Journal of Innovative and Creativity
Journal Homepage: https://joecy.org/index.php/joecy
e-mail: journaljoecy@gmail.com

Faculty of Education
University of Pahlawan Tuanku Tambusai
ISSN 2775-771X (Online)
ISSN 2962-570X **(Printed)**
5 (3) 2025, Page: 34016-34021

Adolescent Attitudes and Motivation in Stunting Prevention Efforts in Leminggir Village, Mojosari District, Mojokerto Regency

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Published: September, 2025

ABSTRACT

Stunting is another form of growth failure and chronic malnutrition that occurs over a long period of time, this is different from acute malnutrition. The occurrence of stunting in children is caused by, among other things, the health condition of the mother during childbirth and during adolescence. Adolescents are a group that is vulnerable to health problems. One factor that causes stunting is anemia. Therefore, it is necessary to prevent anemia in adolescents, especially adolescent girls, to prevent children who will be born with stunting. One effort that can be done to prevent anemia in adolescent girls so that later children are not born with stunting is by fulfilling good nutrition during adolescence and understanding stunting. The study purpose was to determine whether there is a relationship between attitudes and motivation of adolescents in efforts to prevent stunting during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency. Materials and methods. The design in this study was cross-sectional. The population was all adolescents in Leminggir Village, Mojosari District, Mojokerto Regency, with a simple random sampling technique of 31 people. Results. The data were analyzed using the Spearman Rank test using the SPSS program and the results obtained ϱ-value = 0.002 (ϱ-value <0.05) so it can be concluded that there is a relationship between attitudes and motivation of adolescents in efforts to prevent stunting during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency. Conclusions. These findings indicate that the more positive attitudes and higher motivation of adolescents, the better their involvement in stunting prevention behaviors, such as fulfilling nutrition, maintaining cleanliness, and awareness regarding reproductive health and future planning. This study emphasizes the importance of empowering adolescents through health education, increasing nutritional understanding, and creating a supportive environment, so as to strengthen their role in efforts to prevent stunting from an early age.

Keywords: Attitude, Motivation, Adolescents, Stunting.

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INTRODUCTION

Stunting is another form of growth failure and chronic malnutrition that occurs over a long period of time, this is different from acute malnutrition. Stunting can also occur before birth and is caused by very poor nutritional intake during pregnancy, very poor parenting patterns, low food quality along with the frequency of infections that can inhibit growth (Unicef, 2012). The occurrence of stunting in children is caused by, among other things, the health conditions of the mother during childbirth and during adolescence. Adolescents are a group that is vulnerable to health problems (Pratiwi et al., 2022). According to Rasdianah (2023), one factor that causes stunting is anemia (Rasdianah et al., 2023). This is in line with previous research by Rizkiana (2022) which states that the factors causing stunting are anemia and chronic energy deficiency during adolescence (Rizkiana, 2022). Therefore, anemia prevention in adolescents, especially adolescent girls, is necessary to prevent children who will be born with stunting. One way to prevent anemia in adolescent girls and prevent stunting is through adequate nutrition during adolescence and an understanding of stunting.

In Indonesia, stunting cases decreased in 2022, from 24.4% to 21.6% (Badan Kebijakan Pembangunan Kesehatan, 2023), and then to 15.8% in 2023 (Badan Kebijakan Pembangunan Kesehatan, 2024). The prevalence of stunting in East Java decreased from 23.5% in 2021 to 19.2% in 2022 (Badan

Kebijakan Pembangunan Kesehatan, 2023). According to the 2023 Indonesian Child Health Survey (SKI), the stunting rate in East Java was 13.8% (Badan Kebijakan Pembangunan Kesehatan, 2024). The stunting rate in Mojokerto Regency reached 27.4% in 2021, then decreased to 11.6% in 2022. In Mojokerto Regency, specifically in Leminggir Village, one of the villages assisted by the Modopuro Community Health Center (Puskesmas), the Sehati (Selasa Sehat Turunkan AKB AKI) and Sejoli (Selasa Sehat Jaga Lansia Mandiri) programs have been implemented. These programs are innovations from the Mojokerto Regency Health Office, in collaboration with the Regent, to accelerate stunting reduction in the region.

Various improvement efforts are needed to address stunting, including efforts to prevent and mitigate direct disorders (specific nutrition interventions) and efforts to prevent and mitigate indirect disorders (sensitive nutrition interventions). Adolescence is a time of rapid physical, cognitive, and psychosocial growth. This period is fraught with change and prone to problems. Therefore, special attention, understanding, and appropriate management of adolescents are crucial factors for their future success, given that this is a crucial period (Kemenkes, 2016). The impact of malnutrition on a woman's life cycle, such as chronic malnutrition and pregnancy with insignificant weight gain, can result in the birth of a low-birth-weight baby, a risk factor for stunting in children. This cycle will continue if the root of the problem is not addressed. Eradicating the root of stunting begins not only during pregnancy but also requires addressing the deeper roots. Preparing adolescent girls to grow into a generation ready to assume the role of mothers, both physically and mentally, requires(Ratu Matahari & Dyah Suryani, 2022). As prospective mothers, adolescent girls need to be educated about stunting, as a step to prepare them with the knowledge to prevent it through improving nutrition during adolescence, reproductive age, pregnancy, postpartum, and childcare. Adolescent girls play a crucial role in stunting prevention because they are the mothers-to-be who will influence the nutritional status of their future children. Adolescence is a critical period for growth and development, so good nutritional status during this period is crucial. However, many adolescent girls still lack adequate information and education regarding balanced and healthy nutrition. This lack of knowledge can contribute to unhealthy eating patterns and lead to malnutrition, potentially reducing the health of adolescent girls and their future children (Muchtar et al., 2023). Nutrition education programs for adolescent girls are a strategic effort to prevent stunting. These programs aim to improve adolescent girls' knowledge, attitudes, and behaviors regarding the importance of balanced nutrition and healthy eating practices. Through structured and ongoing education, it is hoped that adolescent girls will understand the importance of nutrition, implementing a good diet, and preparing yourself as a healthy and knowledgeable prospective mother (Riska, 2021).

METHOD

The purpose of this study was to determine the relationship between attitudes and motivation of adolescents in efforts to prevent stunting during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency. The design in this study was cross-sectional. The population was all adolescents in Leminggir Village, Mojosari District, Mojokerto Regency, using a simple random sampling technique of 31 individuals. Data were analyzed using the Spearman Rank test using the SPSS program.

FINDING AND DISCUSSION

Adolescent Attitudes in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

The following will present the Adolescent Attitudes in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency in Table 1.

Table 1. Adolescent Attitudes in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Attitude	Frequency	Percentage
Good Attitude	25	80,6
Moderate attitude	6	19,4
Total	31	100

Based on table 1, it can be seen that the attitude of adolescents in efforts to prevent stunting during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency is good (80.6%).

Adolescent Motivation in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

The following will present the Adolescent Attitudes in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency in Table 2.

Table 2. Adolescent Motivation in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Motivation	Frequency	Percentage
High motivation	21	67,7
Moderate motivation	10	32,3
Total	31	100

Based on the table above, it can be seen that the majority of adolescents' motivation in efforts to prevent stunting during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency is good (67.7%).

Attitudes and Motivation of Adolescents in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

The following will present the Adolescent Attitudes and Motivation in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency in Table 3:

Table 3. Attitudes and Motivation of Adolescents in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Attitude	Motivation of Adolescents in Efforts to Prevent Stunting				Total	
	High Motivation		Moderate Motivation			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Good Attitude	20	80	5	20	25	100
Moderate attitude	1	16,7	5	83,3	6	100
Total	21	67,7	10	32,3	31	100

Table 3 shows based on the results of the study, it was found that adolescents who had good attitudes mostly had good motivation (80%), adolescents who had sufficient attitudes mostly had sufficient motivation (83.3%), based on the results of the Spearman Rank statistical test using the SPSS program, the ρ-value = 0.002 (ρ-value <0.05) was obtained so that it can be concluded that there is a relationship between attitudes and motivation of adolescents in efforts to prevent stunting in adolescents in Leminggir Village, Mojosari District, Mojokerto Regency..

Discussion

Adolescent Attitudes in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Based on the research results, it can be seen that the attitude of adolescents towards stunting prevention during adolescence in Leminggir Village, Mojosari District, Mojokerto Regency is good (80.6%). The results show that the majority of adolescents who have a good attitude also show readiness and awareness in implementing stunting prevention efforts during adolescence. Attitude is an important component that influences adolescents' readiness to make decisions regarding health behaviors, including maintaining nutritional intake, complying with the consumption of Iron Supplement Tablets (TTD), and understanding the importance of reproductive health in preparation for future pregnancy.(Badan Kebijakan Pembangunan Kesehatan, 2023) According to Azwar (2016), positive attitudes are formed through the interaction of a person's knowledge, beliefs, and experiences. Therefore, adolescents with good insight into stunting tend to have more supportive attitudes towards preventive measures (Azwar, 2016). Good knowledge and attitudes will shape the behavior of adolescents who will later become prospective brides and grooms in improving their nutritional status before preparing for pregnancy, which will indirectly affect the health status of the mother, the fetus, and the quality of the baby to be born. (Purnamasari et al., 2022)

Adolescent Motivation in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Based on research results, most adolescents have strong motivation. Motivation is an internal drive that drives someone to act and maintain certain behaviors.(Sardiman, 2007) Motivated adolescents tend to be more consistent in maintaining their diet, complying with nutritional supplementation, and actively seeking health-related information. Motivational factors for taking iron tablets influence adolescent girls' compliance. One study showed that there was a decrease in motivation to take iron tablets when adolescent girls experienced an unpleasant odor from the tablets. (Ansari et al., 2021) According to Bernard Berelson and Gary A. Steiner, as quoted by Soedarmayanti (2001), motivation is a mental state that drives activity and provides energy that leads to achieving needs, providing satisfaction, or reducing imbalances. (Soedarmayanti, 2001) A strong drive within an individual is one effort to carry out activities that lead to the goal of improving health. This confirms that motivation plays a critical role in the success of health interventions in adolescents.

Attitudes and Motivation of Adolescents in Efforts to Prevent Stunting During Adolescence in Leminggir Village, Mojosari District, Mojokerto Regency

Based on the research results, thus it can be concluded that the more positive an adolescent's attitude, the higher their motivation in carrying out stunting prevention efforts. This finding is in line with the theory of behavioral change which states that attitude is a cognitive factor that influences the formation of a person's motivation and actions (Notoatmodjo, 2011). Significant behavioral changes in adolescents occur through increased knowledge, attitude formation, and motivational reinforcement involving sensory stimuli, especially sight and hearing. This process supports understanding and responding to the information received, where knowledge becomes the basis for action. (Adventus MRL et al., 2020) Bandura's social cognitive theory emphasizes that learning occurs through the interaction between cognition, environment, behavior, and the importance of self-efficacy in dealing with change. (Purwaningsih et al., 2019) Internal motivation, such as personal desires, level of knowledge, and education, as well as external motivation, such as family support, religion, and social reinforcement, play a role in encouraging healthy behavior. (Mediani et al., 2022) Positive adolescent attitudes significantly increase their motivation to carry out stunting prevention behaviors. Thus, health education during adolescence is a long-term investment in improving the quality of human resources and the nation's economic resilience. (Muchtar et al., 2023) This relationship shows the importance of health education interventions that focus on forming positive attitudes to encourage healthy motivation and behavior in adolescents as part of sustainable stunting prevention efforts.

CONCLUSIONS

The findings demonstrate that adolescents in Leminggir Village generally possess a positive attitude toward stunting prevention, as indicated by the high percentage of good attitudes (80.6%). A positive attitude is shown to be closely related to readiness and awareness in carrying out preventive measures, including maintaining nutritional intake, complying with the consumption of Iron Supplement Tablets (TTD), and understanding reproductive health as preparation for future pregnancy. In line with Azwar's explanation that attitudes are formed from knowledge, beliefs, and past experiences, it can be concluded that good insight into stunting contributes to supportive attitudes toward preventive actions. This highlights that improving adolescent knowledge and perspective is essential in shaping future healthy behaviors that support maternal and child health.

Motivation also plays a crucial role in adolescent stunting prevention efforts, as adolescents with high motivation tend to be more consistent in applying healthy practices and seeking information related to nutrition and reproductive health. The study confirms that positive adolescent attitudes reinforce motivation, in accordance with behavioral change theory which states that attitudes influence motivation and action. This relationship aligns with Bandura's social cognitive theory, which emphasizes interaction between cognitive processes, environmental support, and behavior in shaping health practices. Therefore, strengthening adolescent attitudes and motivation through structured and continuous health education becomes a strategic investment in preventing stunting across generations, contributing to long-term improvements in community health and national human resource quality.

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