

THE RELATIONSHIP LEVEL OF HYPNOPARENTING KNOWLEDGE AND WORK TO STUNTING INCIDENCE IN DAWE KUDUS DISTRICT

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Abstract. Child health problems that are currently a top priority that the government wants to improve are regarding child development. Many developmental problems occur in children, one of which is stunting. Stunting is a topic that needs attention from all groups considering the impact it causes. This study aimed to determine the relationship between the level of knowledge and the incidence of stunting in the Dawe sub-district, Kudus district. The method used is a descriptive research design with a cross-sectional approach with a purposive sampling technique. The results of the analysis stated that there was a relationship between knowledge ($p\text{-value } 0.000 < \alpha 0.05$) and the mother's employment status ($p\text{-value } 0.001 < \alpha 0.05$) and the incidence of stunting in Dawe District. The sample in the study was 107 people. The data from this study were obtained from filling out questionnaires that had been tested for validity and reliability and analyzed using the Spearman Rank correlation test. Based on the results of this study, it was found that the majority of respondents had hypnotherapy knowledge, 66 (100%) of respondents who had less hypnotherapy knowledge, most of them had stunting incidence values ≥ -3 SD to -2 SD, 57 people (86.4%), stunting incidence values ≥ -3 SD as many as 9 people (13.6%), out of 22 (100%) respondents who had sufficient knowledge, the majority of stunting events ≥ -3 SD as many as 14 people (63.6%), the value of stunting events ≥ -3 SD /d -2 SD as many as 8 people (36.4%) and from 19 people (100%) respondents who have high knowledge most of the status values of stunting events ≥ -3 SD as many as 14 people (73.7%) and the value of stunting events ≥ -3 SD to -2 SD as many as 5 people (23.3%). As well to the results of the analysis of respondents who have a job 83 (100%) working status of working mothers, most of the value of stunting events ≥ -3 SD to -2 SD is 61 people (73.5%), the value of stunting events ≥ -3 SD is 22 people (26.5%), and out of 24 (100%) respondents who had employment status, mothers did not work, most of the stunting incidents were ≥ -3 SD, 15 people (62.5%), the stunting incidence was ≥ -3 SD to -2 SD as many as 9 people (37.5%). Conclusion Based on the results of the Spearman Rank correlation test, it was found that there was a relationship between the level of knowledge ($p\text{-value } 0.000 < 0.05$) and work ($p\text{-value } 0.000 < 0.05$) on the incidence rate in Dawe District, Kudus Regency.

Keywords: Hypnotherapy of Knowledge, Occupation, Incidence of stunting

INTRODUCTION

The healthy paradigm is a perspective, mindset, or model of health development that views health problems as interrelated and influences many cross-sectoral factors with efforts that are more directed at improving, maintaining, and protecting health, not just efforts to cure disease or restore health. (Lestari et al., 2018).

The success of the national development of a nation is determined by the availability of quality human resources (HR), namely human resources who are physically tough, mentally strong, and in excellent health in addition to their mastery of science and technology. School-age children are the next generation of the nation and the quality of the nation in the future is determined by the quality of current children (Lestari et al., 2018). Nutrition has an important role in developing the quality of human resources (HR). Nutritional imbalances can reduce the quality of human resources (Lestari et al., 2018)

Child health problems that are currently a top priority that the government wants to improve are regarding child development. Many developmental problems

occur in children, one of which is stunting. Stunting is a condition where a person's height turns out to be shorter than the height of other people his age which is chronic in nature during the growth and development period since the beginning of life (Tauhidah, 2020)

Hypnoparenting knowledge of parents is important in the pattern of care by instilling positive suggestions in children. In a journal entitled Hypnosis and Parents: Pattern Interruptus explaining the role of parents in using hypnosis on their children raises many questions that must be considered. Hypnoparenting was first introduced on Good Morning America by Chief Health and Medical Director, Dr. Richard Besser. At first glance, hypnoparenting sounds quite foreign. However, experts believe that parental care for children has long been using techniques similar to hypnosis. Hypnoparenting, is a method that combines parenting practices with hypnosis knowledge. Hypnoparenting is a hypnotherapy technique (therapy with hypnosis) that is specifically applied by parents in raising children. Broadly speaking, this technique is useful in improving the quality of communication and spiritual intelligence of parents and children. Working directly on the child's subconscious, allows parents to apply parenting without coercion (Gunawan, 2010, Faeni, 2013, Hidayati, 2015). Hypnoparenting knowledge is very useful in parenting so that children can grow according to their development so they don't experience stunting.

Stunting is a topic that needs attention from all groups considering the impact it causes. Stunting can cause increased morbidity, poor cognitive ability, short stature, increased risk of perinatal and neonatal death, decreased productivity as adults, and increased chronic disease (Swarjana & Kartika, 2022) In addition, child growth reflects the condition of a country's society. Stunting that occurs at the golden age of children can be a subjective indicator of social justice and welfare (Swarjana and Kartika, 2022), (Pratiti et al., 2022)

Stunting is a condition where a child's height is shorter than the height of other children of the same age. One of the causes of stunting is malnutrition in the womb and the early days of a child's birth. However, the stunting condition is only seen after the child is 2 years old (Hositanisita et al., 2022), (Riset, 2022)

Stunting is a condition where toddlers show height or body length based on age that is lower than the standard (Ernawati, 2020). Stunting is a condition where a person's height is shorter than the height of other people in general (who are of the same age). Stunting is a condition of failure to thrive in children under five which is the result of chronic malnutrition so that children become too short for their age (Rahayu et al., 2018).

The bad effect of stunting, which indicates that there has been a disturbance in the number, quality, and damage to cells, tissues, and organs of the body (destruction of growth and development), some disturbances in the quantity, quality, and damage to cells, tissues or organs that cannot be or are difficult to repair, and are at risk of obesity and hoarding body fat in adulthood (Mulyanti et al., 2021); (Fitrianingsih et al., 2022).

The world has experienced positive improvements regarding stunting over the last 20 years. The United Nations International Children's Emergency Fund (UNICEF) estimates that the number of children with stunting under the age of five will be 149.2 million in 2020, down 26.7% compared to 2000 which reached 203.6 million. However, the progress in tackling stunting is not evenly distributed throughout the region. The number of toddlers suffering from stunting in the West and Central Africa region is still increasing by 28.5% from 22.8 million in 2000 to 29.3 million in 2020. East and Southern Africa are experiencing the same thing.

The number of under-fives experiencing stunting increased by 1.4% from 27.6 million in 2000 to 28 million in 2020. Meanwhile, the highest decline in the number of under-fives suffering from stunting came from East Asia and the Pacific. This region recorded 20.7 million children under five suffering from stunting last year, a decrease of 49.75% from 2000 which reached 41.2 million. The number of under-fives suffering from stunting in Eastern Europe and Central Asia decreased by 46.8% from 4.7 million in 2000 to 2.5 million in 2020. In Latin America and the Caribbean, the number of under-fives suffering from stunting decreased by 43.13% from 10.2 million in 2000 to 5.8 million in 2020. Then, the number of children under five suffering from stunting in South Asia decreased by 38% from 86.8 million in 2000 to 53.8 million in 2020. Meanwhile, the number of children under five suffering from stunting in the Middle East and North Africa decreased by 14.4% from 9 million in 2000 to 7.7 million in 2020 (UNICEF, 2021).

The Asian Development Bank (ADB) reports that the prevalence of children with stunting under five years of age (toddlers) in Indonesia is the second highest in Southeast Asia. The prevalence will reach 31.8% in 2020. The highest prevalence of stunting is in Timor Leste at 48.8%. Laos is in position after Indonesia with a prevalence of 30.2%. Then, Cambodia is in fourth position with a stunting prevalence of 29.9%. The Philippines followed with a toddler stunting prevalence rate of 28.7%. Meanwhile, the lowest prevalence rate for children with stunting came from Singapore. The prevalence rate is only 2.8% (Lanata et al., 2018)(Asian Development Bank, 2021).

Indonesia is divided into 34 provinces. The prevalence of stunting in Indonesia will reach 21.6% in 2022. The following is the sequence of provinces that are prioritized for stunting, namely East Nusa Tenggara, West Sulawesi, Papua, West Nusa Tenggara, Aceh, West Papua, Central Sulawesi, West Kalimantan, Southeast Sulawesi, South Sulawesi, Central Kalimantan, North Maluku, Maluku, West Sumatra, South Kalimantan, East Kalimantan, Gorontalo, North Kalimantan, North Sumatra, Central Java, North Sulawesi, West Java, Banten, Bengkulu, East Java, South Sumatra, Bangka Belitung Islands, Jambi, Special Region of Yogyakarta, Riau Archipelago, Lampung, Special Capital Region of Jakarta Bali (Ministry of Health, 2022).(Arsy & Listyarini, 2021).

Central Java Province is divided into 29 districts and 6 cities. The prevalence of stunting in the province of Central Java is 20.9% in 2021. The Province of Central Java is ranked number 20 in cases of stunting in Indonesia. The following is the order of districts/cities in Central Java that is a priority for stunting, namely Wonosobo, Tegal, Brebes, Demak, Jepara, Pemalang, City of Tegal, Banjarnegara, Magelang, Batang, Banyumas, Blora, City of Semarang, Kendal, Boyolali, City of Pekalongan, Pati, Temanggung, Surakarta City, Sukoharjo, Pekalongan, Sragen, Rembang, Cilacap, Kudus, Purbalingga, Semarang, Karanganyar, Kebumen, Klaten, Purworejo, Salatiga City, Wonogiri, Magelang City, Grobogan (Ministry of Health, 2022). Kudus Regency is an area ranked number 25 in cases of stunting in Central Java. The results of data on stunting toddlers in Kudus Regency by the District Health Office (et.a.) in 2022 obtained results in Dawe sub-district 998 toddlers, Gebog sub-district 998 toddlers, Undaan sub-district 612 toddlers, Kaliwungu sub-district 225 toddlers, Mejobo sub-district 210 toddlers, Jekulo sub-district 193 toddlers, city sub-district 113 toddlers, teak sub-district 102 toddlers. The results obtained are that the Dawe sub-district has the highest stunting toddler

rate in the Kudus district. Factors that are the cause are lack of knowledge, mother's employment status, history of mother's pregnancy, and low birth weight.

METHODS

This type of research used a cross-sectional design. The population in this study were 428 stunted children in the working area of the Dawe Health Center aged 0-5 years. Determining the number of samples in this study used (Arikunto, 2017) if the subject is less than 100, then the entire population is sampled. study. but if the subject is more than 100 then 25% can be taken so that the sample in this study is 107 samples. The sampling technique used is simple random sampling. This research method is a descriptive study with a cross-sectional approach using a purposive sampling technique with a sample of 107 respondents. in Dawe District, Kudus Regency. This research was conducted in June-July 2023. The research data was obtained through data on the characteristics of the respondents and filling out the knowledge questionnaire, and work on stunting which had been tested for validity and reliability. This was done to avoid bias (the same respondents) in the study. The hypothesis correlation test used the Spearman Rank correlation test with a significance level (α) of 0.05 using the SPSS (Statistics Program Social and Science) computer program version 25.

RESULTS AND DISCUSSION

Results

Characteristics of Respondents

1. Mother's age

Table 1. Mother's age		
Mother's age	Frequency	Percentage
< 20 atau > 35 years old	45	42,1 %
20 – 35 years old	62	57,9 %
TOTAL	107	100 %

Based on table 1 above, shows that the majority of mothers aged 20-35 years are 55 people (51.4%), and aged <20 or $\geq$ 35 years are 52 people (48.6%).

2. Mother's education

Table 2. Mother's education		
Education	Frequency	Percentage
Junior high school	22	20,6 %
Senior high school	75	70,1 %
College	10	9,3 %
TOTAL	107	100 %

Based on table 2 above, shows that most of the respondents' education was in high school as many as 75 people (70.1%), junior high school as many as 22 people (20.6%), and the lowest education respondent was university as many as 10 people (9.3%).

Bivariate Analysis

- a. The relationship between knowledge and the incidence of stunting in Dawe sub-district.

Table 3. Frequency distribution of cross-tabulation between knowledge and stunting in Dawe sub-district

Knowledge	Stunting incident						P Value
	≥ - 3 SD		≥ - 3 SD s/d - 2 SD		Total		
	F	%	F	%	F	%	
Low	9	13,6 %	57	86,4 %	66	100 %	0,000
Enough	14	63,6 %	8	36,4 %	22	100 %	
High	14	73,7 %	5	23,3 %	19	100 %	
Total	37	34,6 %	70	65,4 %	107	100 %	

The table above shows that out of 66 (100%) respondents who had less knowledge, most of them had to stunt incidence values ≥ -3 SD to - 2 SD, 57 people (86.4%), stunting incidence values ≥ -3 SD, 9 people (13.6%), out of 22 (100%) respondents who had sufficient knowledge, the majority of stunting events ≥ -3 SD were 14 people (63.6%), stunting incidence values ≥ -3 SD to - 2 SD as many as 8 people (36.4%) and out of 19 people (100%) respondents who have high knowledge most of the status values of stunting events ≥ -3 SD as many as 14 people (73.7%) and the value of stunting events ≥ -3 SD to - 2 SD as many as 5 people (23.3%).

Based on the results of the chi-square test, the p-value was $0.000 < \alpha 0.05$, which means that H_0 is rejected and H_a is accepted, which means that there is a relationship between knowledge and the incidence of stunting in Dawe District.

- b. The relationship between the mother's employment status and the incidence of stunting in Dawe District

Table 4. Distribution of cross-tabulation frequencies between mothers' employment status and stunting incidents in Dawe District

Incidents in Dawu District							
Stunting incident							
Mother's employment status	≥ - 3 SD		≥ - 3 SD s/d - 2 SD		Total		p Value
	F	%	F	%	F	%	
Working	22	26,5 %	61	73,5 %	83	100 %	0,001
Not working	15	62,5 %	9	37,5 %	24	100 %	
Total	37	34,6 %	70	65,4 %	107	100 %	
OR: 0,216 (95% CI: 0,83-0,565)							

OR: 0,216 (95% CI: 0,83-0,565)

The table above shows that of the 83 (100%) respondents who have working mother employment status, the majority of stunting events are ≥ -3 SD to - 2 SD as many as 61 people (73.5%), the value of stunting events is ≥ -3 SD as many as 22 people (26.5%), and out of 24 (100%) respondents who had employment status, mothers did not work, most of the stunting incidents were ≥ -3 SD as many as 15 people (62.5%), the stunting incidence was ≥ -3 SD to 2 SD as many as 9 people (37.5%).

Based on the results of the chi-square test, the p-value was $0.001 < \alpha 0.05$, which means that H_0 is rejected and H_a is accepted, which means that there is a relationship between the mother's employment status and the incidence of stunting in Dawe District.

Discussion

1. Knowledge

Based on the results of the chi-square test, the p-value was $0.000 < \alpha 0.05$, which means that H_0 is rejected and H_a is accepted, which means that there is a relationship between knowledge and the incidence of stunting in Dawe District. The results of the study are in line with those previously carried out by (Paramita, Devi, and Nurhesti, 2021) regarding the relationship between knowledge and stunting incidents in Tiga Village, Susut District, Bangli Regency showing that there is a relationship between knowledge and stunting events, namely with a probability value of p-value: $0.000 (p < 0.05)$. In (Paramita, Devi, and Nurhesti, 2021), (Cahyanti Luluk & Jamaludin, 2021) it is explained that the mother's knowledge is one part that determines the ability to apply health behaviors for the family such as sorting and processing food so that nutrition is guaranteed. In (to Asweros Umbu Zogara, 2020) knowledge is the ability to understand an object from various sources such as social media, and formal and informal education.

2. Mother's employment status

Based on the results of the chi-square test, the p-value was $0.001 < \alpha 0.05$, which means that H_0 is rejected and H_a is accepted, which means that there is a relationship between the mother's employment status and the incidence of stunting in Dawe District. The results of the study are in line with those previously conducted by (Amelia, 2020) regarding the relationship between a mother's work and the incidence of stunting in toddlers 6-59 months in South Bangka Regency showing that there is a relationship between maternal work and stunting, namely with a probability value of p-value: $0.001 (p < 0.05)$. The mother's employment status greatly determines the mother's behavior in providing nutrition to toddlers. Working mothers have an impact on the low time spent with mothers and children so that food intake is not properly controlled and also the mother's attention to children's child development is reduced (Amelia, 2020). (Wildayanti et al., n.d.).

CONCLUSION

Based on the research objectives and research results obtained regarding There is a relationship between the knowledge factor and the incidence of stunting in Dawe District and there is a relationship between the employment status factor and the incidence of stunting in Dawe District.

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1. For the Dawe Health Center

It is hoped that knowledge can be increased by coordinating with village midwives and posyandu cadres in each village to seek routine counseling for the community, especially mothers who have babies and working mothers, and can be carried out individually or in community groups by distributing leaflets/posters.

2. For Educational Institutions

It is hoped that it will become one of the health institutions that are able to assist in efforts to provide immunization information and involve students in these efforts as part of the student learning process.

3. For Further Researchers

It is hoped that in future research it will be necessary to further develop the support of health workers for the incidence of stunting.

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