

ABSTRACT

Nutritional problems that occur in young women are short nutritional status (stunting), anemia, Chronic Energy Deficiency (CED), obesity, and inhibition of fetal growth in teenage female pregnancies. Nutritional problems for young women arise due to wrong nutritional behavior, young women generally have unhealthy eating habits, which if continued can affect the quality of reproductive health and nutritional status of young women. The type of research in this study used quantitative research and the research design used quasi-experiments and used the t-test. The population and sample in this study were 30 young women in class XI at Madrasah Aliyah Negeri 4 Medan. The results of the study found that there were differences in knowledge, attitudes and actions of young women during the pre-test and post-test given by health workers.

Keywords: Stunting, Young Women, Knowledge, Attitudes, Actions