

Literature Review: Stunting Prevention an Adolescent Girls

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Article Info	Abstract
Article History Submitted, 2025-11-02 Accepted, 2025-11-30 Published, 2025-12-31 Keywords: Teenager-daughter, stunting	Stunting is disturbance malnutrition chronic on toddler and has become problem global health. Efforts prevention early for stunting it is necessary done, especially among teenager-daughter as candidate mother. Purpose from review literature This is identify to effort prevention of stunting among teenager Princess. Review literature This done with look for publications in the Google Scholar and Garuda Portal databases between 2020 and 2025. Keywords used is prevention and stunting and adolescent girls. Six articles that meet criteria inclusion found. Keyword search using the PICO (Population Intervention Compare Outcome) technique. In conclusion, the efforts prevention of stunting in teenager daughter can done through education nutrition balanced education health reproduction, administration of substance tablets iron for prevent anemia, and inspection health teenagers. Efforts prevention of stunting since early on group sensitive targets, especially teenager princess, need done by various parties, in particular facility health and education.

Introduction

Stunting is a growth disorder due to malnutrition that occurs in children under five years of age and is a global health problem. Stunting is described as a condition in which the body is short or very short based on the Length for Age (PB/A) or Height for Age (H/A) index with a threshold (z score) between -3 SD to < -2 SD (Fifi & Hendi, 2020). Stunting is caused by chronic malnutrition, especially in the first 1000 days of life, namely from when the baby is in the womb until the age of 23 months or 2 years (Fauziah Nursifa et al., 2025). Toddlers who experience stunting will be more susceptible to disease and have the potential to inhibit physical growth, as well as cognitive development that affects the level of intelligence and productivity of children in the future (Mu'tafi et al., 2024).

Stunting is disturbance growth chronic caused by lack nutrition term long, especially in 1,000 days First life, and own impact Serious on growth physical, development cognitive, and productivity in the future The direct causes of stunting are related to nutritional intake and infectious diseases, while indirect causes of stunting include family food security, parenting patterns and family diet, environmental health, and health services (Indriani et al., 2024). Effort stunting prevention must be started far before pregnancy, including on stage teenager daughter as candidate mother (Mu'tafi et al., 2024). In context this, role teenager daughter very important because they prone to lack nutrition that triggers stunting among generation through pregnancy risky high. Nutritional status and health they during time teenager will influence condition pregnancy and nutritional status children they were in the past front (Dwijayanti & Setiadi, 2020; Fauziah Nursifa et al., 2025).

World Health Organization (WHO) data shows that globally the prevalence of stunting is 22.3% in 2023 (World Health Organization, 2023). The prevalence of stunting in Indonesia is 7% in 2023 (Health Development Policy Agency, 2024). The prevalence of stunting in Central Java reached 174,443 (9.8%). The prevalence of stunting reached 4,970 (11.3%) in Pekalongan

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Regency (Central Java Provincial Health Office, 2023). The target for stunting prevalence in Indonesia is 14% in 2024 according to Presidential Regulation of the Republic of Indonesia Number 72 of 2021 concerning the acceleration of stunting reduction, while the WHO target for global stunting prevalence is less than 20% (Lailiyah, 2023). The problem of stunting needs to be addressed seriously because the impact of stunting can result in stunted physical growth, motor and verbal development, inhibit children's intelligence, and make them vulnerable to disease. Both infectious and non-infectious diseases contribute to decreased productivity as children enter adulthood, and they are at risk of overweight and obesity (Fauziah et al., 2024). Direct causes of stunting are related to nutritional intake and infectious diseases, while indirect causes of stunting can be caused by family food security, parenting patterns and family diet, environmental health, and health services (Indriani et al., 2024).

Stunting prevention and management must be carried out by all parties, especially target groups at risk of stunting. One target group for stunting prevention efforts is adolescent girls. Preventive efforts can be carried out through health education for adolescent girls (Muchtar et al., 2023). The adolescent age group is included in the group that is vulnerable to experiencing health problems, especially adolescent girls who can affect the future when they become mothers. Undernutrition or excess nutrition that occurs since adolescence and is not addressed, resulting in nutritional experiences throughout the life cycle will affect the nutritional status of adolescent girls, especially during pregnancy (Izah et al., 2023). Especially for adolescent girls, meeting nutritional intake is very important because it prepares them for future motherhood. A woman's pregnancy condition is influenced by nutritional status before conception, which is largely determined by nutritional status during adolescence and adulthood before pregnancy or during a woman's fertile period (Maidelwita et al., 2024).

The goal of health education is to foster positive behavioral changes within a community. Nutrition education can influence knowledge and serve as a means of stunting prevention (Mu'tafi et al., 2024). Based on the above background, the researcher is interested in writing an article entitled "Literature Review: Stunting Prevention in Adolescent Girls." Limited knowledge about nutrition balance, the importance fulfillment intake nutrition since time teenagers, and the relationship with risk of stunting in generation next is factors that can hinder effort prevention of stunting from upstream. By Because that, intervention promotional And targeted preventive For teenager daughter is key For cut off stunting cycle between generation (Mu'tafi et al., 2024).

Objective from article This is: (1) identify strategy specific stunting prevention for teenager daughter through education nutrition and health reproduction; (2) analyzing effectiveness intervention like supplementation substance iron (TTD) and inspection health for improve nutritional status; (3) formulate recommendation based on 6 articles (2020-2025) for cut off stunting cycle since before fertilization. Based on the background above, the researcher is interested in compiling an article entitled "Literature Review: "Prevention of Stunting in Adolescent Girls".

Methods

This literature study uses the Literature Review (LR) method, namely a literature study that arranged systematically and clearly by collecting, identifying, and evaluate existing research data. The purpose of writing this literature is to Understanding stunting prevention efforts in adolescent girls. The literature review process was conducted by searching electronic databases from Google Scholar and the Garuda portal. The search was limited to articles published between 2019-2024. The keywords terms used by the author are "prevention" and "stunting" and "Teenage girl". The inclusion criteria established in this literature review process were 1) articles 1) focusing on efforts to prevent stunting in adolescent girls in Indonesia, 2) Full text articles published in 2020-2025, 3) Articles that use Indonesian and English, 4) Articles that are research articles. Exclusion criteria: 1) Articles in the form of theses or dissertations, 2) articles that are not freely accessible.

Method election article that is with use PICO technique (Population Intervention Compare Outcome). Articles obtained from the Google Scholar electronic database and the Garuda portal using the keywords " prevention " and "stunting" and " adolescents " women," which is limited on publication from 2019–2025. Criteria Inclusion in this article are articles included If fulfil all criteria following: Focus on effort prevention of stunting among teenager daughter in Indonesia, Article complete available For downloaded / accessed fully published 2019–2025, Written in Indonesian or English, Article research (not type report other). And for exception criteria for this article excluded if: In form thesis, dissertation, or similar and No can accessible in a way free (not text complete / access open)

Results and Discussion

Follow list 6 journal Which found And explained in the form table:

Table 1. Jurnal Analysis Result

No	Researchers	Research Methods	Results
1	The Effect of Healthy Food Selection Training to Prevent Stunting Through Nutrition Education on Improving the Growth of Adolescent Girls (Rusilanti & Riska, 2021)	A pre-experimental study with a <i>single-group pretest-posttest design</i> . The sample size was 20 female adolescents.	There is influence training about election food Healthy For prevent stunting in improvement knowledge teenager daughter (t count > t table = 4.44 > 2.02)
2	The Relationship Between Knowledge about Anemia and Efforts to Prevent Early Stunting in Adolescent Girls (Carolina et al., 2025)	A descriptive correlational study with a <i>cross-sectional approach</i> . The sample size was 30 female adolescents.	There is a relationship between knowledge about anemia and efforts to prevent stunting early in adolescent girls (p value = 0.000).
3	The Effect of Counseling Using Leaflets on Stunting on the Knowledge and Attitudes of Adolescent Girls (Kinanti et al., 2022)	A pre-experimental study with a <i>single-group pretest-posttest design</i> . The sample size was 30 female adolescents.	There is an effect of counseling using brochures regarding stunting on knowledge (p value = 0.012) and attitudes of adolescent girls (p value = 0.000).
4	Knowledge and Attitudes of Adolescent Girls towards Consuming Iron Supplements (TTD) as a Stunting Prevention (Rizkiana, 2022)	Descriptive research. Sample size: 40 adolescent girls.	Most adolescent girls have a good level of knowledge (57%) and a good attitude (47.5%) in consuming iron tablets to prevent stunting.
5	The Impact of Adolescent Reproductive Health Counseling on Stunting Prevention at the Alalak Selatan Community Health Center (Aditya et al., 2025)	A pre-experimental study with a <i>single-group pretest-posttest design</i> . The sample size was 35 female adolescents.	Adolescent reproductive counseling has an influence in increasing adolescent knowledge and attitudes in preventing stunting.
6	Correlation of Hemoglobin with Body Mass Index and Blood Pressure as Screening for Stunting Prevention in Adolescents (Aini et al., 2023)	An analytical observational study with a cross-sectional approach. The sample size was 23 adolescent girls.	Hemoglobin levels in adolescent girls were significantly associated with BMI (Body Mass Index) (p value = 0.025) and diastolic blood pressure (p value = 0.021).

Efforts to prevent stunting in adolescent girls

Balanced nutrition education

Research by Rusilanti & Riska (2021) shows that training on healthy food choices to prevent stunting has an impact on increasing the knowledge of adolescent girls. Adolescent girls experience rapid growth (*sports growth*), so they require high nutritional intake for their growth. Adolescent girls have also started menstruating, so their iron needs increase and they are susceptible to anemia. (Kas & Musyahidah Mustakim, 2022). Adolescent girls are prospective mothers who will determine the nutritional status of their fetuses and babies in the future. Poor nutrition or anemia in adolescent girls will negatively impact growth and increase the risk of giving birth to children with stunting later in life (Made et al., 2025). Balanced nutrition education is a key strategy in preventing stunting from adolescence (nutrition-sensitive interventions) (Sari et al., 2023).

Nutrition education can provide information, knowledge, and skills about balanced nutrition to adolescent girls. The four pillars of balanced nutrition include: consuming a variety of foods, maintaining personal and environmental hygiene, engaging in regular physical activity, and monitoring body weight regularly (Fatmasari et al., 2024). Nutrition education provided to adolescent girls will increase their understanding of the importance of macronutrient and micronutrient intake, and the impact of malnutrition on growth, fertility, and pregnancy (Khotimah, 2024). This will increase adolescent awareness to choose nutritious foods and avoid bad habits, such as extreme dieting or (Amin & Sulaiman, 2025). Nutrition education also encourages adolescent girls to improve their nutritional status and prevent anemia by consuming foods that are sources of iron, protein, and vitamin C, as well as regularly

taking iron-boosting tablets to prevent anemia. Education will also establish good eating habits from an early age and prepare adolescents to be healthy mothers-to-be (Nuraina & Sulistyoningih, 2023).

Reproductive health education

Research by Aditya et al. (2025) shows that adolescent reproductive health counseling has an impact on improving adolescents' knowledge and attitudes in preventing stunting. Adolescence is a critical phase in preparing for future motherhood. Reproductive health education will help adolescent girls understand the importance of balanced nutrition, reproductive health, and careful pregnancy planning (Setyowati et al., 2025). Adolescent girls also understand the risks of marrying and becoming pregnant too young, which can cause mothers to experience malnutrition and the risk of giving birth to low birth weight (LBW) babies, which cause stunting in children (Putri et al., 2024). Education will motivate adolescents to improve their nutritional status because they learn about the importance of adequate iron, protein, and micronutrient intake. Efforts to reduce the risk of anemia and malnutrition have a direct impact on the quality of future pregnancies (Aditya et al., 2025). Reproductive education emphasizes the importance of pregnancy planning and preventing early marriage until the ideal productive age (at least 20 years old), as well as spacing pregnancies and physical and economic readiness (Setyowati et al., 2025). Education will also increase adolescent girls' awareness of adopting clean and healthy living behaviors (PHBS), as well as their awareness of avoiding risky behaviors, such as promiscuity, drug abuse, and extreme dieting. Adolescent girls who grow up physically and mentally healthy will be prepared to become mothers capable of providing optimal nutrition and caring for their children in the future (Fatmasari et al., 2024).

Prevention of anemia by giving iron supplements.

Rizkiana's (2022) research shows that most adolescent girls have a good level of knowledge (57%) and a good attitude (47.5%) in consuming iron supplements to prevent stunting. Adolescent girls are a group that is vulnerable to anemia. Anemia in adolescent girls can have long-term impacts on reproductive health and the quality of the next generation (Rizkiana, 2022). Adolescent girls are at high risk of anemia due to blood loss during menstruation, insufficient iron intake, and an unbalanced diet. Consuming iron supplements (TTD) containing iron and folic acid helps prevent anemia by increasing hemoglobin levels (Fauziah Nursifa et al., 2025). Adolescent girls who have a fit body will have increased concentration in learning, and a healthier reproductive system. Adolescent girls today are prospective mothers. If adolescent girls experience anemia for a long period of time, this will increase the risk of giving birth to low birth weight babies, premature birth, and intrauterine growth retardation (IUGR), which can cause stunting in children (Fifi & Hendi, 2020). Adolescent girls who grow healthily and achieve ideal height and weight are also indicators of intergenerational stunting prevention (Carolina et al., 2025).

Teenage health check-up

Aini et al. (2023) showed that hemoglobin levels in adolescent girls were significantly associated with BMI (Body Mass Index) (p -value = 0.025) and diastolic blood pressure (p -value = 0.021). Screening activities play a role in the early detection of health problems that can impact adolescent growth, development, and reproductive health (Fauziah et al., 2024). Adolescent health screening includes measuring weight, height, and body mass index (BMI), checking blood pressure and hemoglobin (Hb) levels, and assessing diet and nutritional status. Screening aims to enable health workers to detect anemia, malnutrition, or growth disorders early (Mu'tafi et al., 2024). Adolescents detected with anemia or malnutrition can immediately receive interventions, such as iron tablets (TTD) and nutrition education, thereby preventing long-term impacts such as stunting in the next generation (Lailiyah, 2023). Screening also helps determine the physical condition of adolescent girls, whether they have reached their ideal weight, diagnose anemia, and whether they are physically ready to reproduce. Adolescent girls with adequate nutrition and normal hemoglobin levels will be healthy mothers-to-be and have a better chance of giving birth to children with optimal growth and development, thus preventing stunting even before conception (Kinanti et al., 2022).

Conclusion and Suggestion

Stunting prevention efforts in adolescent girls can be achieved through providing balanced nutrition education, reproductive education, iron supplementation to prevent anemia, and health check-ups. Early prevention of stunting in adolescent girls is crucial, as they are the future mothers who will determine the health of their children. Therefore, collaboration between all parties, especially health and educational institutions, is crucial. Review literature this reach the goal with identify strategy primary stunting prevention For teenager daughter that is education nutrition balanced (Rusilanti & Riska, 2021), counseling health reproduction (Aditya et al., 2025), supplementation substance iron (TTD) (Rizkiana, 2022), and inspection health (Aini et al., 2023). Analysis effectiveness intervention that is education nutrition in a way significant increase knowledge ($t = 4.44 > 2.02$), education about anemia correlated with

effort prevention ($p=0.000$), and screening connect hemoglobin with BMI/BP ($p<0.05$), so allows improvement nutrition since early.

Recommendations that can be implemented is giving education health nutrition / health reproduction must in curriculum teenager with help brochures /media. Integrate education based on school about four pillar nutrition among them compliance drink TTD regularly, and screening annual (screening program) Hb and BMI) by facility health / education, for cut off stunting cycle between generation

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