

# Knowledge and Attitudes of Young Women about the First 1000 Days of Life (HPK) in Stunting Prevention

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## ABSTRACT

Stunting is a chronic nutritional problem, globally stunting affects around 21.3% of. Nationally, the prevalence of stunting is 24.4%, which is still far from the government's target of 14% in 2024. The government's efforts to improve nutrition include the Nutrition Improvement Movement program in the first 1000 days of life or the 1000 HPK Movement. Good knowledge and attitude regarding the 1000 HPK is especially important for adolescents, it needs to be equipped early on so that in the future they can prepare for a good quality pregnancy and become the basis for changing nutritional behavior to reduce nutritional problems. The purpose of this research is to know the description of the knowledge and attitudes of young women about 1000 HPK in stunting prevention. The research method used descriptive research carried out in April-June 2022 with a total sample of 100 grade 11 and 12 students at SMAN (State High School) in the Palu city area which was taken using a cluster stratified sampling technique. The research instrument used a questionnaire. Data were analyzed by univariate analysis. The results showed that most of the respondents had sufficient knowledge about 1000 HPK, namely 66%, and had a negative attitude, namely 67%. The conclusion of this study is that the description of the knowledge and attitudes of young women in SMAN Palu city is mostly with sufficient knowledge and a negative attitude. In order to maximize the increase in knowledge and attitudes of young women about 1000 HPK, the school should cooperate with the puskesmas (public health center) to provide health education about 1000 HPK as a form of stunting prevention.

## I. Introduction

Stunting is a chronic nutritional problem and the most important problem that must be addressed by the government not only in Indonesia but also in the world (Sari et al., 2020). WHO reports that globally stunting affected around 21.3% or 144.0 million children under 5 years in 2019 (WHO, 2020). Nationally, based on data from the results of the Indonesian Nutritional Status Study (SSGI), in 2021 the prevalence of stunting was 24.4%, a decrease of 6.4% from 30.8% in 2018. Even though this has decreased, this figure is still far from the government's target, namely 14% in 2024. Central Sulawesi Province is in 8th position with stunting rates of 31.3% in 2019 and has decreased to 29.7% in 2021. This figure is still above 20% so it is still a serious problem (Kementerian Kesehatan Republik Indonesia, 2021).

Stunting appears as a result of long-term malnutrition starting from the preconception period up to 1000 HPK (WHO, 2018). The high problem of stunting in Indonesia is influenced by a lack of nutritional intake from pregnancy to the age of 2 years or the first 1000 days of life (HPK). The First 1000 Days of Life Period (HPK) is the period that starts from conception to the age of 2 years (Baduta). Nutritional intake in the first 1000 days of life (HPK) is very important to prevent stunting (Sari & Antasari, 2020). Efforts to overcome the problem of stunting are supported by the United Nations (UN) through the Scaling-up Nutrition Movement



(SUN Movement) program which focuses on 1000 HPK (IEG, 2018; Rahayu, A., Rahman, F., & Marlinae, 2018). In addition, the government has launched efforts to reduce stunting rates, namely through specific nutritional interventions targeting adolescents, women of childbearing age and pregnant women until delivery, and sensitive nutrition interventions targeting all levels of society (not specifically pregnant women) (Kementerian Nasional Perencanaan Pembangunan/Bappenas, 2018; Nisa, 2018).

The health and nutritional status of adolescents need to be prepared as early as possible for future health and well-being in dealing with pregnancy so that it is hoped that quality pregnancy outcomes will be obtained (Young & Ramakrishnan, 2020; United Nations Children's Fund, 2021). The period of nutritional status that determines the most is during adolescence, premarital, planning, or preconception (Fleming et al., 2018). For this reason, adolescents need to be equipped with good knowledge and attitudes related to 1000 HPK as a basis for leading their next life to become women of childbearing age who will become brides and mothers-to-be. Adolescent girls play a key role in maintaining health during pregnancy, childbirth, postpartum until the age of 2 years for the children they give birth to (Sunaeni et al., 2022). The next generation of the nation who is responsible for giving birth to a new generation is young women. As a prospective mother, it is necessary to provide insight on how to maintain health during the 1000 HPK period in supporting the reduction of stunting rates in Indonesia (Rahmiati, B. F., Naktiany, W. C., & Ardian, 2019).

Knowledge is influenced by many factors, one of which is own experience, where a person will have different experiences intended to obtain information, for example, information from mass media, electronic media and information from the internet (Gross & Rutland, 2017). To increase the knowledge of young women, cross-sector collaboration is needed, especially the puskesmas (public health center) to provide education, especially regarding the 1000 HPK. The information absorbed from the provision of education aims to change a person's attitude. In accordance with the theory presented by (Saifuddin, 2016) that providing education can change one's knowledge and attitudes. The purpose of this study is to describe the knowledge and attitudes of young women about 1000 HPK in preventing stunting at SMAN Palu City.

## II. Methods

The method used in this study is descriptive quantitative, which describes the description of the knowledge and attitudes of young women about the first 1000 days of life (HPK). The research was carried out at the SMAN in the Palu City area in April – June 2022 and has received ethical approval from the ethics committee of the Health Polytechnic of the Ministry of Health, Palu. The population in this study was all students in grades 11 and 12 in the high school area of Palu City. Based on the lemesshow formula and clusterstratified sampling techniques, the total sample of 100 people was taken from five Palu City High Schools, namely SMAN 1 (East Palu), SMAN 3 (South Palu), SMAN 4 (West Palu), SMAN 6 (Tatanga) and SMAN 7 (Tawaeli). Each SMAN was taken by 20 respondents with details of 10 respondents of grade 11 and 10 respondents of class 12. Data collection using a questionnaire consisted of 20 knowledge questions as well as 20 attitude statements. The questionnaire has been tested for validity with a test value of 0.76 and a reliability test result of 0.68. The range of questionnaire values is 0-100, the higher the value obtained by respondents, the better the knowledge and attitude about 1000 HPK. Data were analyzed using Univariate analysis to describe the parameters of each variable studied.

## III. Results and Discussion

Based on the results of this research analysis shows:

Table 1. Frequency Distribution of Young Women's Knowledge About the First 1000 Days of Life (HPK)

Knowledge category	Amount (n)	Percentage (%)
Good	21	21%
Enough	66	66%
Not Enough	13	13%
Total	100	100%

Based on Table 1, the results show that respondents with good knowledge (21%), respondents with sufficient knowledge (66%), and respondents with less knowledge (13%).

Table 2. Frequency Distribution of Young Women's Attitudes About the First 1000 Days of Life (HPK)

Attitude Category	Amount (n)	Percentage (%)
Positive	33	33%
Negative	67	67%
Total	100	100%

Based on Table 2, the results show that respondents with a positive attitude (33%), and respondents with a negative attitude (67%).

#### **Knowledge of Young Women About the First 1000 Days of Life (HPK)**

Based on the results of the research, it was shown that most of the respondents at SMAN Palu City had sufficient knowledge about the first 1000 days of life. This was caused by the lack of information received by the young women. From the data obtained from 100 teenagers, 58 people had never received information about the 1000 HPKs. Many factors affect one's knowledge. One of them is where information is obtained when a person obtains a lot of information, it will affect the knowledge possessed (Notoatmodjo, 2012).

Adolescent girls play a key role in maintaining health during pregnancy, childbirth, and postpartum up to the age of 2 years for the children they give birth to (Sunaeni et al., 2022). The next generation of the nation who is responsible for giving birth to a new generation is young women. As a prospective mother, it is necessary to provide insight on how to maintain health during the 1000 HPK period in supporting the reduction of stunting rates in Indonesia (Rahmiati, B. F., Naktiany, W. C., & Ardian, 2019).

The health and nutritional status of adolescents need to be prepared as early as possible for future health and well-being in dealing with pregnancy so that it is hoped that quality pregnancy outcomes will be obtained (Young & Ramakrishnan, 2020), (United Nations Children's Funds, 2021). The period of nutritional status that determines the most is during adolescence, premarital, planning, or preconception (Marshall et al., 2022). The nutritional status of 1000 HPK will affect the quality of health, intellectualism, and productivity in the future (Kemenkes RI, 2013).

Research in NTT shows that the treatment of stunting which is focused on the conception period and afterward such as the supplementary feeding program and improving the services of the toddler Posyandu has not been able to reduce the prevalence of stunting (Jap J, Sumarmi S, 2019 ). Interventions carried out during pregnancy are considered too late, the nutritional condition of the mother before pregnancy will greatly determine the growth of the fetus. Adolescents as brides and mothers-to-be need to be equipped with knowledge about

nutrition, especially in the first 1000 days of life (Wahyuningsih et al., 2022).

Lack of knowledge can be overcome by providing information through health/education counseling (Wulandari & Kusumastuti, 2020). In line with Patata's research, the results show that providing nutrition education to prospective brides can affect knowledge and attitudes in preventing stunting (Patata, N.P., Haniarti, H., Usman, U., 2021). The results of other studies also show that education using audio-visual can increase knowledge about the first thousand days of life for young women at MAN Model Sorong (Sunaeni et al., 2022).

Counseling about the first thousand days of life is very important for all young women, and cross-sector collaboration is needed to produce the next generation of stunting-free nation. Considering the importance of nutrition for 1,000 HPK, nutrition interventions for 1,000 HPK are a top priority to improve the quality of life for future generations (Bappenas, 2012).

#### **Attitudes of Young Women About the First 1000 Days of Life (HPK)**

Based on the results of the research, it was shown that most of the respondents at SMAN Palu City had a negative attitude about the first 1000 days of life. The results of the attitudes obtained are related to the knowledge possessed by adolescents, where changes in a person's attitude are influenced by factors of knowledge and beliefs obtained from sensing results. As with knowledge, attitudes can also change. A positive attitude will form good behavior where behavior based on knowledge will last longer (Nopita Dewi Kania, 2020).

Adolescent attitudes about nutrition 1000 HPK influenced by knowledge. Adequate knowledge is needed by teenagers about the nutrition of 1000 HPK. The 1000 HPK period is also called the window of opportunities (golden period) meaning that during this period there is very fast growth and development and does not occur at other ages. Fulfillment of optimal nutrition at 1000 HPK can prevent a decrease in malnutrition in toddlers (Sakti, 2020).

One of the sensitive intervention targets for the nutrition acceleration program at 1000 HPK is adolescents. Teenagers are very at risk of premarital sexual life so they need to be well prepared. Pregnant adolescents have a 3.88 times greater chance of giving birth to premature babies and a 7 times chance of giving birth to LBW babies so they are at risk of contributing to stunting (Rahayu, A., Rahman, F., & Marlinae, 2018). In Central Sulawesi, the marriage rate is 15.8% higher than the national average. Therefore, health education, especially about 1000 HPK, needs to be delivered earlier to suppress the birth of stunted children (Arief, 2020).

Health education helps people take a wise attitude toward health and quality of life. Health education is a means of obtaining information, the more often a school holds health education activities, the more students will be exposed to information, and the information obtained will become a source of knowledge and will influence a person's attitude. Supported by the results of the study show that there was a significant increase in the mean score of respondents' attitudes about 1000 HPK, from an average of 15.91 to an average of 17.13 ( $p < 0.05$ ). This proves that nutrition education can improve or change the attitudes of young women about 1000 HPK (Tampubolon, 2019).

#### **IV. Conclusion**

Based on the results of the research that has been done, it can be concluded that the description of the knowledge and attitudes of young women in SMAN Palu City is mostly with sufficient knowledge and negative attitudes. In order to maximize the increase in the knowledge and attitudes of young women about 1000 HPK, the school should work together with the public health center to provide health education about 1000 HPK as a form of stunting prevention.

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