THE INFLUENCE OF GROUP GUIDANCE SERVICES TO INCREASE UNDERSTANDING OF STUNTING PREVENTION AMONG MOTHERS IN THE TUNAS JAYA I POSYANDU GROUP, KARANGANYAR VILLAGE, DUKUHTURI DISTRICT, TEGAL REGENCY

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Abstract

The objectives in this study were to: 1. Determine the level of understanding of stunting prevention before giving treatment or group guidance services. 2. Knowing the level of understanding of stunting prevention after being given treatment or group guidance services. 3. To find out whether there is influence of group guidance services to increase understanding of stunting prevention. This study used a quantitative research method, which used a control group and an experimental group. The results of this study indicate that before carrying out group guidance services, the average result obtained in the control group was 58.71 while the experimental group obtained an average value of 53.26. Both the control and experimental groups were still in the very low category in understanding stunting prevention. However, after being given group guidance treatment services to the experimental group, there was an average difference, namely the control group obtained a score of 59.13 and the experimental group obtained a value of 82.87. In the experimental group the increase in the average value was very significant. This is supported by the results of the paired sample t-test where in the experimental group the significance value is <0.05, which means that the null hypothesis is rejected and the alternative hypothesis is accepted, meaning that group guidance can improve understanding in stunting prevention.

Key words: Group guidance and stunting

1 INTRODUCTION

Toddler age is a period where the process of growth and development occurs very rapidly. At this time toddlers need adequate nutritional intake in greater quantity and quality because toddlers generally have quite high physical activity and are still in the learning process. One of the most common nutritional problems is stunting (Welasih BD & Witramadji RB, 2012). If at the age of a toddler does not get adequate nutrition, it will result in the toddler experiencing stunting.

Stunting is a disease suffered by toddlers due to prolonged malnutrition. Stunting is also defined as the weight and height of a toddler that is not ideal, the weight and height of a toddler affected by stunting will decrease and will not match the body weight and height of a child of the same age. Stunting can be detected from early pregnancy to childhood in the first 1000 days of life. Based on data from the BIAN (National Child Immunization Month) program in August 2022 which was organized by the government to monitor the development and growth of toddlers by weighing and measuring their height, there were 31 toddlers suffering from stunting in Karanganyar Village, Dukuhturi District, Tegal Regency. This is of course a serious concern for the local government to find solutions or ways so that stunting in Karanganyar Village can be overcome and not increase.

Stunting in Karanganyar village occurs due to several factors, including: (1) Low parental education level. (2) Nutritional knowledge among mothers in Karanganyar Village is relatively low. (3) Environmental factors and parenting patterns. (4) Toddler nutritional intake and socio-economic conditions. (4) Genetic factors. (5) Exclusive breastfeeding.

According to (Endy P, 2021; 41) in his book the impact of stunting is: 1) Cognitive impairment. 2) Experiencing learning difficulties. 3) Vulnerable to non-communicable diseases. 4) Lower immunity. 5) Loss of productivity. One of the previous studies related to our research is research conducted by Ahmad Syauqi with the title "Implementation of Guidance and Counseling Information Services to Prevent Stunting in the Community", the results of this research state that the technique of providing information can prevent stunting in the community, especially the Karanganyar Village community https://ejournal2.undiksha.ac.id/index.php/jurnal_bk/article/download/1982/1027/. Using lecture techniques or providing information can make it easier for the public to understand the meaning of stunting, the characteristics of stunting, the impact of stunting, and the efforts that can be taken to prevent and deal with stunting.

Based on this research and existing problems in the field, the author conducted research with the title "The Influence of Group Guidance Services to Increase Understanding of Stunting Prevention among Mothers in the Tunas Jaya I Posyandu Group, Karanganyar Village, Dukuhturi District, Tegal Regency."

2 METHODOLOGY

This research uses quantitative research methods, where according to Sugiyono (2018:13) quantitative methods are research methods that are based on positivistic (concrete data), research data in the form of numbers that will be measured using statistics as a calculation test tool, related to the problem being studied. to come up with a conclusion. According to several opinions, it can be concluded that research methods are scientific procedures, steps or procedures for obtaining data for research purposes. This research is experimental research, where this experiment was carried out to determine whether there was an increase in understanding of stunting prevention through group guidance. In this study, two groups were used, namely the experimental group and the group to be given treatment (guidance group). The control group is the group that was not given any treatment at all. The control group was held to find out the differences that might appear between the two groups and so that the conclusions drawn are stronger. Both the experimental group that was treated and the control group that was not treated were both given an initial test (pretest) and a final test (posttest). In giving treatment, the experimental group was separated from the control group. Before being applied, the research instrument used in the form of a questionnaire was tested for validity and reliability first by conducting a try out.

3 RESULTS

This research was carried out at the Tunas Jaya I Posyandu, Karanganyar Village, Dukuhturi District, Tegal Regency from May to June 2023. The schedule for providing services is in accordance with the schedule determined with the respondents. The results of the study were obtained from predetermined criteria at Posyandu Tunas Jaya I, Karanganyar Village, Dukuhturi District, Tegal Regency. The researchers then distributed questionnaires to collect information about mothers who had a low understanding of stunting. This data or information is used as a basis for carrying out group guidance services and problem solving strategies. Questionnaires that have been filled in and collected by respondents or women from the Posyandu Group in Karanganyar Village, Dukuhturi District, Tegal Regency, the next step is to be analyzed to ensure the validity of the research questionnaire. Reporting on the results of the next data after the data analysis is complete, includes the stages of planning, conducting research, evaluating, presenting and processing data, and discussing results.

3.1 Instrument Testing

For accurate results, before the questionnaire was given to research subjects or samples, it was previously tested on 14 respondents, namely the women of the Posyandu Tunas Jaya III Group, Karanganyar Village, Dukuhturi District, Tegal Regency, which had the same characteristics used in the study. To determine the validity and reliability of the questionnaire instrument, trials were conducted on respondents who were not research participants with a total of 40 statement items, then statements that were declared valid would be given to research subjects or samples.

3.1.1 Try Out, Validity, Reliability

1. The try out in this research was carried out on 14 mothers from the Tunas Jaya III Posyandu Group, Karanganyar Village, Dukuhturi District, Tegal Regency. In the validity test, there are valid and invalid question items, where valid items have a value of rcount > rtable with a significance level of 5%, while invalid items have a value of rcount < rtable. Based on the results of the validity test, there are 34 valid statement items.
2. As a test of the feasibility of the instrument used in research, the next step after the validity test is the reliability test. An instrument is said to be good if it is reliable or trustworthy. An instrument is said to be reliable if the Cronbach's Alpha value is > 0.60. , it is known that the Cronbach's Alpha value is 0.959 > 0.60, the instrument is said to be reliable and if it is seen from the value of rcount, it is obtained at 0.959 then consulted with rtable with a significance level of 5%, namely 0.532, it can be concluded that rcount > rtable, namely 0.959 > 0.532, the instrument can used in research.

3.1.2 Table of pretest, posttest results

Table 1. Results of Questionnaire Distribution (Pretest)

Percentage	Category	Control Group	Percentage	Group Experiment	Percentage
81,25% - 100%	Very good	-	-	-	-
62,50%- 81,24%	Good	1	14,28%	-	-
43,75%- 62,40%	Not Good	5	71,42%	5	71,42%
25% - 43,74%	Not Good	1	14,28%	2	28,57%

Group	N	Minimum	Maximum	Mean
Pre-test Control	7	59	92	58,71
Pre-test Experiment	7	56	84	53,25

From the data above, it can be concluded that from the total number of respondents or research subjects of 14 mothers, data was obtained that in the control group there was 1 mother in the good category and 1 in the bad category with a percentage of 14.28%, and 5 mothers in the poor category with a percentage of 71.42%. Meanwhile, in the experimental group there were 2 mothers in the unfavorable category with a percentage of 28.57%, 5 mothers in the unfavorable category with a percentage of 71.42%. The minimum score for the control group is 59, while the minimum score for the experimental group is 56, while the maximum score for the control group is 92 and the experimental group is 84. It is known that the average for the control group is 58.71 and the average for the experimental group is 53.25.

Table 2. Results of Questionnaire Distribution (Posttest)

Percentage	Category	Control Group	Percentage	Group Experiment	Percentage
81,25% - 100%	Very Good	-	-	6	85,71%
62,50% - 81,24%	Good	-	-	1	14,28%
43,75% - 62,40%	Not Good	7	100%	-	-
25% - 43,74%	Not Good	-	-	-	-

Group	N	Minimum	Maximum	Mean
Post-test Control	7	75	84	59,13
Post-test Experiment	7	109	119	82,87

Based on the data above, it can be concluded that in the control group there were 7 mothers from the Posyandu Tunas Jaya I group in the poor category with a percentage of 14 .28%, and there are 6 mothers from the Tunas Jaya I Posyandu Group in the very good category with a percentage of 85.71%. The minimum value for the control group is 75, while the minimum value for the experimental group is 109, while the maximum value for the control group is 84 and the experimental group is 119. It is known that the average control group is 59.13 and the experimental group average is 82.87.

If seen from the existing data, there is a difference in the mean or average value in the experimental group, that is, initially in the pre-test the average value was 53.26 to 82.87 in the post-test. It can be concluded that there is an average increase in the experimental group, so group guidance services can improve understanding of stunting prevention in the Posyandu Tunas Jaya I Group, Karanganyar Village, Dukuhturi District, Tegal Regency.

4 CONCLUSIONS

This research shows that group guidance can increase the understanding of stunting prevention in the group of Posyandu Tunas Jaya I mothers in Karanganyar Village, Dukuhturi District, Tegal Regency. By looking at the average value there was an increase in the experimental group as much as 29.62. Strengthened by the results of the t-test, a 2-tailed significance value of 0.000 is obtained, where if the significance value is <0.05, the alternative hypothesis is accepted and the null hypothesis is rejected. This research was made with various shortcomings, it is hoped that later researchers will be able to redevelop it so that later the information obtained will be better and there will be updates.

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