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[Home](#) > [Jurnal Gizi dan Dietetik Indonesia \(Indonesian Journal of Nutrition and Dietetics\)](#)

Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)

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[Home](#) > [Archives](#) > **VOLUME 10 ISSUE 2, 2022**

VOLUME 10 ISSUE 2, 2022

Table of Contents

Articles

Scaling-up the role of housewives peer group activists as an effective promotor in early detection and prevention of malnutrition

DOI : [10.21927/ijnd.2022.10\(2\).46-52](https://doi.org/10.21927/ijnd.2022.10(2).46-52) | Abstract views : 56 times
 Sri Achadi Nugraheni, Apoina Kartini, Naila Fauziatin, Rizki Septia Saraswati, Niken Wening

PDF
46-52

Quality of consumption and nutritional status of preschool children

DOI : [10.21927/ijnd.2022.10\(2\).53-60](https://doi.org/10.21927/ijnd.2022.10(2).53-60) | Abstract views : 45 times
 Agnes Meila Candrasari, Putri Ronitawati, Prita Dhyani Swamilaksita, Mertien Sa'pang
 Factors associated with stunting among children below five years of age: A mixed method study

PDF
53-60

DOI : [10.21927/ijnd.2022.10\(2\).61-70](https://doi.org/10.21927/ijnd.2022.10(2).61-70) | Abstract views : 73 times
 Mona Yulianti, Puji Nurfauziatul Hasanah, Sutisna Sutisna, Karwati Karwati, Cucum Suminar

PDF
61-70

Nutrient and hedonic value in cookies with Moringa leaf fortification (*Moringa oleifera*)

DOI : [10.21927/ijnd.2022.10\(2\).71-78](https://doi.org/10.21927/ijnd.2022.10(2).71-78) | Abstract views : 50 times
 Rostika Flora, Karin Zikra Nisya, Indah Yuliana, Sugito Sugito

PDF
71-78

Maternal anxiety to visit the integrated health center and infant food intake with wasting

DOI : [10.21927/ijnd.2022.10\(2\).79-86](https://doi.org/10.21927/ijnd.2022.10(2).79-86) | Abstract views : 69 times
 Shofura Hanum Firdausa, Izka Sofiyya Wahyurin, Pramesthi Widya Hapsari, Hiya Alfi Rahmah, Ajeng Dian Purnamasari

PDF
79-86

Indonesian Journal of Nutrition and Dietetics (IJND) indexed by:



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Quality of consumption and nutritional status of preschool children

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ABSTRAK

Latar Belakang: Usia prasekolah di Indonesia berkisar antara 3-6 tahun yang dimana pada masa ini telah memasuki masa growth plateau. Pada usia inilah kebiasaan anak mulai terbentuk, salah satunya adalah kebiasaan makannya. Hasil Riskesdas 2018 balita di Indonesia memiliki prevalensi status gizi sangat kurus, gizi buruk 10.2% dengan rincian 3.5% sangat kurus, status gizi kurang 6.7%, dan gizi lebih 8%. Salah satu faktor yang mempengaruhi status gizi adalah asupan makanan dan saat ini masih banyak orang yang beranggapan bahwa anak bisa makan apa saja tanpa memperhatikan kualitasnya.

Tujuan: Menganalisis hubungan antara kualitas konsumsi terhadap status gizi anak prasekolah di Kelurahan Sukabumi Selatan.

Metode: Desain penelitian yang digunakan adalah penelitian cross sectional dengan sampel 47 anak prasekolah dari TK An Nurmaniyah dan RA Al Ma'mur. Teknik analisis data menggunakan uji Chi Square. Pengumpulan data dilakukan dengan menggunakan Food Record 3x24 jam yang akan dianalisis menggunakan metode Diet Quality Index - International (DQI-I) dengan bantuan Microsoft excel 2013 dan untuk status gizi diukur menggunakan timbangan berat badan digital dan microtoise.

Hasil: sebanyak 91,5% anak usia prasekolah dalam penelitian ini memiliki kualitas konsumsi yang rendah dan sebanyak 57,4% berstatus gizi normal dengan pendapatan orang tua dalam kategori lebih dari 4 juta sebanyak 51,1%. Hasil penelitian menyatakan bahwa tidak ada hubungan antara kualitas konsumsi dengan status gizi anak prasekolah di Kelurahan Sukabumi Selatan ($p=0.298$, $p>0.05$). Hal tersebut dikarenakan ada faktor lain selain kualitas konsumsi yang mempengaruhi status gizi anak prasekolah, seperti status infeksi, pola konsumsi rumah tangga dan akses pangan.

Kesimpulan: Dapat disimpulkan bahwa kualitas konsumsi tidak berhubungan dengan status gizi anak prasekolah di Kelurahan Sukabumi Selatan

KATA KUNCI: anak prasekolah; DQI-I; kualitas konsumsi; status gizi

ABSTRACT

Background: Preschool age in Indonesia ranges from 3-6 years which in this period has entered a growth plateau. At this age that children's habits begin to form, one of which is eating habits which include eating habits. The results of Riskesdas 2018 under five years in Indonesia have a prevalence

Factors associated with stunting among children below five years of age: A mixed method study

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ABSTRAK

Latar Belakang: Indonesia saat ini menghadapi beban ganda masalah gizi pada anak salah satunya masalah stunting pada balita. Desa Sukamukti menjadi lokus prioritas stunting 2019 di Kabupaten Sumedang dengan angka kejadian 33%. Eksplorasi faktor risiko stunting perlu dilakukan untuk merancang intervensi berkelanjutan.

Tujuan: Penelitian ini dilakukan untuk mengetahui faktor-faktor yang berhubungan dengan stunting pada balita di Desa Sukamukti Kabupaten Sumedang tahun 2020.

Metode: Penelitian ini merupakan penelitian mixed method dengan rancangan concurrent mixed method. Penelitian kuantitatif melibatkan 37 responden dan penelitian kualitatif melibatkan 2 partisipan yang merupakan ibu balita di Desa Sukamukti Kecamatan Tanjungmedar yang diambil dengan teknik Total Sampling pada bulan Juni 2020. Interpretasi status gizi diukur dengan kurva pertumbuhan WHO tinggi badan per usia pada balita. Pengumpulan data menggunakan kuesioner yang dikembangkan dari Faktor Risiko Stunting WHO tahun 2014. Data kuantitatif dianalisis menggunakan uji univariat, bivariat dan multivariat. Serta dielaborasi dengan hasil penelitian kualitatif yang dianalisis dengan metode Coalizzi.

Hasil: Angka kejadian stunting di Desa Sukamukti Kabupaten Sumedang sebesar 37,8%. Faktor tinggi badan ibu merupakan faktor yang berhubungan dengan risiko stunting di Desa Sukamukti (OR= 8,55; CI95%=1,8 - 39,7; p=0,006). Tinggi badan ibu yang pendek (<150 cm) mempengaruhi kejadian risiko stunting sebesar 8,55 kali. Hasil kualitatif menghasilkan 7 tema diantaranya adalah: 1) Persepsi ibu tentang penyakit (stunting), 2) perkembangan kesehatan anak, 3). Riwayat kesehatan ibu, 4) perilaku adaptif dan maladaptif ibu selama merawat anak 5) bentuk dan sumber dukungan yang diperoleh ibu selama merawat anak, 6) Bentuk dan sumber hambatan yang ditemui ibu selama merawat anak, serta 7) respon psikologis yang ditunjukkan ibu.

Kesimpulan: Tinggi badan ibu menjadi determinan faktor risiko stunting dalam penelitian ini. Intervensi gizi sensitif penting untuk dilakukan dengan upaya perbaikan gizi secara komprehensif dari hulu ke hilir. Pemberdayaan remaja putri dalam meningkatkan pola hidup sehat dan gizi seimbang dapat dilakukan sebagai upaya untuk mencegah stunting.

KATA KUNCI: anak; ibu; pengalaman; risiko; stunting

Nutrient and hedonic value in cookies with Moringa (*Moringa oleifera*) leaf fortification

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ABSTRAK

Latar Belakang : Penyakit infeksi merupakan salah satu faktor penyebab terjadinya masalah gizi pada balita. Balita dengan status gizi kurang memiliki sistem imunitas yang lemah sehingga rentan terhadap penyakit. Sehingga, perlu memperhatikan sumber makanan yang dapat membantu pemeliharaan sistem imun balita. Daun kelor diketahui memiliki kandungan polifenol yang berperan sebagai antioksidan. Antioksidan berperan untuk meningkatkan imunitas tubuh dalam melawan penyakit infeksi.

Tujuan: Penelitian ini bertujuan untuk mengetahui kandungan polifenol dan total fenol pada cookies daun kelor formula terpilih

Metode: Penelitian ini bersifat eksperimental dengan menggunakan metode Rancangan Acak Lengkap (RAL). Terdapat 4 perlakuan penambahan tepung daun kelor pada pembuatan cookies yaitu, 0 gram, 3 gram, 5 gram, dan 7 gram. Dilakukan pemeriksaan kandungan polifenol dan total fenol pada cookies daun kelor formula terpilih. Analisis kimiawi dilakukan di Laboratorium Teknologi Pangan Politeknik Negeri Lampung. Analisis data hasil organoleptik menggunakan uji Kruskal-Wallis dan uji lanjut Mann Whitney. Sedangkan analisis data laboratorium menggunakan uji one-way ANOVA.

Hasil: Hasil uji organoleptik yang dilakukan oleh 25 orang panelis semi terlatih diperoleh bahwa formulasi F1 yaitu penambahan tepung daun kelor sebanyak 3 gram merupakan formulasi yang paling disukai. Hasil uji Kruskal-Wallis menunjukkan bahwa terdapat pengaruh nyata pada penambahan formulasi tepung daun kelor terhadap parameter warna dan rasa cookies. Sedangkan, pada parameter aroma dan tekstur tidak berpengaruh nyata. Cookies formulasi terpilih F1 memiliki kadar air 3,24%, kadar abu 2,13%, total fenol 9,25 mgGAE/g eks, dan positif (+) memiliki kandungan polifenol.

Kesimpulan: Cookies daun kelor formula F1 memiliki kandungan polifenol dengan total fenol sebesar 9,25 mgGAE/g eks.

KATA KUNCI : antioksidan; gizi kurang; polifenol; tepung daun kelor

ABSTRACT

Background: Infectious diseases are one of the factors that cause nutritional problems in toddlers. Children with poor nutritional status have a weak immune system, so they are more susceptible to disease, thus it is necessary to pay attention to food sources that can help maintain the immune system. Moringa leaves are known to contain polyphenols that act as antioxidants. Antioxidants have a role in strengthening immunity to fight infectious diseases.

Objectives: This study aim is to determine the polyphenols and total phenols content in selected moringa leaf cookies formula.

Maternal anxiety to visit the integrated health center and child food intake with wasting

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ABSTRAK

Latar Belakang: Pada era pandemi, kekhawatiran dan kecemasan yang ditakutkan yaitu anak dan dirinya terpapar COVID-19. Ibu yang tidak menimbang balitanya ke Posyandu dapat menyebabkan tidak terpantaunya pertumbuhan dan perkembangan balita serta asupan makan balita. Penelitian ini bertujuan mengetahui hubungan antara kecemasan ibu untuk datang ke posyandu dan asupan makan balita dengan kejadian wasting di era pandemi pada wilayah kerja Puskesmas Purwokerto Selatan

Metode: Penelitian menggunakan metode studi observasional dengan pendekatan cross sectional. Penelitian dilakukan di Kelurahan Teluk, Purwokerto Selatan pada bulan Juni-Juli 2021 dengan mengikutsertakan 64 ibu yang memiliki balita berusia 6-59 bulan. Pengumpulan data menggunakan kuesioner kecemasan yang dilakukan di rumah responden dan melalui telepon, kejadian wasting dilihat dari nilai z-score BB/TB balita dan recall 2x24 jam untuk melihat asupan makan balita. Analisis hasil menggunakan uji Fisher's exact.

Hasil: Sebanyak 70,3% balita berusia 6-35 bulan dan sebanyak 56,3% merupakan anak pertama. Hasil analisis menunjukkan tidak ditemukan hubungan yang signifikan antara kecemasan dengan kejadian wasting (p value = 0,125) serta antara asupan makan dengan kejadian wasting (p value = 0,406).

Kesimpulan: Tidak ada hubungan antara kecemasan ibu untuk datang ke posyandu dan asupan makan balita dengan kejadian wasting pada wilayah kerja Puskesmas Purwokerto Selatan.

KATA KUNCI: asupan; kecemasan; posyandu; wasting

ABSTRACT

Background: During the pandemic, the concern and anxiety felt by the mother is the fear of the child and herself exposed to COVID-19. Mothers who do not weigh their toddlers to Integrated Health center can cause unmonitored growth and development also feeding intake of toddlers. The purpose of the study was to find out the relationship between maternal anxiety to come to Integrated Health center and infant feeding intake with wasting incident in the pandemic era in South Purwokerto Health Center working area.

Methods: Observational study using a cross sectional approach was done in Teluk Village, South Purwokerto in June-July 2021. Sixty-four mothers who had toddlers aged 6-59 months were included in the study. Data collection was conducted in respondents' homes and over telephones due to the implementation of lockdown. Anthropometrics measurements were done to measure toddlers wasting status. To assess energy adequacy, a 2x24-hour recall was done. Using Fisher's exact test

Scaling-up the role of Housewives Peer Group Activists as an Effective Promotor in Early Detection and Prevention of Malnutrition

by Sri Achadi Nugraheni

Submission date: 01-May-2023 12:05AM (UTC+0700)

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Scaling-up the role of housewives peer group activists as an effective promotor in early detection and prevention of malnutrition

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ABSTRAK

Latar Belakang: Angka kejadian gizi buruk di Indonesia maupun di Provinsi Jawa Tengah dan Kota Semarang masih tinggi. Masalah tersebut disebabkan oleh kurangnya kesadaran dan pengetahuan terkait gizi di kalangan masyarakat, termasuk Aktivis Dasa Wisma. Salah satu alasan lainnya adalah kurangnya promotor gizi di tengah masyarakat, tokoh yang seharusnya berkaitan erat dengan kelompok sasaran, yaitu balita gizi buruk (stunting).

Tujuan: Melatih promotor gizi yang dapat melakukan deteksi dini dan pencegahan gizi buruk dengan baik dan efisien di tingkat Dasa Wisma sebagai upaya pencegahan stunting di tingkat masyarakat.

Metode: Studi intervensi dengan rancangan kohort time series prospektif pada dua kelompok digunakan dalam penelitian ini. Tahapan kegiatannya adalah persiapan lapangan berupa Training of Trainer (TOT) bagi petugas gizi dan aktivis Dasa Wisma (66 aktivis terpilih), pengadaan sarana antropometrik penentuan status gizi, media, dan pelatihan bagi enumerator.

Hasil: Aktivis Dasa Wisma yang dilatih mengalami peningkatan pengetahuan terkait gizi dan malnutrisi sebesar 2,66 poin ($p < 0,05$) dan peningkatan keterampilan terkait pengukuran status gizi sebesar 0,68 poin ($p < 0,05$).

Kesimpulan: Peran Aktivis Dasa Wisma sangat penting untuk membantu ibu balita dalam melakukan pemantauan gizi anaknya; Selanjutnya, diharapkan semua ibu balita menyadari dan mempraktekkan keterampilan yang telah diperoleh untuk mencegah kejadian stunting sejak dini.

KATA KUNCI: Dasa Wisma; malnutrisi; stunting; pelatihan; promotor kesehatan

ABSTRACT

Background: The incidence of malnutrition in Indonesia especially in Central Java Province and in Semarang City is still high. The problem was due to lack of awareness and knowledge related to nutrition in the community, including Housewives Peer Group Activists. Another reason is due to

the absence of nutrition promoters, persons who are closely related to the target group, under five children who were stunted.

Objectives: The objective of this study was to train efficient promoters in doing early detection and prevention of malnutrition at Housewives Peer Group Activists level as an effort to prevent stunting at the community level.

Methods: An intervention study with a case control design in two groups used in this study. The stages of the activities were field preparation in the form of training of trainers (TOT) for nutrition officers and Housewives Peer Group Activists (66 activists selected), procurement of anthropometric infrastructure for determining nutritional status, media, and training for enumerator.

Results: Housewives Peer Group Activists being trained had an increase in knowledge by 2.66 points ($p < 0.05$) and an increase in skills related to measuring nutritional status by 0.68 points ($p < 0.05$).

Conclusion: The role of Housewives Peer Group Activists is very important in assisting mothers of children under five in conducting monitoring of their children's nutrition; furthermore, it is hoped that all mothers of children under five realize and practice the skills they have acquired to prevent stunting.

KEYWORDS: housewives peer group activist; health promotor; malnutrition; stunting; training

4

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INTRODUCTION

A good nutritional status, stimulation from the family, adequate housing, sanitation in a healthy environment, and the availability of facilities and infrastructure will support the growth and the development of children who will become potential human resources. However, the development of children's intelligence can be disrupted by environmental or physical conditions that are not supportive, such as malnutrition (as defined by WHO) as well as stimulation from the environment. Severe malnutrition results in smaller head circumference and lower cognitive abilities; besides, it also affects personality causing children to be apathetic. Even after malnutrition is being corrected, lags in cognitive abilities are still reported (1-4).

Based on this background, it is necessary to take an immediate action outside the program (out of the box) by conducting community empowerment. So far, community

empowerment has mostly focused on health cadres. Assisting or monitoring related to nutritional status by cadres has been carried out a lot even though community leader closest to the family is the head of Housewives Peer Group Activists. Housewives Peer Group consists of about 10 families joining in an association led by a leader (5,6).

The problem of this study is the high incidence of malnutrition in Indonesia as well as in Central Java Province and in Semarang City while Indonesia has a target in the field of improving community nutrition. These targets include a reduction in the prevalence of malnutrition among children under five from 19.6% to 17% in 2019; and a decrease in the prevalence of stunting in children under 2 years from 33% to 28% in 2019 (7,8).

Another problem is the lack of awareness and knowledge of the community, including the leader of Housewives Peer Group Activists about nutrition, and there has never

been a community group caring about nutrition. In fact, the community should have an awareness that good nutrition is their own need (9,10)..

MATERIALS AND METHODS

This study was approved by the Ethics Commission for Health Research, Faculty of Public Health, Diponegoro University No. 498/EA/KEPK-FKM/2019.

This quasi-experimental research was conducted by doing interventions in the form of training Housewives Peer Group Activists as nutrition promotors with early detection and prevention of malnutrition capabilities. The pretest and post-test control group design carried out by applying prospective observations in two groups of Housewives Peer Group Activists. The intervention group (IG) was trained, while the control group (CG) was not. The 132 Housewives Peer Group Activists (each 66 of both IG and CG) was selected based on inclusion criteria: housewives who is active as a peer group activist in their region, have pregnant woman around their region, and is aged between 20-55 years old; whereas, the group was selected based on location and high levels of malnutrition.

Prior to the intervention, nutritional anthropometric instruments, booklet, and Training of Trainer (TOT) for nutrition officers as facilitators for Housewives Peer Group Activists in the IG were prepared to be the trainers for the Activists to be as nutrition promotors who later would be the assistance to the community as the target group. At the same time, 4 enumerators from each group were also trained. The enumerators conducted preliminary survey prior to the treatments for Housewives Peer Group Activists regarding knowledge and practices in early detection and prevention of malnutrition in the community. Later, the community, especially mothers who have babies, toddlers, and pregnant women, will be assisted and facilitated by the trained assistance from the Housewives

Peer Group Activists regarding nutrition status monitoring (Community Learning Center/CLC).

Research Design

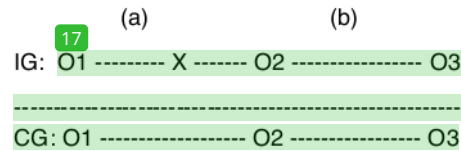


Figure 1.

Information:

- IG : The Intervention Group
- CG : The Control Group
- O1 : Pretest score of the two groups before being given the intervention by scoring the variable of knowledge and practice of Housewives Peer Group Activists and the community (especially mothers who had babies, toddlers, and pregnant women).
- X : Training given for Housewives Peer Group Activists immediately after the initial measurement by nutrition officers who had been trained in TOT training as a nutrition promotor facilitator. Anthropometric tools provided to the Activists: (1) weight scale, (2) upper arm circumference tape, (3) microtoise, (4) guidelines for monitoring and nutritional status assistance (5) children growth chart (GPA) for boys under five, (6) GPA for girl under five, and (7) Guidelines for filling in GPA.
- O2 : Measurement of the mean score in both groups approximately three months after the intervention, by trained enumerators.
- O3 : Measurement of the final score (post-test) in both groups approximately six months after the intervention, by trained enumerators.
- (a) : 3 months
- (b) : 3 months

As a pilot project, this research was carried out in collaboration with Lebdosari PHC; the leading health service facility at the community level (partner institutions). The PHC of Lebdosari was selected on the grounds that this PHC had a number of well-organized Housewives Peer Group Activists and quite a number of cases of malnutrition and under-nutrition, which was 2.3% to 3.2% of total children under five in the last few years.

In addition, this research instrument used was a structured questionnaire that had been tested for validity and reliability using Alpha Cronbach method. The research data were analyzed using Wilcoxon and Mann-Whitney test.

RESULTS AND DISCUSSIONS

Characteristics of respondents

Respondents were Housewives Peer Group Activists in the work areas of Lebdosari PHC and Tandang PHC, Semarang City, with the mean of the age distribution of the intervention group was 45 years and the mean age of the control group was 44 years. Beside that, the distribution of the Last Education of the Activists shows that most of both activists group graduated from high school (62.1% in intervention group and 48.5% in control group). The age of the respondents in this study was 21-71 years old, 45 years in average. According to Notoatmodjo's (2012) and Yuliani et al, age is one of the factors affecting knowledge. The older the person is, the more experience the person will be; and the more information they receive, the more understand about the knowledge related to nutritional status and anthropometric measurement skills they have (11-12).

The education level of the respondents was mostly high school, which was 62.1% in the intervention group and 48.5% in the control group. According to the theory, the higher the education a person takes, the easier it is for the

person to receive information, and in the end his/her knowledge will increase. In line with the finding of Olsa (2017), someone with a high level of education will be more easily to absorb information compared to those who are less or uneducated; therefore, a person having a sufficient level of education is expected to be willing and able to behave well in an effort to improve nutritional status in preventing stunting (13).

Having high school level education showed that Housewives Peer Group Activists completed basic education. This ability was in accordance with the criteria that must be met by someone who conveyed information to the community, namely being able to read and write in Bahasa (14).

Differences in knowledge and skill in the intervention and control groups

Knowledge Regarding Nutritional Status and Nutritional Status Measurement

Wilcoxon test was performed in this test due to both pretest and posttest data were not normally distributed. The result of the test showed that there was a significant difference in knowledge between before and after the intervention ($p=0.0001$) with an increase in knowledge by 2.66 points (Table 1).

Table 1. Difference score of total knowledge before and after intervention

Knowledge	Activists	
	Mean $\pm$ SD	Min-Max
Pre test	21.05 $\pm$ 2.995	10-25
Post test	23.71 $\pm$ 1.412	20-26
p value	0,0001	
delta	2.66	

Furthermore, Mann-Whitney test was performed and showed that there was a significant difference in total knowledge between the intervention group and the control group ($p=0.0001$) (Table 2).

Table 2. Differences in the total knowledge score of the intervention and control groups

Knowledge	Activists	
	Mean $\pm$ SD	Min-Max
Intervention Group	23,71 $\pm$ 1,412	20-26
Control Group	20,11 $\pm$ 3,587	13-27
p value	0.0001	

Practice of anthropometric measurement skill

Because the data were not normally distributed, Wilcoxon test was performed. The result showed that there was a significant difference in practice between before and after the intervention ($p=0.013$) with an increase in knowledge by 0.68 (Table 3). The result of the Man Whitney test also showed that there was a significant difference in anthropometric measurement practices between the intervention group and the control group ($p=0.0001$) (Table 4).

Changes in respondents' knowledge and practices

According to Notoatmodjo, one of the strategies for changing behavior is providing information to increase knowledge so that awareness arises, and in the end people will behave according to their knowledge (10). Providing information to increase knowledge capacity can be done by providing training, as done in this study, namely training on anthropometry to assess the nutritional status of toddlers (15). Nugraheni (2020) stated that mentoring training for Housewives Peer Group Activists is essentially needed, even though it is only a day, to improve

the competence of the activists in assisting pregnant women in an effort to prevent the cases of LBW or stunting to happen in one month (16).

Table 3. The difference in total skill score for anthropometric measurement before and after intervention

Skill	Activists	
	Mean $\pm$ SD	Min-Max
Pre test	14.00 $\pm$ 2.075	0-15
Post test	14.68 $\pm$ 0.612	13-15
p value	0.013	
delta	0.68	

In this study, in general, the intervention carried out on Housewives Peer Group Activists showed a difference in knowledge with the control group with a p-value of 0.001. In addition, this study also showed that there were differences in the practice of the intervention group, especially in the anthropometric measurement skills than the control group with a p-value of 0.001. The difference that occurred between the intervention group and control group was due to the fact that the intervention group had gone through a learning process leading to a change effect in the form of increased understanding of nutrition and stunting in a better direction than the control group.

Table 4. The difference in total skill score for anthropometric measurement for intervention and control groups

Skill	Activists	
	Mean $\pm$ SD	Min-Max
Intervention Group	14.68 $\pm$ 0.612	13-15
Control Group	13.85 $\pm$ 2.268	0-15
p value	0,0001	

The finding of this research was in line with previous researches. One of which exploring the participation program in joint nutrition education and supplementary feeding programs in Uganda showed several benefits of the program in providing nutrition to children under five and adequacy children's diets. Thus, nutrition education can be a fairly effective way of increasing knowledge, feeding practices, and increasing the variety and frequency of food for children under five (17).

In Malawi, a trial of supplementary feeding education for children under five concluded that providing nutritional education demonstrates an increasing adoption of the practice of supplementary feeding by both parents and caregivers.¹⁸ In addition, in rural areas of Ethiopia having a high prevalence of stunting, exposure to nutrition education for mothers of children under five is effective in increasing knowledge about child nutrition practices and preventing stunting (19).

The results of this study suggested that the intervention in the form of training to respondents (Housewives Peer Group Activists) was quite effective in increasing the capacity of the respondents in their effort to improve nutrition towards a better direction. Therefore, Housewives Peer Group Activists were expected to be able to contribute ¹³improve community nutrition, especially for pregnant women and toddlers, to prevent stunting. This was in accordance with the research result of Wati which stated that stunting prevention is not only the responsibility of the nutrition program, but also Maternal and Child Health program, a program which can be run on a community-based basis so that an intervention package for human resources is needed (20).

Geogre in Nesra et al. argued that a failure that often occurs in the implementation of a policy is caused by insufficient and incompetent human resources in their fields. However, increasing the number of human resources alone is not sufficient; their capacity of skills must be in accordance with their duties (21). Thus, nutrition education in the form of

Housewives Peer Group Activists training might become an effective method to help improve community human resources, especially in terms of preventing stunting through providing assistance to mothers of children under five in fulfilling nutrition, and monitoring nutritional status from an early age.

CONCLUSIONS AND RECOMMENDATION

The results of the Housewives Peer Group Activists training show an increase in knowledge regarding nutritional status and anthropometric measurement skills by 2.66 points and 0.68 points ($p = <0.05$). Thus, the role of Housewives Peer Group Activists is very important to assist mothers of children under five in conducting monitoring of their children's nutrition; furthermore, it is hoped that all mothers of children under five realize and practice the skills they have acquired to prevent stunting. It is also expected that the Public health Center will be more active in conducting programs and activities in their working areas to train Housewives Peer Group Activists, especially regarding stunting prevention.

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PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7