

Prevention of Stunting by Providing Knowledge to Youth about the Impact of Early Marriage in Tayan Village, Sanggau Regency, West Kalimantan

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ABSTRACT

Stunting is a condition where human height is less than normal according to gender and age. The effects of stunting last a lifetime and even have an impact on the next generation and hampered development in terms of motor, verbal and cognitive. To prevent stunting, you can do socialization on the dangers of early marriage. The target of this activity is students who are in junior high school. The purpose of holding this activity is to increase students' understanding of the risks of the dangers of early marriage which is one of the factors causing stunting. The method used in this activity is counseling or socialization with data collection techniques in the form of observation and pre-test with the aim of determining whether or not socialization activities are necessary. Data analysis was carried out on the results of the pre-test and post-test to determine whether there was a change in understanding of the dangers of early marriage and stunting. In addition, the data was also analyzed to determine students' interest in engaging in early marriage. The results of this activity indicate that the implementation of socialization on the impact of early marriage at SMK Cahaya has an effect on increasing students' understanding of the dangers of early marriage and the risk of impacting stunting.

Keywords: Early marriage, knowledge, stunting, young

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INTRODUCTION

Stunting is failure to thrive in toddlers. It is caused by the pattern of food intake given to children starting from the first 1000 days of a child's life from birth so that children are shorter than children of their age. Stunting is related to growth retardation for children of their age which can increase the risk of morbidity, death, low immune system, lack of intelligence, reduced productivity and brain development that is not optimal, so that motor development and mental growth in children under five experience delays. The first impact of stunting when viewed in the short term includes: increased mortality in children, cognitive, verbal and motor development that is not optimal. The second impact of stunting when viewed in the long term includes: body posture that is not optimal for children of their age.

Can increase the risk of obesity and other diseases, and decrease reproductive health, less than optimal learning capacity.

Factors causing stunting in health include inadequate food intake and malnutrition in children. Health in children includes infectious diseases, the second factor from an economic perspective, including the low education of parents of toddlers and not working encourages the emergence of low-income families. It has the potential to increase the incidence of stunting in toddlers. From the economic factors that result in low parental education of toddlers thus encouraging early marriage. At the time of marriage, women who are teenagers are psychologically not ready to become mothers. It could be that you don't have enough knowledge about pregnancy and parenting in a good and right way. Therefore the incidence of stunting in children under five has a significant influence, as well as early marriage.

Early marriage with mothers who are too young to get married can have an impact on the incidence of stunting for their children. The lack of understanding of what stunting is and the dangers of stunting is what causes early marriage in Kec. Tayan Hilir is a normal and natural thing to do because they do not understand the dangers of stunting itself. According to data on the level of education in the kec. The majority of Tayan Hilir are junior high school graduates/equivalent. This also encourages the number of early marriages in kec. Tayan Hilir is still relatively high. Many of the residents of the kec. Tayan Hilir prefers to work rather than continue their education after they graduate from junior high school/equivalent and women prefer to get married and take care of the household immediately after they graduate from junior high school/equivalent.

There are also several factors that influence this to happen. The first is the geographical location of kec. Tayan Hilir with 8 assisted villages which are very far from the center of government. And the second is the economic factor, so they prefer to work to meet their economic needs. And the third is encouragement from parents because parents already think that early marriage is a culture. With a fairly low level of education, they lack knowledge about what stunting is and also the dangers of stunting. Based on data from 8 areas at the Tayan Health Center in 2022, the number of stunting rates in the Tayan Hilir work area is 26 children and this number can increase because when there are posyandu activities many mothers do not want to carry out posyandu activities even though posyandu is a place for screening or checking child development. Therefore, by looking at these conditions, socialization or counseling activities are urgently needed about the impact of early marriage on the dangers of stunting in children. Because with this socialization or counseling activity it can help educate and add insight to the residents of the district. Tayan Hilir, especially the youth of the district. Tayan Hilir about the impact of early marriage on the dangers of stunting in children.

METHOD

The method used in writing reports, using data collection methods:

Survey

Survey is a way of descriptive research conducted on a set of objects which are usually quite a lot in a certain period of time (Notoatmodjo, 2010).

Interview

Interview is a method used to collect data, in which the researcher obtains information and opinions verbally from a research target (respondent) or converses face to face with that person (Notoatmodjo, 2010).

Observation

Observation is a result of active and attentive research aware of stimuli (Notoatmodjo, 2010).

The planning process and methods used in this community service activity can be seen in the following diagram:

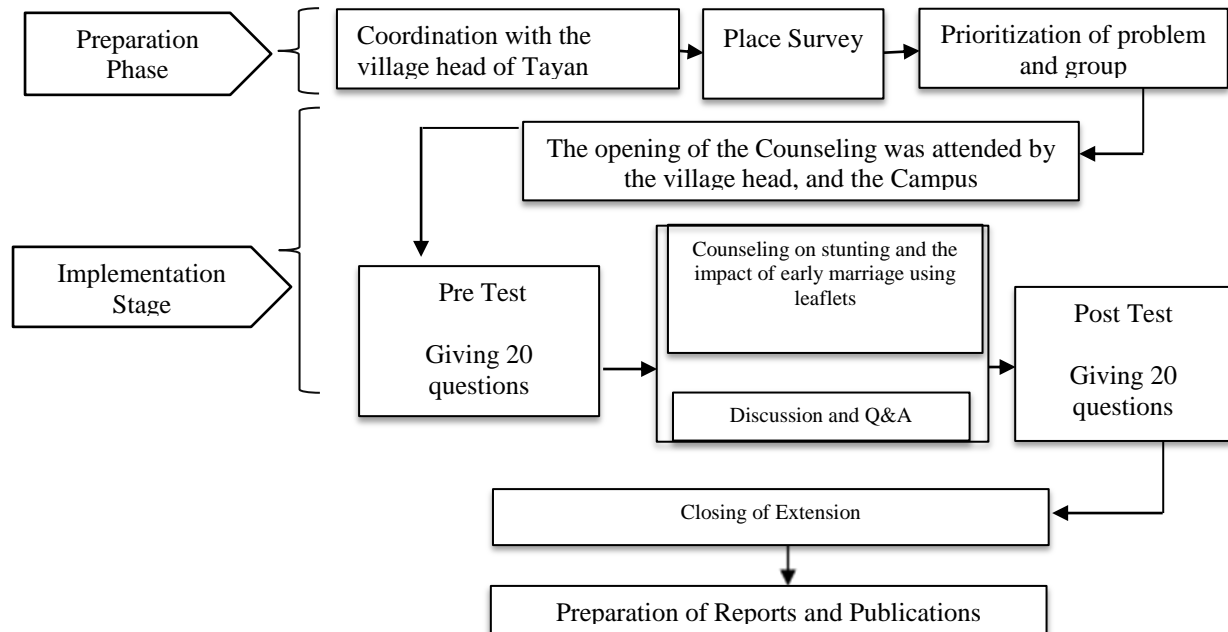


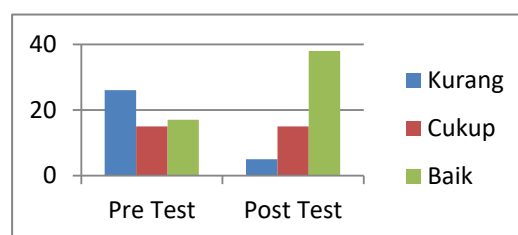
Figure 1. Stages of Community Service Activities

DISCUSSION

Community service programs in the form of health checks, counseling and health counseling regarding "Stunting Prevention by Providing Knowledge to Adolescents about the Impacts of Early Marriage", can increase adolescents' knowledge about: understanding adolescents, understanding stunting, preventing stunting, understanding early marriage, definition of premarital sex, the impact of early marriage, the causes of premarital sex, the consequences of premarital sex, how to avoid premarital sex. Through this activity, adolescents can make decisions about utilizing health service facilities in the community, especially in Tayan Village, in an effort to minimize the incidence of early marriages. This is evident from the recap of the results of the questionnaire before and after being given counseling. Before being given counseling there were 17 teenagers (29%) with good knowledge and after the activity there was an increase to 38 teenagers (66%) with good knowledge. This shows that the participants were very enthusiastic about increasing their knowledge about the importance of educating the impact of early marriage.



Leaflets



Graph of Pre test and Post Test



Opening and Reception



Pre Test



Material



Discussion and Q&A

Figure.2 Stunting Education Leaflet & impact of early marriage

Figure.3 Extension Activities

During the discussion session the youth were very enthusiastic about the delivery of the material, that is, there were 3 teenagers who asked questions. **The first** question asked by teenagers (Student S) "What is the role of education in reducing the number of early marriages in a society?" and the youth will focus on learning not on marriage." (Answered by student Renny Nadeak). **The second** question was asked by the youth (Student K) "What is stunting and why is this problem considered serious in terms of growth and development?" Answer: "Stunting is a condition in which a child's physical growth and brain development is hampered due to a lack of adequate nutrition, especially during the first 1,000 days of life, from pregnancy to 2 years of age. Stunting occurs when a child does not get the nutrients needed for optimal growth, especially in terms of macro (protein and energy) and micro (vitamins and minerals) nutrition. Stunting can cause children to be shorter than they should be, and this condition is difficult or even impossible to correct after the period of active growth ends. This can have an impact on children's self-confidence and can affect their quality of life. Lack of nutrition during a critical period of brain development can result in permanent damage to a child's brain structure and function. This can affect a child's cognitive, learning, and thinking abilities later in life. Stunted children are more susceptible to infectious diseases and have weaker immune systems, because poor nutrition weakens the body's ability to fight disease. And children who are stunted tend to have a higher risk of having children who are also stunted, because poor nutritional conditions can affect reproductive health and the unborn baby." (Answered by Student Sriwaty Siregar). **The third** question was asked by a teenager (Student E) "How can we prevent early marriage from happening, while our customs and culture do that so that many parents marry off their teenage children?" Answer: "Education is the main key. Provide accurate and clear information about the negative impact of early marriage on children's physical and mental health, education, and social development. Educational campaigns in schools, community groups and local media are very important. Invite traditional leaders, religious leaders, and

community leaders to re-discuss the norms and values that underlie early marriage practices. Drive new narratives that value children's education and personal development. And explaining to the public that marriage is only permitted if the man and woman have reached the age of 19 (nineteen) years," said Article 7 Paragraph (1) of Law Number 16 of 2019.

CONCLUSION

Counseling to 58 teenagers was carried out in Tayan Village, Sanggau District. Before being given counseling there were 17 teenagers (29%) with good knowledge and after the activity there was an increase to 38 teenagers (66%) with good knowledge. Outreach activities on stunting prevention and the impact of early marriage have been proven to increase knowledge in adolescents. By increasing knowledge, it is hoped that adolescents can reduce the incidence of early marriage.

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