

Documentary Films in Reducing The Incident of Stunting Based on Local Wisdom at The Pegang Baru Health Center

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ABSTRACT

Stunting is one of the nutritional problems experienced by toddlers in the world today. In 2017 there were 22.2% or around 150.8 million toddlers in the world stunted. However, this figure has decreased compared to 2000, which was 32.6%. This quasi-experimental study employed a pre-test and post-test design using a control group. The study involved an intervention group of 42 respondents and control group of a further 42 respondents. The sample was selected using purposive sampling. The data were analyzed using a t-test. Respondents' knowledge was obtained on average before being given health promotion about stunting prevention at 21.00 and with a P Value of $0.000 < 0.05$ which means that there is an influence of knowledge with the provision of health promotion about stunting prevention. The average attitude before being given health promotion regarding stunting prevention is 28.00 with a P value of $0.000 < 0.05$ which means that there is an influence of knowledge by providing health promotion about stunting prevention. Health education through documentary film consisting of film about the growth and development of toddlers and stunting can increase mothers' knowledge and attitude about monitoring the growth and development of toddlers and is expected to prevent stunting.

Keywords—Attitude, Film, Knowledge, Stunting

INTRODUCTION

Stunting is a prevalent nutritional issue faced by toddlers in worldwide. Based on UNICEF, WHO, and the World Bank data, in 2017, approximately 22.2% or around 150.8 million toddlers were stunted in the worl. However, this figure has shown a decrease compared to the 32.6% were recorded in 2000 (*Levels and trends in child malnutrition: Key findings of the 2020 Edition of the Joint Child Malnutrition Estimates*, 2021).

The prevalence of stunting In West Sumatra in 2016 was 29.6% and 29.9% in 2018. Although there has been a decrease in the prevalence of stunting, it has not yet reached the target set by the World Health Organization (WHO). The Ministry of Health RI in 2019 reported that based on data of nutritional status monitoring in West Sumatra in 2018, the prevalence of malnutrition among toddlers aged 0-59 months was 3.9% (Kementerian Kesehatan RI, 2019). Furthermore, West Sumatra Province ranks 15th out of 34 provinces in Indonesia in terms of stunting prevalence. Between 2015 and 2017, the percentage of stunting toddlers in West Sumatra were recorded in 19.4%, 18.9%, and 21.3%. Among the 19 regencies/cities in Pasaman Regency, there were three region that had the highest percentage of stunting, namely 21.1%, 25.7%, and 25.1%. Pasaman Regency is located in the northernmost region of West Sumatra Province. The population in this area consists of both Minangkabau and Mandailing residents. According to Amran, the Minangkabau population in Pasaman Regency (Rao) originated from the Gulf of Tonkin on the Asian mainland, and they have a history of Paleolithic, Mezoliticum, and Neolithic

cultures. The Mandailing people have settled in Pasaman and have integrated with the Minangkabau community (DT.Jorajo, 2021).

This population resides along the border of Pasaman (West Sumatra) and South Tapanuli (North Sumatra). While the Mandailing people have agreed to adopt Minangkabau customs and culture, they have not abandoned their own language, customs, and culture from their native region. Preliminary studies have shown that stunted children in families are influenced by parenting practices and complementary feeding, which are strongly influenced by local customs.

METHODS

This research employs a quantitative method utilizing a quasi-experimental design that is non-randomized, with a research design of one group pre and posttest design. The subjects of study are mothers who have children under the age of five in the Pasaman district. The sample for this research consists of mothers with babies aged 6-59 months who visit the Health Center Pegang Baru. The sample size is 40 individuals. The sample were taken by Purposive sampling to collect the data. Data were collected by using pre and post questionnaires to measure knowledge and attitude. Individual interviews were conducted using questionnaires to identify the factors influencing the promotion of health through documentary films and strategies for reducing the incidence of stunting. The data were processed by using the STATA software. Subsequently, an independent T-test is conducted to evaluate the data. This study has obtained approval from the Ethics Committee of the Faculty of Medicine, Andalas University, Indonesia (387/KEP/FK/2019) on June 21st, 2019. The Health Research Ethics Committee of Universitas Negeri Padang has granted an exemption for this study, as stated in Description of Ethical Exemption No.12.01/KEPK-UNP/II/2021.

RESULTS AND DISCUSSIONS

Table 1.Demographic Variables

Demography Variables			
Age	17-25	2	5
	26-35	28	70
	36-45	10	25
	Total	40	100.0
Education	Junior high school	25	62,5
	Senior high school	14	35
	Bachelor	1	2,5
	Total	40	100.0
Employment	Housewife	15	37,5
	Farmer	25	62.5
	Total	40	100.0

Table showed the frequency (n) and the percentage (%) of respondents' demographic data. Age, education and employment were gathered. 70% (n28) of the respondents are ranging from 26-35 years old. Education 62.5% (n25) respondents are junior high school. 25 respondents (62.5%). Majority of respondent have work as farmer 62.5% (n25).

Table 2. Mean and Standard Deviation Knowledge and Attitude

	N	Min	Max	Mean	SD
Pre test Knowledge	40	3	9	6,35	1,79
Post test Knowledge	40	8	12	10,4	1,03
Pre test Attitude	40	12	38	20,75	4.09
Post test Attitude	40	31	41	36,88	4,38

Table 2 showed the mean value of attitude and knowledge on interventions among 40 respondents. It was found that there were an increased of mean value from 6.35 (sufficient) with a standard deviation of 1.79 become 10,4 after given multilevel health promotion with health promotion media, and mean value of attitude from 20.75 (very good) with a standard deviation of 4.09 become 36,88 after the intervention. Notably, the mean value of attitudes after being given health promotion was found to have increased more significantly than before, particularly with the use of documentary film media.

Table 3. The Influence of Documentary Media Health Promotion on Knowledge about Stunting Prevention

		N	Mean Rank	Sum of Ranks	Z	P value
Knowledge						
Pretest-	Negative ranks	40	0,00	0,00	-5.393	0,000
Posttest	Positive ranks	40	19,50	741,00		

Table 3 shows that the wilcoxon test results showed that there was a significant mean value difference between pre and post test data with p value = 0. which means that there is an influence of knowledge by providing health promotion with documentary media about stunting prevention.

Table 4. The Influence of Health Promotion of Documenter Film Media on Attitudes about Stunting Prevention

		N	Mean Rank	Sum of Z Ranks	P value
Attitude					
Pretest-	Negative Ranks	0	0,00	0,000	0,000
Posttest	Positive Ranks	28	20,50	574,00	

Table 4, shows that the wilcoxon test results showed that there was a significant mean value difference between pre-test and post data in with p value =0.000 ($p \leq 0.05$), which means that there was an influence of attitudes by providing health promotion with documentary media about stunting prevention.

The documentary film serves as a valuable learning tool in education. It plays a crucial role in creating an effective teaching and learning environment by providing concrete foundations for abstract concepts, reducing reliance on verbal explanations, and generating student motivation. Additionally, it helps to capture the attention of learners, overcome limitations of space and time, and activate students in the learning process (Agung S., 2012).

The use of documentary films as a learning medium facilitates interaction between educators and students, making the learning experience more engaging, communicative, and motivating. Based on the benefits, learning media use to facilitate the interaction between educators and students, so it makes learning activities more effective and efficient, specifically to deliver the message and the material becomes clear and interesting, interactive, and efficient in time and energy (Agung S., 2012). Meanwhile, film is one of the learning media that can develop students' imagination. Film is a learning media has been integrated with technology and digital media (Sudjana & Rivai, 2011). Film is also a visual medium that makes it easier for students to get an idea of the material provided (Arsyad, 2009).

Furthermore, films, as a form of projection media, leverage advancements in technology and digital media to provide a visual representation of educational content. This visual medium aids students in comprehending and conceptualizing the material being presented. Consequently, the use of documentary films as a learning medium has the potential to cultivate and enhance students' interest in learning, as it offers a direct and immersive portrayal of the subject matter.

The results showed a significant difference of mean value between pre and post-test knowledge data, as determined by the Wilcoxon Test ($p = 0.000$, $p < 0.05$). This suggests that the provision of health promotion through documentary media on stunting prevention has a positive impact on knowledge. These results are consistent with the research were conducted of Annisa, et al. titled "Effect of Health Education Video on Knowledge about Stunting among Women in Childbearing Age," which employed a quantitative design and experimental study with a one-group pretest-posttest design. The study showed an increase of knowledge about stunting among women of childbearing age following health education through video media. Notably, women residing in Cilayung exhibited lower levels of knowledge compared to those residing in Hegarmanah, who demonstrated a higher level of knowledge (Nuraini et al., 2021).

Knowledge about stunting, particularly among women of childbearing age, holds great significance. Furthermore, the level of knowledge among women of childbearing age regarding nutrition plays a crucial role in nutritional issues in Indonesia, including stunting. Therefore, it is

imperative for women of childbearing age to possess comprehensive knowledge about stunting, encompassing its effects and preventive measures. The dissemination of knowledge about stunting can be achieved through health education, which has the potential to motivate individuals to apply the acquired knowledge. Various media, such as visual, audio, and audiovisual, can be utilized for health education purposes. In this particular study, a documentary film, as part of the audiovisual media, was employed to present the determinants and risk factors of stunting based on local wisdom. This information was obtained from the findings of a year-long research project on parenting factors, nurturing, and compassion in the care of toddlers in the border areas of West Sumatra and North Sumatra. The documentary film also includes educational content on the definition of stunting, its prevalence in West Sumatra and Indonesia, risk factors, the impact of stunting, and the role of nutrition in prevention. The utilizing of moving documentary format, the educational message becomes more engaging and easily comprehensible for the audience. Education through documentary films serves as a learning method that aims to enhance cognitive and psychomotor abilities, while also influencing attitudes and emotions through the use of various techniques and effects. Moreover, the results of the study indicate a significant increasing of knowledge following the documentary education, highlighting the effectiveness of health education through documentary films ($p=0.000$). Compared to traditional lecture methods, documentary media allows individuals to acquire a greater amount of information, making it one of the most effective learning tools for improvement.

Based on Said et al, supporting factor and good environment is needed to implementation good practice with knowledge and positive attitude. Stunting still become a main problem in Indonesia now, especially in Jakarta. Stunting in toddler were caused of bad feeding practice, complementary feeding and nutrition intake.

This study showed that, in intervention group there was an knowledge increase and change of mother attitude in meeting of nutritional intake after nutritional education while in group of control there were no significant difference of mothers knowledge and attitudes of stunted toddler mothers.

The result of the study is inline with Yunitasari et al, 2020. Yunitasari found that there was a significant relationship of education, brainstorming and demonstration value to improve mothers knowledge, attitudes, and behavior in stunting prevention, while in group of control found that there were no values (Yunitasari et al., 2020).

Maluye research showed that there were no changes of knowledge in control group experience. Kenya is also conducting the research to show the effectiveness of nutritional education to increase of mother knowledge. The result of the study also showed that the intervention group had relatively higher nutritional knowledge than the control group. The results of this study showed that most of toddlers stunting are caused by indirect factors, or such as age, education level, income, and maternal occupation. Most of them were stunted were caused of the

following factors: lack of knowledge or poor family, attitudes about fulfilling their child's nutrition. Stunting is also influenced of mother age, gender, and toddlers age. According to some studies, higher levels of mothers education also tend to have healthier children, and also vice versa (Detlef et al., 2019)

CONCLUSION

Based on the study results, researchers can conclude that health promotion: education through documentary film media can effectively increase parents' knowledge and attitude about preventing of stunting to toddler. Documentary film is a more interesting audiovisual presentation and can be repeatedly played to make it easier to understand. Researchers believe that health education through documentary film to the public, especially parents, can be the right alternative option for stunting prevention.

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