



Nutrition Counseling Effect Using Comic on Knowledge and Attitudes of Girls About 1000 First Days of Life in Preventing Stunting in Percut Sei Tuan 1 Senior High School

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Abstract: Stunting is a growth disorder in children caused by poor nutritional intake, repeated infections and inadequate psychosocial stimulation. These nutritional problems will occur if the nutrients are not fulfilled in the period of First Thousand Days of Life. **Objective:** to determine the effect of nutrition counseling using comic media on the knowledge and attitudes of girl adolescent about 1000 first days of life in preventing stunting at SMAN 1 Percut Sei Tuan. **Methods:** This type of research was Pre-Experimental with the One Group Pre-Post Test research design which only used the experimental group without a control/comparison group. The population in this study were all class XI teenage girls who were at SMAN 1 Percut Sei Tuan in 2023, namely 121 people. Data collection was carried out by interviews using questionnaires and analysis using the T-dependent test. **Results:** This study showed the effect of nutritional counseling using comic media on knowledge ($p=0.000$) and attitudes ($p=0.000$) in preventing stunting at SMAN 1 Percut Sei Tuan. **Conclusion:** There is an increase in knowledge and attitudes of young women after being given nutritional counseling using comic media.

Keyword: nutritional counseling; stunting; 1000 HPK; knowledge; attitude; teenage girl

1. INTRODUCTION

Indonesia faces problem nutrition related doubles _ to quality source Power man. Problem nutrition the covers lateness early development _ life, such as birth weight low, short, skinny and fat, this will influence growth and development child (1). Indonesia is a developing country _ which has nutritional status problems Enough tall. Efforts to improve nutritional status must started as early as possible, to be exact started from life _ fetu. In Indonesia, this effort is called the First 1000 Days Movement Life abbreviated as 1000 HPK (2). Focus handling nutrition at 1000 HPK is to prevent happen lack nutrition which is problem main health in toddlers because it can hinder the growth and development process. In general lack nutrition in children divided into stunting (underweight for age) , wasting (underweight for height) , and nutrition poor (underweight for age) (3).

Stunting is condition toddler own insufficient height or body length If compared to age. This condition is measured by a height or body length that is more than minus two standards medium standard deviation growth child from WHO (4). According to the World Health Organization (WHO) 2018 prevalence Stunted toddlers in Indonesia occupy position third in the Southeast Asia region it was (36.4%). Based on The 2018 Riskesdas shows that Indonesia is experiencing stunting problem with prevalence reached 12,780 people (42.6%), while WHO

provided the limit for stunting is $<20\%$ (5).

This stunting problem will impact bad for generation successors and the dangers of stunting for the future. Stunting is caused from various factors, among which is the lack intake energy, history duration disease infection, weight, birth low, level education mother and level family income (6). Teenager daughter of one generation successor nation plays a role active in giving birth generation furthermore. So lots things everyone needs to know and prepare for candidate Mother when you want to enter that period. Knowledge is a must what is known is when you are physiologically ready to enter the pregnancy stage, how take care of yourself and your health fetus, until the birth process (7).

To increase knowledge and attitudes teenager about importance understand 1000 HPK, then one of the programs outlined is to increase it education nutrition society (8). According to Puspitasari (2018) counseling Health is an educational activity health which is carried out by giving messages, instilling confidence, so society not only aware, knowing and understanding, but also willing and used to do something existing recommendations _ relationship with health. To help success counseling so needed tool help (media). Use of media in outreach or counseling is very important because it can make it easier to receive material (9).

Comic is one of the image media that is of interest to everyone, especially children and teenagers. From Abdul Ghani's research (2018), 500 students in 50 schools in Jakarta reported that 86% of students enjoy reading comic. Comic media with characters through characters and storyline, which makes teenagers will get examples and examples a good and worthy example exemplified, so indirectly _ comics can instill values, attitudes, and character (10). The purpose of .This research is to find out influence counseling nutrition with comic media to knowledge and attitudes teenager daughter about 1000 HPK in preventing stunting at SMAN 1 Percut Sei Tuan.

2. METHODOLOGY

Study This is type study Pre-Experimental with design One Group Pre-Post Test research only use group experiment just without group control / comparator. Observation The first (pre-test) is possible test change changes that occur after did it intervention (11). Data collection was carried out at SMAN 1 Percut Sei Tuan, District Percut Sei Tuan, Deli Serdang Regency, North Sumatra Province. The research time is January - February 2023, data collection begins Sunday first in January. Population in research This is all over teenager daughter class XI-1 to with class IX-5 at SMAN 1 Percut Sei Tuan, with a total of 121 female

students (adolescents daughter). Deep sample study This determined with criteria inclusion as following ; studied at SMAN 1 Percut Sei Tuan District Percut Sei Tuan, Deli Serdang Regency , North Sumatra Province ; was sitting on a bench class IX; No have disease infection or disease chronic ; willing and participating active in all over Suite study .

Collected data includes identity data respondent (name, age, parents ' income, education lastly parents , address _ place stay and amount member living family _ together), knowledge data , attitude data as well as picture data general location study. Knowledge and attitude data teenager daughter obtained with method fill in questionnaire given by the researcher , and carried out twice (pre-test and post-test) for know a dakah changes in knowledge and attitudes teenager daughter between before and after he gave counseling nutrition with using comic media . A pre-test was given seven day before giving first intervention . _

Giving intervention form counseling nutrition with using comic media done as much three times. Every giving intervention the held in a way right inside _ class with a total of 121 teenagers daughter and duration \pm 60 minutes . Range distance time every giving intervention that is during seven day from after giving previous interventions , and implemented with the same number of people and duration . Seven day after finished giving intervention counseling nutrition with using comic media next with carry out a post-test to respondents study with do interview use the same questionnaire as during the pre-test. Data analysis was carried out in a way univariate and bivariate , next Data normality test was carried out using Kolmogrov Smirnov . On research This all data is normally distributed , so next with using the T-dependent test. Study This has get Ethical Approval _ from Committee Ethics , No: 01.1441/KEPK/POLTEKKES KEMENKES MEDAN/2023.

3. RESULTS

Characteristics Respondent

Table 1. Characteristics Respondent

Variable	Category	Number (n)	Percentage (%)
Age	15 years	7	5.8
	16 years	102	84.3
	17 years	12	9.9
	Total	121	100

Mother's Last Education	elementary school	11	9.1
	JUNIOR HIGH SCHOOL	33	27.3
	SMA/SMK	77	63.6
	Total	121	100
Father's Last Education	elementary school	19	15.7
	JUNIOR HIGH SCHOOL	28	23.1
	SMA/SMK	66	54.5
	S1	8	6.6
Parental Income	Total	121	100
	≤ IDR 2,000,000	82	67.8
	> IDR 2,000,000	39	32.2
	Total	121	100
Initial Level of Knowledge	Good	33	27.3
	Not good	88	72.7
	Total	121	100
Final Level of Knowledge	Good	121	100
	Not good	0	0
	Total	121	100
Initial Attitude Level	Good	63	52.1
	Not good	58	47.9
	Total	121	100
Final Attitude Level	Good	120	99.2
	Not good	1	0.8
	Total	121	100

From the results Table 1 shows that characteristics respondents majority 16 years old (84.3%), mother's last education was SMA/SMK (63.6%), father's last education was SMA/SMK (54.5%), parents' income ≤ IDR 2,000,000 (67.8%), level knowledge initial unfavorable (72.7%), level knowledge final good (100%), rate attitude good start (52.1%), and level attitude final good (99.2%).

Average Knowledge as well as Attitude Before and After Giving 1000 HPK Counseling Using Comic Media to Prevent Stunting at SMAN 1 Percut Sei Tuan

Table 2. Average Knowledge as well as Attitude Before and After Giving 1000 HPK Counseling Using Comic Media to Prevent Stunting at SMAN 1 Percut Sei Tuan

Variable	Category	Mean	n	p-value
Knowledge	Beginning	1.73	121	0,000
	End	1.00	121	
Attitude	Beginning	1.48	121	0,000
	End	1,083	121	

From the results Table 2 shows that the average knowledge teenager daughter before intervention was 1.63 whereas after intervention is 1.00. After continuing with statistical tests

obtained p-value $0.000 < 0.05$ which can be interpreted as the existence difference knowledge teenager princess before and after counseling nutrition using comic media _ regarding 1000 HPK in preventing stunting at SMAN 1 Percut Sei Tuan. Then average the attitudes teenager daughter before intervention was 1.48 whereas after intervention was 1,083. After continuing with statistical tests obtained p-value $0.000 < 0.05$ which means that there is difference attitude teenager princess before and after counseling nutrition regarding 1000 HPK in preventing stunting at SMAN 1 Percut Sei Tuan.

Enhancement Knowledge and Attitudes After Giving Nutrition Counseling about 1000 HPK Using Comic Media in Preventing Stunting at SMAN 1 Percut Sei Tuan

Table 3. Enhancement Knowledge and Attitudes After Giving 1000 HPK Counseling Using Comic Media to Prevent Stunting at SMAN 1 Percut Sei Tuan

Variable	Mean	Standard Deviation	p-value
Knowledge	5.91	2,443	0,000
Attitude	4.18	2,696	0,000

From the results Table 3 shows that there is an increase knowledge with a p-value of $0.000 < 0.05$ which means that there is influence enhancement knowledge teenager daughter after being given counseling nutrition regarding 1000 HPK in preventing stunting at SMAN 1 Percut Sei Tuan. And improvement attitude with a p-value of $0.000 < 0.05$ which means that there is influence attitude teenager daughter after being given counseling nutrition regarding 1000 HPK in preventing stunting at SMAN 1 Percut Sei Tuan.

4. DISCUSSION

Characteristics (Based on Age , Education, Occupation and Family Income)

In this research the number sample used _ as much 121 people. The respondents in this study were teenagers daughter who is in the research area namely at SMA Negeri 1 Percut Sei Tuan District Percut Sei Tuan. Test result statistics showing exists significant influence between knowledge and attitudes teenager daughters in 1000 HPK prevent stunting. Teenager daughter is target to improve The quality of human resources for future generations with a period of 1000 HPK is so important that some call it a period gold, and period sensitive . Meaning opportunities and goals for youth daughter or called mother _ pre-pregnancy (adolescence female) and pregnant until the child is 0-2 years old, with sufficient time short i.e. only 1000 days since day First pregnancy. target to be achieved by the end of 2025 in the 1000 Day Movement First life among them lower the proportion of

stunting is 40% (12). According to theory explained that level education join in determine easy or not somebody absorb and understand knowledge . The level of parental education is also related to awareness of taking advantage facility health . Educated mother tend to be better utilized health service facilities , and more can interact effectively with providing health services and easier _ comply with the advice given to him (4).

Teenage education princess to become one Mother affect one _ The basic factor with good education is feeding the candidate Mother it will be easier accept information from outside about the way fulfil need nutrition during pregnancy and overcome with 1000 HPK to prevent stunting. Level of education teenager daughter to become a candidate lacking mother _ will difficult understand problem health experienced during pregnancy . _ According to the results research in Mexico that if level education Mother low , then increasing social status economy must be accompanied by change effective behavior and communication to prevent stunting with 1000 HPK for candidates child to protect Mother from weight imbalance . Similar to the results research in Mexico, results study Menteiro in Brazil found that candidate mother who has level higher education can reduce _ prevalence of stunting in children (13).

In this research it was found that the characteristics samples obtained _ that is Lots sample 16 years old ie as many as 48 people (87.3%), samples with education There were 5 mothers with elementary school graduates (9.1%), 27 samples with fathers' high school education (49.1%), samples with parents' income \leq 2,000,000 , namely as many as 35 people (63.6%). According to research (Adriani 2019) that if family income increases , provision side dish peak will increase the quality . On the other hand , low income cause Purchasing power is also low , so you can't afford it buy food in the required quantities . The low level economics to candidates Mother result ability candidate mother to acquire information and carrying out checks is reduced . However , on the other hand , mother pregnant who doesn't work have more _ time free so it can be used to follow various counseling although have limitations in terms of finance . Work influential to level knowledge , because someone who works outside the home tends to own good access to information compared to an everyday person being at home (14).

Knowledge level Young Women About 1000 HPK to Prevent Stunting

The results of this research show that knowledge early before doing it intervention shows that a sample of 14 (25.5%) has good knowledge and 41 (74%) have bad knowledge. And after doing it intervention shows that it happened enhancement all over a sample of 55

people (100%) had good knowledge .

Most of the knowledge man obtained from eyes and ears . Knowledge or cognitive is a very important domain for its formation action from somebody Because own experience Where behavior based on knowledge _ will be longer than behavior that is not realized by knowledge (15). The more tall level knowledge someone about something then will greatly influence your mindset and attitude somebody so that will grow behavior positive . Teenager daughter now is target to improve quality life 1000 days First life . One thousand day First life is period one thousand day since it started happening conception until child 2 years old. One thousand day consists of 270 days during pregnancy and 730 days life First since baby born . This period is called the period gold (golden period) or also called critical time . If this period is not utilized properly then will happen nature of damage permanent (16).

In line with the research of Andi Dini Fadhila, Aminuddin Syam and Muh. Alwi M (2021) who uses method giving book comic , shows change knowledge teenager daughter about 1000 HPK in preventing stunting. It can be concluded that the method book comics can improve knowledge about 1000 HPK in preventing stunting for teenager daughter (12).

There is an increase knowledge that will influence attitude teenager daughter in effort preventing stunting with 1000 HPK (12). Attitude Level Young Women About 1000 HPK to Prevent Stunting Attitude is reaction or response someone who still is closed to something object . Real attitude _ showing exists suitability reaction to certain stimulations in life daily is characteristic reaction _ emotional (17). The results of this research occurred enhancement 100 % good attitude _ good attitude because exists enhancement knowledge because giving counseling about 1000 HPK in preventing stunting for teenagers daughter who will impact to the emergence of the intention to change attitude gets better.

This is in accordance with opinion Sukmawati et al (2019) exist difference attitude before and after education with a p- value of 0.000. 1000 HPK counseling in preventing stunting in adolescents daughter carried out continuously regarding the importance of preventing and handling stunting with 1000 HPK so that stunting can be prevented as early as possible and if stunting has occurred immediately handled (17). In line with the opinion of (Chandra et al., 2019) stated teenager daughter who knows and understands 1000 HPK as well method preventing stunting will have positive attitude _ so it can be avoided from impact and risk of stunting on children since early . This is necessary as support in growing self-confidence and attitudes and behavior every day , is supporting facts _ action from someone and also will influence behavior health (18).

Influence Giving Comic Media Counseling To Knowledge Young Women About 1000 HPK to Prevent Stunting

The results of this research show There is influence counseling to enhancement knowledge teenager daughter because giving counseling 3 times in 30 days with the same material . That matter aims to change knowledge teenager daughters and also teenagers daughter can remember information around 1000 HPK in preventing stunting. The use of media in providing counseling is very important because it can make it easier to receive the material. In this research, counseling was carried out using comic media. The comic used contains information through stories in the form of understanding 1000 HPK and stunting understanding teenagers, stages of development during adolescence, symptoms of stunting , causes of stunting , preventing stunting , foods to prevent stunting , balanced nutrition, nutritional needs during the 1000 HPK period, 1000 HPK activities, and how to prevent stunting with 1000 HPK. Apart from that, this is also useful for adding information to knowledge, young women can also remember well what to do before starting pregnancy with 1000 HPK to prevent stunting .

In line with (Fadhila et al. , 2021) shows that providing counseling regarding 1000 HPK in preventing stunting is one of the efforts that can increase knowledge to be positive so that ultimately young women can make various efforts to prevent stunting (16). One of the efforts to prevent stunting with 1000 HPK includes increasing knowledge through providing counseling about nutritional needs, improving the knowledge and behavior of young women when they already know how to apply 1000 HPK in preventing stunting during pregnancy and families in choosing, processing and serving food and improving the quality of health and nutrition services (17) .

Influence Giving Comic Media Counseling To Attitude Young Women About 1000 HPK to Prevent Stunting

Research result showing There is influence counseling to enhancement attitude teenager daughters in 1000 HPK to prevent stunting due to giving counseling 3 times in 30 days with the same material so it can influence knowledge and leads to attitudes teenager daughter against 1000 HPK to prevent stunting. The use of media in counseling is very important because it can make it easier to receive material, but in using media, we must know these characteristics before selecting and using it in counseling in order to achieve the desired goals.

Increasing the information provided to young women will have an impact on improving attitudes towards preventing stunting with 1000 HPK. After understanding the meaning of 1000 HPK, the meaning of stunting , understanding teenagers , stages of development during adolescence, symptoms of stunting , causes of stunting , preventing stunting , foods to prevent stunting , balanced nutrition, nutritional needs during the 1000 HPK period, 1000 HPK activities, and how to prevent stunting by 1000 HPK. The bad impacts that stunting can cause , how to prevent stunting , young women will choose better behavior, thereby increasing young women's attitudes towards 1000 HPK in preventing stunting .

In accordance with the theory put forward by Notoatmojo (2019) that changes in a person's behavior are influenced by the knowledge and attitudes they have. Efforts to prevent and handle stunting with 1000 HPK for young women can be carried out optimally if young women and their families behave positively towards these efforts (19). According to (Notoadmojo, 2019), providing health counseling or health education can increase knowledge so that a person or group of people can change their attitude towards health. An increase in knowledge will influence the attitudes of young women in efforts to prevent stunting with 1000 HPK (16) .

Laili & Adriani (2019) also explained that providing health counseling can increase young women's knowledge about stunting by 1000 HPK. Including providing inadequate nutritional intake can influence the risk stunting . This can be related to the lack of knowledge of young women in providing nutritional intake. Therefore, increasing adolescent girls' knowledge about stunting through providing health counseling greatly influences the attitudes of adolescent girls in efforts to prevent stunting with 1000 HPK (16).

5. CONCLUSIONS AND RECOMMENDATIONS

There is differences and influences on knowledge and attitudes teenager princess before and after given counseling nutrition regarding 1000 HPK in preventing stunting using comic media at SMA Negeri 1 Percut Sei Tuan. Counseling activities nutrition regarding 1000 HPK this is better developed with more interesting methods and media such as e-books, booklets and animated videos to be more helpful teenager daughter in understanding information that will given and can choose the method approach others that can change attitude teenager daughter to improve preventing stunting.

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