child's health.

## CONCLUSION

1. There was an increase in mothers' knowledge before and after being given nutritional intervention education using explainer videos about stunting prevention.
2. There was an increase in positive attitudes of mothers before and after being given nutritional intervention education using explainer videos about stunting prevention.
3. There is an influence and increase in mothers' knowledge before and after being given nutritional intervention education with explainer video media about preventing stunting.
4. There is an influence and improvement in the attitude of mothers before and after being given nutritional intervention education with explainer video media about preventing stunting

## REFERENCE

- Aritonang Eta Aprita, Ani Margawati, Fillah Fithra Dieny, 2020. *Analisis Pengeluaran Pangan, Ketahanan Pangan Dan Asupan Zat Gizi Anak Bawah Dua Tahun (Baduta) Sebagai Faktor Resiko Stunting*. Jurnal of Nutriion College. 9(1): 72-78. <http://ejournal3.undip.ac.id/index.php/jnc/>
- Adventus, Jaya, I. M.M., & Mahendra,D. (2019). *Buku Ajar Promosi Kesehatan*. Universitas Kristen Indonesia
- Anggraini, W.Pratiwi, B. A. Amin, M. Yuniati, R. Febriawati, H& Shaleh, M. I. (2020). *Edukasi Kesehatan Stunting Di Kabupaten Bengkulu Utara*. *Jurnal Ilmu Kesehatan*, 30-36
- Anggraini S, Siregar S, Dewi R.2020. *Pengaruh Media Audio Visual Terhadap Tingkat Pengetahuan dan Sikap pada Ibu Hamil Tentang Pencegahan Stunting di Desa Cinta Rakyat*. *Jurnal Ilmu Kebidanan Imelda*. 6(1):26-31. <https://jurnal.uimedan.ac.id/index.php/JURNALKEBIDANAN/article/view/379>
- Ali,M. Fauzil, Muh,Bahrudin & Thomas Hanandry Dewanto. 2015. *Perancangan Iklan Kampanye Penghargaan Adiwiyata Kabupaten Gresik Melalui Animation Explainer Sebagai Upaya Peningkatan Kesadaran Lingkungan Hidup*. *Jurnal Desain Komonikasi Visual* 4(2): 1-9 Diakses tanggal 12 Januari 2023.
- Arikunto,S. (2019). *Metodologi Penelitian, Suatu Pengantar Pendidikan*. Jakarta: Rineka Cipta
- Arikunto,S. (2013). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Beal, T., Tumilowicz, A., Sutrisna, Aang, Izwardy, D., Neufeld, L. M., Gizi Masyarakat-Kementrian, D., & Ri, K. (2018). *A review of child stunting determinants in Indonesia*, 14(4), 1-10. <https://doi.org/10.1111/mcn.12617>
- Candra,A. 2020. *Pencegahan dan Penanganan Stunting*. *Epidemiologi Stunting*. Semarang: Fakultas Kedokteran Universitas Diponegoro.
- Diann, Septianingsih, N., & Pangestu,J.F.2020. *Perbedaan Pengetahuan Ibu Balita Sebelum dan Sesudah Diberikan Penyuluhan Tentang Stunting Melalui Media Video dan Leaflet di Wilayah Kerja*

- Puskesmas Saigon Kecamatan Pontianak Timur*. Jurnal Kebidanan Khatulistiwa, 6(1), 7. <https://doi.org/10.30602/jkk.v6i1.493>
- Emma,S., & Jatmika, D. (2019). *Pengembangan Media Promosi Kesehatan*. Yogyakarta: Penerbit K-Media. ISBN: 978-602-451-451-592-8
- Hamimah,H., & Azinar, M. (2020). Penyuluhan Kesehatan Melalui Media Video Explainer Berbasis Sparkol Videoscribe Terhadap Pengetahuan Ibu. *HIGEA (Journal of Public Health Research and Development)*,4(4),533-542.
- Hardani et al.2020. Metode Penelitian Kuantitatif &Kualitatif. Yogyakarta :Pustaka Ilmu Group Yogyakarta.
- Husnaniyah Dedeh, Yulyanti Depi, Rudiansyah. (2020). Hubungan Tingkat Pendidikan Ibu Denga Kejadian Stunting, Indramayu: Universitas Muhammadiyah Jember. ISSN (Print): 2087-5053.
- Imani. N. 2020. *Stunting Pada Anak Kenali dan Cegah Sejak Dini (1<sup>st</sup> ed)*. Yogyakarta: Hijaz Pustaka Mandiri.
- Irwan Saputra. (2014). *Implementasi Animasi 2D dan Video Explainer Pada Iklan Televisi Komunitas Sedekah Buku*. Skripsi sarjana, tidak diterbitkan, STMIK AMIKOM Yogyakarta, Yogyakarta.
- Jatmika, S. M. D (2019). *Buku Ajar Pengembang Media Promosi Kesehatan*. Yogyakarta: K-Media.
- Kementerian Kesehatan Republik Indonesia. 2018. *Pusat Data dan Informasi (Situasi Balita Pendek/Stunting di Indonesia)* Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan Republik Indonesia. 2018. *Laporan Hasil Riset Kesehatan Dasar Indonesia*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan Republik Indonesia. 2020. *Peraturan Menteri Kesehatan Republik Indonesia Nomor2 tahun 2020 Tentang Standar Antropometri Anak*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kemenkes RI. (2018). Cegah Stunting dengan Perbaikan Pola Makan, Pola Asuh dan Sanitasi. [www.depkes.go.id/](http://www.depkes.go.id/)
- Kementerian PPN/Bapennas (2018). *Buku Pedoman Pelaksanaan Intervensi Penurunan Stunting Terintegrasi Di Kabupaten/Kota*. Jakarta
- Peraturan Menteri Kesehatan RI. 2020. *Standar Antropometri Anak*. Jakarta: Menteri Kesehatan republik Indonesia.
- Profil Kesehatan Provinsi Bali. 2020. *Status Gizi Balita*. Bali: Dinas Kesehatan Provinsi Bali.
- Rahayu,A., Yulidasari, F., Putri, A. O., & Anggraini, L 2018. *Study Guide-Stunting dan Upaya Pencegahannya*. Buku stunting dan upaya pencegahannya. Yogyakarta: CV Mine. Diambil dari [http://kesmas.ulm.ac.id/wp-content/upload/2019/02/BUKU-REFERENSI-STUDY-GUIDE-STUNTING\\_2018.PDF](http://kesmas.ulm.ac.id/wp-content/upload/2019/02/BUKU-REFERENSI-STUDY-GUIDE-STUNTING_2018.PDF)
- Rohmah, M., Natalia, S., Mufida, R. T., & Siwi, R. P. Y. (2022). Pengaruh Riwayat Asupan Prelakteal dan Riwayat Penyakit Infeksi terhadap kejadian Stunting pada Anak Usia 1-3 Tahun di Puskesmas Tangeban Kabupaten Banggai. *Journal for Quality in Women's Health*, 5(1), 17–26. <https://doi.org/10.30994/jqwh.v5i1.120>
- Sakti, Syahria Anggita. 2020. *Pengaruh Stunting Pada Tumbuh Kembang Anak Periode Golden Age*. Jurnal Ilmiah Fakultas Keguruan dan Ilmu Pendidikan, 6(1), 169-175. <http://ejournal.unsub.ac.id/index.php/FKIP>
- Sugiyono. 2019. *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: ALFABETA.
- Suriani,Ginting, N, CR.,Simamora Adelima,& Siregar,N. 2021. *Pengaruh Penyuluhan kesehatan dengan Media Audio Visual Terhadap Perubahan Pengetahuan, Sikap dan Praktik Ibu dalam Pencegahan Stunting di Kecamatan Doloksanggul Kabupaten Humbang Hasundutan Tahun 2021*. Jurnal Of Healthcare Technology and Medisine 8(1). 396-397. <https://jurnal.uui.ac.id/index.php/JHTM/article/view/1996>
- Siregar, P. A. (2020). *Promosi Kesehatan. Buku Ajar*. Medan: Universitas Islam Negeri Fakultas Kesehatan Masyarakat.
- Saputri Rini Archda & Jeki Tumangger. 2019. Hulu-Hilir Penanggulangan Stunting di Indonesia. *Journal of Political Issues* 1 (1).4-7. <https://jpi.ubb.ac.id>.