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# THE EFFECT OF FAMILY EDUCATION ON INCREASING KNOWLEDGE AND AWARENESS OF HEALTHY FOOD FOR MOTHERS AND CHILDREN IN PREVENTING STUNTING IN TAHAWA VILLAGE, CENTRAL KAHAYAN DISTRICT

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## ABSTRACT

Stunting is a health problem that has an impact on children's growth and development. Low knowledge and awareness of mothers about healthy food is the main factor that contributes to the high stunting rate. This study aims to analyze the influence of Family Conscience Education on increasing maternal knowledge and awareness in choosing healthy foods to prevent stunting in Tahawa Village, Central Kahayan District. The method used is quasi-experimental with a pretest-posttest design. A total of 55 mothers with children aged 0-5 years became respondents to the study. The results of the Paired Samples Test showed a significant increase in the knowledge aspect with an average score increase of 24.95 points ($p < 0.05$). The increase in awareness was also significant with the average score increasing by 1.46 points ($p < 0.05$). These results show that educational interventions are effective in improving maternal understanding of balanced nutrition and healthy diets. Community-based education programs can be a sustainable intervention strategy in stunting prevention.



## INTRODUCTIONS

Stunting is one of the health problems that is still a big challenge in Indonesia, including in Central Kalimantan Province. Based on the 2018 Basic Health Research (Riskesdas), the prevalence of stunting in Indonesia reached 30.8%, far above the WHO standard which sets a maximum limit of 20%. In Central Kalimantan itself, the

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stunting rate is still at 27.4% in 2022, which shows that almost one in four children experience growth stunts due to chronic malnutrition (Ministry of Health of the Republic of Indonesia, 2021). Stunting not only has an impact on children's height, but can also inhibit cognitive development, reduce immunity, and reduce individual productivity in the future (Black et al., 2020). This condition requires special attention from various parties to intervene to significantly reduce the stunting rate.

One of the main causes of the high rate of stunting is the low awareness and knowledge of nutrition of mothers and children. Many mothers do not understand the importance of balanced nutrition, a healthy diet, and the benefits of exclusive breastfeeding for their children (Riskesdas, 2019). In addition, low-nutrient food consumption habits, lack of access to nutritious food, and economic factors are obstacles to the implementation of a healthy diet (Dewey & Begum, 2021). The lack of education and proper information about the importance of nutrition from pregnancy to early age also exacerbates this condition. Therefore, education-based interventions are one of the main strategies in increasing nutrition awareness in the community.

Education plays an important role in increasing awareness of the importance of healthy food, especially for mothers and children in preventing stunting. Educational programs that are carried out in a sustainable manner can provide a better understanding of healthy diets, nutritional content needed by children, and how to prepare a balanced menu with locally available food (Micha et al., 2017). Various studies show that family-based education involving health workers and the community can significantly improve mothers' knowledge of child nutrition and health, as well as change family diets in a healthier direction (Victora et al., 2020). Thus, a community-based education approach such as the one carried out in the PKK can be an effective strategy in reducing stunting rates.

Tahawa Village in Central Kahayan District was chosen as the research location because it has a higher stunting rate than other villages in the region. Based on a report from the Pulang Pisau Regency Health Office (2020), the prevalence of stunting in Tahawa Village reached more than 30%, which shows that almost a third of children under five experience growth disorders due to lack of adequate nutritional intake. Factors that contribute to this condition include lack of access to nutritious foodstuffs, less varied diets, and people's habits that still rely on a high-carbohydrate diet with low protein and micronutrient intake. In addition, the low participation of mothers in nutrition education activities held at Posyandu and PKK shows the need for a more structured and attractive educational program for the community. With the right educational intervention, it is hoped that mothers' knowledge and awareness about nutrition can increase, thus helping in efforts to reduce stunting rates in the area.

## Literature Review

### The Concept of Community Education

Community education has an important role in improving the quality of life and social welfare. In the context of stunting prevention, community education aims to increase awareness and knowledge of individuals, especially mothers and families, regarding healthy diets and balanced nutrition. According to Zulkarnain & Zubaedi (2021), effective community education must be based on local needs and use a participatory approach in order to have an optimal impact on changing people's behavior.

Community education also includes various methods of delivering information that can be adjusted to the characteristics of the target community. Community-based education programs, such as nutrition counseling and training, have been shown to be more effective in increasing public understanding than the one-way lecture method (Easwaran et al., 2020). In addition, the use of digital technology in public education has opened up new opportunities in disseminating information related to nutrition and health.

As part of community education, women's empowerment in nutrition education plays an important role in improving the quality of family life. Research shows that mothers with higher levels of education tend to have children

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with better nutritional status (Mafaldo-Gómez & Reyes-Meza, 2022). Therefore, an educational approach oriented towards increasing women's capacity can be the main strategy in reducing the stunting rate in the community.

**Stunting: Concept, Causes, and Impacts**

Stunting is a condition of failure to grow that occurs due to chronic malnutrition in the first 1000 days of life. WHO (2020) states that stunting not only impacts children's physical growth, but also affects cognitive development, which can ultimately reduce economic productivity in adulthood. Factors that cause stunting include lack of nutritional intake, poor sanitation, and low access to health services (Ministry of Health of the Republic of Indonesia, 2021).

The impact of stunting is not only limited to individual health, but can also affect the social and economic development of a nation. A study by Hoddinott et al. (2019) revealed that children who are stunted tend to have lower academic achievement and limited job opportunities as adults. As a result, the cycle of poverty continues, which further exacerbates social inequality in society.

Stunting prevention efforts must involve a multidisciplinary approach that includes improving nutrition, improving access to health services, and educating the public. National programs such as the National Movement for Stunting Prevention launched by the Indonesian government have shown positive results in reducing stunting rates through specific and sensitive nutritional interventions (Riskesdas, 2019).

**Concept of Nutrition and Nutrition Awareness**

Nutrition awareness reflects an individual's understanding of the importance of a healthy diet and its impact on health. According to Gibson (2005), good nutritional awareness contributes to preventing various health problems, including stunting. This awareness includes an understanding of the benefits of protein, vitamins, and minerals for child growth as well as the negative impact of nutritional deficiencies on child development (Micha et al., 2017).

Increasing nutritional awareness can be done through effective education and the right information media. Research shows that education-based interventions, such as nutrition campaigns and health counseling, can improve public understanding of healthy eating and how to process nutritious food. In addition, family involvement in supporting healthy eating habits from an early age is an important factor in forming a good diet throughout a child's life (Dewey & Begum, 2021). Nutrition awareness reflects an individual's understanding of the importance of a healthy diet and its impact on health. According to Gibson (2005), good nutritional awareness contributes to preventing various health problems, including stunting. This awareness includes an understanding of the benefits of protein, vitamins, and minerals for child growth as well as the negative impact of nutritional deficiencies on child development (Micha et al., 2017).

**Family Education as a Stunting Prevention Strategy**

Family education interventions have been shown to be effective in increasing awareness and healthy nutrition behaviors. Family-based programs can help mothers understand how to prepare a healthy food menu that suits their child's needs. A study by Victora et al. (2020) shows that family education can increase maternal adherence in providing nutritious food and prevent stunting in high-risk communities.

In addition to providing an understanding of the importance of nutrition, family education also plays a role in building healthy living habits in the household. Education programs that teach good hygiene and sanitation practices also support the reduction of stunting rates. By involving families in nutrition education, healthier lifestyle changes can be implemented sustainably and impact the next generation (Black et al., 2020). Family education interventions have been shown to be effective in increasing awareness and healthy nutrition behaviors. Family-based programs can help mothers understand how to prepare a healthy food menu that suits their child's needs. A study by Victora et al.

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(2020) shows that family education can increase maternal adherence in providing nutritious food and prevent stunting in high-risk communities.

## RESEARCH METHOD

### Research Design

This study uses a quasi-experimental method with a pretest-posttest control group design to evaluate the effectiveness of Family Conscience Education in improving maternal and child nutrition knowledge and awareness in Tahawa Village. According to Creswell (2018), this design allows researchers to compare changes in the intervention and control groups before and after treatment, so that the results of the study can be more valid and reliable.

### Population and Sample

The population in this study is all mothers who have children aged 0-5 years in Tahawa Village. The research sample was taken using purposive sampling techniques, with the criteria of mothers who are active in Posyandu activities and have varying levels of education. According to Etikan et al. (2016), purposive sampling is effective in intervention research because it allows the selection of participants that are appropriate to the research objectives. The number of samples in this study is 55 respondents.

### Data Collection Techniques

Data were collected through questionnaires and observations. The questionnaire was used to measure the level of knowledge and awareness of mothers about nutrition before and after the educational intervention. In addition, observations were made to assess changes in maternal and child diet during the study. According to Creswell & Creswell (2017), this combination of methods provides a more comprehensive picture of the impact of the intervention.

### Research Instruments

The instrument used in this study is a structured questionnaire that has been tested for validity and reliability. The questionnaire includes questions about mothers' understanding of balanced nutrition, healthy food, and child-feeding practices. The validity test was performed using Pearson's correlation, while the reliability was tested with Cronbach's Alpha (Nunnally & Bernstein, 1994).

### Data Analysis Techniques

Data analysis was carried out using descriptive and inferential statistical tests. The t-paired test was used to see the difference before and after the intervention in the experimental group, while the t-independent test was used to compare the experimental and control groups. Data analysis was carried out using the latest version of SPSS software (Field, 2018) to ensure the accuracy of the research results.

## RESULT AND DISCUSSION

### Respondent Characteristics

The characteristics of the respondents in this study played an important role in providing an initial picture of the social and demographic conditions of mothers in Tahawa village, Central Kahayan district, which was the subject of the study. Understanding the characteristics of respondents, such as age, employment status, education level, can be helpful in analyzing how these factors affect the acceptance and effectiveness of family education of conscience towards increasing knowledge and awareness of healthy food in mothers and children. The data collected in this study

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reflect a variety of characteristics that can contribute to their understanding of maternal and child healthy foods. This study involved 55 mothers who have children aged 0-5 years in Tahawa Village as a research sample. Respondents were selected based on certain criteria, namely mothers who were active in Posyandu activities and had varying levels of education. The following is the distribution of respondent characteristics in this study.

**Table 1, Characteristics of Respondents**

| Characteristics | Frequency (n=55) | Percentage (%) |
|---|---|---|
| Mother's Age | | |
| 20 - 25 years old | 15 | 27.3% |
| 26 - 30 years old | 20 | 36.4% |
| 31 - 35 years old | 10 | 18.2% |
| > 35 years old | 10 | 18.2% |
| Mother's Education | | |
| Junior High School Education | 22 | 40.0% |
| Final High School Education | 19 | 35.0% |
| College Education | 14 | 25.0% |
| Mother's Work | | |
| Housewives | 33 | 60.0% |
| Informal Workers | 15 | 27.3% |
| Agricultural Workers | 7 | 12.7% |

From the table above, it can be seen that the majority of respondents are between 26 and 30 years old (36.4%), while the rest of the age group is almost evenly divided. The education level of respondents also showed that most mothers had primary education (40%), followed by secondary education (35%) and higher education (25%). Meanwhile, most mothers (60%) work as housewives, while the rest work in the informal and agricultural sectors.

**The Influence of Family Education on Increasing Knowledge of Healthy Food for Mothers and Children in Preventing Stunting in Tahawa Village, Central Kahayan District**

The analysis of the level of maternal participation was carried out to evaluate the influence of family education on increasing maternal and child healthy food knowledge in preventing stunting. Participation was measured through pretest and posttest results using the knowledge score category. This measurement includes changes in participation categories from "Very Low" to "Very High" levels before and after the implementation of the program. The results of the analysis are shown in Table 4.2 below.

**Table 2, Respondent Knowledge Improvement**

| Shoes | Knowledge Categories | Score Range | Pretes | | Postest | |
|---|---|---|---|---|---|---|
| | | | Number (People) | Percentage | Number (People) | Percentage |
| 1 | Very Low | 0-19 | 0 | 0% | 0 | 0% |
| 2 | Low | 20-39 | 14 | 25% | 0 | 0% |
| 3 | Enough | 40-59 | 19 | 35% | 1 | 2% |
| 4 | Tall | 60-79 | 22 | 40% | 31 | 56% |
| 5 | Very High | 80-100 | 0 | 0% | 23 | 42% |

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| | | | | |
|---|---|---|---|---|
| Total | 55 | 100% | 55 | 100% |
| Average | 50,62 | | 75,56 | |
| Lowest | 20,00 | | 52,00 | |
| Highest | 76,00 | | 96,00 | |
| Standard Deviation | 15,55 | | 9,19 | |
| Gain (difference) | | | 24,95 | |

Based on the table above, it can be seen that before being given education, the majority of respondents had sufficient (35%) and high (40%) levels of knowledge, while the other 25% were in the low category. After the educational intervention, there was a significant increase where the majority of respondents reached the high (56%) and very high (42%) categories. There were no more respondents who were in the low category after the intervention.

The average knowledge score increased from 50.62 in the pretest to 75.56 in the posttest with a difference (gain) of 24.95 points. This increase shows the effectiveness of education in increasing mothers' understanding of the importance of balanced nutrition and stunting prevention in their children. The decrease in standard deviation from 15.55 to 9.19 also showed that the variation in knowledge levels between respondents was smaller after the intervention, meaning their understanding was more uniform after being educated

**The Influence of Family Conscience Education on Increasing Awareness of Healthy Food for Mothers and Children in Preventing Stunting in Tahawa Village, Central Kahayan District**

The analysis of the level of maternal participation was carried out to evaluate the influence of family education on increasing maternal and child healthy food knowledge in preventing stunting. Participation was measured through pretest and posttest results using the awareness score category. This measurement includes changes in participation categories from "Very Low" to "Very High" levels before and after the implementation of the program. The results of the analysis are shown in Table 4.2 below.

**Table 3, Increased Respondent Awareness**

| Shoes | Consciousness Categories | Score Range | Pretes | | Postest | |
|---|---|---|---|---|---|---|
| | | | Number (People) | Percentage | Number (People) | Percentage |
| 1 | Very Low | 1.00 – 1.79 | 2 | 4% | 0 | 0% |
| 2 | Low | 1.80 – 2.59 | 43 | 78% | 0 | 0% |
| 3 | Enough | 2.60 – 3.39 | 10 | 18% | 4 | 7% |
| 4 | Tall | 3.40 – 4.19 | 0 | 0% | 45 | 82% |
| 5 | Very High | 4.20 – 5.00 | 0 | 0% | 6 | 11% |
| | Total | | 55 | 100% | 55 | 100% |
| | Average | | | 2,37 | | 3,83 |
| | Lowest | | | 1,67 | | 3,00 |
| | Highest | | | 3,50 | | 4,29 |
| | Standard Deviation | | | 0,32 | | 0,28 |
| | Gain (difference) | | | | | 1,46 |

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Based on the table above, before being educated, the majority of respondents had a low level of awareness (78%) and only a small percentage were in the moderate (18%) and very low (4%) categories. However, after the educational intervention was carried out, there was a significant increase. As many as 82% of respondents increased to the high category, and another 11% reached the very high category. There were no more respondents who were in the low or very low category after the intervention.

The average awareness score increased from 2.37 in the pretest to 3.83 in the posttest, with a difference (gain) of 1.46 points. This shows that the education provided is effective in increasing mothers' awareness of the importance of balanced nutrition for their children. In addition, the standard deviation decreased from 0.32 to 0.28, indicating that respondents' levels of consciousness became more even after the intervention was given.

These results reinforce previous findings that community-based education has a positive impact on improving maternal understanding and awareness of nutrition. With increasing awareness, it is hoped that the behavior of mothers in implementing a healthy diet for their children will also be better, so that they can support stunting prevention efforts in the community. Next, the prerequisite test of normality and homogeneity test results.

**Table 4, Kolmogorov-Smirnov normality test results**

| Variabel | N | Mean | Std. Deviation | Test Statistic | Sig. (2-tailed) |
|---|---|---|---|---|---|
| Pretest knowledge | 55 | 50.16 | 15.55 | 0.127 | 0.276 |
| Posttest knowledge | 55 | 75.56 | 9.19 | 0.103 | 0.200 |
| Awareness Pretest | 55 | 2.37 | 0.31 | 0.237 | 0.740 |
| Posttest of Awareness | 55 | 3.83 | 0.28 | 0.145 | 0.571 |

The results of the Kolmogorov-Smirnov test showed that the significant value for the knowledge pretest variable was 0.276 and for the knowledge posttest variable was 0.200. The significant value for the pretest variable of consciousness is 0.740 and for the posttest variable of consciousness is 0.571. All of these significant values are greater than 0.05, so the data on the pretest and posttest of participation are normally distributed.

**Table 5, Results of the homogeneity test (Levene's test)**

| Variabel | Levene Statistic | df1 | df2 | Itself. |
|---|---|---|---|---|
| Knowledge | 1.449 | 8 | 45 | 0.272 |
| Awareness | 1.593 | 11 | 32 | 0.148 |

The results of the homogeneity test using Levene's Test on knowledge and awareness showed significant values of 0.272 and 0.148, which are greater than 0.05. This indicates that the variance of the participation pretest data between groups is homogeneous or uniform. Thus, the assumption of variance homogeneity has been met, so that the data can be further analyzed using parametric statistical tests. This homogeneity indicates that there is no significant difference in the distribution of data between the groups tested, so the results of the analysis can be considered valid and unbiased.

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**Uji Paired Samples Test**

The Paired Samples Test was conducted to analyze the difference in the level of knowledge and awareness of healthy food between mothers and children in preventing stunting. This test aims to find out whether the intervention given is successful in significantly increasing participant participation. The following are the results of the analysis shown in Table 6.

**Table 6, Paired Samples Test Results**

| Variable Pairs | Mean Difference | Std. Deviation | t | df | Sig. (2-tailed) |
|---|---|---|---|---|---|
| Knowledge Pretest - Knowledge Posttest | 24.945 | 1.584 | 15.745 | 54 | 0.000 |
| Consciousness Pretest - Consciousness Posttest | 1.460 | 0.387 | 27.966 | 54 | 0.000 |

The results of the Paired Samples Test showed that there was a significant difference between the score of improving maternal and child healthy food knowledge in preventing stunting with the average participation score increasing by 24,945 after the intervention was carried out, with a value of t = 15,745 and df = 54. The significance value of p = 0.000 ($p < 0.05$) indicates that this increase is statistically significant. The standard deviation of 1.584 indicates that the data spread was relatively consistent among respondents. Furthermore, the results of the Paired Samples Test showed that there was a significant difference between the score of increasing maternal and child healthy food awareness in preventing stunting with the average participation score increasing by 1,460 after the intervention was carried out, with values of t = 27,966 and df = 54. The significance value of p = 0.000 ($p < 0.05$) indicates that this increase is statistically significant. The standard deviation of 0.387 indicates that the data spread was relatively consistent among respondents. These results corroborate that family education of conscience increases knowledge and awareness of healthy food for mothers and children in preventing stunting in Tahawa village, Central Kahayan district. With this increase, intervention education programs are proven to optimize the knowledge and awareness of healthy food for mothers and children in preventing stunting.

**Discussion**

The results of the study showed that community-based education interventions were effective in increasing maternal knowledge and awareness of healthy eating as an effort to prevent stunting in Tahawa Village, Central Kahayan District. A significant improvement in the knowledge aspect can be seen from the results of the Paired Samples Test, where the average score increased by 24.945 after the intervention (t = 15.745, df = 54, p = 0.000). The standard deviation of 1.584 indicates that the data spread is fairly consistent among respondents. Meanwhile, increased awareness also showed significant results, with the average score increasing by 1,460 (t = 27,966, df = 54, p = 0.000). The standard deviation of 0.387 showed that the variation in the level of consciousness between respondents became more uniform after the intervention was performed. These findings show that family education has a positive impact on increasing maternal understanding of the importance of balanced nutrition as the main step in preventing stunting in children.

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Education plays an important role in increasing awareness of the importance of healthy food, especially for mothers and children in preventing stunting. Educational programs that are carried out in a sustainable manner can provide a better understanding of healthy diets, nutritional content needed by children, and how to prepare a balanced menu with locally available food (Micha et al., 2017). Various studies show that family-based education can significantly improve mothers' knowledge about child nutrition and health, as well as change family diets in a healthier direction (Victora et al., 2020).

The results of the study are supported by previous research that examined the effectiveness of education in stunting prevention. For example, research by Black et al. (2020) shows that community-based nutrition education programs can improve maternal knowledge and reduce the prevalence of stunting in intervention areas. Another study by Dewey & Begum (2021) confirms that nutrition education interventions provided from the time of pregnancy can improve the nutritional status of mothers and babies, thereby significantly reducing the risk of stunting.

In addition, research by Micha et al. (2017) revealed that programs that combine education with access to nutritious food have a greater impact than interventions that focus only on education. This research emphasizes the importance of synergy between nutrition education, food policy, and health services in an effort to reduce stunting rates in a sustainable manner. Various studies have examined the effectiveness of education in stunting prevention. For example, research by Black et al. (2020) shows that community-based nutrition education programs can improve maternal knowledge and reduce the prevalence of stunting in intervention areas. Another study by Dewey & Begum (2021) confirms that nutrition education interventions provided from the time of pregnancy can improve the nutritional status of mothers and babies, thereby significantly reducing the risk of stunting.

Increasing maternal knowledge of balanced nutrition has far-reaching implications for parenting and child-feeding practices. A study by Intiyati et al. (2024) shows that emotional demonstration methods in nutrition education can improve maternal understanding and practice in breastfeeding complementary feeding. This approach emphasizes the emotional involvement and active participation of mothers during educational sessions, which allows them to apply the knowledge gained in daily life. In the context of this study, the interactive educational approach carried out by health workers in Tahawa Village also had a similar impact, where mothers better understood the concept of healthy food and were more motivated to apply it. This increased understanding is the first step in reducing stunting rates, which often occur due to mothers' lack of awareness about healthy diets and adequate nutrition for their children.

In addition to increasing knowledge, mothers' awareness of the importance of balanced nutrition also increased significantly after educational interventions were carried out. Research by Oktavia et al. (2023) found that a nutrition education approach that combines lectures and hands-on demonstrations is able to change maternal behavior in providing healthy food to toddlers. In this study, mothers who previously had a habit of giving less nutritious food began to apply the principle of balanced nutrition after participating in education. Interventions based on hands-on practice have proven to be more effective than just delivering theory, as they allow mothers to understand and practice healthy eating directly. The results of this study support the findings obtained in Tahawa Village, where mothers who were previously less aware of the importance of nutritious food experienced increased understanding and were more consistent in choosing healthy foods for their children.

Nutrition education not only affects mothers who have children under five, but it is also important to be given from the time of pregnancy. Research by Fatiyani (2023) shows that nutrition education provided to pregnant women contributes to increasing their awareness of the importance of nutritional intake during pregnancy. Better knowledge of nutritional needs during pregnancy helps reduce the risk of babies being born with low body weight, which is one of the main factors causing stunting. In this study, mothers who received education from pregnancy had better awareness in choosing healthy foods, which continued until the postpartum period. This is relevant to the results of

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research in Tahawa Village, where mothers who have better knowledge about nutrition tend to be more aware of the importance of fulfilling nutrition for their children from an early age.

Community support and early intervention are essential in stunting prevention. Research by Rahman et al. (2023) emphasizes that nutrition and sanitation education programs involving all levels of society, from the elderly to health workers in villages, are very effective in reducing stunting rates. Synergy between nutrition education, food policy, and health services is needed to ensure children get adequate nutrition and adequate health care. In the context of this study, community support is very helpful in increasing maternal awareness of the importance of a healthy diet. Providing education that is carried out in a sustainable manner will have a long-term impact, where mothers not only understand the importance of balanced nutrition, but also apply it in daily life.

Overall, the results of this study confirm that family education is an effective strategy in increasing maternal knowledge and awareness of the importance of a healthy diet in preventing stunting. With sustainable and community-based educational interventions, it is hoped that the stunting rate in the community can continue to decrease. Educational programs that combine interactive approaches, hands-on practical demonstrations, and support from health workers are one of the solutions that can be applied in various regions with a high prevalence of stunting.

## CONCLUSION

The results of the study show that it strengthens that family education of conscience increases the knowledge and awareness of healthy food for mothers and children in preventing stunting in Tahawa village, Central Kahayan district. With this increase, intervention education programs are proven to optimize the knowledge and awareness of healthy food for mothers and children in preventing stunting. The average knowledge score increased from 50.62 in the pretest to 75.56 in the posttest with a difference of 24.95 points, showing the effectiveness of education in improving mothers' understanding of balanced nutrition and stunting prevention. In addition, the average awareness score increased from 2.37 to 3.83, with a difference of 1.46 points, confirming that the education provided was effective in increasing maternal awareness of the importance of balanced nutrition for children. These findings support previous theories and research that emphasized the importance of education in increasing maternal awareness of the importance of balanced nutrition for children.

## SUGGESTION

Based on the results of the research, there are several suggestions that can be given. First, education programs on balanced nutrition and stunting prevention need to be carried out on an ongoing basis to ensure that increased knowledge and awareness of mothers are maintained. Second, health workers can develop more interactive educational methods, such as demonstrations of making healthy foods or group discussions, so that the material is easier to understand and apply in daily life. Third, the government and related parties can support educational programs by providing adequate resources, such as learning modules and mentoring by nutritionists. Fourth, further research can be conducted over a longer period of time and involving more variables, such as changes in children's diet after the intervention, to gain a deeper understanding of the effectiveness of these educational programs.

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