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# Mother's Behavior Attachment Model in Care for Stunting Prevention in Bangkalan District

**Ulva Noviana[1*], Heni Ekawati[2], Mufarika, M.[3], Hasinuddin[4], Mustofa Haris[5]**
*[1,2,3,4,5] Sekolah Tinggi Ilmu Kesehatan Ngudia Husada Madura, Indonesia*
**Corresponding author: ulvanhm@yahoo.com*

## ABSTRACT

**Background:** Stunting is a state of malnutrition associated with past nutritional insufficiency so that it is included in a chronic nutritional problem. Based on data from a study on nutritional status in Indonesia in 2021, the prevalence of stunting in Bangkalan Regency is the highest among other districts in East Java, namely 38.9%, while the incidence of stunting in Indonesia is 24% (SSGI, 2021). This shows that there are high cases of stunting among toddlers in East Java, especially in Bangkalan.

**Purpose:** This study aims to develop a model of attachment behavior for mothers in stunting prevention care in Bangkalan Regency.

**Methods:** The research design used was analytic observational with a cross-sectional approach. The sample size is 190 mothers who have stunted children. Technical sampling using multistage random sampling and proportionate stratified random sampling technique. Latent variables (Variable X) in this study were attitude, personal agency, knowledge, maternal parenting intentions, environmental barriers, and habits, and the dependent variable (Y) in this study was the mother's attachment behavior with 19 observed variables or indicators. The analysis technique used is SEM-PLS.

**Results:** The latent variables that have significance for the attachment behavior of mothers in stunting prevention care are knowledge and intentions. The attitude variable directly and significantly influences the mother's attitude in forming intentions that lead to attachment behavior of the mother in caring for stunting prevention in children under two years old. Mothers who have high intentions to care for their children will be followed by concrete actions in the form of attachment behavior in the form of stunting prevention care. Mothers who have good knowledge about how to prevent stunting, the causes of stunting, and the short-term or long-term effects of stunting will move the mother and attach the mother to her baby. Attitude is one of the factors that influence the formation of a mother's intention in the behavior of a mother's caring attachment to her child.

**Conclusion:** Knowledge and intention variables shape mother's attachment behavior in stunting prevention care. Mother's attitude influences the mother's intention in attachment behavior in stunting prevention care.

**Keywords:** attachment behavior, intention, stunting

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## BACKGROUND

Stunting is one of the malnutrition conditions related to past nutritional insufficiency so it is included in chronic nutritional problems. Stunting is measured as nutritional status by taking into account the height or length, age, and sex of the toddler. The habit of not measuring the height or length of toddlers in the community causes stunting to be difficult to recognize. This condition becomes a nutritional problem because it can increase the risk of morbidity and mortality, and brain development is sub-optimal so motor development is delayed, (Ministry of Health Republic of Indonesia, 2018).

Based on data from the United Nations Children's Fund (UNICEF), the World Health Organization (WHO) in 2022 shows that around 22% or 149.2 million children under five are stunted. WHO also places Indonesia as the third country with the highest prevalence of stunting in Asia in 2017. Based on nutrition monitoring data (PSG) for the last three years, stunting has the highest prevalence compared to other nutritional problems such as undernutrition, thinness, and obesity. The average prevalence of stunting under five in Indonesia from 2005-2017 was 36.4%. Based on the 2015 PSG results, the prevalence of short toddlers in Indonesia is 29%. This figure decreased in 2016 to 27.5%. However, the prevalence of short toddlers increased again to 29.6% in 2017. (RI Ministry of Health, 2018). Based on data from a study on nutritional status in Indonesia in 2021, the prevalence of stunting in Bangkalan Regency is the highest among other districts in East Java, namely 38.9%, while the incidence of stunting in Indonesia is 24% (SSGI, 2021). This shows that there are high cases of stunting among toddlers in East Java, especially in Bangkalan.

Table 1. Prevalence of Stunting Toddlers (Height by Age) based on Districts/Cities in East Java Province, 2021

| District/ City | Percentage (%) | District/ City | Percentage (%) | District/ City | Percentage (%) |
|---|---|---|---|---|---|
| Mojokerto | 6.9 % | Trenggalek | 20 % | Bojonegoro | 23.9 % |
| Madiun | 12.4 % | Probolinggo | 20.1 % | Tuban | 23.9 % |
| Blitar | 12.9 % | Ponorogo | 20.5 % | Nganjuk | 25.1 % |
| Tulungagung | 13.1 % | Banyuwangi | 21.2 % | Kab Malang | 25.3 % |
| Kab Blitar | 14.5 % | Lamongan | 21.5 % | Kota Malang | 25.7 % |
| Sidoarjo | 14.6 % | Lumajang | 22.1 % | Mojokerto | 25.7 % |
| Batu | 15 % | Kota pasuruan | 22.7 % | Surabaya | 27.4 % |
| Kediri | 16.2 % | Kab. Pasuruan | 23 % | Sumenep | 28.9 % |
| Madiun | 17.2 % | Pacitan | 23.3 % | Lumajang | 29 % |
| Ngawi | 17.2 % | Gresik | 23.7 % | Bondowoso | 37 % |
| Sampan | 18 % | Kab Probolinggi | 23.9 % | Pamekasan | 36.7 % |
| Magetan | 18.1 % | Situbondo | 23.9 % | Bangkalan | 38.9 % |
| Kediri | 19 % | Jember | 23.7 % | | |

Source: SSGI secondary data for 2021

Based on table 1, it shows that Bangkalan Regency is the district with the highest prevalence in East Java, which is equal to 38.9%.

Table 2. Data for the stunting locus of the Bangkalan District Health Office in 2022

| No | Subdistrict | Community Health Center | District | Frequency | Percentage % |
|---|---|---|---|---|---|
| 1 | Tanjung Bumi | Tanjung Bumi | Tambak pocok | 29 | 65,91 |
| 2 | Tanjung Bumi | Tanjung Bumi | Tanjung bumi | 32 | 32 |
| 3 | Galis | Galis | Lentek timur | 93 | 53,45 |
| 4 | Galis | Galis | Longke | 40 | 36,04 |
| 5 | Galis | Galis | Peterongan | 48 | 33.10 |
| 6 | Bangkalan | Bangkalan | Pangeranan | 35 | 23.33 |
| 7 | Bangkalan | Bangkalan | Raton | 32 | 27.13 |

| | | | | | |
|---|---|---|---|---|---|
| 8 | Bangkalan | Bangkalan | Pejagan | 85 | 26.23 |
| 9 | Kokop | Kokop | Durjan | 100 | 24.88 |
| 10 | Kokop | Kokop | Tramok | 28 | 19.44 |
| 11 | Modung | Modung | Brekes dajah | 31 | 40.26 |
| 12 | Konang | Konang | Genteng | 32 | 32.65 |
| 13 | Socah | Jaddih | Jeddih | 104 | 24.94 |
| 14 | Tragah | Tragah | Alang alang | 34 | 23.78 |
| 15 | Klampis | Klampis | Banteyan | 39 | 20.1 |
| 16 | Tanah Merah | Tanah Merah | Pettong | 35 | 19.34 |

Source: Secondary data from the Bangkalan District Health Office in 2022

Based on table 2, it shows that the Bangkalan District Health Office has 16 stunting locus villages in 2021. The highest prevalence of stunting is Tambak Poco village, which is 65.91%. According to BKKBN data for 2021, Bangkalan Regency is one of 4 districts with red stunting status with the highest prevalence in East Java.

The results of the initial survey from January 9 to 21 2023 through interviews with the Head of the Puskesmas and the Puskesmas Nutrition Team as well as 10 Coordinating Midwives at 10 Puskesmas in the Bangkalan Health Service Working Area which has Lokus village, found that several reasons why Bangkalan Regency has the highest cases in East Java are still low family behavior in preventing stunting in pregnancy and the first 2 years of a child's life. The pattern of parenting uses Madurese ethnic culture which does not support children's health from pregnancy to 2 years of age. The phenomenon that cannot be corrected and changed is that some children are cared for by grandmothers because their biological mothers work abroad or outside the island so parenting is fully controlled by grandmothers who still maintain the Madurese cultural up bringing pattern.

The results of the initial survey were followed by research on 23 January to 6 February 2023 of 100 families with stunting under five in 16 villages. The results of the study found that 30 stunted toddlers (30%), were in the care of their grandmother or extended family because their mothers worked as female workers (TKW) abroad as many as 23 mothers (76.7%) and mothers working outside the island as many as 7 mothers (23, 3 %). The age of the babies when abandoned by the mother was quite varied, namely at the age of 40 days there were 7 babies (23.3%), aged 41 days - 6 months there were 15 babies (50%), aged 6-12 months there were 7 babies (23.3%), aged 12-24 months as much as 1 child (3%). The reasons for mothers leaving babies in the care of grandmothers or extended family are quite varied, namely serving husbands in the form of accompanying husbands abroad or outside the island as many as 12 mothers (40%), wanting to prepare funds for education and the future of their babies as many as 10 mothers (33%), want to improve the family economy as many as 5 mothers (16.7%), divorce as many as 3 mothers (10%).

The results of filling out the questionnaire by 30 grandmothers or families of stunted toddlers whose mothers did not take part in caring for it showed that 12 toddlers (40%) had incomplete immunization status, 26 toddlers (87%) were rarely taken to posyandu because grandmothers were busy caring for their grandchildren and felt that they did not need anything but babies. were sick, 22 toddlers (73%) did not get exclusive breastfeeding, 25 babies (83%) did not get colostrum because it was considered stale milk, 11 babies aged 0-6 months (37%) got soft rice/rice porridge/fruit juice/starch/plain water/honey water before the age of 6 months. This shows the behavior of grandmothers or extended families who care for causing stunting toddlers.

Wrong behavior of mothers and extended family can increase the risk of stunting for children. As the results of research (Noviana & Ekawati, 2019), family parenting is the dominant factor found in stunting toddlers. The impact of stunting will be seen in the short and

long term. In the short term, it has an impact on physical growth, namely the height of children below the average for their age, metabolic disorders, increased incidence of morbidity and mortality, and increased health costs, besides that it also has an impact on cognitive, motor and verbal development due to disruption of brain development so that it can reduce child intelligence. Meanwhile, in the long term, stunting will cause children to have a body posture that is not optimal as an adult, decreased reproductive health, less optimal learning capacity and performance during school time, increased risk of obesity and susceptibility to disease, disability in old age and poor quality of work well so that it makes productivity low, (Ministry of Health RI, 2018).

Stunting is the impact of several risk factors, including low food empowerment at the family level, poor sanitation hygiene, insufficient food intake, and several social determinants (Helmyati, et al 2020). The causes of stunting are malnutrition from the womb until the first two years of life (Dewey et al., 2011; WHO, 2013) and infections that often occur during early life (Frongillo 1999; Victora, 2010). Results of research by Ilahi and Muniroh (2016) in Bangkalan Regency found that 22.6% of mothers threw away colostrum because they considered it dirty or stale, 14.5% of babies did not get early initiation of breastfeeding (IMD), 59.7% were given pre lacteal feeding. for newborns, there is a lotek culture of rice with bananas when they are not yet 6 months old so that the baby grows big and strong, 35.5% provide complementary food to ASI before 6 months of age. Evoy and Visscher's opinion is supported by the results of a study by Dubois, et al (2012) regarding height that heredity influences a person's height at birth in low numbers, only around 4.8-7.9% in women, and with age, the influence of heredity on height will increase.

Efforts that have been implemented by the government in improving the behavior of its people in preventing stunting are compiled in a national strategy consisting of 5 pillars of accelerating stunting prevention, to precise pillar 2 which reads a national campaign and communication of behavior change (RI Ministry of Health, 2018). Family independence is needed in preventing stunting in the first 1000 days of a child's life. Family independence itself is influenced by 3 main factors, namely community culture, family values, and family roles, (Noviana et al., 2023).

## METHODS

The research design used was analytic observational with a cross-sectional approach. The population in this study were mothers who had stunting under five in 16 stunting village loci in 10 health centers in the work area of the bangkalan district health office. The sample size for the first stage of the research phase contained 10 (sixteen) indicator variables, so the first stage required a sample of 19 x 10 = 190 samples. Technical sampling using multistage random sampling and proportionate stratified random sampling technique. Latent variables (Variable X) in this study were attitude, personal agency, knowledge, maternal parenting intentions, environmental barriers, and habits, and the dependent variable (Y) in this study was the mother's attachment behavior with 19 observed variables or indicators. The sampling process in this study was carried out at posyandu by selecting 10 locus villages in the working area of the bangkalan health service based on proportion. The analysis technique used is structural equation modeling (SEM) based on variance or component-based SEM, which is known as the partial least square (PLS).

## RESULTS

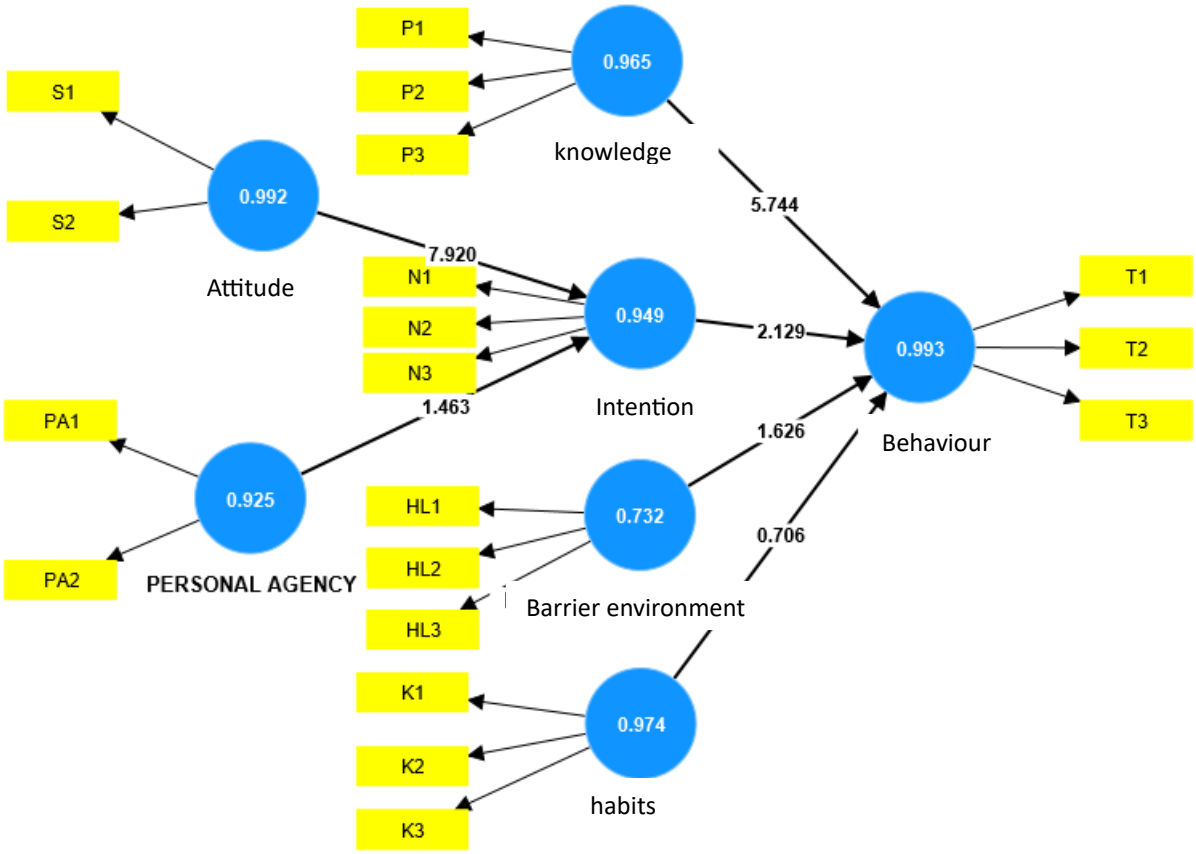


Figure 1 Path coefficient

Based on Figure 1 above, shows that there are 3 variables that have a t statistic greater than 1.96, which means that they have an influence on variable Y. The latent variables that have significance on the attachment behavior of mothers in stunting prevention care are knowledge and intentions. The attitude variable directly and significantly influences the mother's attitude in forming intentions that lead to attachment behavior of the mother in caring for stunting prevention in children under two years.

Table 3. Path Coefficient Value

| Relationship | STDEV | p-value |
|---|---|---|
| Relationship barriers environment – behavior attachment | 1,626 | 0,104 |
| Relationship habits – behavior attachment | 0,706 | 0,480 |
| Relationship intention– behavior attachment | 2,129 | 0,033 |
| Relationship knowledge – behavior attachment | 5,744 | 0,000 |
| Relationship Personal agency – intention | 1,463 | 0,144 |
| Relationship attitude – intention | 7,920 | 0,000 |

Based on Table 3 above, it is found that only 2 variables directly affect the formation of attachment behavior, namely intention and knowledge variables. The intention is directly influenced by 1 variable, namely attitude.

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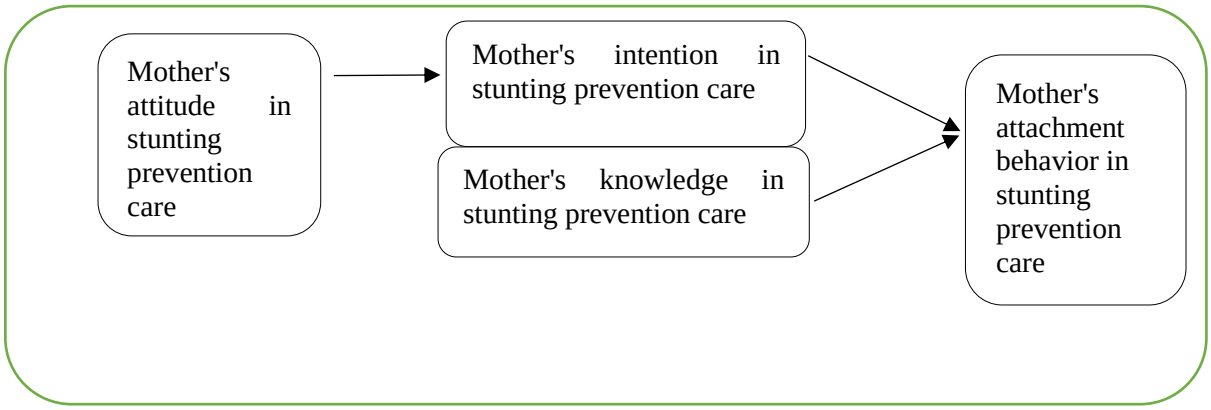


## DISCUSSION

### Relationship between Intention and Mother's Attachment Behavior

Based on the results of the study, shows that intention has the highest statistical T-value influence on the formation of attachment behavior of mothers in caring for stunting prevention in children under 2 years. This is in accordance with the Integrated Behavior Model theory that IBM emphasizes that the most important determinant of a person's behavior change is behavioral intention. IBM emphasizes the importance of intention as a motivation to behave. Without motivation, it is impossible for someone to carry out the recommended behavior. The Integrated Behavioral Model (IBM) is the development of two theories, namely the Theory of Reason Action (TRA) and the Theory of Planned Behavior (TPB) which emphasize that the most important determinant of behavior is behavioral intention. Without motivation, it is impossible for someone to carry out the recommended behavior (Glanz, 2008).

Mothers who have high intentions to care for their children will be followed by concrete actions in the form of attachment behavior in the form of stunting prevention care. John Bowlby argues that attachment is a relationship that lasts long enough in the span of human life that begins with the child's attachment to his parents. In other words, attachment is the importance of the bond between parents and children, fulfilling basic needs that are safe, feel attached, and have realization. Bowlby defines attachment as "an enduring psychological connection between people." His ethological theory of attachment suggests that infants have an innate need to form attachment bonds with caregivers. Instinct responses mature at different times during the first year of life and develop at different rates; they serve the function of bonding child to mother and contribute to the reciprocal dynamics of mother-child bonding" (Bowlby, 1958)

The results of a study (Habo Abbas et al., 2020.) on toddlers in the slum area of Makassar City, South Sulawesi, Indonesia found a correlation between parenting styles (quality time and eating patterns), history of breastfeeding, weaning age to emotional bonding and attachment, and analysis correlation between emotional attachment and stunting. Correlation analysis between parenting (quality time and eating patterns), history of breastfeeding, and age of weaning which showed a significant relationship between bonding and emotional attachment. Adequate interaction between mother and child can create closeness and a sense of security for children to increase growth and development, especially in the first 1000 years from conception to the age of two.

The results of the study (Sobaih et al., 2023) that the results of a questionnaire survey analyzed with the SmartPLS version showed that attitudes, belief norms, and health awareness

significantly predicted the intention to purchase fast food items among consumers in fast food restaurants. The results of the multi-group analysis showed significant differences between the kingdoms of Saudi Arabia and the United Kingdom regarding the influence of subjective norms and perceptions of intentions, this was due to cultural influences believed by the people. In line with the results of research (Qi et al., 2020) that this qualitative study reported that health awareness, perceived attributes, environmental awareness, social influence, family structure, and shopping experience and intentions were identified as prominent factors preventing consumers from translating their intentions into green food consumption behavior.

**Relationship between Knowledge and Mother's Attachment Behavior**

The results of the study found that there was a direct relationship between mothers' knowledge about stunting prevention and attachment behavior in raising children under 2 years. This means that the level of the mother's knowledge will have a direct influence on the mother's ability to provide sharpening, caring and caring patterns to prevent stunting in children. This happens because the mother understands the benefits of prevention, how to prevent it, and the short-term or long-term impact if her child is stunted which makes the mother motivated and moved to care for her child and be closer to her child. This is as stated by Prihandini & Primana, (2019), that the demographic variables that influence maternal and fetal attachment are age, mother's education, socioeconomic status, number of previous children, type of pregnancy (parity), pregnancy planning, previous pregnancy, disorders of pregnancy and gestational age. Mother's education greatly influences the ease with which mothers can access information about stunting prevention care and the ease with which mothers understand new information. This causes the level of the mother's education to affect the mother's knowledge about the importance of attachment in child care. Good mother knowledge will help the mother in attachment behavior while caring for children under 2 years in preventing stunting.

Based on the findings of a relationship between demographic variables and maternal and fetal attachment, there is an interesting relationship between the mother's education variable and the attachment level of the relationship between mother and baby, that is, the higher the education level of the mother, the lower the attachment level of the relationship between mother and fetus (Rubertsson, et al., 2015; Camarneiro & Justo, 2017; Rusanen, et al., 2018). This can be a suggestion for future research to be able to explain what causes the negative relationship between the education level of pregnant women and the level of attachment between mother and fetus.

**Relationship between Attitude and Intention**

The results of the study showed a significant relationship between the mother's attitude and the mother's intention in attachment behavior in parenting to prevent stunting in children under 2 years. A positive or negative mother's judgment of stunting prevention would be a good or bad idea that would direct on the intention of the judged mother to do or not do stopping prevention personally. This attitude will lead to a belief equal to the amount of strength and belief that determines the magnitude of the mother's intention in preventing stunting in a child aged 0-24 months. On the contrary, if you think that stunting prevention is not important because of hereditary factors such as a short family, then there will be no incentive, no strength, no confidence in you to do it. Individuals with strong negative emotional responses to recommended behavior are unlikely to have high intentions, while those with strong positive emotional reactions are more likely to engage in it. Attitudes are also based on cognitive abilities, determined by beliefs about behavioral performance outcomes. The intention arose when mothers believed in the importance of exclusive breastfeeding, colostrum milk, immunization supplies, clean and healthy living behavior and environmental health. The attitude as a whole of a person's favour or dislike in implementing a particular behavior will be

significant to the magnitude of the intention to carry out preventive stunting behaviour. The existence of this attitude as a combination of the affective and cognitive dimensions is an individual's emotional response to an idea in response to a behavioral recommendation.

Mothers who have a positive attitude will form motivation and drive mothers towards attachment behavior during children under 2 years of care, whereas mothers with negative attitudes will tend to ignore the needs of nurturing, caring, and caring in preventing stunting. As with the results of the study (Wipraja & Piartini, 2019), the results of the analysis found that attitudes have a positive and significant effect on entrepreneurial intentions and subjective norms have a positive and significant effect on entrepreneurial intentions. From this study it can be concluded that subjective norms and attitudes influence entrepreneurial intentions, the more entrepreneurial intentions increase, the more subjective norms and attitudes also increase. The results of the study (Ekawati, 2020) show that the results of testing the effect of attitudes towards green products on the intention to buy green products show a t-statistic value of 14,487 > 1,960 and a p-value of 0,000 <0.05. The original sample estimate value shows a positive value of 0.804 which indicates that the direction of the relationship between the attitude variable towards green products and the purchase intention variable for green products is positive. Thus, H1 in this study is accepted. That is, in this study the latent variable attitude towards green products with its indicators has a positive and significant effect on the latent variable of intention to buy green products with its indicators.

## CONCLUSION

There is a significant relationship between the mother's intention to prevent stunting and the mother's attachment behavior during care in preventing stunting in children under 2 years. Likewise, the knowledge variable influences the formation of the mother's attachment behavior in caring for children under 2 years. Meanwhile, the mother's intention is directly influenced by the mother's attitude in preventing stunting in children under 2 years.

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