Development Model of Improving the Role of Pregnant Women Husbands for Preventing Early Stunting in Regency Padang Pariaman in 2021

Erpita Yanti, Yessy Aprihatin
Lecturer in the Diploma III Program of Nursing, Universitas Negeri Padang (UNP) – Indonesia

Uliy Iffah
Lecturer in the Midwifery, Universitas Andalas (UNAND) – Indonesia

Nurul Hanifah
Student in the Diploma III Program of Nursing, Universitas Negeri Padang (UNP) – Indonesia

Abstract: The purpose of this study was to identify and prevent the incidence of early stunting in the working area of the health Center Lubuk Alung. The study used a research quasi-design experiment with a research design with a research pre and post-sample of 50 respondents. The results showed that there were differences in scores obtained from the results of the analysis Wilcoxon Sign Range Test. \( z = -4202A \) and \( p \)-value = 0.000, in the knowledge that means \( p \)-value <0.05 where \( H_0 \) is rejected, the \( H_a \) accepted. On the Action obtained a score of -3 270a and \( p \)-value = 0.001 which means \( p \)-value <0.05 where \( H_0 \) is rejected, the \( H_a \) accepted. It is expected that respondents will be able to maintain the increased role of pregnant women's husbands in preventing early stunting in the health Center Work Area Lubuk Alung. The results of the study showed that there was an increase in the role of husbands in preventing early stunting in the Lubuk Alung Health Center Work area. The results of the analysis showed that of the 50 respondents, 56% of respondents had a low level of knowledge and 44% had a high level of knowledge. When done post-test results showed a better chance that 22% of respondents have a low level of knowledge and 78% have a high knowledge level. This means that the level of knowledge before using the model application to increase the role of pregnant women's husbands for preventing early stunting has changed for the better than before using the application.

Keywords: Early Prevention, Stunting, Husband's Role, Pregnant Women.

Introduction

Stunting toddlers including chronic nutritional problems caused by many factors such as socioeconomic conditions, maternal nutrition during pregnancy, infant pain, and lack of nutritional intake in infants (Zaif, 2017). Stunting toddlers in the future will have difficulty achieving optimal physical and cognitive development, are more susceptible to disease, and as adults are at risk for degenerative diseases (Yanti et al, 2020). The impact of stunting is not only in terms of health but also affects the level of intelligence of children and will directly adversely affect the quality of human resources (Aprihatin et al, 2020). The adaptation of women to become mothers requires the support of their husbands and those around them. The husband is the head of the family, as well as the partner wife, who is navigating the ark of their household. One of the husband's roles in the family is to maintain the health of his wife during pregnancy, namely by giving love to his wife so that the wife feels cared for, delivering for control, recommending eating nutritious food, getting enough rest, maintaining personal hygiene (Marni & Yanti, 2019) and providing Appreciation support for pregnant women. The absence of a husband's support for pregnant women will cause the mother to feel unnoticed and depressed.

The pressure felt by pregnant women if allowed to drag on can cause the mother to experience stress, so that it can lead to negative attitudes and lead to unfavorable behavior such as not
wanting to eat, not wanting to check with health workers, and will have a bad impact on health (Yanti et al, 2019). Pregnancy is the starting point for stunting, for that it is necessary to make efforts to deal with stunting starting from improving the health quality of pregnant women from all aspects of their environment. In 2018 in Padang Pariaman Regency as many as 806 toddlers experienced stunting. The sub-district with the highest stunting rate was the Lubuk Alung sub-district, where 21.7% of children were short and 12.9% were very short. Based on the Facts above, the author is interested in researching the Development of a Model for Increasing the role of pregnant women's husbands for early prevention of Stunting in the Padang Pariaman Regency in 2021. The results of this study are expected to be able to contribute to efforts to increase human resources by preventing early stunting during pregnancy. Pregnant women should pay close attention to their pregnancy because healthy babies are born to mothers. who has a healthy lifestyle, babies who are tough, strong, and intelligent are also born by mothers who have good healthy lifestyles? During pregnancy, a woman will experience internal changes that include physiological and psychological changes (Varney, et al, 2007). Maternity Health Services aims to fulfill the right of every pregnant woman to obtain quality health services so that they can undergo a healthy pregnancy, give birth safely, and give birth to a healthy and quality baby. carried out from the time of conception until before the start of the process, delivery is a comprehensive and quality health service that is carried out through the provision of health services and counseling including stimulation and nutrition so that the pregnancy is healthy and the fetus is born healthy and smart.

Methods
Research Using Research design Research And Development. The research design is a pre-post test control group design (Aprihatin et al, 2020; Yanti et al, 2021). The researcher explained to the respondents the role of the husband of pregnant women for early prevention of stunting, the subject was observed twice, namely before and after treatment. The results of the treatment were compared with the control group. Furthermore, it is entered into the Application Model for Increasing the Role of the Husband of Pregnant Women. Several things are carefully considered in this study, including the level of validity of the application, the practicality of the application, and the effectiveness of the application. To validate the application development, several experts from the Midwifery and IT fields were involved. The samples were then husbands of pregnant women in the I, II, III trimesters who met the inclusion criteria in the Lubuk Alung Health Center working area from August to September 2021, respondents with consecutive sampling. Inclusion criteria i.e. no history of psychiatric disorders, and signed a sheet informed consent.

Results
Based on the research data, it is known that there is an increase in the role of husbands in preventing early stunting in the Lubuk Alung Health Center Work area, Lubuk Alung sub-district. The results of the analysis showed that of the 50 respondents studied, 56% of respondents had a low level of knowledge and 44% had a high level of knowledge. When done The pretest results showed a change a, better namely 22% of respondents had a low level of knowledge and 78% had a high level of knowledge. This means that the level of knowledge before using the model application to increase the role of pregnant women's husbands for preventing early stunting changes is better than before using the application.

At the time of the husband's pre-test, the results showed that 46% of the 50 respondents had actions low, and 27% had high actions. However, when the pre-test changed, 34 people had low actions and 66% had actions high. This means that the level of action before using the model application to increase the role of the husband of pregnant women for prevention of stunting has changed better than before using the application. The husband's behavior when the carried out pre-test was showed the low percentage, most dominant which was 42%. And high behavior was found as many as 58% of 50 respondents. At the time of Post Test behavior with low criteria experienced a reduction of 34% while the high was 66%. This means that the level of behavior before using the model application to increase the role of the husband of pregnant women for
prevention of stunting has changed for the better than before using the application. This significant change in the role of husbands of pregnant women occurred after getting the Application Development model for increasing the role of husbands of pregnant women for stunting prevention. These results were obtained from the results of the analysis Wilcoxon Sign Range Test. \( z = -4.202 \) and \( p-value = 0.000 \), in the knowledge that means \( p-value <0.05 \) where \( H_0 \) is rejected, the \( H_a \) accepted. On the Action obtained a score of -3 270, and \( p-value = 0.001 \) which means \( p-value <0.05 \) where \( H_0 \) is rejected, the \( H_a \) accepted. In the husband's behavior, obtained scores of 3.269 and 0.001 were, which means \( p-value <0.05 \) where \( H_0 \) is rejected, then \( H_a \) is accepted.

Conclusions

Based on the results of research and discussion of the data that has been obtained is the majority of respondents in the group treated controls showed that there was a significant difference (\( p = 0.000 \)) between the treatment and control groups after the intervention model development increasing the role of husband and Pregnancy for early prevention of stunting in the working area of the Lubuk Alung Health Center. To provide health education to husbands of pregnant women and their families when mothers carry out Pregnancy Checkups by providing an understanding of stunting prevention from an early gestational age. The need to provide health education to families is very important to increase family knowledge in providing nutritional intake to pregnant women, actions, and behavior of husbands so that they always provide support and protection to pregnant women so that toddlers avoid stunting. Enhancing the role and function of the worker's health to provide health promotion to the husband and family of pregnant women during home visits or visits Antenatal Care support and action that should be given by husbands and families to pregnant women, for example by providing more explanation and information about the need for husband and family support for pregnant women to provide support and comfort to pregnant women.

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References