



## Relationship Between Sociodemographic Characteristics and the Readiness of Prospective Brides to Meet the Nutritional Adequacy of the First 1,000 Days of Life in Pajangan District

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### ABSTRACT

Knowledge, attitudes, and practices are the three domains that cause human behavior. Maternal behavior in providing nutrition for the first 1,000 days of a child's life is related to the nutritional status of children under five. So, failures that occur in the period of the first 1,000 days of life will have an impact on the health and future of the child. Therefore, it is necessary to prepare prospective brides to fulfill nutritional adequacy during the first 1,000 days of life in order to reduce health problems related to child nutrition, especially in areas that are one of the main loci for reducing stunting. To determine the readiness of the prospective brides and to determine the relationship between sociodemographic characteristics and the readiness of the prospective brides based on knowledge, attitudes, and nutritional practices. This study was a cross-sectional study conducted in Pajangan District with a population of brides-to-be. Samples were taken using purposive sampling and total sampling methods. Data were collected using a questionnaire that included sociodemographic characteristics, knowledge, attitudes, and nutritional practices. It was found that 95.1% of subjects had high knowledge and 58.5% of subjects had adequate nutritional attitudes and practices. There was a significant relationship between occupation and subject knowledge ( $p$ -value  $< 0.05$ ). In addition, it is also known that prospective brides in Pajangan Subdistrict have insufficient or low knowledge and attitudes related to breastfeeding and complementary feeding. Prospective brides in Pajangan Sub-district, based on knowledge, mostly have good readiness, based on attitudes and nutritional practices, most have sufficient readiness and there is a significant relationship between work and subject knowledge. Interventions are needed to improve the understanding of prospective brides related to breastfeeding and complementary feeding so that nutritional needs during the first 1,000 days of life period of children can be met properly.

**Keywords:** Preconception, 1000 HPK, Knowledge, Attitude, Nutrition Practice

### ABSTRAK

Pengetahuan, sikap, dan praktik merupakan tiga domain yang menjadi sebab perilaku manusia. Perilaku ibu dalam memberikan pemenuhan gizi 1.000 hari pertama kehidupan anak berhubungan dengan status gizi balita. Sehingga kegagalan yang terjadi pada periode 1.000 HPK akan berdampak pada kesehatan dan masa depan anak. Oleh karena itu, perlu persiapan bagi calon pengantin untuk memenuhi kecukupan gizi pada masa 1.000 hari pertama kehidupan guna menurunkan permasalahan kesehatan terkait gizi pada anak terkhusus di daerah yang menjadi salah satu lokus utama penurunan stunting. Mengetahui gambaran kesiapan calon pengantin wanita dan mengetahui hubungan antara karakteristik sosiodemografi dengan kesiapan calon pengantin wanita berdasarkan pengetahuan, sikap, dan praktik gizi. Penelitian ini merupakan penelitian cross-sectional yang dilaksanakan di Kecamatan Pajangan dengan populasi yaitu calon pengantin wanita. Sampel diambil menggunakan metode purposive sampling dan total sampling. Pengambilan data menggunakan kuesioner yang mencakup karakteristik sosiodemografi, pengetahuan, sikap, serta praktik gizi. Didapatkan hasil sebanyak 95,1% subjek memiliki pengetahuan yang tinggi dan 58,5% subjek memiliki sikap serta praktik gizi yang cukup. Terdapat hubungan yang signifikan antara pekerjaan dan pengetahuan subjek ( $p$ -value  $< 0,05$ ). Selain itu, diketahui pula bahwa calon pengantin wanita di Kecamatan Pajangan memiliki pengetahuan dan sikap yang kurang atau rendah terkait dengan ASI dan MPASI. Calon pengantin wanita di Kecamatan Pajangan, berdasarkan pengetahuan sebagian besar memiliki kesiapan yang baik, berdasarkan sikap dan praktik gizi sebagian besar memiliki kesiapan yang cukup serta terdapat hubungan yang signifikan antara pekerjaan dan pengetahuan subjek. Perlu adanya intervensi untuk meningkatkan pemahaman calon pengantin wanita terkait ASI dan MPASI agar kebutuhan gizi pada masa 1.000 HPK anak dapat terpenuhi dengan baik.



**Kata kunci:** *Prakonsepsi, 1.000 HPK, Pengetahuan, Sikap, Praktik Gizi*

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## 1. INTRODUCTION

Basic Health Research in 2018 reported that 14.5% of women of reproductive age in Indonesia experienced chronic energy deficiency. This shows that there are still many nutritional problems in Indonesia in women of reproductive age. Premarital women of reproductive age, or commonly referred to as the preconception period, is the period before pregnancy occurs. Optimal nutritional status is needed so that nutritional problems that occur do not become intergenerational problems. Nutritional problems that occur can be caused by insufficient energy or nutrients consumed by individuals (Wisdayanti et al., 2022). Nutritional adequacy is defined by the Ministry of Health of the Republic of Indonesia as the average consumption of nutrients per day that is considered sufficient in an effort to meet the nutritional needs of healthy people based on certain groups, gender, age, and physiology (Kementrian Kesehatan R.I, 2019).

Previous research stated that women of reproductive age in Pajangan Subdistrict, Bantul Regency had an average daily energy intake deficit of 63.4% and this was still far from the minimum recommended intake of 80%. In addition, daily protein intake is within the minimum threshold limit, which is at a value of 81.7% (Gusmaniar et al., 2020). In women of reproductive age, especially in prospective brides, the inability to meet nutritional adequacy is that it will also result in the inability to meet the nutritional adequacy of future children, especially during the first 1,000 days of life. Inadequacies that occur during the first 1,000 days of life can result in malnutrition problems. This is because, in addition to the dependence of the child's intake on the mother in the womb, when the child is born they are not yet able to prepare their own food and all of their intake still depends on the mother.

Therefore, it is necessary for prospective brides to be ready to meet the nutritional needs of the first 1,000 days of life in order to reduce health problems related to child nutrition in Indonesia, especially in areas that are still one of the main loci for reducing stunting, such as Pajangan District. This readiness can be seen based on knowledge, attitudes, and nutritional practices. Knowledge, attitudes and practices are three domains that cause human behavior. Practices are formed from attitudes that are determined by knowledge, and the inability to meet nutritional adequacy is the result of inappropriate nutritional practices (Anggraini & Sitompul, 2022). Maternal behavior in providing nutrition for the first 1,000 days of a child's life is related to the nutritional status of children under five (Mubasyiroh & Aya, 2018). This study not only looked at the readiness of prospective brides based on knowledge, attitudes and nutritional practices. However, it also wanted to see whether sociodemographic characteristics were associated with the knowledge, attitudes, and nutritional practices of prospective brides in Pajangan Subdistrict.stunting,

## 2. METHOD

This study is community nutrition research with a cross-sectional design and was conducted in May - June 2023 in Pajangan District, Bantul Regency, Yogyakarta. The population in this study were prospective brides who registered at the Pajangan District Religious Affairs Office. The sample used in the study was total sampling because the subject population amounted to under 100 subjects. There were 41 subjects involved in this study.

The independent variables studied in this study are sociodemographic characteristics, which include age, education level, occupation, and monthly income. While the dependent variable studied

in this study is the readiness of the prospective brides, which includes knowledge, attitudes, and nutritional practices. All variables were measured by filling out a questionnaire. The questionnaire contained 43 questions consisting of 13 questions related to the sociodemographic characteristics of the prospective brides, and knowledge, attitudes, and nutritional practices each contained 10 questions. Subjects had high nutrition knowledge if the score was > 50% and had low knowledge if the score was ≤ 50%. As for nutritional attitudes and practices, subjects were said to have poor nutritional attitudes and practices if the score was < 60%, said to have sufficient nutritional attitudes and practices if the score was 60-79%, and said to have good nutritional attitudes and practices if the score was 80-100%.

Statistical data analysis was performed using SPSS (Statistical Package for the Social Sciences) software version 25. Univariate analysis in this study was used to determine the data description related to frequency distribution and percentage of sociodemographic characteristics, knowledge, attitudes, and nutritional practices. Bivariate analysis in this study used the chi-square test with the aim of determining the relationship between sociodemographic characteristics including age, education level, occupation, and income with the readiness of prospective brides including knowledge, attitudes, and nutritional practices. This study has obtained permission from the Ethics Commission of Alma Ata University through Ethic Approval number: KE/AA/II/101021/EC/2023.

### 3. RESULTS AND DISCUSSION

In this study, there were 41 prospective brides who met the criteria and were willing to participate in the research. Forty-one of the prospective brides, as many as 13 prospective brides came from Guwosari Village, 11 prospective brides came from Sendangsari Village, and 17 prospective brides came from Triwidadi Village. The three villages are located within the administrative area of Pajangan Subdistrict.

In sociodemographic characteristics, the age of the prospective brides was divided into two categories and the results obtained were age ≤ 25 years of as many as 26 people (63.4%) and age > 25 years of as many as 15 people (36.6%). On the characteristics of education level, it is known that most prospective brides in Pajangan Subdistrict have a high level of education, namely, 37 people (90.2%) and 4 people (9.8%) have a low level of top education. Then, on the characteristics of employment, the majority of prospective brides in Pajangan Sub-district mostly work as private employees, namely 31 people (75.6%), as many as 8 people (19.5%) work as civil servants, and 2 people (4.9%) do not work. In addition, on the characteristics of income, most prospective brides in Pajangan Sub-district earn an income per month ≤ district minimum monthly wage, as many as 24 people (58.5%) and 17 people (41.5%) have an income per month > district minimum monthly wage.

The results showed that most of the prospective brides in Pajangan Subdistrict had high knowledge related to nutritional adequacy in the first 1,000 days of life, namely, 39 people (95.1%) and 2 people (4.9%) had low knowledge. While on the variable of nutritional attitudes and practices, the results showed that most of the brides-to-be in Pajangan Subdistrict had adequate nutritional attitudes and practices, namely as many as 24 people (58.5%) and as many as 17 people (41.5%) had good nutritional attitudes and practices.

**Table 1. Frequency Distribution of Knowledge of Prospective Brides based on Sociodemographic Characteristics in Pajangan Subdistrict (n = 41)**

Characteristics	Total (n = 41)	Knowledge		<i>p-Value</i> <sup>2</sup>
		Low <sup>1</sup> (n = 2)	High <sup>1</sup> (n = 39)	
Age (years old)				

≤ 25	26 (63,4)	2 (100)	24 (61,5)	0,271
> 25	15 (36,6)	0	15 (38,5)	
<b>Education Level</b>				
Low <sup>3</sup>	4 (9,8)	0	4 (10,3)	0,634
High <sup>3</sup>	37 (90,2)	2 (100)	35 (89,7)	
<b>Occupation</b>				
Not working	2 (4,9)	1 (50)	1 (2,6)	0,009
Private Employees	31 (75,6)	1 (50)	30 (76,9)	
Government employer	8 (19,5)	0	8 (20,5)	
<b>Monthly Income (rupiah)</b>				
≤ District minimum monthly wage <sup>4</sup>	24 (58,5)	2 (100)	22 (56,4)	0,222
> District minimum monthly wage <sup>4</sup>	17 (41,5)	0	17 (43,6)	

<sup>1</sup>Low knowledge (score ≤50%) and high knowledge (score >50%). <sup>2</sup>The p-value was analyzed using the chi-square test. <sup>3</sup>Low (primary - junior high school) and high (senior high school - university) education. <sup>4</sup>District minimum monthly wage in Bantul Regency in 2023 IDR 2,066,438.82.

In the results of the chi-square test used to measure the relationship between the characteristics of age, education, occupation, and income with the knowledge of prospective brides in Pajangan District related to nutritional adequacy of the first 1,000 days of life, the results showed that in the characteristics of age, education, and income there was no significant relationship ( $p\text{-value} > 0.05$ ). While in the characteristics of employment, the results showed that there was a significant relationship ( $p\text{-value} < 0.05$ ).

**Table 2. Frequency Distribution of Attitude of Prospective Brides based on Sociodemographic Characteristics in Pajangan Subdistrict (n = 41)**

Characteristics	Total (n = 41)	Attitude		<i>p-Value</i> <sup>2</sup>
		Enough <sup>1</sup> (n = 24)	Good <sup>1</sup> (n = 17)	
<b>Age (years old)</b>				
≤ 25	26 (63,4)	15 (62,5)	11 (64,7)	0,885
> 25	15 (36,6)	9 (37,5)	6 (35,3)	
<b>Education Level</b>				
Low <sup>3</sup>	4 (9,8)	2 (8,3)	2 (11,8)	0,715
High <sup>3</sup>	37 (90,2)	22 (91,7)	15 (88,2)	
<b>Occupation</b>				
Not working	2 (4,9)	1 (4,2)	1 (5,9)	0,820
Private Employees	31 (75,6)	19 (79,2)	12 (70,6)	
Government employer	8 (19,5)	4 (16,6)	4 (23,5)	
<b>Monthly Income</b>				

		<b>(rupiah)</b>			
≤ District minimum monthly wage <sup>4</sup>	24 (58,5)	12 (50)	12 (70,6)	0,187	
> District minimum monthly wage <sup>4</sup>	17 (41,5)	12 (50)	5 (29,4)		

<sup>1</sup>Attitude enough (*score* 60-79%) and good (*score* 80-100%). <sup>2</sup>The p-value was analyzed using the chi-square test. <sup>3</sup>Low (primary - junior high school) and high (senior high school - university) education. <sup>4</sup>District minimum monthly wage in Bantul Regency in 2023 IDR 2,066,438.82.

In the results of the chi-square test used to measure the relationship between the characteristics of age, education, occupation, and income with the attitudes of prospective brides in Pajangan Subdistrict regarding nutritional adequacy of the first 1,000 days of life, the results showed that in the characteristics of age, education, occupation, and income there was no significant relationship (p-value > 0.05).

**Table 3. Frequency Distribution of Nutritional Practices of Prospective Brides based on Sociodemographic Characteristics in Pajangan Subdistrict (n = 41)**

Characteristics	Total (n = 41)	Nutritional Practices		p-Value <sup>2</sup>
		Enough <sup>1</sup> (n = 24)	Good <sup>1</sup> (n = 17)	
<b>Age (years old)</b>				
≤ 25	26 (63,4)	16 (66,7)	10 (58,8)	0,607
> 25	15 (36,6)	8 (33,3)	7 (41,2)	
<b>Education Level</b>				
Low <sup>3</sup>	4 (9,8)	2 (8,3)	2 (11,8)	0,715
High <sup>3</sup>	37 (90,2)	22 (91,7)	15 (88,2)	
<b>Occupation</b>				
Not working	2 (4,9)	2 (8,4)	0	0,440
Private Employees	31 (75,6)	17 (70,8)	14 (82,4)	
Government employer	8 (19,5)	5 (20,8)	3 (17,6)	
<b>Monthly Income (rupiah)</b>				
≤ District minimum monthly wage <sup>4</sup>	24 (58,5)	13 (54,2)	11 (64,7)	0,500
> District minimum monthly wage <sup>4</sup>	17 (41,5)	11 (45,8)	6 (35,3)	

<sup>1</sup>Practice enough (*score* 60-79%) and good (*score* 80-100%). <sup>2</sup>The p-value was analyzed using the chi-square test. <sup>3</sup>Low (primary - junior high school) and high (senior high school - university) education. <sup>4</sup>District minimum monthly wage in Bantul Regency in 2023 IDR 2,066,438.82.

In the results of the chi-square test used to measure the relationship between the characteristics of age, education, occupation, and income with the nutritional practices of prospective brides in Pajangan Subdistrict, the results showed that in the characteristics of age, education, occupation, and income there was no significant relationship (p-value > 0.05).

Most prospective brides in Pajangan Sub-district are dominated by the age group ≤ 25 years, have a high level of education, work as private employees, and earn ≤ District minimum monthly wage. In the age group ≤ 25 years, there is one prospective bride aged 18 years and this age has not

reached the ideal age for marriage as stipulated in UU No.16 Tahun 2019. The law stipulates that the requirements for marriage if the man and woman have reached the age of 19 years.

In the education level group, the lowest level of education is junior high school and the highest is college level. Most prospective brides in Pajangan Sub-district have an education up to senior high school level. Employment as a private employee dominates among prospective brides in Pajangan Sub-district because the majority of prospective brides work as factory laborers. The majority of these occupations are also related to the monthly income of prospective brides in Pajangan Sub-district, the majority of whom only earn  $\leq$  minimum regional wage (Rp 2,066,438.82).

The analysis of knowledge, attitudes, and nutritional practices was conducted with the intention and purpose of measuring the extent of knowledge, attitudes, and nutritional practices of prospective brides related to the fulfillment of the first 1,000 days of life nutrition. It is hoped that if the prospective brides's knowledge is good, she will be able to create good nutritional attitudes and practices in fulfilling the nutritional adequacy of her children in the future. Conversely, if the knowledge, attitudes, and nutritional practices are not good, interventions can be made to improve the knowledge, attitudes, and nutritional practices of prospective brides so as not to increase the risk of failure in fulfilling nutrition during the first 1,000 days of life period.

In this study, brides-to-be in Pajangan Sub-district mostly had high knowledge, as much as 95.1%. However, even so, there were still 4.9% of prospective brides in Pajangan Sub-district with low knowledge. In addition, this study also found that brides-to-be in Pajangan Subdistrict had good nutritional attitudes and practices as much as 41.5% and sufficient as much as 58.5%. The existence of prospective brides who still have low knowledge and adequate nutritional attitudes and practices must be investigated more deeply regarding the determinants that can affect it. Therefore, researchers tried to find out more about the relationship between sociodemographic characteristics with knowledge, attitudes, and nutritional practices in brides-to-be in Pajangan District.

### **3.1. Knowledge**

In the results of the chi-square test used to measure the relationship between age, education level, occupation, and income with the knowledge of prospective brides, it was found that there was no relationship between age, education level, and income with the knowledge of prospective brides in Pajangan Sub-district ( $p$ -value  $> 0.05$ ). However, in employment characteristics, there is a significant relationship between employment and knowledge of prospective brides in Pajangan Sub-district ( $p$ -value  $< 0.05$ ).

This is not in line with the theory which states that the factors that influence an individual's knowledge include age, education, and socioeconomics. This may occur because age, education, and socioeconomics are not the only factors that can influence knowledge, but there are also other factors such as information and culture (Risnah et al., 2018). In addition, low education also does not simply make the subject have low knowledge and attitudes. There could be other factors that influence it such as reading habits of mass media and life experiences (Fitriah & Mardiaty, 2021).

Whereas in the characteristics of employment, this study found that there was a relationship between employment and knowledge ( $p$ -value  $< 0.05$ ). The results of this study are in line with other studies which reveal that there is a significant relationship between occupation and women of reproductive age HPK knowledge (Lestari & Nurfaejriah, 2020). The study also added that subjects can gain experience and knowledge directly or indirectly from the work environment. This also applies to this study. Work is one of the accesses for subjects in accessing information (Susanto et al., 2021). Because work makes subjects often interact with other people so that information exchange occurs. Different knowledge backgrounds between workers make the exchange of information that occurs can increase the subject's knowledge.

### **3.2. Attitude**

In the results of the chi-square test used to measure the relationship between age, education level,

occupation, and income with the attitude of prospective brides, it was found that there was no relationship between age, education level, occupation, and income with the attitude of prospective brides in Pajangan District ( $p\text{-value} > 0.05$ ).

Similar to knowledge, the insignificance of age with attitude can occur because there are other factors that can influence attitudes such as personal experience, mass media, culture, and people who are considered important (Musmuliadin et al., 2022). The results of this study are also in line with other studies which reveal that there is no relationship between age and attitude (Mamusung et al., 2023). In addition, reading experience, mass media, and life experience are factors in attitude formation. Therefore, education may not be significant to an individual's attitude. This is in line with research that has been conducted in Cempaka Banjarbaru District, South Kalimantan, which states that there is no relationship between education and a person's attitude (Fitriah & Mardiaty, 2021).

Furthermore, job characteristics are not significant because jobs are varied so that they have different dynamics in environmental conditions, responsibilities, and tasks. This makes the effect of work on a person's attitude depends on the type of job he has. Meanwhile, the characteristics of income are not significant because income is a reflection of income measured through finance while attitude is a person's view that involves feelings. Thus, attitudes are more likely to be influenced by factors of life experience, social environment, and culture than income (Risnah et al., 2018).

### 3.3. Practice

The results of the chi-square test used to measure the relationship between age, education level, occupation, and income with nutritional practices of prospective brides showed that there was no relationship between age, education level, occupation, and income with nutritional practices of prospective brides in Pajangan District ( $p\text{-value} > 0.05$ ).

Practice is a further form of attitude that is realized through an action. Therefore, the nutritional practices carried out by an individual depend on his or her attitude and knowledge. In this study, it was found that age, education level, occupation, and income were not significant with the nutritional practices of prospective brides in Pajangan District. There are other studies that are in line with this study and both state that there is no relationship between age, education level, occupation, and income with practice (Arifin et al., 2020; Erfiyani & Nuria, 2020). However, there are also other studies that are not in line with this study and state that between age, education level, occupation, and income with one's practice there is a significant relationship (Arifin et al., 2020; Li et al., 2019; Novianti et al., 2021; Rizkiani et al., 2023).

## 4. CONCLUSION

Prospective brides in Pajangan Sub-district based on knowledge were found to be highly prepared, and based on nutritional attitudes and practices, were found to be moderately prepared to fulfill the nutritional adequacy of the first 1,000 days of life. It was also found that of the sociodemographic characteristics including age, education level, occupation, and income, only occupation was significantly associated with knowledge ( $p\text{-value} < 0.05$ ).

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