

# Formation of a Group of Women of Fertilizing Age (WUS) Caring for Stunting and Prevention of Early Marriage

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## Article Information:

Received December 12, 2023

Revised December 20, 2023

Accepted December 20, 2023

## Keywords:

Early Marriage; Stunting; Wus

## Abstract

43.5% of stunting cases in Indonesia occur in children under 3 years of age whose mothers are aged between 14-15 years, while 22.4% occur with mothers aged between 16-17 years. The proportion of women of childbearing age (WUS) who were at risk of experiencing CED in Indonesia in 2017 was 10.7%, while the proportion of pregnant women who were at risk of experiencing CED was 14.8%. Based on an analysis of the situation in Tumbuan Village, Lubuk Sandi District, data was obtained that the population = 2021 people, the number of families = 573 families, the number of couples of childbearing age (PUS) = 306 couples while the number of teenagers 12-19 years = 285 people. With the high number of stunting sufferers in Tumbuan Village, and the large number of Women of Childbearing Age, we intend to carry out activities to form a group of women of childbearing age (WUS) to care about stunting and prevent early marriage in Tumbuan Village. In this research, pre-test and post-test methods were used. This service activity was carried out by forming a Group of Women of Childbearing Age (WUS) Caring for Editing and Preventing Early Marriage. The results of this community service showed an increase in the knowledge of the WUS group in Tumbuan Village, Lubuk Sandi District with an average increase of 4.8.

## A. Introduction

Stunting is a growth and development disorder that causes delays in growth and development in children when compared to their peers (Fuadah et al., 2023; Nugroho et al., 2023). Growth retardation begins when the fetus is still in the womb, due to the mother's food intake before and during pregnancy being less nutritious. From there the baby's nutritional needs in the mother's womb will decrease. This lack of nutritional needs will hinder the baby's growth and development and may continue after birth (Lestari et al., 2022; Pebriandi et al., 2024; Wulansari et al., 2021).

Globally, stunting is a sustainable development goal (SDGs). Indonesia is achieving the second Sustainable Development Goal or SDG, namely eradicating hunger, ensuring food security and better nutrition, and supporting sustainable agriculture (Handrian & Andry, 2020; Karyanto & Martiana, 2020; Quaralia, 2022). The goal is to overcome stunting which is expected to decrease by 2025. This second goal is closely related to the third goal, namely ensuring healthy lives and supporting the welfare of all ages.

Women of childbearing age (WUS) are women whose reproductive organs are functioning well at the age of 20 - 45 years (Dartiwen & Nurmala, 2019; Passe et al., 2021; Wawan et al., 2017). During her lifetime, it is estimated that women will experience vaginal discharge at least once. Usually vaginal discharge often occurs during the reproductive period (Mawaddah, 2019; Rahmanindar et al., 2022). Another fact is that 43.5% of stunting cases in Indonesia occur in children under 3 years of age (toddlers)

whose mothers are aged between 14 and 15 years, while 22.4% occur with mothers aged between 16 and 17 years. Young women are still psychologically immature and lack knowledge about pregnancy and how to raise children correctly (Assriyah et al., 2020; Mukhodim & Hanum, 2015; Ningrum & Anjarwati, 2021).

The proportion of women of childbearing age (WUS) who were at risk of experiencing CED in Indonesia in 2017 was 10.7%, while the proportion of pregnant women who were at risk of experiencing CED was 14.8%. WUS nutritional intake should be increased for those at risk of developing CED to achieve ideal body weight during pregnancy. For pregnant women who experience CED, there is a nutritional improvement program provided by the government, specifically providing additional food in the form of biscuits containing protein, linoleic acid, carbohydrates and enriched with 11 additional vitamins and 7 minerals according to the recommended dosage determined by the government Ministry of Health. Regulation Number 51 of 2016 concerning Nutritional Supplement Product Standards.

Based on an analysis of the situation in Tumbuan Village, Lubuk Sandi District, data showed that the population = 2021 people, the number of families = 573 families, the number of couples of childbearing age (PUS) = 306 couples while the number of teenagers 12-19 years old = 285 people. Seeing the high number of stunting sufferers in Tumbuan Village, Lubuk Sandi District, Seluma Regency and the large number of Women of Childbearing Age, we intend to carry out activities to form a group of women of childbearing age (WUS) to care about stunting and prevent early marriage in Tumbuan Village, Lubuk Sandi District.

## B. Research Method

This community service activity is carried out using training methods. The targets for this activity are Women of Childbearing Age (WUS) in Tumbuan Village, Lubuk Sandi District, Seluma Regency, Bengkulu Province. Number of WUS 20 people were given training. Service activities start from licensing process for carrying out community service in Tumbuan Village until the process of making reports and publications lasts for 6 months, namely from July to December 2023. Specifically for carrying out pre-test, distributing leaflets, delivering material about stunting and preventing early marriage, And The post-test will be carried out on August 3 2023. The following are the steps for implementing the activity.

- a) Pre-test to determine WUS initial knowledge about stunting and early marriage
- b) Health education about stunting and early marriage, and distributing leaflets
- c) Post-test to measure the increase in WUS knowledge of Stunting and Early Marriage after being given health education
- d) Recruiting WUS from Tumbuan Village, Lubuk Sandi District as agents of change who have the ability to act as a group that cares about stunting and early marriage.
- e) Coordination with Mr and Mrs Head of Village to form the organizational structure of the WUS group caring for Stunting and Early Marriage
- f) Formation of a WUS group concerned with stunting and early marriage

The data collection technique used a test given to 20 WUS who took part in the training. The average of the pre-test and post-test results is calculated, then the increase in the average value is looked for in percentage form. A total of 12 WUS who got the highest post test scores were made managers/responsible for the WUS group who care about stunting and early marriage.

## C. Result and Discussion

Community service activities will be carried out from July to December 2023. For carrying out pre-tests, distributing leaflets, delivering material about stunting and preventing early marriage, and the post test will be conducted on August 3 2023.



**Figure 1.** Activity Documentation

The pre-test activity for WUS knowledge about stunting and early marriage was carried out to determine the initial level of knowledge before being given health education. Next, the service team provided education about stunting and early marriage, and distributed leaflets. After that, a post test on knowledge about WUS Stunting and Early Marriage was carried out to determine the increase in knowledge level after being given health education. The following are the results of the average pretest score, average posttest score, and the percentage increase in the average posttest score from the pretest score.

**Table 1.** Education Participants' Knowledge about Stunting and Early Marriage

Knowledge level	Pre-test Mean Score	Post-test Mean Score	Different Means
Correct answer	90.2	95	4.8

Based on Table 1, it was found that there was an increase in the average participant knowledge score from the pre and post test questionnaire measurements, which was 4.8%.

After the activity ended, a WUS group was formed that cared about stunting and early marriage and at the same time coordinated with the village head to form an organizational structure for the WUS group that cares about stunting and early marriage in Tumbuan Village, Lubuk Sandi District. During coordination, it is explained how activities are carried out to achieve the goals. A total of 12 WUS who got the highest post



test scores were made managers/responsible for the WUS group that cares about stunting and early marriage.

The advantage of this community service is that it has increased the knowledge of the WUS group in Tumbuan Village, Lubuk Sandi District with an average increase of 4.8. Apart from the advantages, this community service activity also found shortcomings, namely the lack of maternal participation in early detection of stunting and early marriage. Overall, there are no significant difficulties in implementing this community service.

#### D. Conclusion

Based on the results of community service activities, it can be concluded that the expected goals can be achieved, namely: a. Socialization of stunting and prevention of early marriage to the WUS group; b. There is an increase in the knowledge of the WUS group; c. Formation of the WUS group; and d. The existence of the WUS group organizational structure.

#### E. Acknowledgments

The author expresses his appreciation and thanks to all parties who have donated funds or helped this service physically and financially

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