

Husband's Support in Efforts to Prevent Stunting During Pregnancy at the Akbar Medika Clinic, Mojokerto Regency

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ABSTRACT

Stunting is a disorder of child growth and development, caused by chronic malnutrition and repeated infections that last for a long time, generally from pregnancy to the age of 2 years. Preventing stunting is an important priority, especially during pregnancy. The support of a husband greatly influences the psyche of a pregnant woman to act and make the best decisions to determine her health status. If the husband support the mother to check her pregnancy, maintain a diet, avoid stress, maintain her health and so on, then the mother will be motivated and enthusiastic in undergoing her pregnancy. The purpose of this study was to determine the description of husband's support in preventing stunting during pregnancy at the Akbar Medika Clinic, Mojokerto Regency. The research design used in this study was descriptive. The population was all pregnant women in the third trimester at the Akbar Medika Clinic, Mojokerto Regency, as many as 30 people with the sampling technique used non-probability sampling type of accidental sampling as many as 28 people. The results of this study are that husband's support in efforts to prevent stunting during pregnancy in pregnant women in the third trimester is mostly good (60.7%). The characteristics and sociodemographics of pregnant women's husbands are related to their husbands' support in efforts to prevent stunting during pregnancy, some of which are age and education. The higher the husband's age, the better the knowledge he gets and the better his mindset, so that the husband behaves well, especially in providing support. The higher the level of education of the husband, the better the support given. With higher education, husbands can more easily receive information and are able to apply all things or good behavior for their wife's pregnancy.

Keywords: Husband Support, Efforts To Prevent Stunting During Pregnancy

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INTRODUCTION

Stunting is a disorder of growth and development in children, caused by chronic malnutrition and repeated infections that last for a long period of time, generally from pregnancy to the age of 2 years, caused by very poor nutritional intake during pregnancy, very poor eating patterns, low quality food in line with the frequency of infections so that

it can inhibit growth (Unicef, 2012). Stunting conditions will appear after the baby is 2 years old. Causes of stunting include food intake, birth weight, disease, breast milk, parental education, toddler age, and family economy. (Saadah, 2022)

According to stunting data, 23% of Indonesian babies are already stunted when they are born. Their body length is below 48 cm. Meanwhile, the remaining 77% are stunted after birth. For that, our country is struggling to reduce this condition with a target of 14% reduction by 2024. Currently, the case is still at 27.4% (Kemenkes RI, 2023). In East Java, the three regencies that contribute to the high prevalence of stunting in East Java are Jember Regency, Situbondo, and Bondowoso Regency. The prevalence of stunting in Jember Regency according to SSGI in 2022 is still at 34.9 percent. Meanwhile, Situbondo is still at 30.9 percent and the prevalence of stunting in Bondowoso Regency is still at 32 percent. (Kemenkes RI, 2023).

The role of the husband is very necessary during the pregnancy process. A husband should accompany his wife to check her pregnancy, so that the husband can also know and follow the stages of the baby's development. In addition, the husband can also better understand the emotional state of his wife. The condition before labor is the most stressful and tiring time for a pregnant woman. In such a situation, the presence of a husband by his wife's side greatly helps the wife's feelings to be more controlled. (Umami & Puspitasari, 2007) Husband's support is the most important element in helping individuals solve problems, if there is support, self-confidence will increase and motivation to face problems that occur will increase. Family support, especially from the husband, is very dominant in reducing anxiety during pregnancy, this is where mothers express their complaints during pregnancy. If these complaints are responded to positively, they provide moral support, motivation so that mothers feel calmer, feel they are getting attention from their husbands, so that the moral burden felt will be reduced because of the role of the husband. The presence of a husband for a mother who is experiencing difficulties can provide moral and physical assistance so that it can reduce the burden felt, especially during pregnancy (Widarsson et al., 2012)

Support from those closest to you is very important for fulfilling nutrition and choosing nutrition and the weight of pregnant women. Good social support will always remind pregnant women to maintain their weight during pregnancy so that the nutrition they get is also optimal. Good weight during pregnancy indicates a healthy pregnant woman, so good support is needed (Fitriahadi, 2018). In relation to the importance of husband's support, we are interested in examining the description of husband's support in efforts to prevent stunting during pregnancy in pregnant women who come to the Akbar Medika Clinic, Mojokerto Regency.

METHOD

The design of this research is descriptive. The population of this study was 30 pregnant women in the third trimester who came to the Akbar Medika Clinic, Mojokerto Regency with a total sample of 28 pregnant women. Sampling was taken using a non-probability sampling technique, accidental sampling type. The sample criteria were third

trimester pregnant women who came to the Akbar Medika clinic. This research variable is efforts to prevent stunting during pregnancy. The instrument used was a questionnaire. Data processing is carried out by editing, coding, scoring, data entry and data tabulation.

FINDING AND DISCUSSION

1) General data

- a. Respondent characteristics based on age

Table 1 Characteristics of the Age of the Husband of a Pregnant Woman in the Third Trimester who came to the Akbar Medika Clinic on June 15 - July 1, 2023

No	Age (years)	F	%
1	< 20 tahun	0	0%
2	20 – 30 tahun	10	35,7%
3	31 – 40 tahun	13	46,4%
4	>40 tahun	5	17,9 %
Total		28	100%

Source: Primary Data, July 2023

Based on the table above, the age of the respondents is that the majority (46.4%) of the respondents are between 31 – 40 years old.

- b. Respondent characteristics based on education

Table 2 Characteristics of Education of Husband of Third Trimester Pregnant Women Coming to Akbar Medika Clinic on June 15 - July 1, 2023

No	Education	F	%
1	Basic education	4	14,3%
2	Middle education	17	60,7%
3	Higher education	7	25%
Total		28	100%

Source: Primary Data, July 2023

Based on the table above, it can be seen that the majority of respondents' education is at high school level (60.7%).

2) Custom Data

- a. Results of Husband's Support in Efforts to Prevent Stunting During Pregnancy

Table 3 Husband's Support in Efforts to Prevent Stunting During Pregnancy in Third Trimester Pregnant Women Who Came to the Akbar Medika Clinic on June 15 - July 1, 2023

No	Efforts to prevent stunting during pregnancy	F	%
1	Less	6	21,4%
2	Enough	5	17,9%
3	Good	17	60,7%
Total		28	100%

Source: Primary Data, July 2023

Based on the table above, it can be seen that the majority of husbands' support for pregnant women in the third trimester is good (60.7%).

3) Discussion

Husband's Support in Efforts to Prevent Stunting During Pregnancy The results of the study showed that Husband's Support for Pregnant Women in the Third Trimester was mostly good (60.7%). Husband and family support greatly influences the psyche of a pregnant woman to act and make the best decisions to determine her health status. If the husband and family support the mother to check her pregnancy, maintain a diet, avoid stress, maintain her health and so on, then the mother will be motivated and enthusiastic in undergoing her pregnancy. (Rinata & Andayani, 2018) During pregnancy, husband's support also greatly influences efforts to maintain the health of the wife or pregnant mother and the fetus in the womb. Pregnant women need special affection and attention from the family to feel more comfortable and safe during pregnancy. Husband's support is very necessary. Husband's support can be in the form of more attention than before pregnancy, and provide greater understanding so that pregnant women can feel affection, be appreciated and feel very comfortable with their condition. The existence of husband's support from the family (especially the husband) can encourage pregnant women to be more enthusiastic in facing various changes that occur during their pregnancy, including maintaining the health of their pregnancy through increasing pregnancy visits and consuming iron (Fe) tablets. (Rahma, 2020) Supporting information on how to prevent stunting, including an explanation of the importance of taking stunting medication, calcium and folic acid supplements during pregnancy, will help explain the use of these medications as an effort to prevent stunted growth during pregnancy. (Kusumaningrum et al., 2022). The support given by the husband to the mother in preventing stunting during pregnancy in this study such as accompanying the mother for pregnancy check-ups, ensuring adequate nutrition for the mother and fetus, consuming prenatal supplements, supporting pregnant women in carrying out PHBS (Perilaku Hidup Bersih dan Sehat), the husband providing attention and verbal encouragement during his wife's pregnancy. The active role of the husband is one of the factors in reducing the prevalence of stunting. Therefore, the husband must also optimize in terms of knowledge. With the knowledge he has, the husband must also play an active role in care and support

starting from the mother during pregnancy to caring for the child to monitor their growth and development optimally and must also be able to play a role in preventing stunting (Iswandari et al., 2020). The husband as the breadwinner for his children and wife, with the income he earns, greatly influences the fulfillment of family nutrition which will have an impact on preventing stunting (Juwita & Ediyono, 2023). Efforts to prevent stunting during pregnancy, the role of the husband as head of the family is very important to participate in providing information, fulfilling nutrition and making quick and accurate decisions when pregnant women need medical services. In addition, by fulfilling all the needs of the mother during pregnancy, both physically and non-physically, the fetus will grow healthily (Sari, 2023) Good support from a husband will help the mother to go through her pregnancy comfortably so that the pregnant mother can accept all the changes that occur during pregnancy and the pregnancy can run smoothly.

Husband's characteristics and sociodemographics are related to the support given by the husband, some of which are age and education. Based on the results of the study in table 1, it was found that the age of the respondents was mostly (46.4%) of the respondents were between 31-40 years old, so they were included in early adulthood where early adulthood is a productive age to form a household and be ready to accept the responsibility of being a husband. In this early adulthood, a person always wants to adapt to new habits and new social dreams. In other words, the older a person is, the more experience they have and the more they understand and comprehend the situation (Muzayyaroh, 2021). As one gets older, a person's level of physical skills and strength will be more mature in absorbing information, thinking and working (Nurfatimah et al., 2021)

Based on table 2, it can be seen that the majority of respondents' education is at the high school level (60.7%). Higher education can guarantee better knowledge compared to low education. The higher the level of education, the easier it will be for someone to understand and influence behavioral changes including in the health sector (Anjarwati, 2016). Education can change a person's behavior, attitude and personality so that the person's attitudes and values will develop in a dynamic and perfect direction. (Susanti & Lismidiati, 2017) This is in line with research conducted by Umami and Puspitasari (Umami & Puspitasari, 2007) which states that the percentage of husbands whose highest education is high school has a good role when compared to husbands whose highest education is elementary school. (Susanti & Lismidiati, 2017). The higher the level of education of the husband, the better the support given. With higher education, the husband can more easily receive information and is able to apply all things or good behavior for his wife's pregnancy.

CONCLUSION

The results of the study showed that Husband's Support in Efforts to Prevent Stunting During Pregnancy in Pregnant Women in the Third Trimester was mostly good

(60.7%). The characteristics and sociodemographics of the husband of pregnant women are related to the husband's support in efforts to prevent stunting during pregnancy, some of which are age and education. The higher the husband's age, the better the knowledge he gets and the better his mindset, so that the husband behaves well, especially in providing support. The higher the level of education possessed by the husband, the better the support given. With higher education, the husband can more easily receive information and is able to apply all things or good behavior for his wife's pregnancy.

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