

The Influence of Using Whatsapp Community Channels on Weight Gain in Stunted Children in Lambaro Neujid, Aceh Besar

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ABSTRACT

Stunting is a significant public health challenge affecting children's physical and cognitive development, with long-term consequences for human resource quality. This study aims to examine the influence of using a Whatsapp Group community on weight gain among stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. An analytical survey with a cross-sectional approach was conducted, involving 40 families selected through random sampling. The findings reveal that factors such as parental education, family income, maternal height, and mothers' attitudes significantly impact children's weight gain. The use of communication technology, particularly Telegram groups, proved effective in delivering education and motivating behavioral changes among mothers in childcare and nutritional fulfillment. The integration of digital media in public health intervention programs offers an innovative solution to reduce stunting rates. This study recommends optimizing the role of community health workers and sustaining government support in leveraging technology for public education. In conclusion, technology-based approaches can increase awareness and community practices in reducing stunting prevalence, supporting the national target of lowering stunting rates to 14% by 2024.

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INTRODUCTION

Stunting is a serious challenge in the development of child health in Indonesia. High stunting rates are an indicator of nutritional imbalance in children, which can have long-term impacts on their physical and cognitive development. WHO defines stunting as a condition of impaired growth and development in children due to poor nutrition, recurrent infections and inadequate psychosocial stimulation (WHO, 2015).

According to WHO data in 2020, the incidence of stunting in the world was 22% or around 149.2 million toddlers (World Health Organization, 2021). Meanwhile, the prevalence of stunting in Indonesia is 21.6%, while the target to be achieved is 14% by 2024. This was stated by Vice President Ma'ruf Amin when attending the 30th National Family Day (Harganas) Commemoration Peak in 2023. In his speech, he emphasized that "Families are key actors in overcoming the causes of stunting. Families must be aware of prioritizing the fulfillment of nutritional intake and proper child care, including maintaining the cleanliness of the residence and environment," (WHO, 2021).

The spirit to reduce stunting rates has become a driving force for the Aceh government to take part. In accordance with Presidential Regulation No. 72 of 2021, the Aceh government has formed a Stunting Reduction Acceleration Team to monitor and ensure that stunting reduction measures are taken. It is hoped that there will be a 14

percent decrease nationally in 2024. This was stated by the Aceh Regional Secretary, Dr. M. Jafar, SH, M. Hum, when opening the Convergence Meeting on Stunting Prevention and Handling in Aceh Province, which was held in Banda Aceh on Tuesday, June 13, 2023 (Paudpedia. 2023). This has made the Aceh Besar government, especially the Peukan Bada District government, take the issue of stunting seriously. Burhanuddin, SKM as the Head of the Peukan Bada Health Center said that in preventing stunting there must be a collaborative effort between the community and local health workers. One of them is to create a Forum Group Discussion (FGD) program so that health messages, especially stunting, can be conveyed properly. This has had a positive impact over the past two months, where the program was also accompanied by the provision of additional food to children (Aceh Health Service, 2023).

To realize a stronger message, a technological approach in using chat applications from mobile phones is needed to facilitate the delivery of messages between the community and health workers. Such as WhatsApp, Line, WhatsApp Group, Twitter, Instagram and the like. This has been proven in a study by Maulina et al. that there is an effect of short messages for dietary reminders on weight gain in stunted children aged 1-3 years using the WhatsApp application (Aceh Besar District Government. 2023).

According to field review data, Lambaro Neujid is a village in Peukan Bada that still has a high stunting rate. Case findings of 96 families at risk of stunting, the number of stunted children is 24 people with a prevalence of 28,235. So the specific objective of this study is to create public awareness and daily practices in reducing stunting rates in Lam Teungoh Village, Peukan Bada District using community media in the Whatsapp Group. So the researcher created the title "The Effect of Using the Whatsapp Group Community Channel on Weight Gain in Stunting Children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency in 2024"

METHOD

This study is a type of analytical survey research with a cross-sectional approach. namely a study to study the dynamics of the correlation between risk factors and effects with an observation approach or data collection at once at one time (point to approach). (Nursalam. (2013). To determine the Effect of Using the Whats App Channel Community on Weight Gain in Stunting Children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. According to Trisliatanto (2020) Population is the total number of units or individuals whose characteristics are to be studied. A sample is a portion of the subjects in a population that is studied which is certainly able to represent its population. Sampling uses a randomization technique, and the sample size is determined using the Krejcie table. So the sample in this study was 76 families.

According to Trisliatanto (2020), data collection techniques are the methods used by researchers to collect data to be processed and analyzed to obtain answers to the research questions posed. Primary data sources are obtained by conducting direct interview guides using questionnaires and field observations. Stunting is measured anthropometrically by measuring height or length according to age (PB/U or TB/U). Body length is measured with a lengthboard available at the Posyandu (WHO standard), while height uses a microtoise with an accuracy of 0.1 cm. Furthermore, the stunting category is analyzed with WHO-anthro and divided into 3 (three), namely: 1) 'very short', if the value is < -3 SD, 2) 'short', if the value is -3 to < -2 SD, and 3) 'normal', if the value is > -2 SD.

Data analysis was conducted using Statistical Product and Service Solution version 20. The results of the study were then analyzed descriptively and analyzed using Chi square

and logistic regression with the Backward Stepwise method. The logistic regression statistical test was used to determine the relationship between independent variables and dependent variables with the following steps: Univariate analysis to see the picture or distribution of respondents through the variables studied in the form of a frequency distribution table and Bivariate analysis to see the relationship between independent variables and dependent variables and using statistical tests with the SPSS program version 20.

RESULTS AND DISCUSSION

Univariate Analysis

Univariate analysis is an analysis conducted on each variable of the study, using frequency distribution analysis and descriptive statistics to see the independent variables on Child Weight Gain and dependent variables on parental education, family income, maternal height, exclusive breastfeeding, complete immunization, LBW, maternal attitude towards children. The results of the univariate analysis of this study are as follows:

Table 1. Frequency Distribution of Parental Education, Family Income, Maternal Height, Exclusive Breastfeeding, Complete Immunization, LBW, Maternal Attitude, Weight Gain in Lesa Lambaro Neujid, Peukan Bada District, Aceh Besar Regency

Characteristics Respondents	Category	Frequency (f)	Percentage (%)
Father's Education	Low	14	35
	Intermediate	15	37.5
	Tall	11	27.5
Mother's Education	Low	11	27.5
	Intermediate	16	40
	Tall	13	32.5
Family Income/month	Low	15	37.5
	Currently	18	45
	Tall	7	17.5
	Low	9	22.5

Mother's Height	Currently	31	77.5
	Tall	-	-
Exclusive Breastfeeding	Yes	33	82.5
	No	7	17.5
Complete Immunization	Yes	38	95
	No	2	5
LBW	Yes	23	57.5
	No	17	42.5
Mother's attitude towards child	Good	32	80
	Not good	8	20
Increased weight	Go on	31	77.5
	Not going up	9	22.5

Table 1 shows the frequency distribution of respondent characteristics based on father's education, it is known that the majority are in the middle category with 15 respondents (37.5%), as well as mother's education with the middle category with 16 respondents (40%). Education with the middle category is high school graduates. The number of family income frequencies per month is more with a middle income with 18 respondents (45%), middle income if \leq Rp. 3,000,000. For mother's height it is known that the majority are in the middle category, namely if \leq 160 cm. The distribution of the frequency of exclusive breastfeeding is known to be Yes (YES) with 33 respondents (82.5%), and for complete immunization to children it is known to be complete (YES) with 38 respondents (95%). The frequency of Low Birth Weight (LBW) is known to be 23 (57.5) respondents. For the mother's attitude towards children, the majority are Good, namely 80%, and the number of frequencies of Body Weight is 77.5% of respondents.

Bivariate Analysis

After obtaining the frequency distribution results of the nine variables, we can see from the results of the Influence of the Use of the Whats App Channel Community on Weight Gain in Stunting Children as follows:

Table 2. Cross Tabulation Between Parental Education and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Father's Education	Low	6	42.9	8	57.1	14	100	0.075
	Currently	2	13.3	13	86.7	15	100	
	Tall	1	9.1	10	90.9	11	100	
Mother's Education	Low	6	54.5	5	45.5	11	100	0.006
	Currently	3	18.8	13	81.3	16	100	
	Tall	0	0.0	13	100	13	100	

Based on the table above, for Father's Education, the t value is obtained = $0.075 > 0.05$, which means that H_0 is accepted, so there is no influence between father's education on weight gain in stunted children, while for the mother's education level, the t value is obtained = $0.006 < 0.05$, which means that H_0 is rejected, so there is an influence between mother's education on weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 3. Cross Tabulation Between Monthly Income and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Income per Month	Low	9	60	6	40	15	100	0,000
	Currently	0	0	18	100	18	100	
	Tall	0	0	7	100	7	100	

Based on the table above, the value of $t = 0.000 < 0.05$ is obtained. This indicates that H_0 is rejected, so there is an influence between monthly family income on weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 4. Cross Tabulation Between Maternal Height and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Low		7	77.8	2	22.2	9	100	

Mother's height	Currently	2	6.5	29	93.5	31	100	0,000
	Tall	0	0	0	0	0	0	

Based on the table above, the value of $t = 0.000 < 0.05$ is obtained, which means that H_0 is rejected, so there is an influence between the mother's height on the weight gain of stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 5. Cross Tabulation Between Exclusive Breastfeeding and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Exclusive Breastfeeding	Yes	2	28.6	5	71.4	7	100	0.645
	No	7	21.2	26	78.8	33	100	

Table 5 shows that the t value = $0.645 > 0.05$. This means that H_0 is accepted so that it can be seen that there is no effect between exclusive breastfeeding on weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 6. Cross Tabulation Between Complete Immunization and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Complete Immunization	Yes	1	50	1	50	2	100	0.404
	No	8	21.1	30	78.9	38	100	

Table 6 shows that the t value is $0.404 > 0.05$. This indicates that H_0 is accepted, so there is no effect between the provision of complete immunization on the weight gain of stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 7. Cross Tabulation Between Low Birth Weight and Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
LBW	Yes	8	34.8	15	65.2	23	100	0.054
	No	1	5.9	16	94.1	17	100	

Based on table 7, the t value is known = 0.054 < 0.05. This indicates that H₀ is rejected, so there is an influence between BBLR and weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Table 8. Cross Tabulation Between Mother's Attitude Towards Weight Gain

		Weight Gain						t Value
		Not Up		Go on		Total		
		f	%	f	%	f	%	
Mother's Attitude Towards Child	Not enough	5	62.5	3	37.5	8	100	0.008
	Good	4	12.5	28	87.5	32	100	

Based on table 8, the value of t = 0.008 < 0.05 is obtained. This indicates that H₀ is rejected, so there is an influence between the mother's attitude towards weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Whatsapp is a medium for sending messages that has one of the features, namely groups. Fellow group members can send messages and information in the form of text, images, videos, audio, and surveys. The use of WhatsApp communication facilities in this study is a forum for the health team and village cadres to provide education, information, and entertainment related to stunting, nutrition education, and care for mothers to apply it to children with stunting tendencies in Lambaro Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency with the aim of changing attitudes in mothers to focus on increasing body weight in their children.

Father's Education

Definitively, father is defined in the Big Indonesian Dictionary (KBBI) as a male biological parent. The role of a father is no greater or less than the role of a mother. Fathers have an important role in the cognitive development of children, including in academic achievement, career, and higher educational attainment. In the emotional aspect of children, fathers play a role in guiding emotional pressure, high life satisfaction, and

anxiety management. The father's duties also include meeting the physical needs of his family such as providing healthy food and clothing. Fathers are fully responsible for the growth and development of children both physically and in terms of thinking patterns (Aulisa, Nissa).

The results of this study found that the t value = $0.075 > 0.05$. This indicates that H_0 is accepted, so there is no influence between father's education and weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. This is not in accordance with the results of previous research by Yamamah et al. (2022) who found that the p value = $0.000 < 0.05$, which means that H_1 is accepted, indicating that there is a relationship between the role of the father and the nutritional status of children aged 4-5 years at the Bina Insani Kindergarten, Candimulya Village, Jombang District, Jombang Regency.

It is also strengthened by research conducted by Petrika et al. (2022) that there is a relationship between the education of the father of toddlers and the incidence of stunting ($p = 0.033$). In this study, fathers who had low education had toddlers with normal nutritional status only 39.8%.

A child who has a good father to meet nutritional needs, provide good direction and guidance in choosing food will produce a child with normal nutritional status (Hermawati. 2019). Fathers are advised to study and prioritize their children's nutrients.

Mother's Education

Parents have an important role in the growth and development of children, both in terms of mind, body and their nutritional intake. Especially mothers who have a role in direct care in meeting balanced nutritional needs in children (Widari, 2021). Mothers' knowledge of food diversity, providing nutrition and types of cooking that are lacking will reduce toddler food consumption. Traditionally, mothers are food organizers in the family who play an important role in improving the nutritional status of family members (Sutrisno and Tamim, 2023)

In this study, the value of $t = 0.006$ was obtained, which indicates that it is smaller than 0.05 . This indicates that H_0 is rejected, so there is an influence between maternal education on weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. This is in line with research by Sutrisno & Tamim (2023) which found a p value $< \alpha$ (0.05), so it can be interpreted that there is a significant relationship between education level and nutritional status in toddlers at the Abung Timur Posyandu, Bumi Agung Health Center Work Area, North Lampung Regency in 2020 with an OR value (0.049) which means that low education has a risk of malnutrition as much as 0.049 times compared to respondents with higher education.

A similar thing was expressed in the research of Pusparina & Suciati (2022), which found that there was a significant relationship between the mother's education level and

the nutritional status of toddlers ($p = 0.000$) and there was no significant relationship between parenting patterns in feeding and the nutritional status of toddlers ($p = 0.260$).

Family Monthly Income

Family income is a complex topic influenced by social, economic and work environment factors from both father and mother (parents). In general, family income can affect the nutritional status and growth of children, including weight gain, through several mechanisms. The results of this study found that the t value = 0.000 which indicates less than 0.05. This indicates that H_0 is rejected, so there is an influence between monthly family income on weight gain in stunted children in Lambaro Neujid Village, Aceh Besar.

In line with the research conducted by Kusumayanti & Zurrahmi (2020) in their research found that there is a relationship between family income and nutritional status of toddlers with a p -value of 0.002. A total of 51 respondents who had unmet income, there were 16 toddlers (31.4%) who had normal nutrition. Meanwhile, of the 23 respondents who had met income, there were 6 toddlers (26.1%) who had abnormal nutritional status. The same thing was also found in a study by Saadong et al. (2021) which found that poor income or family and the presence of infectious diseases also contributed to stunting ($OR = 7$; $p = 0.025$, $OR = 5.7$, $p = 0.007$, respectively).

Families with good income or at a good economic level will find it easier to get public services such as education, health services, road access, and others so that they tend to be able to manage good children's nutritional intake. In addition, the family's purchasing power will increase, making it easier to get healthier and easier food or food.

Mother's Height

Maternal height is one of the genetic and biological factors that play a role in the growth and development of children. In addition to these factors, it can also be due to maternal health due to malnutrition or exposure to certain diseases. Maternal height is a body size measured from head to toe. It is said to be short if the mother's height is a maximum of 150 cm. The results of this study obtained a t value = 0.000 < 0.05 . Which means that there is an influence between maternal TB and weight gain in stunted children. This is in line with the research of Baidho et al. (2020) which found that the results of the chi square test analysis showed that height was related to the incidence of maternal stunting P value 0.005 ($p > 0.05$); OR : 1.26; CI : (0.58-2.73). So there is a relationship between maternal height as a risk factor for stunting in toddlers aged 0-59 months. A similar thing was also found in a study conducted by Soleha (2023) who found that the results of the chi-square analysis test showed that there was a significant relationship between maternal height ($p=0.005<0.05$) and the incidence of stunting in children aged 24-59 months in Wonomerto District, Probolinggo Regency.

Mothers who are short tend to carry the same habits or behaviors as the environment they grew up in. This does not rule out the possibility of change if short mothers get education and knowledge so that they can change their behavior into a healthy pattern for their families, especially their children.

Exclusive Breastfeeding

Breast milk (ASI) is milk produced by mothers that contains nutrients needed by babies for growth and development. Exclusive breastfeeding is a program of providing breast milk to babies who are only allowed to receive breast milk for six months without additional food (Mufdlilah, 2017).

The results of the study obtained a t value = 0.645 which indicates that it is greater than 0.05. This indicates that H_0 is accepted, so there is no effect between exclusive breastfeeding on weight gain in stunted children. This is in accordance with previous research conducted by Hamid et al. (2020) that there is no relationship between exclusive breastfeeding and nutritional status based on Body Weight According to Age ($p = 0.457$), there is no relationship between exclusive breastfeeding and nutritional status based on Body Length According to Age ($p = 0.929$), and there is a relationship between exclusive breastfeeding and nutritional status Based on Body Weight According to Body Length ($p = 0.041$). However, it is different from the research conducted by Nainggolan 2019, in his research the results of the chi-square test were obtained $p = 0.000 < 0.05$, this shows that there is a relationship between exclusive breastfeeding and the incidence of stunting in toddlers. Meanwhile, in the odds ratio test, the OR value was obtained = 61, which means that toddlers who are not given exclusive breastfeeding have a 61-fold greater chance of experiencing stunting compared to toddlers who are given exclusive breastfeeding. Exclusive breastfeeding can reduce the risk of stunting.

Exclusive breastfeeding is very much needed by babies for their growth because breast milk has benefits including complete nutrition, increasing body resistance (natural immunity), increasing mental intelligence and stable emotions and mature spirituality followed by good social development, and is easy for babies to digest (Mufdlilah, 2017).

In this study, it was found that exclusive breastfeeding was known to be Yes (YES) in 33 samples (82.5%), and those who did not provide exclusive breastfeeding were 7 people (17.5%). This means that more than half of the respondents (mothers) are aware of the importance of Exclusive Breastfeeding in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

Complete Immunization

Providing complete immunization plays an important role in protecting children from various infectious diseases that can affect growth and development, including weight gain. Immunization does not directly affect a child's weight, but by protecting children from

serious diseases, immunization supports a healthier environment for optimal growth, including normal and healthy weight gain.

In this study, the value of $t = 0.404$ was obtained, which indicates that it is smaller than 0.05. This indicates that H_0 is rejected, so there is an influence between the provision of complete immunization on the increase in weight of stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

This is in line with research conducted by Putra et al. (2022) that there is a relationship between basic immunization and the nutritional status of infants aged 0-12 months at the Sako Health Center, Palembang with a P value of $0.000 < \alpha (0.05)$. Strengthened by research conducted by Vindriana in Kasim and Elshadays (2019) in Watonea Village, the working area of the Katobu Health Center, Muna Regency. The study showed a significant relationship between the completeness of immunization and the nutritional status of children, with a p value = 0.000 which is smaller than $\alpha (0.05)$. This shows that the completeness of immunization plays an important role in maintaining the nutritional status of children or weight gain will occur if the child's nutritional status is met.

Low Birth Weight (LBW)

Low Birth Weight (LBW) is a term for babies born weighing less than 2,500 grams, regardless of gestational age. Babies born with LBW are at risk of experiencing various health problems that can affect growth, including weight gain later in life.

The results of this study obtained a t value = 0.054 which indicates that it is greater than 0.05. This indicates that H_0 is accepted, so there is no effect between LBW and weight gain in stunted children. The results of this study are in line with research conducted by Nainggolan & Sitompul (2019) that a P value of 0.005 was obtained so that it can be concluded that there is a significant relationship between LBW and the incidence of stunting (no weight gain). The same thing was also obtained from the findings of a study conducted by Ratnasari & Endriani (2020) that From the chi-square test of this study, the results of the variables related to the incidence of stunting were LBW status ($p = 0.045$), protein adequacy level ($p = 0.017$), and energy adequacy ($p = 0.056$). There is a relationship between LBW status and the incidence of stunting, there is a relationship between the level of protein adequacy and stunting, there is a relationship between the level of energy adequacy and the incidence of stunting.

Stunting is a condition in which a toddler has a shorter length or height compared to children of the same age. Stunting is a chronic nutritional problem that occurs due to various factors, such as socio-economic conditions, maternal nutritional status during pregnancy, history of illness in infants, and lack of adequate nutritional intake during the early growth period of infants. According to data from the World Health Organization (WHO), Indonesia ranks third with the highest prevalence of stunting in the Southeast Asia region. During 2005-2017, the average prevalence of stunting in toddlers in Indonesia

reached 36.4%. This makes stunting one of the main nutritional problems still faced by our nation Nainggolan & Sitompul (2019). This condition has an impact on the future of Indonesian children, affecting their learning ability, productivity, and long-term health. Therefore, awareness of the importance of preventing stunting is crucial. By improving maternal nutrition during pregnancy, providing exclusive breastfeeding, meeting good nutritional needs from an early age, and increasing access to health, we can play a role in reducing stunting rates and supporting optimal growth and development for our children.

Mother's Attitude

The mother's attitude in terms of parenting and providing nutrition greatly affects the growth and development of children, especially in terms of weight gain. The attitude in question includes the behavior, knowledge, and habits of mothers in caring for children, providing food, and maintaining children's health. The mother's attitude in the study is the implementation of knowledge and direction through the WhatsApp group from the health team and cadres of Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. In this group, mothers are routinely and continuously given knowledge, information, and content. Interesting related stunting, how to increase children's ideal weight, children's nutritional information and video content or design that persuasively invites mothers to increase awareness and take action so that stunted children gain weight and get nutrition.

In this study, the value of $t = 0.008$ was obtained, which indicates that it is smaller than 0.05. This indicates that H_0 is rejected, so there is an influence between the mother's attitude towards weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency. The frequency distribution of weight gain in stunted or near-stunted children was 31 samples (77.5%), and did not increase as many as 9 people (22.5%).

These results are in line with research conducted by Nabila et al. (2022) that the mother's attitude before being given intervention was 40% and after being given intervention was 80%. Conclusion There is a difference in knowledge and attitudes of mothers before being given intervention and after being given intervention via WhatsApp group.

The same study by Melati & Afifah (2021) showed that WhatsApp groups are an effective educational tool to improve knowledge and attitudes about nutrition for pregnant women. This can be used as an alternative education for pregnant women during the Covid-19 pandemic which does not allow for face-to-face gatherings.

Whatsapp is the most widely used and easiest application for communication. One of the innovations that is starting to be widely used is the use of WhatsApp groups as an educational medium, especially in efforts to overcome nutritional problems, increase children's weight, and reduce stunting rates. This WhatsApp group is managed by village cadres who are tasked with providing information and assistance to mothers regarding child health, child growth and development, the latest information, and so on. WhatsApp is

included in the category of social media that is useful for learning media, information and discussion (Kamila, 2019) In addition, teenagers and pregnant women prefer to receive nutritional information And prenatal health through digital media platforms (Wys, 2019).

CONCLUSION

In this study, it was concluded that:

1. The use of Whatsapp groups is an innovation to persuade mothers to take a stance on increasing their children's weight, as seen from the results of a study on weight gain in children with stunting or approaching stunting in 31 samples (77.5%), and no increase in 9 people (22.5%).
2. There is an influence between the mother's attitude towards weight gain in stunted children in Lambaro Neujid Village, Peukan Bada District, Aceh Besar Regency.

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