

**THE EFFECTIVENESS OF STUNTING PREVENTION SOCIALIZATION ON
INCREASING THE KNOWLEDGE OF MOTHERS PARTICIPATING IN
INTEGRATED HEALTH POSTS (POSYANDU) IN KARE VILLAGE, MADIUN
REGENCY**

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ABSTRACT	Article History
Stunting remains a significant health problem in Indonesia, particularly in rural areas like Kare Village, Madiun Regency, which has a fairly high prevalence. The community's limited understanding of stunting contributes to this issue. Providing education to the community is crucial for increasing knowledge about stunting prevention. This study aims to determine whether stunting prevention socialization increases the knowledge of housewives in Kare Village. Researchers used a one-group pretest-posttest design. They selected 40 housewives using the total sampling method. They administered pretest and posttest questionnaires to collect data. They then analyzed the data using the Wilcoxon test. The average pretest knowledge score was 2.60 (±1.008), which increased to	Received: Desember 2025 Reviewed: Desember 2025 Published: Desember 2025 Copyright : Author Publish by : Krepa  This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License

4.02 (± 0.959) in the posttest. The statistical test showed $p < 0.05$, indicating a statistically significant difference.	
KEYWORDS stunting prevention, socialization, knowledge, integrated health post	

1. INTRODUCTION

Stunting is a form of childhood growth failure caused by chronic malnutrition, particularly during the first 1,000 days of life (Romadhona et al., 2023). In 2013, 161 million children worldwide had a nutritional status below -2 SD of median length-for-age/height-for-age, using WHO Child Growth Standards. Stunting results from complex household, environmental, socioeconomic, and cultural factors. It indicates pathological abnormalities linked to higher morbidity and mortality, reduced physical growth, impaired neurological and cognitive development, and increased chronic disease risk in adulthood (de Onis & Branca, 2016).

According to 2024 Ministry of Health data, Indonesia's stunting prevalence was 19.8%, down 1.7% from 2023. East Java is among six provinces with the highest rates, with 430,780 children under five (Badan Kebijakan Pembangunan Kesehatan, 2025). Madiun Regency's stunting prevalence in January 2025 was 5.41% (1,753 children under five), while Kare Village's was 3.49% (11 children) (Dinas Kesehatan Kabupaten Madiun, 2025). These figures relate to limited parental and maternal knowledge of stunting prevention.

Stunting arises from several factors, including limited parental knowledge, especially maternal, of prevention. Mothers play a key role in caregiving, nutrition, and health, as maternal knowledge is a critical determinant of children's nutritional status and growth (Handayani et al., 2024). Nutrition education and community-based interventions are essential strategies to improve awareness and reduce malnutrition risks (Rahayu et al.,

2018).

Parental knowledge about stunting in Kare Village varies. Good knowledge encourages preventive actions (Nurhaida et al., 2024), such as ensuring adequate nutrition and a healthy lifestyle for children. Outreach is expected to enhance mothers' understanding at the Posyandu, thereby preventing stunting and reducing the number of cases. This study aims to determine whether stunting prevention outreach improves the knowledge of housewives in Kare Village.

2. METHOD

This study uses a pre-experimental research design. Researchers chose a one-group pretest-posttest design because the study involved only one group of respondents, who received outreach about stunting prevention. Researchers measured knowledge levels before (pretest) and after (posttest) the activity.

The research subjects were mothers participating in the Posyandu in Kare Village, Madiun Regency. A total sample of 40 respondents was selected using total sampling, encompassing all participants in the socialization program who met the inclusion criteria. The inclusion criteria required mothers to fully participate in the socialization activity and complete both the pretest and posttest questions.

Researchers used a questionnaire with five multiple-choice questions. These questions measured mothers' knowledge about stunting. They covered the definition, causes, impacts, prevention, and the role of families in preventing stunting.

This study began when researchers administered a pretest to mothers participating in the Posyandu to assess their initial knowledge of stunting. Researchers then conducted a socialization session on stunting prevention and held a question-and-answer session with a competent speaker. They used flipcharts and leaflets, sourcing material from the Ministry of Health's Stunting Prevention Flipchart book. Researchers then asked the

mothers to complete the same questionnaire as before to measure their knowledge gains following the socialization.

Researchers used univariate analysis to describe respondent characteristics and the distributions of pretest and posttest scores. Bivariate analysis using the Wilcoxon test was employed because the data were not normally distributed.

3. RESULT AND DISCUSSION

Table 1. Average *Pretest* and *Posttest* Knowledge Scores and Statistical Test Results

Variables	N	Mean ± SD	Median	Min–Maks	p-Value
<i>Pretest</i>	40	2,60 ± 1,008	2,00	1–5	< 0,001
<i>Posttest</i>	40	4,02 ± 0.959	4,00	2–5	

Respondents scored an average of 2.60 (SD 1.008) with a median of 2.00 on the pretest. After the socialization, their average score increased to 4.02 (SD 0.959) with a median of 4.00. The Wilcoxon test yielded a p-value of <0.001 ($p < 0.05$), indicating that the *pretest* and *posttest* scores differ significantly.

On August 6, 2025, organizers held a socialization on stunting prevention at the Posyandu in Kare Village, Kare District, Madiun Regency. Forty mothers attended the event. Before the socialization, organizers distributed a pretest of five questions. The team delivered clear and relevant material from the Stunting Prevention Flip Sheet book by the Ministry of Health. Organizers also provided mothers with a leaflet containing a

summary, allowing them to read and retain it for future reference. After the socialization, they held a question-and-answer session, which mothers attended enthusiastically. The session was crucial to prevent misinformation. Afterward, the organizers gave a posttest to assess the mothers' understanding.

Data analysis from this study shows that after socialization on stunting prevention, mothers participating in the Posyandu in Kare Village, Madiun Regency, increased their knowledge of stunting prevention. The Wilcoxon test revealed a significant difference between *pretest* and *posttest scores* ($p < 0.05$). These results match those of (Azizah et al., 2025), who found that socialization activities increased stunting prevention knowledge and understanding among pregnant women and adolescent girls. The *Pocket Book for Smart Cadres in Stunting Prevention* also emphasizes the role of health cadres in delivering continuous education to mothers and communities as a key strategy for preventing stunting (Kementerian Kesehatan RI, 2021). (Retno et al., 2024) also showed that health education about stunting improved maternal knowledge and attitudes.

Mothers participating in the Posyandu in Kare Village increased their knowledge about stunting prevention thanks to effective and interactive outreach methods. Organizers used attractive flipcharts and *leaflets as outreach media*. Organizers also provided real-life examples relevant to the daily lives of the Kare Village community. The question-and-answer session ensured the outreach was interactive, which helped participants remember and understand the content.

Most residents of Kare Village still lack adequate knowledge about stunting. According to Madiun District Health Office data, the stunting prevalence is 3.49% (11 children). The community health center offers monthly height and weight checks, as well as supplementary feeding (PMT), but has not previously conducted outreach on stunting prevention.

Through this outreach program, mothers participating in integrated health service posts (Posyandu) in Kare Village became more aware of the importance of balanced

nutrition and the parental role in preventing stunting from an early age. Their post-test scores, which improved compared to pre-test scores, reflect increased understanding of stunting. However, this study faced limitations due to the small number of respondents and its reliance on knowledge measurements rather than tracking long-term behavioral changes. Researchers recommend ongoing educational activities involving Posyandu cadres and community health centers so the increased knowledge can lead to actual behavioral changes in the community.

4. CONCLUSION

A stunting prevention outreach program among mothers in integrated health service posts (Posyandu) in Kare Village, Madiun Regency, was associated with increased knowledge about specific stunting prevention measures, including improved child nutrition and hygiene. *Pretest* and *posttest results* showed significant improvement in these areas, indicating the outreach program may have contributed to increased public understanding. Organizers hope that the community will apply this knowledge, thereby reducing the prevalence of stunting in Kare Village, Madiun Regency.

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CONFLICT OF INTERESTS

The authors declare that there is no conflict of interests regarding the publication of this article.

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