Analysis of the Need for the Use of the First 1000 Days of Life (HPK) Education E-Module to Educate Mothers About Stunting

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Abstract
Stunting has an impact on children starting from the beginning of a child's life and will continue in the human life cycle. Stunting has a negative impact on children's brain development. Early in life causes a slowdown and reduc-tion in the number and development of brain cells and other organs. There is a need for learning media to increase pregnant women's knowledge of the dangers of stunting. The aims of this study were to obtain: 1) an overview of the use of e-module media as a means of learning the dangers of stunting for pregnant women, 2) views and constraints faced by mothers in raising awareness of the dangers of stunting, 3) learning media formulations that need attention that can developed to increase awareness of the dangers of stunting. The results of the observations were in the form of an instrument for assessing the needs of elementary school students which were analyzed descriptively qualitatively. The researcher found that the use of social media as a learning resource in the process of understanding the dangers of stunting has been carried out in the field, but has not been implemented optimally, namely: 1) there are obstacles to unstructured and complete information, be-cause detailed and focused presentation of material is required 2) the materi-al is not packaged interestingly makes mothers who use it less enthusiastic, and 3) learning media that need to be developed to increase awareness of the dangers of stunting are e-modules to increase awareness of the dangers of stunting.
Keywords: *e-modul, needs analysis, stunting*

INTRODUCTION

Stunting, a long-term nutritional issue in toddlers, is characterized by shorter heights than kids their own age. Stunting has an impact on not just a child's health but also on their IQ, making stunted children more prone to illness and at risk of acquiring degenerative disorders (Ministry of Health, 2018). The most effective intervention for assessing the prevalence of child stunting in Indonesia is infor-mation (Beal and Neufeld, 2018). In order to prevent stunting, especially in tod-dlers, the government is implementing a Nutrition Improvement Acceleration Program with the First 1000 Days of Life Movement (Ruaida, 2018).

The World Health Organization (WHO) has released data on the incidence of stunting in children under the age of five, and it shows that Indonesia is the third country in the region of South-East Asia (SEAR) with the highest prevalence of stunting. with an average stunting rate of 36.4%. (2018) (UNICEF, WHO, and Estimates) Toddlers are stunting in various provinces, with rates of 34.8% in 2017 and 35.6% in 2018 (Riskesdas, 2018). The proportion of under-fives in Indonesia who had extremely poor nutritional status was 9.8% and 19.8% in 2017 and 30.8% in 2018. According to data from the Sop-peng District Health Office for 2017 and 2018, the percentage of very short toddlers is 6.5%, while the per-centage of short toddlers is 10.4%. This means that 20.2% of toddlers are stunted.

Stunting is caused by a lack of awareness about nutrition during and during preg-nancy, a lack of ANC (Ante Natal Care) services, a lack of access to nutrient-rich food for households and families, and a lack of clean water and sanitation (TNP2K, 2017). Stunting starts to happen when a teenager becomes a mother who is undernourished and anemic, gets worse during pregnancy with inadequate nu-tritional intake, and has an effect on babies born (Ministry of Health, 2018). Growth and the risk of stunting are affected by health and nutritional conditions before, during, and after childbirth (Rohmawati and Sulisti-yani, 2019). One strategy to overcome stunting and must be implemented is nutrition intervention for pregnant women to increase mother's knowledge in the first 1000 days of life (1000 HPK) by providing education in the form of counseling to pregnant women (Ministry of Health, 2018). So far, in providing education to pregnant women, midwives generally use conventional books, which contain monitoring of growth and development of toddlers, especially for detecting the risk of stunting which is not clearly stated, this is what is suspected to be one of the causes of low knowledge of pregnant women about stunting .

According to the findings of a pilot study conducted in Sidomukti Village, Kasiman District, Bojo-negoro Regency, only 20% of pregnant women and 30% of recently delivered moms knew much about stunting. According to research, risk factors for stunting can be avoided by raising awareness and implementing early nutrition interventions (Nshimyiryo et al., 2019). Utilizing digital media for posyandu cadres in an effort to promote and prevent stunting by increasing mothers' awareness of the risk (Astuti et al., 2018).

The development of digital media (Hermina & Prihatini, 2015) in accordance with research (Wahyurin et al, 2019) applying brainstorming and audio-visual methods in terms of providing education to detect the risk of stunting is a strategy to increase the knowledge of mothers at Posyandu.

Based on the aforementioned information, 1000 HPK need learning materials to raise their moms' awareness of the risks of stunting. The usage of digital media cannot now be isolated from educational activity. A key component of the learn-ing process is the use of media as a learning agent (Marlinah, 2018).

One way to increase knowledge and learning is by using e-modules so that re-searchers conduct research entitled "Analysis of the Need for the Use of the First 1000 Days of Life (HPK) Education E-Module to Educate Mothers About Stunt-ing" in Sidomukti Village Kasiman District, Bojo-negoro Regency.

METHODS

The research method used is quantitative with a survey method (Sugiyono, 2018). The data collection technique is a non-test technique, with an instrument in the form of a questionnaire (I Gunawan, 2013), the questionnaire was then distributed to 30 women in Sidomukti Village, Kasiman District, Bojonegoro Regency.

RESULTS AND DISCUSSIONS

In this section, some information will be presented regarding the responses of the research subjects, namely village officials, as a first step in identifying their needs so that what mothers actually need is facilitated regarding stunting prevention. Table 1. The following are the responses from the questionnaire distributed.

Table 1. Pregnant Women And Mothers Response

Questions / Statements	Answer Options	Percentage (%)
Bagaimana pemahaman Anda mengenai pencegahan Stunting?	Understand	30%
	Enough Understanding	0%
	Do not understand	70%
Apakah anda pernah ikut sosialisasi pencegahan stunting?	Ever	80%
	Never	20%
Media information conveyed when participating in training / workshops?	Slide PPT	70%
	Poster	20%
	Video	10%
What type of media do you think is needed to be able to understand the dangers of stunting?	Printed book	10%
	Electronic Module	80%
	Poster	10%
Do you need a video tutorial on how to understand the dangers of stunting?	Yes	90%
	No	10%

Based on the data in Table 1, it can be seen that most mothers find it difficult and do not understand proper stunting prevention. This was identified from the re-sponses to the questionnaire which showed that 70% of Sidomukti village moth-ers still did not understand stunting. Although the majority of village mothers stated through the results of the questionnaire that they had attended workshops or training on how to prevent stunting (80% attended training), they still did not really understand after being put into practice. Of course, these results are sup-ported by their statement that without appropriate media and continuous educa-tion, they will not understand and understand

stunting prevention.Referring to the next question/statement, that the Sidomukti village lady needs media so that they can study the material independently, and it is hoped that later on this mate-rial there will be a structured tutorial video starting with understanding, how to prevent it and certain nutritional tips in preventing stunting. Its application is in accordance with the responses of the research subjects who stated that they wanted to, namely 90%.

Therefore, media in the form of electronic modules can be an option to be devel-oped, considering that most of them also want the presence of these media prod-ucts. It is undeniable that e-modules can be used to maximize understanding of the dangers of stunting and understanding of adequate nutrition for mothers and children independently through video tutorials, and the material contained there-in. In line with that, it is known that as learning materials, e-modules are very suitable to be studied independently by their users, this is in line with their inher-ent characteristics (Hadianto & Festiyed, 2020; Laili et al. ., 2019). In addition, entering the digital era in the 21st century, which is known for technological de-velopments, demands that everything utilize technology and users, in this case the village capital of Sidomukti, also tend to be familiar with the presence of technology (Arsić & Milovović, 2016; Ghosh et al., 2021). In addition, the bene-fits that the Sidomukti village lady will get if she uses the e-module are that her learning motivation increases, and is able to increase understanding (McKnight et al., 2016). Therefore, it is hoped that the e-module can be one of the solutions to overcome problems for mothers and pregnant women in the village of Sidomukti Bojonegoro.

CONCLUSION

Based on the results of the previous research and discussion, it can be concluded that so far the mothers and pregnant women in Sidomukti village still have a fairly low understanding of the dangers of stunting, so it is quite difficult for them to learn on their own without the help of others. One way to overcome this problem and the low understanding of the dangers of stunting is to make material for them to learn through an e-module format, which besides containing text material, the material is also provided in a video tutorial format. It is hoped that they can better understand how good nutrition is for mothers and good nutrition for children.

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