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The Relationship Between Maternal Knowledge About The First 1000 Days Of Life (HPK) And The Occurrence Of Stunting In The Jabon Sidoarjo Health Center Work Area

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ABSTRACT
The first thousand days of life (1000 HPK) is the period from 270 days (9 months) during the mother's womb to 730 days (24 months) after the child is born which can determine the future of humans. One of the health problems in 1000 HPK that often occurs in children is stunting, so it is very necessary for mothers' knowledge to be able to prevent stunting by optimizing 1000 HPK. This study aims to determine the relationship between maternal knowledge about the first 1000 days of life (HPK) with the occurrence of stunting in the Jabon Sidoarjo Health Center Working Area. This study used a type of correlation analytic research with a cross sectional approach. The sample in this study were some mothers who had children aged 0-5 years in the Jabon Sidoarjo Health Center working area, Dukuhsari Village, totaling 79 mothers with simple random sampling technique. The results of this study indicate that all (89.7%) mothers have sufficient knowledge whose children do not experience stunting and most (73.1%) mothers have less knowledge whose children experience stuning. The results of the Chi-Square statistical test obtained an Asymp.sig (2-tailed) value = 0.00 <0.05, it can be concluded that there is a significant relationship between maternal knowledge about the first 1000 days of life (HPK) with the occurrence of stunting. Therefore, health workers need to provide counseling to mothers, especially about 1000 HPK and it is recommended that parents need to increase knowledge by seeking information about the importance of 1000 HPK in preventing stunting.

Keywords: First 1000 Days of Life (HPK), Stunting, Knowledge

INTRODUCTION
The early growth and development of a child play a crucial role in individual development. Monitoring this development should start as early as possible, from pregnancy until the child reaches 2 years of age (Adriani et al., 2018). This is influenced by the fact that a child's growth and development are closely related to the golden period, known as the first 1000 days (HPK). During this period, the child's growth and development are rapid and at high risk. Key aspects to monitor during the first 1000 days include the nutritional intake of the mother, fetus, and child. Neglecting these factors can lead to various problems impacting the child's future health. One common health issue during the first 1000 days is stunting. Stunting affects not only height but also brain development and immune system function. This is often due to the mother's lack of knowledge about optimizing the first 1000 days. Therefore, addressing maternal ignorance about the first 1000 days in relation to stunting is essential, as it can disrupt child growth and development and is linked to awareness levels and even child mortality (Azizah, 2023).

In 2020, data from the World Health Organization (WHO) and UNICEF indicated that 21.9% or 149 million

children under five years old were affected by stunting (UNICEF, 2020). Nationally, the SSGBI data from 2021 showed a decline in stunting prevalence, though not significant. In 2020, the rate decreased from 27.6% to 24.4%. However, this has not met the national target of 14%. The Indonesian Nutritional Status Survey (SSGI) from the Ministry of Health reported that stunting prevalence among toddlers in East Java reached 19.2% in 2022. Although East Java experienced a sharp decline in 2022, the prevalence of stunting in Sidoarjo Regency increased from 14.8% in 2021 to 16.1% in 2022 (Munira, 2022). According to the Sidoarjo Regency Health Profile, Puskesmas Jabon ranks second highest in stunting rates at 11.8% within Sidoarjo Regency (Sidoarjo Health Profile, 2022).

The prevalence of stunting in Indonesia has not yet reached the national target of 14%, largely due to insufficient maternal knowledge, particularly regarding nutritional intake during the first 1000 days. Factors contributing to low maternal knowledge about the first 1000 days include age, education, and occupation. If this issue remains unaddressed, the risk of growth and developmental problems in children will increase. Maternal knowledge of nutrition during the first 1000 days is vital because maternal and child nutritional status determines the quality of human resources. Evidence shows that nutritional and health status during preconception, pregnancy, and breastfeeding are critical periods. The first thousand days—270 days of pregnancy and 730 days of the infant's early life—are sensitive periods where any adverse effects on the baby can be permanent and irreversible (Ministry of Health of the Republic of Indonesia, 2013). Short- and long-term impacts of neglecting the first 1000 days include impaired brain development, delayed cognitive abilities, stunting, and even child mortality (Azizah, 2023).

To achieve the target of reducing stunting prevalence to 14% by 2024 in Indonesia, the Scaling Up Nutrition movement or the National Movement for Accelerating Nutritional Improvement in the First 1000 Days (Gerakan 1000 HPK) aims to address nutritional issues with a focus on the first 1000 days, particularly for pregnant women, breastfeeding mothers, and children aged 0-23 months. The 1000 HPK program includes specific and sensitive interventions. Specific interventions target children within the 1000 HPK period and mothers before and during pregnancy, typically conducted in the health sector. Sensitive interventions are carried out through various development activities outside the health sector and involve cross-sectoral collaboration. To reduce stunting rates, 30% relies on specific interventions, while 70% depends on sensitive interventions.

Based on the above, the researcher is interested in investigating the relationship between maternal knowledge about the first 1000 days of life (HPK) and the incidence of stunting in the working area of Puskesmas Jabon Sidoarjo.

RESEARCH METHOD

This study uses correlational analytic research with a cross sectional study approach. Correlational analytics is a study conducted to determine the relationship or correlation of the two variables studied (Lapau, 2019). While the cross sectional approach is a study where data collection is carried out at one time or one specific period and observation of the study subject is only carried out once during one study (Notoatmodjo, 2018). This study aims to determine the relationship between maternal knowledge about the first 1000 days of life (HPK) with the occurrence of stunting in the Jabon Sidoarjo Health Center Working Area. The population of this study were all mothers who had children aged 0-5 years in the Jabon Sidoarjo Health Center working area, totaling 104 people. The sample size in this study was 79 mothers using the slovin formula. In this study, sampling used

probability sampling techniques by means of simple random sampling with the independent variable, namely maternal knowledge about the first 1000 days of life (HPK) by filling out a questionnaire that had been tested for validity and reliability while the dependent variable was the occurrence of stunting. Data collection by measuring height/length with age comparison. Measurement of stunying with a child growth curve according to Permenkes No. 2 of 2020 concerning Anthropometric Standards.

RESULTS

General Data

Tabel 1. Frequency distribution of characteristics of mothers who have children aged 0-5 years in the Jabon Sidoarjo Health Center working area on April 21-28 2024.

No	Characteristics	Category	Frequency	Percentage (%)
1.	Age	17-25 years	11	14%
		26-35 years	42	53%
		36 - 45 years	23	29%
		46 - 55 years	3	4%
		56 - 65 years	0	0%
	Total		**79**	**100%**
2.	Education	Did not complete Elementary School	2	2.5%
		Elementary School	3	3.8%
		Junior High School	9	11.4%
		Senior High School	52	65.8%
		College	13	18.5%
	Total		**79**	**100%**
3.	Occupation	Civil servant	8	10.1%
		Retired	0	0%
		Privat Employee	10	12.7%
		Housewife	53	67.1%
		Self Employed	7	8.9%
		etc	1	1.3%
	Total		**79**	**100%**
	Resources	Health Workers	20	25.3%
		Electronic media	52	65.8%
		Print media	7	8.9%
	Total		**79**	**100%**

Based on Table 1, among mothers with children aged 0-5 years in the working area of Puskesmas Jabon Sidoarjo (Dukuhsari Village), the majority (53%) are aged 26-35 years, while a small percentage (3%) are aged 46-55 years. Regarding maternal education, most mothers (65.8%) have completed high school, and a small percentage (2.5%) did not finish elementary school. In terms of occupation, most mothers (67.1%) are housewives, and a small percentage (1.3%) are employed in the military or police. Concerning sources of information, most mothers (65.8%) obtain information from electronic media, while a small percentage (8.9%) get information from print media

Specific Data

Table 2. Distribution of maternal knowledge about the first 1000 days of life (HPK) in the working area of Puskesmas Jabon Sidoarjo from April 21-28, 2024.

Category	Frequency	Percentage
Less	26	33%
Sufficient	39	49%

Good	14	18%
Total	**79**	**100%**

Based on the research results in table 4.2 Maternal knowledge in the Jabon Sidoarjo Health Center work area (Dukuhsari Village) almost half (49%) of mothers have sufficient knowledge, namely 39 mothers, almost half (33%) of mothers have less knowledge, namely 26 mothers, and a small proportion of mothers have good knowledge (18%), namely 14 mothers.

Table 3. Distribution of the incidence of stunting in the working area of Puskesmas Jabon Sidoarjo from April 21-28, 2024

The incidence of stunting	Frequency	Percentage
Stunting	25	31.6%
No Stunting	54	68.4%
Total	**79**	**100%**

Based on table 3, the results show that most children (68.4%) do not experience stunting in the Jabon Sidoarjo Health Center working area, namely 54 children and almost half (31.6%) of children experience stunting, namely 25 children.

Table 4. Cross-tabulation of Maternal Knowledge About the First 1000 Days of Life (HPK) with the Incidence of Stunting in the Working Area of Puskesmas Jabon Sidoarjo from April 21-28, 2024

Knowledge	**The Incidence of Stunting**						**P value**
	Stunting		**No Stunting**		**Total**		
	n	%	n	%	n	%	
Less	19	73.1%	7	26.9%	26	100%	0.00
Sufficient	4	10.3%	35	89.7%	39	100%	
Goog	2	14.3%	12	85.7%	14	100%	
Chi Square Test	***p* =0.00 p< α = 0.05**						

Based on table 4, it can bseen that almost all mers have sufficient and good knowledge about the first 1000 days of life (HPK) whose children do not experience stunting. And most mothers have less knowledge about the first 1000 days of life (HPK) whose children experience stunting. The results of the statistical test of the relationship between maternal knowledge about the first 1000 days of life (HPK) with the occurrence of stunting using the Chi Square test showed that the Asymp. Sig (2-tailed) is 0.00. The significant value is $p < 0.05$ so that H0 is rejected. From the results of these statistical tests, it shows that there is a significant relationship between maternal knowledge about the first 1000 days of life with the occurrence of stunting in the Jabon Sidoarjo Health Center Working Area.

DISCUSSION

Maternal knowledge about the first 1000 days of life (HPK) in the working area of Puskesmas Jabon Sidoarjo

Based on the results of research in the working area of Puskesmas Jabon Sidoarjo Dukuhsari Village almost half (49%) of mothers have sufficient knowledge. This shows that almost half of mothers know about 1000 HPK. Mothers have sufficient knowledge due to several factors including maternal education and maternal age. This is evidenced by the results of the study which show that half (50%) of mothers who have sufficient knowledge have a high school education. This illustrates that mothers can receive information and accept new things, especially those related to 1000 HPK with a secondary education level and above, meaning that mothers will be encouraged to want to find out something,

seek experience so that the information obtained will be more extensive. Basically, the higher the education, the easier it is for someone to get information and it will be easier to accept new things. Not only education, maternal age is also a factor that affects maternal knowledge. In addition, this study found that almost half (45.2%) of mothers who had sufficient knowledge were in the age range of 26-35 years. Age is a productive age for a woman. This age is an adult age so that maturity in thinking and making decisions in changing attitudes and behavior where the increasing age of a person, the processes of development of physical and mental aspects will be more mature.

Therefore, to improve maternal knowledge, it is expected that health workers can help convey clear and detailed information, especially to pregnant women and mothers who have children aged 0-5 years related to optimizing the first 1000 days of life (HPK), especially nutrition because this is a critical period that will have an impact on the physical development and cognition of children. It is expected for mothers to seek information about the first 1000 days of life from relevant sources so that the information obtained can be accounted for. Because it will have a big impact on the first 1000 days of life (HPK) of a child.

The occurrence of stunting in the Jabon Sidoarjo Health Center working area

The results of research conducted by (Emelia, et al, 2023) with the title The Relationship between Maternal Knowledge About the First 1000 Days of Life with the Incidence of Stunting in Toddlers at the Kereng Bangkirai Health Center in Palangka Raya City obtained the results of almost half (30%) of children experiencing stunting and most (70%) children not stunting. This is supported because it is influenced by parental knowledge in parenting, especially in fulfilling nutrition. In this study, almost most mothers have sufficient knowledge, this is motivated by the mother's level of education, namely high school.

Based on the results of research in the Jabon Sidoarjo Health Center working area, Dukuhsari Village shows that most children do not experience stunting, this is because the mother's knowledge is in the sufficient category. Maternal knowledge about the fulfillment of nutrition during the first 1000 days of life is very influential on child growth. Maternal knowledge about the fulfillment of nutrition during the first 1000 days of life (HPK) is very important for the process of growth and development of children. Mothers have a big role in the progress of the growth and development of their toddlers. Therefore, the better the mother's knowledge, especially about the first 1000 days of life (HPK), the stunting incidence rate will decrease because good knowledge will produce children whose growth and development is good too.

Therefore, to reduce the incidence of stunting in the Jabon Sidoarjo Health Center Working Area, it is necessary for health workers to provide counseling and consultation related to the importance of checking themselves during pregnancy, meeting nutritional needs during the first 1000 days of life, routinely participating in posyandu activities so that TB / U children will be monitored regularly so that the incidence of stunting will decrease.

The relationship between maternal knowledge about the first 1000 days of life (HPK) and the occurrence of stunting in the Jabon Sidoarjo health center work area

The results of this study are also in line with research (Shelly, 2021) with the title The Relationship between Food Intake and Maternal Knowledge About the First 1000 Days of Life with the Incidence of Stunting in Toddlers in Pulau Jambu Village, Working Area UPT BLUD Puskesmas Air Tiris. Based on the Chi Square Test, there is a significant relationship between intake and knowledge about the First 1000 Days of Life (HPK)

with a p value = 0.00 <0.05 with the incidence of stunting.

Based on the results of the study, the Asymp. sig (2-tailed) value is 0.00, there is no gap between theory and fact, because according to the researcher that the mother's knowledge about the first 1000 days of life (HPK) has a significant relationship with the occurrence of stunting in children aged 0-5 years. Parents' knowledge can help in improving nutrition in children to achieve mature growth rates. Lack of knowledge, especially about nutrition during the first 1000 days of life (HPK) can hinder optimal growth and development in children. Judging from the results of this study there are still children who are stunted with mothers who have less knowledge, the work of mothers and the sources of information obtained by mothers can cause stunting in children. In this study, the cause of the lack of information about the first 1000 days of life (HPK) is because health workers in providing education are still lacking, especially the fulfillment of nutrition that should be given to children in the first 1000 days and explaining the importance of mothers having to know about the first 1000 days of life.

It is expected, especially for pregnant women and mothers who have children aged 0-5 years, to be able to increase knowledge about the first 1000 days of life (HPK) and for health workers to overcome growth and development problems in toddlers by providing counseling or counseling, especially about nutritional intake during the first 1000 days of life (HPK) to mothers or families so that mothers or families can apply the knowledge provided by health workers and can reduce the incidence of stunting in children under five.

CONCLUSION AND RECOMMENDATION

From the results of research that has been conducted by the author with the title "The Relationship between Maternal Knowledge of the First 1000 Days of Life (HPK) with the Occurrence of Stunting in the Jabon Sidoarjo Health Center Work Area", the author can draw several conclusions as follows; Maternal knowledge about the first 1000 days of life (HPK) almost half have sufficient and good knowledge in the Jabon Sidoarjo Health Center working area; Most children aged 0-5 years do not experience stunting in the Jabon Sidoarjo Health Center work area; Maternal knowledge about the first 1000 days of life (HPK) has a significant relationship with the occurrence of stunting in the Jabon Sidoarjo Health Center working area.

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