


The Influence Of Psychoeducation On Knowledge And Attitudes On The Importance Of Asi As A Stunting Prevention Measure Among Cadres In Rasau Jaya

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Article Info	ABSTRACT
Keywords: Stunting Breast Milk Psikoedukasi	Stunting is a serious problem experienced by Indonesian children due to prolonged malnutrition. ASI (breast milk) has a significant role in preventing stunting. This research aims to find out whether there is an influence of psychoeducation on knowledge and attitudes about the importance of breastfeeding as an effort to prevent stunting in cadres. The approach used in this research is quantitative with experimental research methods. The type of experiment used is Pre-Experimental Design with the design approach "One Group Pre-test Post-test. Based on the results of the Wilcoxon Signed Rank Test calculation, the Z value obtained is -3.192 with a p-value (Asymp. Sig 2 tailed) of 0.001 which is less than the research critical limit of 0.05 so the hypothesis decision is to accept the alternative hypothesis (H1) or which means there is a significant difference between the pre-test and post-test groups.
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INTRODUCTION

Stunting is a serious problem faced by Indonesian children due to chronic malnutrition. Given the high incidence of stunting, it is important to take immediate action to address the widespread chronic malnutrition that is hampering the growth and development of children (Agustina, 2022). Most stunting cases in Indonesia are reported to occur in children aged between 3-4 years, the prevalence decreased from 27.7% in 2019 to 24.4% in 2021 to 21.6% in 2022, according to the Status Study Report Indonesian Nutrition Ministry of Health. Sixty percent. However, this figure exceeds the WHO standard of less than 20%. To reduce the stunting rate, the government plans to make it 17% in 2023 and 14% in 2024 (Rokom, 2023).

Stunting can be avoided significantly with the help of breast milk. Lack of breast milk is associated with stunting. Compared with children who receive breast milk, the percentage of underweight children who receive breast milk is higher. Stunting is 1.3 times more likely to occur in toddlers who do not receive early initiation of breastfeeding, according to research findings. This shows that early initiation of breastfeeding, especially exclusive breastfeeding, is a form of maternal health service, and providing nutrition to toddlers as early as possible can reduce the risk of stunting (Deviana, 2023) Exclusive breastfeeding has been proven to

help children get the necessary nutritional intake, which can help prevent stunting. Exclusive breastfeeding is recommended for the first 6 months after the baby is born and can be continued until the child is 2 years old with additional complementary breast milk (MPASI) according to WHO recommendations. Breast milk contains all the nutrients, vitamins, and minerals needed for a child's growth, as well as antibodies that come from the mother, which effectively help fight infections and keep children healthy. Breast milk also contains food essences that accelerate the growth of brain cells and the development of the nervous system (Dinkes.acehprov.go.id, 2023)

However, the lack of good knowledge about the benefits of breast milk by cadres means that important information about breast milk is not spread to many prospective mothers or other parents. The fact is that breast milk is very important for the growth and development of children. It is very important to prevent stunting. Cadres, as agents of change in society, play an important role in disseminating accurate and useful information about breastfeeding to mothers in their area. To prevent stunting, prenatal and nutritional education must be provided to women, as well as information about stunting and how to avoid it. Lack of breast milk is associated with knowledge about breastfeeding and can increase the risk of stunting. Compared to toddlers who receive breast milk, the percentage of toddlers who do not receive breast milk is higher among toddlers who are short in stature (Astutik, 2012)

Apart from knowledge, attitude is also a key factor in changing behavior. Although cadres may have knowledge about the importance of breast milk, they need to have a positive attitude and believe in the importance of breast milk to encourage mothers in their community to exclusively breastfeed and extend the duration of breastfeeding. Attitude is a very significant factor in the success of exclusive breastfeeding, so cadres must have a positive attitude and believe in encouraging mothers to breastfeed well. Research has shown that attitude is a very significant factor in the success of exclusive breastfeeding (Hizriyani, 2021). Knowledge, attitudes, and behavior in this research are very significant factors in the success of exclusive breastfeeding. Maternal factors that influence the behavior of giving exclusive breastfeeding to babies include knowledge about exclusive breastfeeding, education, and maternal attitudes. Other research also uses educational videos about breastfeeding to change mothers' attitudes toward providing breast milk (Hizriyani, 2021)

Psychoeducation is personal and social education (Nelson-jones, 2014). Psychoeducation is an action modality delivered by professionals, which integrates and synergizes psychotherapy and educational interventions (Assesment Indonesia, 2023). Psychoeducation has 8 types of models, in this research, the model used is the presentation or lecture model, which is a structured or prepared form of communication or delivery which is one-way from the presenter or lecturer to the audience of participants, the presentation or lecture aims to convey information, usually in the form of knowledge, important new views, or approaches, to participants in situations where the interaction or discussion is seen as inappropriate (A Supratiknya, 2011). According to Reber (2010), in its collective meaning, knowledge is a collection of information possessed by a person or group or certain culture, while in general knowledge is mental components resulting from all processes, whether innate or achieved through experience (Reber. Santoso, 2010). Attitude is a group of inherent

beliefs and feelings about a particular object and a tendency to act toward that object in a particular way (Calhoun and Acocella, 1990). Meanwhile according to sarwono (2002), attitude is a person's readiness to act in a certain way towards certain things.

METHODS

This research uses an experimental research design and quantitative techniques. Pre-experimental design with the "One Group Pre-test Post-test" design approach is a type of experiment carried out. This means that one experimental group will receive a pre-test before treatment and a post-test after treatment, without the need for a control group (Sugiyono, 2019) In this research, the total sample was 13 people using a full sampling approach. Psychoeducation as an intervention in a presentation or lecture paradigm is an independent variable in this research. Community perception of the benefits of breast milk in reducing stunting, both before and after the intervention, is the dependent variable in this research.

There was no control group, and study participants were measured twice: once before and once after the intervention. The population of this study was 13 cadres of the Rasau Jaya Community Health Center. The Wilcoxon test, a non-parametric statistical method, was used in this study to determine whether group means differed between the pre-test and post-test. Because the sample size is so small that the sampling statistical distribution is almost non-normal, non-parametric statistics are used (Supranto, 1989). One method for comparing the averages of two variables in a group is the Wilcoxon test. It can be explained that if the P value ≤ 0.05 then the hypothesis (H_0) is rejected. There is a statistically significant difference between knowledge and attitudes before and after giving the Percentage or lecture model intervention, with a significance level of 5%. and 95% confidence level.

RESULT

Univariate Analysis

Respondent Characteristics

Table 1. Respondent Characteristics

No	Characteristics	Frequency (N)	Percent (%)
1	Occupation		
	Housewife	8	61.54%
	Private Sector Worker	5	38.46%
2	Age		
	26-35 Years Old	4	30.77%
	36-45 Years Old	5	38.46%
	46-55 Years Old	4	30.77%

Source: Primary Data, 2023

Based on the table above, 8 respondents (61.54%) are housewives, which is the majority of their work. Meanwhile, 5 respondents, or 38.46 percent of the total respondents, were mostly aged between 36-45 years.

Respondent's Knowledge Level

Table 2. Frequency Distribution of Respondents' Pretest and Posttest Knowledge

No	Category	Pre-test		Post-test	
		Frequency (N)	Percent (%)	Frequency (N)	Percent (%)
1.	High	2	15.38%	13	100%
2.	Medium	4	30.77%	0	0%
3.	Low	7	53.85%	0	0%
	Total	13	100%	13	100%

Source: Primary Data, 2023

Based on the data above, there were 15.38% of respondents who had a high level of knowledge at the time of the pre-test, 30.77% had a medium level of knowledge, and 53.85% had a low level of knowledge. After that, it was discovered that 100% of respondents had a high level of knowledge at the time of the post-test, 0% had a medium level of knowledge, and 0% had a low level of knowledge.

Respondent's Attitude Level

Table 3. Frequency Distribution of Respondents' Pretest and Posttest Attitudes

No	Category	Pre-test		Post-test	
		Frequency (N)	Percent (%)	Frequency (N)	Percent (%)
1.	High	4	30.77%	13	100%
2.	Medium	5	38.46%	0	0%
3.	Low	4	30.77%	0	0%
	Total	13	100%	13	100%

Source: Primary Data, 2023

Based on the table above, it is known that the number of respondents who had a high attitude at the pre-test was 30.77%, respondents who had a medium attitude was 38.46%, while respondents who had a low attitude at the pre-test was 30.77%. Then at the post-test, it was discovered that the number of respondents who had a high attitude at the time of the post-test was 100%, respondents who had a medium attitude was 0% while those who had a low attitude at the time of the post-test were 0%.

Bivariate Analysis

Level of Community Knowledge Before and After being given Psychoeducation

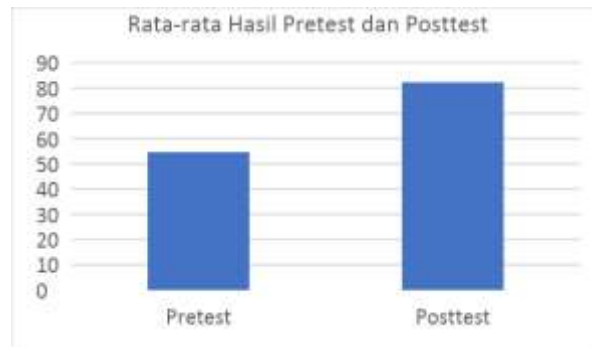
Table 4. Average differences in pre-test and post-test results

NO	Knowledge	N	Mean	SD	Delta Mean	P value
1	Pre-test	13	54,62	11,983	-27,69	0,001
2	Post-test	13	82,31	10,127		

Source: Primary Data, 2023

Based on the data above, the average knowledge of the community is 54.62 with a standard deviation of 11.983 at the pretest and 82.31 with a standard deviation of 10.127 at the posttest. With a p-value of 0.001, this information is important. From knowledge before and after intervention it was seen that it was 27.69. To provide a better understanding, the

average pre-test and post-test results of the community's knowledge level are displayed in bar chart format.



Graph 1. Average Pre-test and Post-test Results

Testing the effect of psychoeducation on the level of knowledge and attitude towards the importance of breastfeeding as an effort among cadres in Rasau Jaya is when the number of individuals is <30 , so the Wilcoxon test is used. Comparing the average scores of the pre-test and post-test is how hypothesis testing is done.

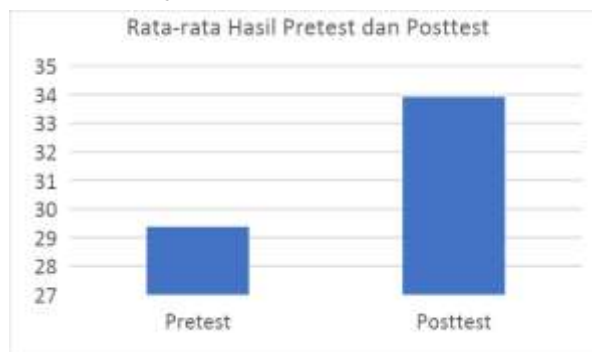
Level of Community Attitudes Before and After Psychoeducation

Table 5. Average differences in pre-test and post-test results

NO	Knowledge	N	Mean	SD	Delta Mean	P value
1	Pre-test	13	29,38	1,502	-4,54	0,001
2	Post-test	13	33,92	1,891		

Source: Primary Data, 2023

Based on the data above, it shows that the average community attitude is 29.38 with a standard deviation of 1.502 at the pretest and 33.92 with a standard deviation of 1.891 at the posttest. This attitude has a p-value of 0.001 which shows significance. This can be seen from the attitude of -4.54 both before and after the test. To provide a better understanding, the average pre-test and post-test results for the level of community knowledge are presented in the form of a bar chart.



Graph 2. Average Pre-test and Post-test Results

Discussion

Based on the research results, led to the determination of a p-value of $0.000 < 0.05$. Test findings show that there is a substantial difference between psychoeducational strategies in

the form of presentation or lecture model interventions and increasing community group awareness of the benefits of breast milk in avoiding stunting. To cadres at the Rasau Jaya Community Health Center. This is in line with research conducted by Purmasari et al (2023) which also implemented psychoeducation on the importance of breast milk as an effort to prevent stunting, which the research results show. The results of the questionnaire on pregnant women's knowledge before being given education were good knowledge (63.9%), sufficient knowledge (25%), and poor knowledge (11.1%). Meanwhile, the results of knowledge after being given education were good knowledge (89%), sufficient knowledge (5.5%), and poor knowledge (5.5%). The bivariate results show that the results of the statistical pre-test and post-test psychoeducation in the form of intervention in the Percentage or Lecture model using the Wilcoxon test obtained a p-value = 0.000 (<0.05), this shows that there is a significant difference to the significant difference. between before and after being given psychoeducation in the form of intervention in the presentation model or lectures

Based on the results of the Wilcoxon Signed Rank Test, it show that there is a significant difference between the pre-test and post-test groups, supported by a Z value of -3.192 and a p-value (Asymp. Sig 2 tailed) of 0.001. This value is lower than the research critical limit of 0.05 so H1 is accepted as hypothesis 0. Therefore, it can be concluded that hypothesis H0 is rejected, so the psychoeducation in the form of intervention used is a variety of assistance models. It can be said to be effective in increasing knowledge and attitudes about the importance of breast milk in preventing stunting. As for the results of observations, overall this meeting can be said to have run smoothly and optimally, increasing knowledge and awareness of the importance of breast milk in preventing stunting, based on the results of the messages and impressions given by the cadres that they felt enthusiastic about this activity and hoped that there would be follow-up activities to increase their knowledge of the importance of breast milk in preventing stunting. The implementation of psychoeducation in the form of intervention in the presentation model or lectures used for cadres in Rasau Jaya was carried out in 3 meetings, namely a pre-test providing material and ending with a post-test.

CONCLUSION

Based on the results of research regarding the influence of psychoeducation on knowledge and attitudes about the importance of breastfeeding as an effort to prevent stunting among Rasau Jaya cadres. This result can be seen from the Z value obtained of -3.192 with a p-value (Asymp. Sig 2 tailed) of 0.001 which is less than the research critical limit of 0.05 so it can be concluded that there is a significant difference before and after providing psychoeducation in the form of intervention. in the presentation or lecture model for cadres in Rasau Jaya.

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