


## THE CORRELATION BETWEEN KNOWLEDGE, ATTITUDE OF PREGNANT WOMEN ABOUT THE FIRST 1000 DAYS OF LIFE AND STUNTING PREVENTION

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### Abstract

**Background:** Stunting is a condition in which a child experiences growth and development disorders due to lack of nutritional intake for a long time. The First 1000 Days of a baby's life can prevent stunting Mothers' perspectives and understanding of the first 1000 days are crucial in preventing stunting. **Objective :** to ascertain the relationship In Suka Damai Village, Hinai District, Langkat Regency, a pregnant mother's knowledge and attitude toward the first 1000 days of life with stunting prevention. **Method :** *analytical survey* research with design study Which used is *cross sectional* . Population study This is Mother pregnant who checks Her pregnancy . The population is 40 people and with technique *total sampling* . Instrument use questionnaire and techniques data analysis using analysis *chi square* . **Results :** Most of the twenty-three individuals knew enough. (32.5%), the majority is positive (26, or 65.0%), the minority is good (four, or 10.0%), and the attitude is negative (only 14, or 35.0%). In Peaceful Village, Hinai District, there is a correlation between pregnant women's attitudes throughout the first 1000 days of life and their ability to prevent stunting ( $p\text{-value} = 0.000$ ;  $p < 0.05$ ) **Conclusion :** In Suka Damai Village, Hinai District, there is information about the attitude of pregnant mothers during the first 1000 days of life and how to prevent stunting. It is advised to try to learn more about mothers' 1000-day life spans in order to prevent stunting

Keyword : Knowledge, Attitude, First 1000 Days of Life, stunting

### INTRODUCTION

WHO stated that 5-year-old  
toddlers are affected by stunting

problems and Indonesia is included in  
the top 5 in the world (Hidayah et al.,  
2024) . Stunting is a condition in



which children experience growth and development disorders due to lack of nutritional intake for a long time. Stunting is a problem that is serious in Indonesia. The decline in stunting rates in Indonesia is still 14% (Rahman et al., 2023) .

The causative factors that cause stunting are a history of LBW children, infectious diseases, insufficient protein intake, not getting exclusive breastfeeding, low knowledge of fathers and mothers and low social status. According to Maryati in 2023, the dominant factor in children who experience stunting is not getting exclusive breastfeeding as much as 40% and 70% from low socioeconomic (Maryati et al., 2023) . Stunting can occur in children with several factors, namely parenting patterns with poor feeding for children. According to Dayunungsih et al. in 2024, toddlers with parenting patterns with poor feeding will be 6 times more likely to experience stunting (Dayunungsih, Permatasari Endah Astika Tria, 2020) .

Many efforts can be made to deal with stunting, namely by increasing the knowledge of pregnant women regarding the prevention of stunting

through the provision of health education as carried out by Wati in 2023 (Wati et al., 2023) .

The first 1000 days of life are a golden period for children because it is during this time that brain cells develop rapidly. During this period it is very good to maintain nutrition such as exclusive breastfeeding, giving vitamin A to postpartum mothers, implementing a clean lifestyle (Robinson & Rahman, 2022) . There are many things that can influence a child's care during their 1000 days of life, including the mother's knowledge and attitude. If a mother's knowledge is good, she will have a positive attitude and will take action to prevent stunting (Hidayah et al., 2024) , (Dan et al., 2022) .

Based on Survey beginning Which done researcher in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, to 10 pregnant women, through direct interviews, it was found that 6 had poor knowledge, 3 had poor knowledge and 1 had good knowledge about nutrition in the first 1000 days of life. First life. Through direct interviews, the researcher discovered that six

pregnant women had poor knowledge, three had poor knowledge, and one had good knowledge about nutrition because she was interested in studying the relationship between pregnant women's attitudes and knowledge regarding 1000 Day First Life with Prevention Stunting in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province. The first thousand days of life

### METHOD

Analytical survey research with design study is the research methodology employed. Cross-sectional is the method employed. Approach An analytical survey is one that attempts to investigate or examine whether pregnant women's knowledge and attitudes about Stunting prevention during the first

1000 days of life in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province. Population on study This is pregnant women in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, as many as 40 people . Sample in study This is Technique taking sample is total sampling, namely 40 sample . The research instrument is a questionnaire sheet. Data testing was carried out, namely the *Chi-Square* test ( $\alpha = 0.05$ )

### RESULT AND DISCUSSION

Distribution characteristics Mother pregnant in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 based on age, work And education can seen on Table 1 as follows:

**Table 1 Distribution Characteristics Mother**

Characteristics	Frequency	Percentage
Age (year)		
20-35 year	26	65.0
>35 year	14	91.2
Total	40	100.0
Work		
Housewife	23	57.5
Farmer	17	42.5
Total	40	100.0
Education		
SMP	8	20.0
SMA	32	80.0
Total	40	100.0

Table 1 indicates that the majority of respondents—26 individuals, or 65.0%—are between the ages of 20 and 35. Of the respondents, 14 (91%), were over 35 years old. According to the review, the majority of mothers are housewives, accounting for 23 individuals (57.5%), while a minority are farmers, including 17 individuals

(42.5%). The majority, 32, have a high school education, while the minority, 8 (20%), have a junior high school degree. The distribution of respondents' knowledge about 1000 Days First Life with Prevention *stunting* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 can be seen in table 2

**Table 2 Frequency Distribution of Pregnant Women's Knowledge about Mothers about 1000 DaysFirst Life with Prevention *stunting* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024**

Knowledge	Frequency	Percentage
Good Enough	4	10.0
Enough	23	57.5
Not enough	13	32.5
Total	34	100.0

In Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, the majority of mothers had adequate knowledge about preventing stunting during the first 1000 days of pregnancy, according to table 2's findings. In 2024, there were 23 people (32.5%)

with a good minority of 4 people (10.0%). As for attitude Mother pregnant about 1000 day First life with prevention *stunting* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 can be seen in Table 3 as follows:

**Table 3 Distribution Frequency Attitude Mother Pregnant about 1000 Day FirstLife with *Stunting Prevention* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024**

Attitude	Frequency	Percentage
Positive	26	65.0
Negative	14	35.0
Total	40	100.0

Based on table 3, the results show that the majority of pregnant women's attitudes about 1000 day First life with prevention *stunting* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, in 2024, the majority of people were positive, as many as 26 people. (65.0%), while the attitude negative only 14 person (35.0%). The analysis used in this study is to see the relationship between independent variables (namely knowledge and attitude) with the dependent variable (prevention *stunting* ) use test

statistics *chi-square* with limit meaning 0.05. Based on results test statistics will obtained mark *p*, For mark  $p < 0.05$  means The research hypothesis is accepted. On the other hand, a *p value*  $>0.05$  means that the research hypothesis is accepted. this is rejected. Findings from a study on the relationship between a mother's attitude and knowledge regarding the first 1000 days of pregnancy and stunting prevention in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 are shown in table 4.

**Table 4 Connection Knowledge with Attitude Mother Postpartum about 1000 day Firstlife with prevention *stunting* in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024**

Knowledge	Negative		Attitude Positive		Total	%	P
	N	%	N	%			
Not enough	13	100.0	0	0	13	100.0	0,000
Enough	1	4.0	22	96.0	23	100.0	
Good	0	12.5	4	87.5	4	100.0	
Total	14	35.0	26	65.0	40	100.0	

Table 4 indicates that all competent people have a positive attitude, with 22 out of 23 respondents who know enough having a good attitude and one having a negative attitude. Thirteen of the respondents with the least amount of knowledge have a negative attitude.

The chi-square statistical test yielded a *p value* of 0.000  $\alpha (<0.05)$ , indicating that pregnant women's attitudes and knowledge about preventing stunting during the first 1000 days of life in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in

2024 are related.

Table 4.1 indicates that the majority of respondents—26 individuals, or 65.0%—are between the ages of 20 and 35. Of the respondents, 14 (91%), were over 35 years old. According to the review, the majority of mothers are housewives, accounting for 23 individuals (57.5%), while a minority are farmers, including 17 individuals (42.5%). The majority, 32, have a high school education, while the minority, 8 (20%), have a junior high school degree.

A mother's understanding of the first 1000 days of life and how to prevent stunting can be influenced by her age. Mothers between the ages of 20 and 35 are regarded as mature in their knowledge of infant nutrition. Taking care of the house gives mothers more time to research the ideal diet for their infants (Chori Elsera et al., 2024). One way to learn about our needs is through education; a high school diploma is sufficient to understand a baby's nutritional requirements. The findings of this study are consistent with those of Indah Lestari's 2024 study, which found that most 20–35-year-olds who

are enrolled in high school and who take care of their homes are aware of the importance of providing

The researcher's hypothesis for this study is that most respondents are between the ages of 20 and 35 because most are in the range of a healthy reproductive age for reproduction, and most have enough knowledge because most have a high school education and work as housewives, so they are able to understand what is best for their children. The results of the study indicate that the majority of expectant moms are not aware of how critical it is to prevent stunting in the first 1000 days of life. In Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, there were 23 individuals (32.5%) in the majority and 4 people (10.0%) in the good minority in 2024.

The results of this study are in line with those of a study conducted in 2024 by Hidayah et al., which discovered that most individuals were aware enough about the first 1000 days of life to avoid stunting (Hidayah et al., 2024). The study's findings also support earlier research showing that a mother would attempt

to feed her child if she is sufficiently. The researcher believes that because the majority of study participants had finished high school, they are more equipped to understand information about preventive stunting during the first 1000 days of life. Since some responders, who have completed junior high school, are still learning new terms like stunting and 100-day newborn nutrition, there is still a lack of knowledge (2024).

In Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province, the majority of pregnant women's opinions toward 1000 day First life with preventive stunting in 2024 are shown in table 4.3. the majority of positive cases were 26 people (65.0%), while the attitude negative only 14 person (35.0%).

The results of this study are not in accordance with the research of Lestari et al. in 2024 which stated that the majority of respondents' attitudes did not agree with the 1000 days of life program with stunting prevention (Indah Lestari et al., 2024) . The results of this study are in accordance with previous research that the majority of mothers agree that 1000

days of a baby's life can prevent stunting. The researcher assumes that the majority of respondents' attitudes are positive because the majority of respondents' knowledge about the 1000 days of a baby's life can prevent stunting, so the majority of respondents have a positive attitude.

Table 4.4 demonstrates that all competent people have a positive attitude; of the 23 respondents that are sufficiently knowledgeable, 22 have a positive attitude and one has a negative attitude. Thirteen of the respondents with less knowledge all present a negative attitude. Since there are four knowledgeable persons, everyone has a positive attitude. The chi-square statistical test yielded a p value of 0.000  $\alpha$  ( $<0.05$ ), indicating that pregnant women's attitudes and knowledge about preventing stunting during the first 1000 days of life in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 are related.

This study's findings are consistent with Indah Lestari's 2024. The findings of this study are consistent with Indah Lestari's 2024 study, which found a relationship between mothers' opinions regarding

the first 1000 days and their level of knowledge. stunting in life with prevention (Indah Lestari et al., 2024). According to this study, pregnant women's attitudes and knowledge on the first 1000 days of life are related to preventing stunting. Because everyone with more knowledge has a positive attitude, and everyone with less knowledge has a negative attitude. With a junior high school education and a farming job, only one of the 23 individuals with adequate knowledge has a negative attitude. This means that they are less able to learn as much as possible about preventing stunting during the first 1000 days of life.

Based on the study's findings, health professionals should be able to make stronger efforts to increase maternal education. Pocket books or education can be used to impart maternal knowledge. According to earlier research, mothers' awareness of the first 1000 days of birth with stunting prevention differed before and after receiving pocket books (Dianna et al., 2023). Additional research also revealed that education during the first 1000 days of life has an impact on maternal knowledge on

stunting prevention (Hidayati et al., 2022). Another way to increase mother understanding is to offer health education regarding the risks of stunting in infants (Wati et al., 2023)

## CONCLUSION AND SUGGESTION

Twenty-two of the twenty-three respondents who are sufficiently knowledgeable are positive, whereas one responder is negative. All of the knowledgeable people are positive. Thirteen of the responses with less information are all negative. The chi-square statistical test yielded a p value of 0.000  $\alpha$  ( $<0.05$ ), indicating that pregnant women's attitudes and knowledge about preventing stunting during the first 1000 days of life in Suka Damai Village, Hinai District, Langkat Regency, North Sumatra Province in 2024 are related.

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