

## Factors that Influence Characteristics with the Bride's Knowledge about Pregnancy Eligibility Screening

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**Abstract.** Quality Human Resources (HR) asset valuable for nation and state in to form generation quality and character. Impact stunting incidents on intelligence, increase risk disease No contagious. Efforts begin from beginning wedding with candidate mother and father are required own good health, from conception to pregnancy so that stunting can be mitigated more beginning with screening worthy pregnant. Analysis characteristics with knowledge candidate Bride. Type of research use method quantitative with approach *cross sectional*. With amount sample candidate bride the chosen woman in a way *purposive sampling* with criteria inclusion. Data collection with questionnaire structured and data is analyzed with correlation test *Chi Square*. Bivariate results on variables height with *p-value* (0.043), BMI (0.038), HB levels (0.027), age (0.158) and nutritional status with measurement circumference arm (1,000). There is connection significant ( $p < 0.05$ ) and influential against 3 variables that is height, BMI, HB levels. Expected to candidate bride Woman must accompanied in a way periodically and regularly as well as delay the pregnancy process with age not enough from 20 years, consuming lots of food contain substance iron with arrange pattern Eat with standard nutrition balanced for candidate Mother pregnant so that preparation pregnancy done in a way maximum.

**Keywords :** Characteristics; Knowledge; Prospective Brides; Screening; Pregnancy

### INTRODUCTION

The most valuable asset valuable from a country is Human Resources (HR). Quality HR can bring nation and state in reach vision and mission. Preparation of human resources begins from role family in to form a quality and characterful generation (BKKBN, 2021) .

The problem that becomes attention in to form quality generation is stunting. Stunting is a condition fail growth and development experienced as well as due to lack of intake nutrition in long time, existence infection repetitive as well as stimulation psychology that is not adequate especially in the First 1000 Days life (HPK). Stunting has Long term impacts related with quality of human resources , namely intelligence , improvement risk disease No infectious and stunting in the future come (BKKBN, 2021) .

Prevention efforts in a way early stunting incidents can started from planning beginning before marriage. The risk of stunting must be done since the pregnancy process. The candidates mother and father are required own Good quality of health. With having good health expected during the fertilization and pregnancy process , the risk of stunting is already can mitigated more beginning with do screening health (BKKBN, 2021) .

Health Screening for candidate bride focused on the determinant variables. The variables consists of from age moment this , index mass body , level hemoglobin (HB), size Circumference Arm ( LiLa ) (BKKBN, 2021) . With there is monitoring of health conditions for candidate bride and groom , if found condition prospective brides who has not fulfil

standard can followed up so that good health condition No at risk give birth to stunted babies (BKKBN, 2021) .

According to data from the Singkawang City Health and Family Planning Service (2023), it explains that 14.86 % of underweight toddlers (TB/U), 16.97 % of underweight toddlers (BB/U) , toddlers with nutrition not enough as much as 7.06% and nutrition bad amounted to 0.32%. With there is monitoring of the health of candidates Mother more early , the right solution can given so that stunting can be pressed through minimize factors the originator the incident . Based on interview with one of a midwife who works at one of the UPT. Health Centers in Singkawang City, was declared that which does screening candidate bride only done by the bride and groom Woman all in all come to place Health services . Based on studies introduction obtained that No all catin do screening , so that need done examination and education For all candidate bride in frame anticipate stunting incidents as early as Possible so that screening with optimal can implemented .

## METHOD

Population candidate bride Woman as many as 39 people became object research . Approach *cross sectional* with study survey and in form quantitative . Procedure study For show connection between variable with identify , select and analyze data through inspection or recording from card health candidate bride about characteristics among them TB, BMI, HB, age , upper arm circumference. The analysis techniques used is a statistical test *chi square* , it is said There is connection meaningful if the p-value is greater small of 0.05 ( $p \leq 0.05$ ).

**Table 1. Characteristics and Knowledge of Prospective Brides**

Characteristics / Knowledge	People (n)	Percent (%)
Height (H)		
At risk	12	30.77
No Risk	27	69.23
Body Mass Index (BMI)		
Thin	6	15.38
Normal	25	64.10
Fat	8	2.51
Hemoglobin (HB) Level		
Abnormal	15	38.46
Normal	24	61.54
Age		
At risk	7	17.95
No Risk	32	82.05
Circumference Arm ( LiLa )		
Good Nutrition	37	94.87
Overweight	2	5.13
Knowledge		
Enough	10	25.64
Good	29	74.36

Based on table 1, that distribution frequency of TB at risk amounted to 30.77% (12 people), abnormal BMI , namely thin 15.38% (6 people) and obese 2.51% (8 people), abnormal HB levels amounted to 38.46% (15 people), age candidate Bride at risk as many

as 7 people (17.95%), LiLa was overweight as many as 2 people (5.13%) with knowledge Enough by 25.64% (10 people).

**Table 2. Influence Characteristics with Knowledge of prospective brides**

Variables	P Value	Information
Height	0.043	Significant
Body Mass Index (BMI)	0.038	Significant
Hemoglobin (HB) Level	0.027	Significant
Age	0.158	Not Significant
Circumference Arm ( LiLa )	1,000	Not Significant

Statistical test in table 2, state that P- value between variable with results There is significant relationship between TB, BMI and HB with knowledge candidate bride , while not significant contained in the variable Age and Circumference in candidates Bride to Bride knowledge.

### **Effect of Height on Knowledge of prospective brides**

Height (TB) of the candidate 30.77 % of female brides are at risk and 69.23% are notrisky. Too Far difference percentage second Respondent based on knowledge candidate bride, height at risk as many as 2 people (2.31%) with height 144 cm. Statistical test results shows  $p=0.043$  means There is significant relationship between TB and knowledge candidate bride.

Nutritional status candidate Mother pregnant also have to be noticed through inspection Body Mass Index (BMI). BMI is common methods used For evaluate whether somebody own healthy weight based on height and weight of candidate Mother. If your height is less from 145 cm, then at risk pelvis narrow possibility difficult give birth to normally (BKKBN, 2023a) . Based on these data, this means candidate bride Woman Still own characteristics of high-risk TB so that screening worthy pregnant This appropriate For done.

Mother who has knowledge and giving pattern proper care is very important in stunting control. Mothers must have good knowledge For give balanced nutrition for children , in choosing material food and processing so that intake consumed child guaranteed Can improve nutritional status in children For reach maturity growth (Simanullang & Laia, 2022) .

### **The effect of BMI on Knowledge of prospective brides**

Candidate's IMT troubled bride namely 15.38% are thin and 20.51% are fat, while 64.10% are standars. Based on statistical test results state that There is significant relationship between BMI and knowledge candidate Bride with  $p =0.038$ . There are 10.26% of prospective female brides with the status of 4 people lacking, fat as many as 23.08% with 9 people and normal with 26 people totaling 66.67%.

Weight gain in mothers pregnant depends from mother's BMI before pregnant. Routine weighing is done For know increase weight. Examination height for detect factor risk to pregnancy related with condition cavity pelvis. Index mass body mass index (BMI) is connection between height and weight (Marfuah *et al.*, 2023).

If Mother No do inspection weighing weight then No will detected whether Mother in normal condition or no, the risk that will experienced Mother If No There is addition

weight during pregnancy that is will the occurrence miscarriage Because underweight No Can facilitate existence fetus (Marfuah *et al.*, 2023). Those categorized as thin are BMI <18.5 with a total recommended weight of 2.5-8 kg, overweight are BMI 25-29.9 with a total recommended weight of 7-11.5 kg. which are categorized as obesity BMI >30 with a total recommended body weight of 5-9 kg (Sukmawati *et al.*, 2023).

Future bride and groom Woman must own health is one of the matter most important in realize quality family. Examination health premarital is very important For detect and handle problem health before marriage. This is in line with research, that part big candidate bride Woman have normal nutritional status based on index mass body mass index (BMI) (53%), no experience Chronic Energy Deficiency (CED) (79%). Analysis bivariate show existence connection significant between BMI and Circumference Upper Arm (LILA) ( $p < 0.05$ ). *Odds Ratio* of 4,069 indicates that candidate brides with low BMI more tend have low LILA (Utami et al., 2024).

### **Influence Hemoglobin to Knowledge of prospective brides**

Statistical test results produces  $p=0.027$  means There is meaningful relationship between level hemoglobin with knowledge candidate bride women. Hemoglobin levels were at 9.8-11.7 grams/dl as much as 38.46%. Women did not in normal condition and this is risk to the candidate Mother Because will influence on development fetus in the process of pregnancy later.

Normal HB levels range from 12-16 grams/dl. Prospective brides is candidate Mother very important pregnancy guard level hemoglobin Healthy with protein in cell blood red bring oxygen to all over body. Deficiency hemoglobin or anemia can cause Health problems , such as fatigue , shortness of breath, and risk complications during pregnancy and childbirth (Armanto, 2020).

A Mother pregnant have level hemoglobin below normal range , doctor recommend supplement substance iron or diet changes for help increase level hemoglobin in pregnancy (Armanto, 2020) . Hemoglobin (Hb) is a protein contained in in cell blood red in charge answer For delivery oxygen to network. For ensure oxygenation adequate network, level sufficient hemoglobin must maintained . The number of hemoglobin in blood intact stated in grams per deciliter (g/dl). Normal Hb levels for man is 14 to 18 g/dl; For woman is 12 to 16 g/dl. When the level hemoglobin low , patient experience *anemia* (Zanuarisma, 2022).

As prevention from emergence anemia during pregnancy says that mothers pregnant diligent consume foods that are rich in content substance iron, consuming supplement substance iron, or iron supplement tablets blood during 90 days of pregnancy. Anemia This must avoided by mothers pregnant Because impact from anemia in mothers pregnant That Alone namely miscarriage, bleeding during pregnancy, premature birth, disorders fetus, disorders childbirth and the postpartum period. Monitoring HB levels in mothers pregnant during pregnancy it is very important one of them HB monitoring at least 2 times during pregnancy in months to 1-3 and month 7-9 (Dhiya, 2021).

The prevalence of anemia is very high among Mother pregnant young, namely by 84.6% in mothers pregnant under age 25 years. This figure is very worrying. Because show that majority Mother pregnant young people in Indonesia suffer from anemia, which can impact negative on development fetus and health Mother during pregnancy. In addition, the prevalence of anemia is also quite high in mother more pregnant old, with 57.6% of mothers pregnant on top 35 years old also has anemia. Condition This indicates the need

action immediate and coordinated For overcoming anemia in mothers pregnant in Indonesia. Anemia in mothers pregnant can cause various complications , including labor premature , low birth weight low , and increase risk death mother and baby (Mutiarra et al., 2024) .

Anemia considered as indicator nutrition bad and disturbance health for woman in a way general and specific more bad influence women who reproduce and increase risk results bad mother and baby new birth. Anemia Mother during pregnancy and childbirth previously has associated with risk results bad birth , such as birth premature , low birth weight low , concentration more hemoglobin low and death Mother (Kumari et al., 2019)

The results are in line with study state existence relationship Level of knowledge candidate bride about sign danger anemia with anemia status with The value of the chi square statistical test obtained p value = 0.005 (Zanuarisma, 2022) . This is in line with Ernawati (2021) arguing that one of the way that can done For reduce number incident anemia that occurs among women of age Subur (candidate) is with method give knowledge about danger anemia (Ernawati et al., 2021) .

#### **Influence Age to Knowledge of prospective brides**

Statistical test results produces  $p=0.158$  means No There is meaningful relationship between Age with knowledge candidate bride Woman. A total of 17.95% of candidates The bride is at a risky age and 82.05% of the age reproduction at standards. Age candidate bride at risk as much as 7.69% with 19 years old as many as 3 people.

Age < 20 years is age at risk for the pregnancy process. It is recommended to postpone pregnancy until age without risk. Age to signify Ready in a way emotional and mental to take a step forward, good communication , understanding and commitment One each other with to discuss hopes , values and future goals as well as preparation marriage . The best age For a Mother pregnant that is age 20-35 years. Some woman choose postpone pregnancy until older age carry on Because career, education and other reasons that become choice. Age This own risk low to various possible complications will arise during pregnancy until birth (Armanto, 2020) .

Phenomenon problem social marriage age early in Indonesia many occurs in various areas This show simplicity pattern think public so that phenomenon This Still repeat so that impact on life family and quality source Power human. Age marriage young compared to straight with height number divorce Because partner young Not yet Ready For build life House stairs . In psychological Not yet ripe mind, tendency unstable and emotional when happen problems and quarrels in House the stairs that eventually end with divorce. Death mother and baby in marriage young is case the highest in Indonesia (Jayadi et al., 2021) .

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Wedding is bond body and soul men and women for own descendants and family. Marriage done someone who has maturity in aspect physical, psychological and economic. Around 12 - 20% still Can found unfinished marriage accompanied by with readiness from various aspect like physical , economic , and knowledge about life House ladder (Sekarayu & Nurwati, 2021) .

Impact from unpreparedness married at the age of child cause break up education, disturbing health reproduction, divorce as well as violence in House stairs. According to Hisyam (2011) he said that the disturbance physique and mental to be trigger the

occurrence wedding early which results in sex free in teenagers who cause pregnancy before Marry (Sekarayu & Nurwati, 2021) .

Economic factors and poverty cause parents No able to fulfill need his son and not capable to finance school as a result they decide For marry off his son with hope Already off not quite enough answer For to finance life his son or with hope his son Can to obtain a better life good. Parental factors agree marriage at age young this is also often due to parental concerns will the occurrence pregnant out of wedlock so push his son For Marry at an age that is still young (F Jannah., 2012) in (Sekarayu & Nurwati, 2021) . In general general , marriage early more often happen in the circles family not enough able , even though No to deny Can also occurs among family economy on .

Coordinating Body Family National Planning Agency (BKKBN) also provides directions regarding minimum age of a person For do marriage. This is due to take into account from various aspect such as , readiness reproductive , biological , and psychological (BKKBN, 2023b) and children moment giving birth , increasing number fertility as well as Lots matter others . In mental health, namely moment entering the world of home which stairs are there right as well as necessary obligations filled as good as maybe, so harmony in House ladder can realized. In the context of this, is needed mental health and not only capitalized Love.

Not a little the marriage that was carried out Because compulsion, which is a thing This will influence harmony House ladder because of husband and wife Not yet have a ready mind For married at an age young and risk happen divorce will the more big. In physical, teenager Woman Not yet own bone the pelvis is still too small so that Can endanger the birthing process. If analyzed impact negative marriage early more Lots than the impact positive according to Hanum & Tukiman (2015) in (Sekarayu & Nurwati, 2021) .

Coordinating Body Family The National Planning Agency (BKKBN) warned against married at an age young. Age young meaning, age that is not yet ripe in a way medical and psychological. Age ideal marriage for Woman is 20-35 years and 25-40 years For man. Need under consideration medical and psychological. For women, ideally married at the age of 20-35 years. While For man 5 years difference namely 25-40 years. At the age of 20 years to above, reproductive organs Woman Already Ready pregnant and gave birth. While at the age of 35 years start regenerative process occurs. At the age of that , pregnancy not enough more The same vulnerability with pregnancy Woman with under 20 years old (BKKBN, 2023b) .

Age somebody have connection positive to service. This is in line with results Sobel Test calculation obtained mark of  $1.439 < 1.96$ . This means Hypothesis VIII of the research states "There is influence significant age to trust patient. Related with findings the show that satisfaction service No can intervene influence age to trust (Muzer, 2020) .

### **Influence Circumference Arm to Knowledge of prospective brides**

Statistical test results produces  $p=1,000$  means No There is meaningful relationship circumference arm with knowledge candidate Bride. Circle arm at risk namely overweight as much as 5.13% and normal as much as 94.87%. Nutritional status with percentage LiLa on the candidates 2 brides at risk with *overweight* status with results 114.80 and 115.09. Size LiLa all in all more from 23.5 cm.

Lack of intake energy that comes from from substance nutrition macro in women age sustainable fertility (since adolescence, pre- adolescence) concept until pregnancy), resulting in the occurrence of Chronic Energy Deficiency (CED) during pregnancy. The risk

of CED is characterized by low backup energy in term time long enough to be measured with Circumference Upper Arm ( LiLA ) less from 23.5 cm Pregnant women with Chronic Energy Deficiency (CED) are pregnant women who have KEK risks are those that have size Circumference Upper Arm ( LiLA ) under 23.5 cm or Body Mass Index (BMI) in pre pregnant or Trimester I ( age pregnancy  $\leq 12$  weeks ) below 18.5 kg/m<sup>2</sup> (Thin) (Ministry of Health of the Republic of Indonesia, 2024) ; (Serenity, 2022) ; (Adelia & Susanto, 2020).

KEK is one of the from a number of problem health that occurs in some big Mother pregnant and also women adults ( Wubie et al., 2020) in countries with income resident be in the quintile intermediate to below (Zhang et al., 2022), the Asian and African regions for example especially in sub -Saharan and Southeast Asia, where case nutrition bad experience improvement as much as 38 million cases . Prevalence the If compared to with the Ministry of Health's ( Kemenkes ) performance target for 2024 wanting decline prevalence of KEK in mothers pregnant by 16% ( Ministry of Health , 2021) for That the need continuous efforts between cross sector in effort decline prevalence the (Fatiah et al., 2023) .

Indicator determinant of obesity status ( *overweight*) in a person matter This in accordance with statement Anggraeni (2012); Ferial (2011) is very easy done with measuring tape with results < 23.5 cm. Nutritional status assessment According to WHO-NCHS , that calculation LiLa can categorized *overweight* with results is at between 110-120% (Amila et al., 2020) . Habit public in consume food fatty become factor Supporter incident *overweight* happens. Habit consume Eat fatty is culture and customs customs in line with research by Mardani, Gustina, Dewanto & Priwahyuni (2011) states that that pattern Eat consuming high fat will increase risk the occurrence *overweight* and disease cardiovascular other as well as in line with research by Sarah, & Tjipta, 2013; Harahap , Hardinsyah , Setiawan, & Effendi (2008) explains that at risk disease cardiovascular , type 2 diabetes mellitus, dyslipidemia and hypertension in (Amila et al., 2020) .

Lifestyle and patterns Fat formation occurs in people in various provinces in Indonesia. Differences the usually caused by the pattern activity physical and pattern consumption food fatty high. Less activity will cause fat mass increases Because energy from food saved as a Reserve fat that goes hand in hand with results research by Ariyani, Achadi , & Irawati (2012) in (Amila et al., 2020) .

## CONCLUSION

There is significant relationship characteristics with knowledge candidate bride that is height, body mass index and hemoglobin levels. Height < 145 cm as much as 30.77% of those at risk of TB. As many as 27.95% of female prospective brides and grooms are 19 years old and are age at risk in health reproduction. Hemoglobin levels were at 9.8-11.7 grams/dl, which was 38.46 % under normal standard. Nutritional status underweight and fat as much as 15.38% and 2.51% with BMI assessment in female prospective brides and knowledge good girl catin as much as 74.36%. Suggestion to be mentoring in a way periodically and regularly For give results maximum so that can delay the pregnancy process with age not enough from 20 years, increasing hemoglobin levels in level normal standards and arrange pattern Eat with standard nutrition balanced so that the nutritional status of the candidate Mother pregnant will happen improvement in the process of preparation pregnancy. Learn books or reference For support screening on catin man as well as maximize as well as prepare time do triple elimination on -site check service available health. Creating a learning process online and in class for candidate bride and

groom so that there is knowledge and sharing through electronic media, digital makes it easier candidate bride Woman convey his complaint as well as preparation become healthy mother and Office of Religious Affairs and UPT. Singkawang City Health Center Hopefully cooperation This can held in a way periodic so that become a flagship program from Academy Singkawang Midwifery.

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