
	<h1>Gema WIRALODRA</h1>
	<p>Editor-in-Chief: Yudhi Mahmud</p> <p> Publisher: Universitas Wiralodra</p>

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To cite this article:

Katarina, Y., Rahman, H., & Andriwati, A., B. (2025). The Effect of Providing Animated Video Education on Premarital Knowledge About Stunting Prevention, 16(2), 318 – 325.

To link to this article:

<https://gemawiralodra.unwir.ac.id/index.php/gemawiralodra/issue/view/57>

Published by:

Universitas Wiralodra

Jln. Ir. H. Juanda Km 3 Indramayu, West Java, Indonesia

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Abstract

According to The South Sulawesi Provincial Health Office reported that the stunting rate decreased from 27.3% in 2023 to 23.3% in 2024. The target for reducing stunting in South Sulawesi Province is 6.1% in 2045. The government's target is to reduce the national stunting rate to 18.8% in 2025, 14.2% in 2029, and 5% in 2045, which means it has not yet reached the target. *Stunting* is a condition of stunting in toddlers due to chronic malnutrition, resulting in the child being too short for their age. The period from 0-24 months of age is a crucial period for a child's quality of life, and is therefore often referred to as the golden period. Prospective brides and grooms are also prospective parents, so providing education on stunting prevention through animated videos is crucial. This type of research is... *Cross Sectional*. Study *Cross Sectional* with design *post test design* with a population of 105 people and a sample of 51 people. The results of the study showed that the mean value before and after treatment decreased, where *pre testis* 2.25 while the value *post testis* 1.27 reinforced with the Sig. value. (2-tailed) of 0.000, which indicates that there is an influence of providing animated videos about preventing stunting on the knowledge of prospective brides and grooms about preventing stunting.

Keywords: Prospective Bride, Stunting, Golden Period, Animated Videos

1. Introduction

Stunting is a chronic malnutrition problem in children that is influenced by various factors. Stunting is a serious threat in Indonesia that requires appropriate intervention. Stunting is a health problem, not only in Indonesia but also globally (Meliandini, 2024). Children who suffer from stunting will likely never reach their maximum height. Prevention efforts are better carried out early so that the future of the nation's successors can grow healthily (Diana et al., 2024). The height of children who suffer from stunting is shorter than the average height for children their age. Similarly, the brains of children who suffer from stunting are likely never to develop to their normal cognitive potential. Several studies on stunting have concluded that stunting is caused by various factors, including malnutrition in children, maternal malnutrition, and food security. A review of the common causes of stunting in children in Indonesia has been conducted. They concluded that non-exclusive breastfeeding for the first 6 months, premature birth, low household socioeconomic status, height, short birth length, and low maternal education are important determinants of child stunting in Indonesia (Aswi et al., 2022). Dominant factors causing stunting namely the result of feeding behavior or wrong nutritional parenting patterns (Diana et al., 2024). Toddler period (infants under five years) is a golden age, and it is an important period in the process of human growth and development (Erika et al., 2023)

An understanding of stunting, or stunted growth and development in children, is essential for couples contemplating marriage. Prospective brides and grooms must ensure good nutrition

to ensure their future children are also well-nourished. This means that prospective brides and grooms need to be mindful of their health, whether they, as parents or as mothers, are in good health. They should plan health improvement measures based on their individual nutritional needs. If their nutritional and health status is good, they should maintain it through a healthy lifestyle. Conversely, if their condition is not good, for example due to an underlying medical condition, they should consult a doctor about appropriate steps (Kemenkes, 2022). The number of cases is still high *stunting*. This is not free from misunderstandings among Indonesian people who consider it normal for toddlers to be shorter than children of the same age (Quraisy et al., 2025).

A pregnant woman needs 75 days to prepare her eggs. Three months before conception, good nutritional status is essential to produce quality eggs. Poor nutritional status can create a cycle, starting with a malnourished child who grows into a malnourished teenager. Furthermore, *stunting* can also be caused by conditions during pregnancy (Ardianto et al., 2024). This teenager becomes a mother-to-be who, if she becomes pregnant, will also suffer from malnutrition, leading to another malnourished child. This cycle will continue unless stopped (Kemenkes, 2022). Pregnancy under the age of 20 increases the risk of maternal and infant death, and reduces the quality of health (Candra Wulan, Maria Sonda, 2024).

Early *stunting* prevention efforts must be implemented to break the chain of *stunting*. The importance of fulfilling nutritional needs during this period will also determine the quality of optimal growth and development (Nurlinda et al., 2021). Prospective brides are mothers-to-be, who are the spearhead of family health, especially for their children. Therefore, it is important for prospective mothers to understand matters related to child nutrition during the first 1,000 days of life. *Stunting* has a lifelong negative impact on children and affects subsequent generations, so there needs to be awareness in every individual that *stunting* can be prevented early (Medinawati et al., 2022). Poor nutritional status is associated with *stunting*. *Stunting* is not only caused by poor access to food but also by parenting patterns, including food intake, mealtimes, food locations, mealtime rules, number of family members, frequency of fish consumption, family roles, and a suboptimal child-eating environment (Mitra & Mahkota, 2025).

Health education using audiovisuals is an excellent strategy for increasing knowledge. The audiovisual method conveys information using audio, which is perceived by the sense of hearing, and visual, which is perceived by the sense of sight. The audiovisual method aims to encourage individuals to absorb information more easily (Fadyllah & Prasetyo, 2021). Therefore, providing audiovisuals about *stunting* to prospective brides and grooms can help them understand *stunting*, which in turn can help them prevent it in their children. One of Indonesia's dreams for its 100th anniversary in 2045 is to create a golden generation (Rupiasih, 2022).

World Health Organization (WHO) placed Indonesia as the third country with the highest *stunting* prevalence rate in Asia in 2017. The national survey, which is the main reference in efforts to accelerate *stunting* reduction, recorded a decline in national *stunting* prevalence, from 21.5% in 2023 to 19.8% in 2024. The government's target is to reduce the national *stunting* rate to 18.8% in 2025, 14.2% in 2029 and 5% in 2045. The six provinces with the largest number of stunted toddlers are West Java with 638,000 toddlers, Central Java with 485,893 toddlers, East Java with 430,780 toddlers, North Sumatra with 316,456 toddlers, East Nusa Tenggara with 214,143 toddlers, and Banten with 209,600 toddlers.

According to the Indonesian Ministry of Religious Affairs' (Kemenag) national marriage data, there were 1,478,302 brides and grooms in 2024. The number of brides and grooms in 2024 in South Sulawesi Province was 48,718, while in Gowa Regency it was 4,354. Gowa Regency had the third highest number of brides and grooms after Makassar City (6,822) and

Bone Regency (4,626). In 2023, the Religious Affairs Office (KUA) in Bontonompo District recorded 4,626 brides.756 people and in 2024 as much 815 people. The large number of marriage data each year has prompted the National Population and Family Planning Agency (BKKBN) to conduct an audience with the Indonesian Ministry of Religious Affairs (KEMENAG) in the Framework of Synergy to Accelerate Stunting Reduction. Family Planning Towards Quality Families is oriented towards reducing stunting. BKKBN starts from the premarital period, pregnancy, then the interval between the current pregnancy and the next pregnancy. Currently, many teenagers want to be slim, but if they are too slim, their upper arm circumference does not meet the requirements for pregnancy. So because they are too thin, they can become anemic and when pregnant can produce stunted children. Several programs/activities of the Ministry of Religious Affairs related to stunting prevention, such as the implementation of marriage guidance/premarital courses, the material content is added to the importance of reproductive health, especially 1000 HPK. The activity provides material by counselors such as midwives, PKK, and KB cadres to family companions and prospective brides and grooms (BKKBN, 2021)

According to The South Sulawesi Provincial Health Office has reduced the stunting rate from 27.3% in 2023 to 23.3% in 2024. The target for stunting reduction in South Sulawesi Province is 6.1% in 2045. The number of stunted children in Bontonompo District in February 2025 was 497. Previously in 2020 there were 501 children (11.9%). Based on the description above, the researcher is interested in examining the Effect of Providing Animated Video Education on Premarital Knowledge About Stunting Prevention at the Religious Affairs Office (KUA) of Bontonompo District.

2. Method

This research approach uses quantitative descriptive. The design used in this study is a one-group pre-post test design, namely the sample in this study was observed first before being given treatment, then after being given the treatment the sample was observed again. Using a cross-sectional study design. The location of this research was conducted at the Office of Religious Affairs (KUA) Bontonompo District. The population in this study were premarital women of age minimum 19-45 years old in March namely 105 people. The sample in this study were premarital women aged 19-45 years old at the Sirimau District Religious Affairs Office (KUA) in Ambon. They were selected using purposive sampling, with a sample size of 51 individuals. A closed-ended questionnaire was used, with each statement linked to a correct or incorrect answer. Respondents' responses were collected before and after watching an animated video on stunting prevention according to the Ministry of Health in 2023.

Tabel 1.

Respondent Characteristics and Frequency of Research Variables

	Variabel	n	Persentase (%)
Gender	Man	18	35.3
	Women	33	64.7
Educaiton	SD-SMA	36	70.6
	D1-S3	15	29.4

				Original Article
Work	civil servant	6	11.8	
	Private	11	21.6	
	Self-employed	4	7.8	
	Other	30	58.8	
Knowledge Before	Good	7	13.7	
	Enough	24	47.1	
Knowledge After	Good	37	72.5	
	Enough	14	27.5	

The majority of respondents who were given animated video education were aged 19-25 years, namely 32 people (62.2%), and 26-35 years old were 17 people (33.3%), while 36-45 years old were 2 people (3.9%). The majority of respondents were women, namely 33 people (64.7%), while 18 were men (35.3%). Respondents with elementary school-high school education were 36 people (70.6%) and D1-S3 education were 15 people (29.4%). Other types of work were 30 people (58.8%), private sector as many as 11 people (21.6%), civil servants as many as 6 people (11.8%), self-employed as many as 4 people (22%). It is known that the majority of respondents' knowledge before being given animated video education was sufficient knowledge as many as 24 people (47.1%), less knowledgeable as many as 20 people (39.2%) and good knowledge as many as 7 people (13.7%) and it can be seen that the majority of respondents' knowledge after being given animated video education was good knowledge as many as 37 people (72.5%) and sufficient knowledge as many as 14 people (27.5%).

This bivariate analysis aims to determine whether there is a relationship between the provision of animated video education and premarital knowledge about stunting prevention. The Kolmogorov-Smirnov test was conducted to determine whether the data were normally distributed. Based on the analysis test, a significance value of 0.000 was obtained, which means the data were not normally distributed. Therefore, for the bivariate analysis test, the Wilcoxon test was used. The following is the frequency distribution of the influence of animated health videos on prospective brides and grooms' knowledge about stunting prevention.

Tabel 2.

The effect of providing animated video education on stunting prevention before and after at the Religious Affairs Office (KUA) of Bontonompo District

	Pengetahuan	Frekuensi	Mean	Std. Deviation	P Value (Sig.)
1. Pre Test		51	2.25	0.688	0.000
2. Post Test		51	1.27	0.451	

Based on table 2 above after the Wilcoxon test, it can be concluded that the mean value of animated video education before and after being given treatment, the result of the mean value decreased where the pre-test was 2.25 while the post-test value was 1.27, this shows that animated video education is able to increase the knowledge of prospective brides and grooms

about stunting with a standard deviation value of the pre-test is 0.688 and the post-test is 0.451. This is reinforced by the Sig. (2-tailed) value of 0.000, the value is smaller than 0.05, so it can be concluded that animated video education has an effect on pre-marital knowledge about stunting

3. Result and Discussion

Stunting is a condition of growth failure in infants (0-11 months) and toddlers (12-59 months) due to chronic malnutrition, especially in the first 1,000 days of life, resulting in children being too short for their age. Providing information about stunting prevention to prospective brides and grooms through animated videos is crucial in preventing stunting. Prospective brides and grooms can certainly prepare themselves for the golden age, or the first 1,000 days of a child's life. A person's knowledge of an object has varying intensity or level. Knowledge increases as a result of the respondent's learning process and as a result of the subject's readiness for the test given to the respondent. Most knowledge is acquired through sight and hearing. In this study, the animated video presentation media used to increase the knowledge of prospective brides and grooms proved effective.

The majority of respondents' knowledge before being given animated video education was sufficient knowledge of 24 people (47.1%), less knowledge of 20 people (39.2%) and good knowledge of 7 people (13.7%) while the knowledge of respondents after being given animated video education was good knowledge of 37 people (72.5%), sufficient knowledge of 14 people (27.5%) and no respondents had less knowledge. The results of the difference test to see the influence using the Wilcoxon test analysis, the mean value of animated video education before and after being given treatment decreased where the pre-test was 2.25 while the post-test value was 1.27, reinforced by the Sig. value (2-tailed) of 0.000, the value is smaller than 0.05, it can be concluded that animated video education has an effect on pre-marital knowledge about stunting. This shows that animated video education is able to increase the knowledge of prospective brides and grooms about stunting with a significant value.

The results of this study are in line with research conducted by (Nurlinda et al., 2021) on 42 respondents that there is an effect of animated video counseling on premarital knowledge about nutrition education with a P value test = $0.000 < 0.05$. Another study by Fauziatin et al., 2019 there were 72 respondents who showed a significant influence between health education with animated media and premarital knowledge about stunting prevention (p value = 0.000).

Audiovisual video is an intervention that can be used as a learning medium, presented in the form of moving images and attractive colors. Animated video media can be channeled through the sense of sight, where approximately 75% to 87% of knowledge is absorbed, followed by 13% through the sense of hearing, and 12% through other senses. The benefits of animated video can improve impressions and understanding, as well as stimulate everyone's interest in receiving information (Fazira et al., 2023). Several studies comparing education using video media with other media have shown that video media is more effective in increasing audience knowledge, such as those conducted by (Firmansyah et al., 2020).

Video media is considered the most effective medium compared to other media for stunting prevention education. Through educational videos on stunting prevention, adolescent girls improved their knowledge and attitudes about stunting. The powerful visuals and inspiring stories in the videos helped raise a deep awareness of the issue. consequences of stunting and motivating adolescent girls to adopt healthy lifestyle behaviors (Refky Dermawan et al., 2024)

According to (Rasman et al., 2022), all senses, especially hearing and sight, are involved in audiovisual media. The more knowledge absorbed, the more senses are utilized. Educational information is needed for prompt and appropriate treatment. This ensures that the public is not

only aware, knowledgeable, and understands but also willing and able to implement recommendations related to health (Meilani & Fitriana, 2023).

This research is in line with research conducted by (Lestari et al., 2025), which stated that animated educational videos affect adolescents' knowledge about reproductive health in an effort to prevent stunting. The majority of respondents were 14 years old (45%) and most were female (56%). Based on parental education, the majority of fathers had a junior high school education (40%) and mothers had an elementary school education (42%). Most fathers worked as laborers/farmers (85%), while most mothers were housewives (88%). The average adolescent knowledge about reproductive health before the intervention (pre-test) was low, with a score of 42.00. After being given an intervention in the form of animated educational videos (post-test), the average score increased to 82.00, which is included in the "good" category.

Audiovisual methods can be a supporting medium for providing concise, clear, engaging, and easily understood information to prospective brides and grooms, and can also increase a person's knowledge. The advantages of audiovisual methods over other methods are their simplicity and effectiveness. Various types of media in audiovisual methods, such as animated videos, can provide interesting and concise information about nutrition. Researchers assume that providing information about stunting prevention is an effective method for increasing respondents' knowledge. Interesting animated videos can help respondents understand the important information provided (Mega et al., 2024).

4. Conclusion

The conclusion of this study is that providing animated video education about stunting prevention has an impact on the knowledge of prospective brides and grooms. The mean score for animated video education before and after the treatment decreased. pre testis 2.25 while the value post testis 1.27 reinforced with the Sig. value. (2-tailed) of 0.000.

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