

Overview Of Parents' Parts About Stunting Prevention Behavior

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Abstract : *The Echo of "Golden Indonesia 2045" is the top of the topic with various kinds of ideas, thoughts, and discourses. Behavior Preventing Stunting is one of the priorities to be able to get a country of the world. This Study USES Descriptive Research. The Population in this Study Has 512 Mothers and Toddlers. The sample for this study consisted of 84 respondents. The sampling technique used in this study is targeted sampling. The results were determined using a random sample of 84 individuals drawn from 30 (35.7 %), 37 University graduates (35.7%), and 49 housewives (58.3 %) Regarding The Prevention of Stunting in Toddlers in Margorejo Village, Dawe District, The Results of Audies Study of 84 Research Samples Found 50 people (33.3%) Had Good parenting Patterns, 41 people (48.8%) HAD Adequate Parenting Patterns, and 15 people (17.9%) have LESS Parenting style. The Study Found That The Mother's Knowledge of Most of The Stunting Prevention Behaviors was Sufficient. This is BECAUSE MOTHER'S Knowledge as Mother's Knowledge is Good so It Is More Dominant To Make Children Stunting Prevention Behavior Good Too. Because Stunting Prevention Behavior is Caused by External Factors That Can Indirectly Affect Phone Stunting Prevention Behavior.*

Keywords: *Parts, Prevention Behavior, Stunting*

INTRODUCTION

The echo of "Golden Indonesia 2045" is the latest topic with various kinds of ideas, thoughts, and discourses. This is because there is something that can make it capital for the progress of the Indonesian Nation. This is what is meant by demography. The year 2045 will come, Indonesia will have a population of around 70% of which are in productive age (15-64 years) and the rest of the population is unproductive (ages less than 14 years and above 65 years) (Rizkia, 2018). Because it is the next generation of the nation which during that period had a large population of productive age, it is very valuable and very valuable. One of the main agendas in the healthy development of the Indonesian Nation at this time is to reduce growth retardation is prevalent in children under five. The government is trying to accelerate stunting prevention in a convergent manner, both in planning, implementing, including monitoring and evaluating it at various levels of government, including villages (RI Ministry of Health, 2021).

One of the growing problems in toddlers is the stunted growth of children's height so children grow tall not according to their age which is called short toddlers or stunting (UNICEF, 2012). Stunting is a child's nutritional status based on height and growth and development disorders which are characterized by a decrease in the speed of growth and development. The behavior of preventing stunting is one of the priorities to be able to create tall, healthy, intelligent and quality human beings (Maidartati et al, 2021). Investing in the first 1,000 Days of Life (HPK) is known as the top priority for stunting prevention is not enough, because it also requires attention to The next 7,000 HPK or called 8,000 HPK. The stunting prevention program targets not only pregnant women and children under five, but also up to adolescents (Wilopo SA, 2019). Parenting is an indirect factor related to the nutritional status of children

which can cause stunting (Unicef, 2012). Research related to parenting is still quite a bit found, while parenting has an important contribution to the incidence of stunting (Eltimates, 2018). Parenting style is very important in the process of development and growth of children both physically and psychologically. Parenthood also plays an important role in the development of stunted growth and development in infants, as the infant's diet is completely controlled by the mother. Mothers with good parenting styles are more likely to have well-nourished infants than mothers with bad parenting styles (Batiro et al., 2017).

Based on a preliminary study conducted by data researchers obtained from the Dawe Health Center, it was found that the number of mothers with toddlers in the working area of the Dawe Health Center in Margorejo Village in 2022 was 584 people. In Margorejo Village, it ranks first in the Dawe Pukesmas Working Area regarding the number of stunting incidents with stunted toddlers, namely there are 72 toddlers. Based on the results of the interview survey and filling out questionnaires from 20 parents, especially mothers with toddlers in Margorejo Village, the results obtained were 20% of respondents did not understand stunting, 30% did not know the impact of stunting, and 50% did not know what efforts should be made to prevent stunting. . The mother's parenting pattern in feeding the child does not meet the principles of balanced nutrition or does not provide food according to my plate to her child. Foods that dominate even more than 50% of the total amount of food are carbohydrates, usually in the form of rice. Some parents also pay less attention to the cleanliness of their children, especially after playing outside the house and in fact the child is already in a dirty condition and is left alone until the afternoon. The child's dirty clothes and bodies are left by the parents and are not cleaned or changed, the possibility that what will happen is that the child will be susceptible to infectious diseases that weaken the immune system and can reduce the child's nutritional status. Based on these results, it was found that parents did not understand parenting styles in preventing stunting.

METHODS

The type of research used is quantitative research using descriptive studies, the sample in this study is that there are 84 respondents. The sampling technique used in this research is purposive sampling. The research used by researchers is using a survey method. One of the methods used in collecting surveys is by distributing questionnaires.

RESULTS AND DISCUSSION

This research was conducted in Margorejo Dawe Village, Kudus Regency by taking 84 respondents. According to researchers, stunting prevention behavior must always be supplemented by seeking information and sharing experiences in stunting prevention for their children, because differences in nutritional status have different effects on each child's development. (Primary Data, 2023)

Based on data processing, the research results are presented as follows:

Characteristics of respondents

Total characteristics of respondents according to age group, last education level, occupation, and prevention behavior.

Table 1
Distribution of Respondents based on Age Group, last education level, and occupation. In Margorejo Dawe Village, Kudus Regency

Carahaterist respondents	Sample (N)	Percentage (%)
Age group	N	%
25 - 30	25	29.8
31 - 35	30	35.7
36 - 40	15	17.9
41 - 45	14	16.7
Last Education	N	%
Elementary school	12	14.3
Junior high school	25	29.8
High school	37	44.0
College	10	11.9
The work	N	%
IRT	49	58.3
Labor factory	25	29.8
Civil servants	7	8.3
Entrepreneur	3	3.6
The total	84	100

Source: DataPrimary 2023

Based on table 1 above, the highest age group based on the number of correspondences is the age group 31-35 years with a frequency of 30 or as much as 35.7%, while the lowest is in the age group 41-45 years with a frequency of 14 people or as much as 16.7%; The table above also shows that the highest frequency distribution based on the last level of education was in high school with 37 people (44.0%), while the lowest was in tertiary education with 10 people (11.9%). While the frequency of respondents was based on work, the highest frequency was for IRT jobs with a total of 49 people (58.3%) while the lowest was for self-employed jobs, namely (3.6%).

Univariat Analysis

The characteristics of stunting prevention behavior in Margorejo Dawe Village, Kudus Regency can be shown in the following table:

Table 2.
Frequency distribution of respondents based on mother's upbringing in Margorejo Dawe Village, Kudus Regency (n=20).

The pattern of foster	N	%
Do not understand about stunting	4	20.0%
Not knowing the impact of stunting	6	30.0%
Not knowing efforts to be done in stunting prevention.	10	50.0%
Total	20	100.0%

Source: Primary Data 2023

From table 2 based on mother's upbringing in Margorejo Dawe Village, Kudus Regency, the results obtained were 4 people (20.0%) of the respondents did not understand stunting, 6 people (30.0%) did not know the impact of stunting, and 10 people (50.0%) did not know what efforts should be made to prevent stunting.

The characteristics of stunting prevention behavior in Margorejo Dawe Village, Kudus Regency can be shown in the following table:

Table 3
Frequency Distribution based on Stunting Prevention Behavior in Margorejo Dawe Village, Kudus Regency

Research variable	N	%
Prevention Behavior		
Well	28	33.3
Enough	41	48.8
Less	15	17.9
The total	84	100

Source: Primary Data 2023

Table 3. shows that prevention behavior against stunting, out of a total of 84 research samples, 41 people or 48.8% were in the sufficient category, while 15 people or 17.9% people had insufficient knowledge. In the good category there are 28 people or 33.3%.

DISCUSSION

Stunting is the failure of young children (babies under the age of five) to grow due to chronic malnutrition, resulting in a child's height for their age. Malnutrition occurs during the intrauterine and early postnatal stages, but growth retardation does not occur until the baby is two years old. Stunting experienced by children can be caused by the ineffectiveness of the first 1000 days of life. This period is a determinant of one's physical growth, intelligence and productivity in the future (Subratha, 2020). Stunting is caused by multi-dimensional factors and not only caused by malnutrition factors experienced by pregnant women and toddlers (Tentama et al., 2018). The problem of stunting is influenced by many factors including direct factors and indirect factors. direct factors such as nutritional intake and history of infectious diseases. While indirect factors such as food availability, parenting style, environmental sanitation and health services (Bella and Fajar, 2019).

There are several characteristics of the respondents in this study, namely age, last education, and occupation. Age is an individual's age from birth to birth (Ariani, 2014). Based on table 1 shows that almost half of the respondents (65.5%) as many as 55 respondents aged <35 years. This is in line with Nursalam's research, 2019 which states that age is the age of an individual that counts from the time of birth to several years. The more mature, the maturity level of a person will be more mature in thinking and working. Education is the entire process of life that is owned by each individual in the form of individual interaction with the environment both formally and informally which is the behavior of individuals and groups. The higher the education, the easier it is for the person to receive information, both information from other people or the mass media (Ariani, 2014). The results of the study show that most of the respondents have high school education. Based on table 1, it shows that almost half of the respondents have high school education, namely 37 respondents (35.7%). According to the researchers, you will look for and sort out what can be used to prevent stunting. Education can affect stunting prevention behavior where the education level is a determinant of whether it is easy for someone to receive information including information on nutritional problems, where mothers who have high knowledge about nutrition will influence the choice of food ingredients (Olsa, Sulastri, and Anas, 2017). Work is an activity carried out by someone to earn an income to meet their daily needs (Ariani, 2014). The results of the study show that based on Table 1 it shows that almost half of the respondents work as IRT, namely 49 respondents (58.3%). In the family, the role of the mother is very important, namely as a caregiver for children and a regulator of food consumption for family members, also plays a role in efforts to improve family nutrition, especially to improve the nutritional status of infants and children. The influence of working mothers on the relationship between mother and child largely depends on the age of the child and when the mother starts working. Mothers who work from morning to evening do not have enough time for their children and family (Suyadi, 2016).

Based on table 2, it shows that parents do not understand parenting styles in preventing stunting. 10 people (50.0%) out of 20 respondents did not know what efforts should be made to prevent stunting (Primary Data 2023). According to researchers, the parenting style applied by parents to their children has a significant influence on the child's life in the future. Parenting that is not good since the child is born can cause shortness in children (Renyoet, 2013). Based on table 3, it shows that almost half of the

respondents had sufficient stunting prevention behavior in as many as 41 respondents (48.8%). According to researchers, stunting prevention behavior must always be supplemented by seeking information and sharing experiences in preventing stunting for their children, because differences in nutritional status have different effects on each child's development. This is in line with Bella's research, Fajar, (2019) Stunting prevention behavior with feeding habits shows results with good feeding habits, only 19.8% of toddlers have edits. There were 15 people (17.9%) out of 84 respondents who lacked parental efforts in this study, possibly due to the lack of attention and awareness of parents regarding efforts to handle stunting in children. the results of Bella's research, Fajar, (2019) showed results while the feeding habits that were not good for their toddlers were mostly stunted toddlers, namely 68.4%.

Improved diet, food has poor access and often lacks diversity in terms of nutritional quantity and quality. You need to introduce the term "plate" a balanced diet into your daily life and get used to it. In a meal, half of the plate is packed with vegetables and fruits, and the other half contains protein sources (both plant and animal protein) in higher proportion than carbohydrates (Ministry of Health 2017). The role of the mother is very important, namely as a caregiver for children and a regulator of food consumption for family members, also plays a role in efforts to improve family nutrition, especially to improve the nutritional status of infants and children (Suyadi, 2016). Efforts to prevent stunting start with reproductive health and nutrition education for adolescents as a family foundation, and four prenatal sessions during pregnancy so that pregnant women understand the importance of meeting nutritional needs and stimulating the fetus during pregnancy. Carry out diagnostics give birth in a medical facility, do early breastfeeding initiation (IMD) and behave so that the baby gets colostrum from breast milk (ASI) (Ministry of Health, 2017). Strengthening family knowledge, especially for mothers about the importance of the first 1000 Days of Life (1000 HPK) for children starting from fetal age to 2 years of age. It is hoped that by increasing mother's knowledge about the importance of 1000 HPK, it is hoped that there will also be mother's awareness of the importance of providing nutrition and monitoring the growth and development of children, so as to prevent stunting or malnutrition (National Team for the Acceleration of Poverty Reduction, 2017). Breastfeed exclusively until your baby is 6 months old. In addition, breastfeeding can be continued until the age of two, but supplementation with breast milk is also possible. Remember to bring your baby to Posyandu every month to observe their growth and development. We also need to think about giving children the right to acquire immunity against dangerous at posyandu or puskesmas (Ministry of Health, 2017).

CONCLUSION

Based on the results of the study regarding the description of parenting patterns regarding the prevention of stunting in toddlers using primary data obtained through a questionnaire with a total sample of 84 mothers who have toddlers which was carried out in Margorejo Village, Dawe District, Kudus Regency, the following conclusions can be drawn: Based on the characteristics, the results of the study from 84 samples obtained that most of them were aged 31-35 years, 30 people (35.7%), had high school education, 37 people (35.7%), and as housewives, 49 (58.3%). An overview of parenting styles regarding prevention of stunting in toddlers in Margorejo Village, Dawe District, Kudus Regency, based on the results of a study of 84 research samples, it was found that 28 people (33.3%) had good parenting patterns, 41 people (48.8%) had sufficient parenting style, and 15 people (17.9%) had less parenting style.

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Dawe Puskesmas is expected for health workers to be able to provide education to the public about the nutritious food they need. To further researchers in this study only pay attention to one variable so it is necessary to pay attention to other supporting variables that can influence parenting patterns regarding stunting prevention in order to obtain better research results in the future.

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