

KNOWLEDGE OF YOUTH WHO JOIN IN PIK-R ABOUT STUNTING AT SMKN 1 POGALAN, TRENGGALEK REGENCY

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Abstract

Stunting is a condition of failure to develop children in the first 1000 days of life. Adolescent knowledge about stunting must be owned by teenagers as successors who will become parents as a provision to prevent stunting. This study aims to determine the knowledge of adolescents who are members of PIK-R about stunting at SMKN 1 Pogalan, Trenggalek Regency. The method used is descriptive quantitative with a population of 82 respondents, the sampling technique used is the total population. The data collection tool uses a questionnaire. The results of the study obtained that the knowledge of adolescents about stunting was 2.5% in the good category, 63.5% in the sufficient category and 34% in the poor category. It was concluded that adolescents who were members of PIK-R did not yet have adequate knowledge about stunting concepts. Health workers are expected to arrange regular education programs at SMKN 1 Pogalan so that teenagers in schools can play a role in accelerating stunting reduction.

Keywords: *stunting, adolescent knowledge, PIK-R*

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1. INTRODUCTION

Indonesia is a developing country, which is currently facing the challenge of health problems. The health problem that has recently received attention is the problem of chronic malnutrition in the form of short children or called stunting. Stunting is a condition of failure to develop children in the first 1000 days of life (HPK). A child is classified as stunted if his body length or height is below minus two standard deviations (-2SD) for his age based on the WHO child growth standard (Prabamurti 2020). Impaired growth in the womb can cause low birth weight so that the risk of stunting is higher. In addition, another factor related to stunting is exclusive breastfeeding for toddlers. Research in Southern Ethiopia proves that toddlers who do not get exclusive breastfeeding for 6 months are at high risk of stunting (Ni'mah and Nadhiroh 2015). Indonesia is included in 36 countries that contribute 90% to world nutrition problems. According to the results of Riskesdas in 2007, 2013 and 2018, the stunting rate in toddlers was above 30%. In East Java, the prevalence of stunting based on Nutrition Status Monitoring (PSG) in 2015 was 27.1%, then in 2016 it decreased by 26.10% and increased again by 26.70% in 2017. Trenggalek Regency is one of the 12 districts in East Java that must receive serious treatment to alleviate the stunting problem. In 2012 hundreds of toddlers in Trenggalek experienced acute malnutrition. Currently, there are more than 500 cases of malnutrition in Trenggalek. Based on data from the PPKB Health Office of Trenggalek Regency, the stunting rate of toddlers in 2018 was 14.79% and decreased to 13.39% in 2019

The existence of chronic nutritional problems is influenced by the condition of the mother or future mother, the period of the fetus, and from infancy to toddlerhood, as well as diseases suffered during infancy. Nutritional status in adolescence is a factor that affects the condition of pregnancy and the welfare of the baby. Efforts to prevent stunting are given to pregnant women, maternity mothers, toddlers, school-age children, and adolescents. Adolescent knowledge about stunting must be possessed because teenagers are the next generation who will later become parents for their children so that knowledge can be a provision to prevent stunting, especially in young women as preparation for entering the preconception period. Adolescents who later become pregnant women but whose body conditions do not have sufficient nutritional intake cause children to be born stunted. This is of course very unfortunate because the impact is long-term and is experienced in all sectors (Prabamurti 2020).

2. METHODS

The method used in this research is descriptive quantitative, with the number of respondents amounting to 82 teenagers. This research is to make a systematic description or description of the facts of the events being investigated. This research was conducted at SMKN 1 Pogalan in June 2022. The sampling technique used was total sampling. The data collection instrument in this study used a questionnaire that has been tested and filled in by the respondent with a certain time. Most of the PIK-R youth had received information about stunting from official activities held by the school by inviting resource persons from relevant agencies.

3. RESULT AND DISCUSSION

The results of research with PIK-R adolescents obtained the following results: General data of participants

Table 4.1 Age of respondents at SMKN 1 Pogalan, June 2022 (n=82)

Code	Year	Frequency	Procentage
1	15 year	4	5%
2	16 year	33	40%
3	17 year	37	45%
4	18 year	8	10%
Total		82	100%

Based on table 4.1, it is known that almost half of the number of respondents aged 17 years is 45%.

Table 4.2 Gender of respondents at SMKN 1 Pogalan, June 2022 (n=82).

Code	Gender	Frequency	Procentage
1	Men	3	4%
2	Women	79	96%
Total		82	100%

Based on table 4.2, it is known that the majority of respondents are female, as much as 96%.

Table 4.3 Occupation of respondents' parents at SMKN 1 Pogalan, June 2022 (n=82)

Code	Job	Frequency	Procentage
1	Government	1	1%
2	Private Labour	16	20%
3	Government Military	0	0%
4	Pension	0	0%
5	Farmer/trader	34	41%
6	Indonesian private labour	2	2,5%
7	Jobless	2	2,5%
8	Farmer labour	27	33%
Total		82	100%

Based on table 4.3, it is known that the occupations of the respondents' parents vary, but the majority work as farmers/traders as much as 41%.

Table 4.4 Education of respondents' parents at SMKN 1 Pogalan, June 2022 (n=82).

Code	Education	Frequency	Procentage
1	Unfinished elementary school	0	0%
2	Elementary school	19	23%
3	Junior High School	22	27%
4	Senior high School	36	44%
5	Graduate students	5	6%
Total		82	100%

Based on table 4.4, it is known that almost half of the respondents' parents' education is high school, namely as much as 44%.

Table 4.5 Respondents of SMKN 1 Pogalan living at home together, June 2022 (n=82).

Code	Living at home with	Frequency	Procentage
1	Orang tua	71	87%
2	Father and other family	1	1%
3	Mother and other family	6	7%
4	Other family	4	5%
Total		82	100%

Based on table 4.5 it is known that the majority of respondents live with their parents as much as 87%.

Participant specific data:

Table 4.6 Knowledge distribution of adolescents who are members of PIK-R about stunting at SMK Negeri 1 Pogalan, June 2022 (n=82).

No.	Knowledge	Frequency	Procentage
1	Good	2	2,5%
2	enough	52	63,5%
3	Less	28	34%
Total		82	100%

Based on table 4.6, it is known that PIK-R youth at SMK Negeri 1 Pogalan have knowledge about stunting in the sufficient category, namely 63.5%.

Table 4.7 Correct answers of respondents who are members of PIK-R regarding stunting at SMK Negeri 1 Pogalan, June 2022.

No. Ques tion	Question Item	Frequency		%	Category
		Right	wrong		
1	Stunting definition	72	10	87%	Good
2	Cause of stunting	50	32	61%	Enough
3	Characteristic of children stunting	52	30	63%	enough

4	How to know stunting children	53	31	65%	Enough
5	Factors that influence stunting KLB	12	70	15%	Less
6	The right statement about parenting	34	48	41%	Less
7	Illness that caused stunting	44	38	54%	less
8	Stunting risk factor	39	43	48%	less
9	Adult preventif stunting	35	47	43%	less
10	Baby preventif stunting	24	58	29%	less
11	ANC role in the stunting	34	48	41%	less
12	Specific intention in pregnancy	36	46	44%	less
13	Sensitive interventions in improving access and quality of nutrition and health services	7	75	8%	less
14	Government programs in overcoming stunting	66	16	80%	good
15	Influence of stunting children on the State	80	2	96%	Good
16	The impact of stunting	5	77	6%	less
17	The impact of stunting	59	23	72%	enough
18	Immune system in stunting	77	5	94%	good
19	Death level in stunting	61	21	74%	good
20	Adult role to prevent stunting	80	2	96%	Good

Based on table 4.7, it is known that the knowledge of adolescents who are members of the PIK-R about stunting at SMKN 1 Pogalan, Trenggalek district based on a questionnaire in the good category is the effect of stunting on the country 96% (80 respondents) answered correctly. In the sufficient category is the death rate in stunting conditions 74% (61 respondents) answered correctly. In the less category are influencing factors including diseases that cause stunting 54% (44 respondents) answered correctly.

After the researchers got the results of the research, the researchers described the discussion as follows:

1. Knowledge of youth who are members of PIK-R about stunting

From the research results, it is known that the PIK-R youth of SMK Negeri 1 Pogalan have knowledge about stunting in the sufficient category, namely 63.5%. It can be explained that teenagers who are members of PIK-R at SMKN 1 Pogalan, Trenggalek Regency do not yet have adequate knowledge about stunting concepts. This is because it is influenced by the limited information exposure factor. This is supported by Rostiyati and Sari (2018) which state that sources of information can affect students' knowledge. PIK-R youth at SMKN 1 Pogalan have received information about stunting, but only from official activities, for example in peer educator training held by schools by bringing in speakers from certain agencies, so that with limited information, respondents do not fully understand stunting.

In addition, age can affect adolescent knowledge. In this study, the majority were 17 years old. According to researchers, this can affect knowledge because at the age of adolescence there are many changes, such as starting to pay attention to one's appearance, being interested in the opposite sex, and trying to attract attention so that understanding of something is less than optimal. In addition, the occupation and education of parents also affect the knowledge of adolescents. This is supported by the theory of the BKKBN (2012) in (Rostiyati and Sari 2018) which states that the higher the education of parents, the richer the information and knowledge that can be applied to adolescents.

In this study, the majority of parents' education was high school and worked as farmers/traders. According to researchers, this can affect knowledge because in general adolescents will ask their parents about things that have not been understood so that if their parents' education is low, the information they get is less than optimal. Apart from these factors, it is also greatly influenced by the way respondents answer because when filling out the questionnaire coincides with the semester exam, it results in limited time in filling out. This is supported by the answers from 82 respondents, namely that several questions were answered correctly with a small percentage, among others, about the impact of stunting, only 6% answered correctly, sensitive interventions in improving access and quality of nutrition and health services only 8% answered correctly, factors influencing Outbreaks in stunting only 15% answered correctly, prevention of stunting in infants only 29% answered correctly.

4. CONCLUSION

Based on the results of the research on the knowledge of adolescents who are members of the PIK-R about stunting at SMKN 1 Pogalan as many as 82 respondents, it was found that only 2.5% had good knowledge, 63.5% had sufficient knowledge, and 34% lacked knowledge. It was concluded that adolescents who were members of PIK-R did not have adequate knowledge about stunting concepts. Routine education programs for PIK-R youth at SMKN 1 Pogalan need to be emphasized so that adolescents in schools can play a role in accelerating stunting reduction.

5. SUGGESTION .

For further researchers, they can conduct more perfect research related to adolescent knowledge about stunting with different variables with a larger number of respondents to complete this research.

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