



THE RELATIONSHIP BETWEEN PARENTING AND MOTHER'S KNOWLEDGE WITH STUNTING INCIDENCE IN TODDLERS

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A B S T R A C T

Stunting is a condition of failure to thrive in children under five years old (toddlers) due to chronic malnutrition and recurrent infections. the stunting rate is 24.4 percent in 2021. Based on Office Profile data West Sumatra Health in 2017, In 2020, the coverage of stunting events in the city of Bukittinggi is 14.76% and the Puskesmas Plus Mandiangin is 22.92%

This research was an analytic study with a cross-sectional design which aims to determine the relationship between parenting and knowledge with the incidence of stunting in toddlers at the Plus Mandiangin Health Center, Bukittinggi City in 2022. The population in this study were all mothers and toddlers at the Mandiangin Plus Health Center, City Bukittinggi, namely 763 toddlers, based on the latest data in September-December 2021. The sample in this study was 46 people. This research was analyzed by univariate and bivariate

This study showed that there were 29 (63.0%) normal toddler mothers, 24 (52.2%) respondents with poor knowledge, and 26 (56.5%) respondents with good parenting. The results of the knowledge statistical test using the Chi-Square test obtained a P-value of 0.026 <0.05 and parenting patterns obtained a P-value of 0.016

Conclusion: There is a relationship between knowledge and upbringing with the incidence of stunting in toddlers. It is hoped that the Mandiangin Plus Health Center Health Officers will provide counseling and health education to mothers about the causes of stunting in children under five, especially regarding knowledge and patterns good foster.

I. INTRODUCTION

Stunting or often called stunting or stunting is a condition of failure to thrive in children under five years old (Toddlers) due to chronic malnutrition and repeated infections, especially during the first 1,000 Days of Life (HPK) period, i.e. from fetus to 23 month old child. A child is classified as stunted if his length or height is below minus two standard deviations for the length or height of a child his age. Stunting is one of the problems that hinder human development globally. Currently there are around 162 million children under the age of five experiencing stunting. If this trend continues, it is projected that by 2025 there will be 127 million children under the age of five who will experience stunting. According to the United Nations Children's Emergency Fund (UNICEF) more than half of stunted children or 56% live in Asia and more than a third or 37% live in Africa (UNICEF, 2016)

Based on the results of the study (Sampe et al, 2020) the factors that influence the incidence of stunting are inadequate water and sanitation factors including unimproved drinking water sources, inappropriate water treatment, sanitary use of latrine facilities, latrine ownership, open defecation behavior, and disposal of toddler feces not going to the latrines is associated with an increase in the incidence of stunting among toddlers in Indonesia. Other research states that the causes of stunting occur since pregnancy due to lack of nutrition at that time, initiation of early breastfeeding less than 1 hour after birth or not at all, stopping <6 months of breastfeeding and insufficient frequency of breastfeeding, and giving complementary food for ASI <6 or >12 months, and the food given does not vary with frequency and texture that is not age appropriate. (Nugroho et al, 2021)

The causes of stunting include toddlers with a history of low birth weight (LBW), history of infectious diseases that have been experienced, parenting styles related to nutrition, exclusive breastfeeding, availability of food and clothing, parental education, social, cultural, economic. Behaviors related to poor or poor parenting can also cause stunting, as specifically explained, such as the lack of knowledge of mothers in fulfilling their nutrition during pregnancy, even the nutritional preparations that must be fulfilled when preparing for pregnancy and after giving birth to increase good milk production. If a child's nutrition is deficient, it will have an impact on stunting the growth and development of the brain, decreased immunity and low immunity against infection which is prone to stunting in children. In addition, several things must be considered in parenting related to child nutrition, including the amount of nutritional intake and the quality of the food that will be given. A mother and a parent need to understand what nutrition and nutrients should be given to children, including in terms of food hygiene and environmental hygiene and the proper use of health facilities to overcome problems that occur in children, especially those related to child nutrition. (Noorhasanah et al, 2021)

Parenting style has an important role in the incidence of stunting in toddlers. The interaction between children and parents during parenting activities greatly contributes to the growth and development of children. The nutritional state of children is influenced by the mother's ability to provide adequate food and family income, education, behavior and number of siblings (Vicka Lourine Rapor, 2014). Data related to stunting problems is supported by several research results which show that there is a significant relationship between maternal parenting and the incidence of stunting in toddlers as well as the cognitive level of children greatly affected by stunting. (Ibrahim et al, 2021)

Mother's knowledge of nutrition is one of the factors that determines whether or not the child's food intake is good. Mother

who have good knowledge of nutrition will pay attention to nutritional intake for the development of their children so that they do not experience malnutrition (Sahroni et al., 2020). Stunting can have adverse effects both in the short and long term. The adverse effects of stunting include impaired brain development, reduced cognitive ability, impaired physical growth, decreased body immunity so that you get sick easily, imbalanced body functions. Stunted children are also at risk for diabetes, obesity, heart and blood vessel disease, stroke and cancer. On a macro level, stunting can reduce the quality of human resources, productivity and result in large economic losses. (Rahmawati et al, 2019)

Based on the background above, the researcher is interested in conducting research with the title "Relationship of Mother's Parenting and Knowledge with Stunting Incidents at the Plus Mandiangin Health Center".

II. METHODS

This research approach used in this study is a quantitative approach with cross-sectional survey design. The population in this study were 763 mothers who have toddlers at the Mandiangin Plus Health Center, Bukittinggi. Calculation of the number of samples using the Lemeshow's formula. 46 toddlers representing the population in this study were taken using random sampling techniques. The instrument which used in this study was a questionnaire. The questionnaire used was a questionnaire on maternal identity and knowledge of mothers about stunting as well as a questionnaire on feeding parenting and records of children's height measurements by health workers. Bivariate analysis was carried out to determine the relationship between each independent variable and the incidence of stunting using the Chi-square formula for significance level $p = 0.05$

III. RESULT

Table 1. Distribution of Knowledge Frequency of Mothers with Stunting Incidents in Toddlers

Knowledge	n	%
Good	22	47,8
Poor	24	52,2
	46	100

Based on table 1, it was found that almost half of the mothers had good knowledge of 22 (47.8%) respondents and some of the respondents who lacked knowledge were 24 (52.2%) of respondents

Table 2. Frequency Distribution of Parenting Patterns with Stunting Incidents in Toddlers

Pola Asuh	n	%
Baik	26	56,5
Kurang	20	43,5
Jumlah	46	100

Based on table 2, it was found that of the 46 respondents studied, 26 (56.5%) respondents had good parenting styles and 20 (43.5%) respondents lacked.

Table 3. Distribution of the Relationship between Mother's Knowledge and Stunting Incidents in Toddlers

knowledge	<i>Stunting</i>				Jumlah		P-value
	Normal		stunting				
	n	%	N	%	n	%	
Good	18	81,8	4	18,2	22	100	0,026
poor	11	45,8	13	54,2	24	100	
Total	29	63,0	17	37,0	46	100	

Based on table 3, the statistical test results using the Chi-Square test obtained a P-value <0.05 , namely $0.026 < 0.05$, it can be concluded that there is a relationship between mother's knowledge and the incidence of stunting in toddlers at the Plus Mandiangin Health Center, Bukittinggi City in 2021

Table 4. Frequency Distribution of Parenting Relationship with Occurrence Stunting in Toddlers

Parenting	<i>stunting</i>				Total		P-value
	Normal		stunting				
	n	%	N	%	n	%	
Good	12	46,2	14	53,8	26	100	0,016
Poor	17	85,0	3	15,0	20	100	
Total	29	63,0	17	37,0	46	100	

Based on table 4, it was found that the P-value < 0.05 , namely $0.016 < 0.05$. Thus it can be concluded that there is a relationship between parenting style and the incidence of stunting in toddlers.

IV. DISCUSSION

Knowledge is the result of "knowing" and this occurs after people sense a particular object. Good knowledge will cause a person to be able to arrange a good menu for consumption, the more one's nutritional knowledge, the more it takes into account the type and amount of food it gets for consumption (Rias, 2016). Fulfillment of nutrition that mothers must know, it is important to adjust to the different nutritional needs of children. Apart from that, the fulfillment of nutrition that mothers need to know is important to adapt to the different nutritional needs of children. Some aspects that are still lacking in knowledge regarding the meaning of nutritional status in children, factors that influence nutritional status and the impact caused by malnutrition. The impact of a lack of knowledge on child nutrition greatly influences children's growth and development (Agustiningrum, 2016).

Research conducted by Hasnawati et al (2021) with the title Relationship between Mother's Knowledge and Stunting Incidents in Toddlers Age 12-59 months, showed that there is a relationship between mother's knowledge and the incidence of stunting in Toddlers aged 12-59

months in the working area of the Lawawoi Health Center, Sidrap Regency with a value of $p = 0.02$. From the above, the researchers assume that mother's knowledge influences the incidence of stunting in children aged 12-59 months. Parents' knowledge can help improve the nutritional status of children to reach growth maturity. Inadequate knowledge, lack of understanding about good eating habits, and insufficient understanding of stunting determine the attitude and behavior of mothers in providing food for their children, including the right type and amount so that children can grow and develop optimally.

In this study, it was found that the incidence of stunting was very high in children whose mothers had a poor level of knowledge, but stunting was also found in children whose mothers had a good level of knowledge about nutrition. This can happen because even though the mother's level of knowledge is in the good category, there are other factors that influence the incidence of stunting namely the application of behavior related to nutrition in everyday life. Mothers do not pay much attention to the diversity of food given, such as not always providing animal and vegetable side dishes in the daily menu, often giving instant food and allowing their children to make snacks containing artificial sweeteners which children under 5 years of age are not allowed to consume. Besides this, apart from knowledge, the incidence of stunting in toddlers can be influenced by economic status, parenting style, history of the mother in pregnancy and childbirth which are direct factors affecting stunting, namely pregnancies with hypertension, close spacing of births, short maternal stature, and an environment that does not support.

Good parenting is a parenting style that makes it a habit to prepare children's own meals and always maintains the cleanliness and safety of children's food where if cleanliness and safety are not guaranteed it can cause various health problems that can affect stunting. Another study from Zakaria and Juwita (2020) states that good parenting can reduce the risk of stunting, the way mothers interact with toddlers and the way mothers provide food can affect toddlers' food intake where if a toddler's food intake is good then this can reduce the risk of a child getting stunted. If parents pay attention to their parenting style properly, toddlers will not be affected by stunting problems, one of the parenting styles that can affect toddlers with stunting problems is the need for food for toddlers provided by their parents. Parents who are able to provide food needs with balanced nutrition, the nutritional needs of toddlers will be fulfilled so they can avoid stunting problems. Giving food to toddlers must also be considered, parents in providing food with full attention, feeding toddlers by providing a comfortable atmosphere so that from this it can be expected that toddlers can finish their food (Bella et al, 2020).

Other forms of parenting so that toddlers are not affected by stunting problems, such as exclusive-breastfeeding, psychosocial stimulation, and parental knowledge about how to care for

toddlers when they are sick. Mothers who regularly breastfeed toddlers can prevent toddlers from getting stunting problems, this is because breast milk contains the nutritional needs needed for toddler growth and development. The psychosocial stimulation in question is the form of parental behavior towards toddlers, if parents provide positive psychosocial stimulation then it can have a good effect on toddlers as well. If a toddler is sick, the parents will take care of him first, when parents lack knowledge of how to care for a toddler who is sick and the lack of health services provided can affect the health condition of the toddler (Wati and Sanjaya, 2021).

Research conducted by Utari Juliani (2018), entitled *The Relationship between Parenting Parenting and Stunting Incidents in Toddlers at Early Childhood Education Al Fitrah, Sei Rampah District, Serdang Bedagai Regency in 2018* found that there is a relationship between parenting parents and stunting events with p value = 0.000

1. CONCLUSION

There is a relationship between knowledge and upbringing with the incidence of stunting in toddlers. It is hoped that the Mandiangin Plus Health Center Health Officers will provide counseling and health education to mothers about the causes of stunting in children under five, especially regarding knowledge and patterns good foster.

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