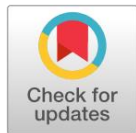


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## Bridging Digital Health and Sasak Tradition: A Narrative Inquiry into the BERIUK Program for Preconception Nutrition Education

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### ABSTRACT

**Background.** The nutritional status of maternal and child health is a determinant of the quality of human resources. This is increasingly clear with evidence that the nutritional status and health of mothers during preconception, pregnancy, and breastfeeding are very critical periods. The importance of preconception nutrition is closely related to the incidence of Stunting. NTB Province is one of the provinces that contributes to stunting of 77,037 toddlers. Therefore, prospective brides and grooms require adequate nutrition to ensure optimal preconception health and reduce the risk of stunting in their future children.

**Purpose.** to find out the role of BERIUK (Beruqaq Information Education) for Prospective Brides and Grooms in increasing knowledge and attitudes about pre-conception nutrition using the Android application media Gipsi (Pre-Conception Nutrition).

**Method.** The study used a quasi-experimental with a pretest-posttest group approach. It was conducted in West Lombok Regency, NTB Province with 60 prospective brides and grooms. Data were analyzed using paired t-tests to determine differences in knowledge and attitudes before and after the intervention.

**Results.** The results showed a significant increase in knowledge and attitudes after the intervention. The t-test revealed a significant difference in knowledge ( $p = 0.000 < \alpha = 0.05$ ) and attitudes ( $p = 0.001 < \alpha = 0.05$ ), indicating that education via BERIUK significantly improved both outcomes among prospective brides and grooms.

**Conclusion.** Combining culturally relevant education with digital media is highly effective. Using BERIUK alongside the Gipsi Android application significantly increased knowledge and positively influenced attitudes regarding preconception nutrition among prospective brides and grooms.

### KEYWORDS

Digital Intervention, Health Education, Preconception Nutrition, Prospective Brides

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### INTRODUCTION

Prospective brides and mothers-to-be can be categorized as women of childbearing age due to their transition from late adolescence to early adulthood, or the age range between 15 and 49 years. Prospective brides and grooms are a vulnerable group whose health status,

especially their nutritional status, must be monitored (Lusyana & Abdul, 2019). Several studies have supported the idea that proper nutritional status in women during the preconception period provides a window of opportunity in preparing for the first 1000 days of life (Fillah et al., 2019).

The importance of preconception nutrition is closely linked to the incidence of stunting. Stunting is a global problem affecting 150.8 million children under five worldwide. Data from the 2018 Basic Health Research (Riskesdas) showed that the prevalence of stunting in Indonesia was 30.8%. Meanwhile, in West Nusa Tenggara Province, 77,037 children under five were still stunted. West Lombok Regency had the highest percentage of stunted children under five, at 41.18% (NTB Provincial Health Office, 2023). Furthermore, West Nusa Tenggara Province is one of the provinces with the highest number of early marriages in 2023, with 723 cases, which decreased to 581 cases in 2024. Meanwhile, West Lombok Regency.

Throughout 2022, the number of cases decreased compared to the previous year, with 205 cases recorded in 2021. This decreased to 184 cases by November 2022, and then increased again in 2023 to 233 cases (DP2KBP3A, 2023). It is known that underage marriage is one of the factors contributing to the increase in stunting cases (Nurul et al., 2023). This is consistent with research conducted by Yulius et al. (2020), which states that early marriage significantly triggers stunting. The younger a woman marries, the higher the risk of her child experiencing stunting, as they are not yet ready to bear children. Furthermore, prospective brides and grooms still require optimal nutrition to prepare for pregnancy (Yulius et al., 2020).

There has been extensive research on preconception nutrition education, but this research will be innovative by providing preconception nutrition education using an Android application called Gipsi (Pre-Conception Nutrition) based on the Sasak culture of BERIUK (Berugaq Information Education), a practice that has never been studied before. Berugaq are wooden structures without walls placed in front of the house. Berugaq buildings are very popular among the people of Lombok Island, with almost every household having one. Furthermore, berugaqs are also a common gathering place for the community, often serving as a comfortable and relaxing space, and fostering a strong sense of family (Aries, 2019).

Berugak still exist today as a vital communication and information channel for the Sasak people of Lombok, despite changing trends. In the 4.0 era, indigenous Lombok residents still receive information from the community gathered in Berugak and even engage in discussions without a specific theme. This is despite the transition to Generation Z, where Generation Z relies on mobile phones or gadgets for information and even communicates through online media to obtain information from around the world. In various situations, gadget users, or netizens, have turned online media or the internet into a new public sphere (Supriadi & Putra Pujiantara, 2024). While it has the potential to serve as a communication channel that plays a greater role in society, this medium also often presents a number of challenges in its use. The number of internet users in Indonesia is increasing day by day, and its use is expanding, from personal interests to commercial business and even political matters (Priyanto, 2017).

Despite this, the Sasak people have not abandoned the tradition of gathering information face-to-face and sitting together in the Berugak, despite modern trends. The Berugak remains a key source of information, especially since all Sasak actively access information through conventional media, including print and online media like the internet. Therefore, traditional media are combined with digital media to create a unique combination for disseminating information, particularly health information. Ultimately, information flows through the Berugak through intentional or unintentional gatherings. These gatherings can potentially provide more effective information due to the more detailed, direct explanations provided. They also have the potential for communities

actively accessing local, national, and even international media to share their information directly, face-to-face, with others (Mashad et al, 2025).

Education through BERIUK (Berugaq Information Education) for prospective brides and grooms can be an effort to provide educational information, particularly regarding preconception nutrition. Furthermore, current challenges include changing times, necessitating the need for educational media that can engage participants. One such application is the Gipsi (Pre-Conception Nutrition) application, which can be easily read and studied from anywhere.

This is consistent with research conducted by Fachruddin et al. (2017), which stated that Android-based nutrition education media is superior to other media. Android and websites are technology-based nutrition education media that have been widely implemented abroad and have the potential to be implemented in Indonesia. Therefore, Android and websites are highly effective when used in nutrition education, potentially providing a positive impact on smartphone and internet use (Fachruddin et al., 2017).

## RESEARCH METHODOLOGY

This research is a quantitative research with a research design using a quasi-experimental pre-test and post-test with a control group design that uses an experimental group and a control group (comparison). The respondents of this study were prospective brides and grooms aged 19-35 years and were in their first marriage, calculated using paired categorical comparatives with 30 respondents per group. Education was given three times a week to both groups.

Interviews, observations, tests, and documentation were used as data collection methods in this study. Prospective grooms and brides were questioned during interviews about their understanding of the learning media used during the teaching and learning process. Observations were carried out during the ongoing educational process. The types of tests used in this study were pretests and posttests, the assessment of which was in the form of a 25-question knowledge questionnaire and a 15-question attitude questionnaire. Prospective brides and grooms were given a pretest to measure their initial knowledge and attitudes, and a posttest was used to measure how much the prospective brides and grooms' educational outcomes had improved. Other data needed for the study were then obtained from research documentation

Analysis used bivariate analysis to determine differences in knowledge and attitudes about preconception nutrition education in the two groups, paired data were tested with a paired t-test or a non-parametric Wilcoxon test if the data were not normally distributed, and unpaired data were tested with an unpaired t-test or a non-parametric Mann Whitney U-test if the data were not normally distributed. The research was conducted after obtaining ethical approval from the ethics commission of the Mataram Ministry of Health Polytechnic.

## RESULT AND DISCUSSION

The results of this study are the responses of all respondents who received education.

### 1. Respondent Characteristics

The characteristics of prospective brides and grooms from the study are as follows:

**Table 1.** Distribution of Respondents Based on Characteristics

No	Variable	Experiment		Control	
		n	%	n	%
1	Age				
	- ≤ 20	9	30,0	5	16,7
	- 21-35	21	70,0	24	80,0

- > 35	0	0	1	3,3
2 Education				
- Elementary School	1	3,3	0	0,0
- Junior High School	6	20,0	4	13,3
- Senior High School	22	73,4	25	83,3
- Diploma	0	0,0	1	3,3
- Bachelor	1	3,3	0	0,0
3 Body Mass Index				
- < 18,5 ( <i>underweight</i> )	4	13,3	7	23,3
- 18,5–24,9 (berat badan normal)	23	76,7	21	70,0
- 25–29,9 ( <i>overweight</i> )	3	10,0	2	6,7
- ≥30 (obesitas)	0	0,0	0	0,0
4 Upper Arm Circumference				
- Chronic Energi Deficiency	7	23,3	9	30,0
- Non KEK	23	76,7	21	70,0

Based on the characteristics of respondents according to age in the intervention and control groups, it shows that there are still prospective brides and grooms who are not at the age they should be, marrying younger than the ideal and reproductive age category (21-25 years), namely 30% of respondents in the intervention group and 16.7% in the control group. According to education level, it shows that the lowest level of education of respondents is elementary school, which is 3.3% and the highest is high school at 73.4% in the intervention group and 83.3 in the control group. In the BMI category, most are in the normal category, namely 76.7% in the intervention group and 70.0% in the control group. While in the LILA status category, both in the control and intervention groups, most are in the Non KEK category, namely 76.7% in the intervention group and 70.0% in the control group, but there are also categories of respondents who experience KEK, namely 36.7% in the intervention group and 30.0% in the control group.

## 2. Knowledge of Pre-Conception Nutrition among Prospective Brides

**Table 2.** Respondent Frequency Based on Knowledge of Pre-Conception Nutrition Before and After Education

Level Of Knowledge	Mark				
	Pretest n	%	Postest n	%	
Intervention group	Good	1	3,3	21	70,0
	Enough	16	53,3	8	26,7
	Poor	13	43,3	1	3,3
	Total	30	100	30	100
Control group	Good	3	10,0	15	50,0
	Enough	10	33,3	9	30,0
	Poor	17	56,7	6	20,0
	Total	30	100	30	100

The knowledge category of respondents before being given education in the intervention group, most were in the sufficient category, namely 16 (53.3%), and the less category was 13 (43.3%), while the good category was only 1 (3.3%). After being given education, 70.0% of the sample had good category knowledge. In the control group before being given education, most of the respondents' knowledge was in the less category, namely 56.7%, the sufficient category was 33.3%, and the good category was 10.0%. While after being given education, most were in the good category, namely 50.0%.

3. Attitudes of Prospective Brides and Grooms Regarding Pre-Conception Nutrition

**Table 3.** Respondent Frequency Based on Prospective Brides and Grooms' Attitudes Regarding Pre-Conception Nutrition Before and After Education

Attitude		Mark			
		Pretest		Posttest	
		n	%	n	%
Intervention Group	Good	16	53,3	29	96,7
	Enough	9	30,0	1	3,3
	Poor	5	16,7	0	0,0
	Total	30	100	30	100
Control Group	Good	15	50	26	86,7
	Enough	5	16,6	4	13,3
	Poor	10	33,3	0	0,0
	Total	30	100	30	100

The attitudes of respondents before receiving education in the intervention group were mostly in the good category at 53.3% and in the sufficient category at 30%. Meanwhile, after receiving education, 100% of the sample had attitudes in the good category. In the control group, before receiving education, the majority of respondents' attitudes were in the good category at 50%, in the sufficient category at 16.6% and in the poor category at 33.3%.

4. The Effect of Beriuk (Educational Information Berugaq) on Knowledge of Preconception Nutritional Preparation for Prospective Brides and Grooms Using the Gipsi App

**Table 4.** The Effect of Beriuk (Educational Information Berugaq) on Knowledge of Preconception Nutritional Preparation for Prospective Brides and Grooms Using the Gipsi App

Group	Pre test		Post test		Difference	p-value
	Mean	SD	Mean	SD		
Experiment	82,10	±9,6	88,25	±14,7	6,15	0,000
Control	80,90	±8,7	81,23	±8,9	0,33	0,028

The results of the statistical test showed that both groups had an effect on the knowledge of prospective brides and grooms with a p-value of 0.000 <0.05, which means there was an effect of Beriuk (Berugak Informasi Edukasi) on prospective brides and grooms' knowledge about preconception nutrition. However, from the difference between the two groups, it was found that the intervention group had a higher average difference of 6.15 compared to the control group, which was 0.33.

5. The Influence of Beriuk (Educational Information Berugaq) on Attitudes About Preconception Nutritional Preparation Using the Gipsi App for Prospective Brides

**Table 5.** The Influence of Beriuk (Educational Information Berugaq) on Attitudes About Preconception Nutritional Preparation Using the Gipsi App for Prospective Brides

Group	Pre test		Post test		Difference	p-value
	Mean	SD	Mean	SD		
Experiment	24,10	±3,6	28,00	±2,7	3,90	0,001
Control	21,90	±1,7	21,23	±1,8	-0,67	0,644

The results of the statistical test showed that the intervention group had a significant influence on the attitudes of prospective brides and grooms with a p value of 0.001 <0.05, which means there is an influence of Beriuk (Berugak Informasi Edukasi) on the attitudes of prospective brides and grooms about preconception nutrition. While in the control group obtained a p value of 0.644 > 0.05, which means there is no influence of Beriuk (Berugak Informasi Edukasi) on the attitudes of prospective brides and grooms about preconception nutrition.

The first characteristic is age, where the study showed that in both the intervention and control groups, the majority of prospective brides and grooms were aged 21-35 years, as many as 21 people (70%) in the intervention group and as many as 24 people (80%) in the control group. According to research conducted by Vita Damayanti (2017), most respondents were mothers aged between 26 and 30 years who had mature and rational thinking patterns, so they had the ability to analyze the needs required by themselves (Vita, 2017). In line with the results of the study by Firdayanti et al, (2021), namely the majority of respondents aged 20-30 years, which is a group that has reached maturity in psychological and rational terms compared to certain women's ages, because individuals aged 20 years and above are the right age to analyze and receive information more maturely compared to middle age. Furthermore, age can influence respondents' knowledge, as increasing age can influence thought patterns and lead to greater experience (Firdayanti et al., 2021).

Meanwhile, the majority of prospective brides and grooms had a high school education, with 22 (73.4%) in the intervention group and 25 (83.3%) in the control group. This illustrates that women, on average, marry after graduating from high school. According to Nur Imas Sari et al. (2021), the higher a person's education level, the better their thought patterns will be. Therefore, respondents with a higher level of education are more open to new things, including a curiosity to learn new things, such as learning about education through Android applications like the Gipsi app (Nur et al., 2021). Meanwhile, in terms of BMI, the majority of respondents were in the normal BMI category, with 76.7% in the intervention group and 70.0% in the control group. The results showed that in both the intervention and control groups, the majority of respondents did not experience CED. However, there was also a category of respondents who experienced CED, namely 36.7% in the intervention group and 30.0% in the control group. The impacts of CED can cause anemia, maternal mortality during childbirth (MMR), infant mortality (IMR), low birth weight (LBW), premature birth, and birth defects (Lusyana & Abdul, 2019).

The results of this study indicate a significant difference between the levels of knowledge and attitudes before and after preconception nutrition education. This indicates a significant difference between the levels of knowledge and attitudes regarding preconception nutrition education provided by the "Gipsi" app before and after the intervention using BERIUK (Berugaq Informasi Edukasi) for prospective brides and grooms.

Access to media and information has become a primary need for everyone. This is due to the need for information, such as entertainment, education, health, politics, and access to knowledge from different parts of the world. Advances in technology and information, along with increasingly sophisticated devices produced by industry, have connected the world in the palm of your hand (Supriadi, 2024). The most popular icon of digital technology is online applications. Online applications have risen to the top of the list of digital technology products most favored by people worldwide today. This situation has made it easier for people and has greater opportunities to access various information, especially one of the benefits of information technology, which is its ability to utilize limitations of space and time (Lisca et al., 2026).

This is consistent with research findings (Awaliah et al., 2025) that show that video-based nutrition education via WhatsApp effectively increases adolescents' knowledge about balanced nutrition. This is in line with research by (Hanifa et al., 2025) that found that education via the TikTok application significantly impacted the knowledge of eleventh-grade female adolescents about the importance of consuming iron-fortifying tablets. Providing digital information can have a positive impact on public health knowledge, attitudes, and behaviors. The choice of media was

based on the current prevalence of social media, ensuring that training or interventions can be implemented smoothly and effectively (Annisa & Ratnawati, 2022).

Based on these results, the researchers concluded that the significant increase in knowledge and attitudes after the intervention was due to the stimulation provided by the educational media, which combined cultural and electronic media. This enabled respondents to better understand the material presented. This enabled them to understand the lessons delivered by health workers, thereby enhancing their understanding of the material. Respondents also interacted enthusiastically during discussions, which may have influenced their attitudes after the education.

Media is also a factor influencing a person's knowledge and attitudes. Media is useful for generating interest in the target audience, encouraging them to pass on the message to others, and facilitating the delivery of information. Media functions to make it easier for someone to understand information that is considered complicated (Puspitaningrum et al, 2017).

The study used the Gipsi application, also known as “Gizi Pra Konsepsi,” designed to improve pre-conception nutritional knowledge for prospective brides and grooms. It serves as a screening, education, and mentoring tool for prospective brides and grooms. Before marriage, prospective brides and grooms are expected to register with this application to identify risk factors for marrying while undernourished. Furthermore, prospective brides and grooms can also self-check their BMI and KEK using the application. This finding aligns with a study by Dewi Septi et al. (2022) entitled “The Effect of the “Acenting Seni” Educational Media Application on Knowledge and Attitudes for Early Stunting Prevention in Women of Childbearing Age 20–25 Years.” It demonstrated that education through the “Acenting Seni” application proved effective in improving attitudes regarding early stunting prevention. This research aligns with research conducted at the Tenayan Raya Community Health Center in Pekanbaru, which found that the use of Android applications can improve mothers' knowledge and attitudes regarding stunting.

Various media used for stunting education also showed similar results. For example, a study using flipcharts among prospective brides and grooms showed an increase in their knowledge and attitudes regarding stunting prevention (Fitriami & Galaresa, 2022). Another study using videos demonstrated an increase in knowledge and attitudes regarding stunting among students in the Midwifery Department of the Makassar Ministry of Health Polytechnic (Fauziatin et al., 2019).

Smartphone technology has been widely used by respondents. This can present an opportunity for healthcare providers to provide online, Android-based adolescent health services. Research by Khoiriyah Isni et al. (2019), which analyzed the needs of the “Sidika” Android application as a medium for adolescent health promotion, showed that 90.63% of respondents felt the need for online health counseling and were interested in trying an Android-based health application. Furthermore, research by Resmiati et al. (2021) stated that Android-based education conducted on adolescents also showed that the average knowledge of adolescents before exposure to the Android stunting application was 10.93. After exposure, the average knowledge increased to 13.57. It can be concluded that the media is effective in increasing knowledge about stunting.

The Sasak people of Lombok prioritize face-to-face gatherings because the Sasak people emotionally have a strong sense of family (Dadang & Raesul, 2017). This also provides advantages for people who are not tech-savvy in obtaining information that has been disseminated through online or conventional media easily, although there are shortcomings in the level of accuracy of the information, but the information will become the subject of long discussions or discussions and exchanges of information that ultimately find the credibility of the information provider and the content of the information itself (Ismail, 2017). So through the educational information berugak in

this study, education can be provided more effectively due to the high level of trust from both the education provider and the prospective bride and groom themselves.

Although the berugak has a multifunctional function in the flow of communication and information for the Sasak people, it does not mean that the Sasak people do not follow the development of communication and information technology such as mass media, online media and various social media such as Facebook, WhatsApp, Instagram, Twitter and so on (Hadi et al, 2025). However, the philosophical and unique values of the berugak are a strong reason for the Sasak people to maintain the tradition of sitting together in the berugak to carry out communication activities and exchange information that is local or is information continued from social media obtained by the community. This is what causes the Beriuk combined with the Gypsy application to be more effective in providing health education to prospective brides and grooms compared to counseling using regular lectures.

## CONCLUSION

The primary findings of this research demonstrate that the integration of the “Gipsi” (Pre-conception Nutrition) Android application with the traditional Sasak communication forum known as BERIUK significantly enhances the nutritional knowledge and attitudes of prospective brides and grooms. Statistical analysis revealed a substantial increase in “good” category knowledge, rising from 3.3% to 70% in the intervention group, alongside a 100% improvement in positive attitudes following the educational program. This underscores a critical divergence from conventional health education; while standard methods may convey facts, the BERIUK approach facilitates a deeper cognitive shift by leveraging cultural proximity to address stunting risks early in the preconception period.

This study contributes a novel “hybrid education model” that bridges modern digital health interventions with indigenous wisdom. By utilizing the *Berugak* a traditional open wooden structure used for community gathering as a physical platform for digital literacy, the research introduces a methodology that mitigates the impersonal nature of mobile apps. This cultural-digital synthesis serves as a strategic concept for public health in regions with strong traditional ties, proving that technology is most effective when it does not replace, but rather enhances, existing social structures and face-to-face community interactions.

Despite the positive outcomes, this research is limited by its specific geographical focus on the West Lombok Regency and its relatively small sample size of 60 respondents. Future research should aim to scale this intervention across diverse ethnic groups to test the adaptability of the BERIUK concept outside of Sasak culture. Additionally, longitudinal studies are required to track the actual long-term nutritional behaviors of these couples throughout pregnancy to determine if the recorded improvements in knowledge and attitude translate into a measurable reduction in stunting cases among their future children.

## DECLARATION OF AI AND AI ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

During the preparation of this work, the author used ChatGPT to construct vocabulary and sentences that were correct and in accordance with EYD rules. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication.

## AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation; Formal Analysis.

Author 4: Methodology; Writing - original draft.

## DECLARATION OF COMPETING INTEREST

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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