

THE RELATIONSHIP BETWEEN PARENTING PATTERN AND STUNTING INCIDENCE IN TODDLERS IN SUMBER VILLAGE, THE WORKING AREA OF THE MENDEN HEALTH CENTER, BLORA DISTRICT

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Abstract. The problem of malnutrition is a health problem for children under five in Indonesia which is a cause of morbidity and mortality among children under five which is still high, which can have an impact on reducing the quality of human resources. This situation is closely related to various underlying conditions, such as toddler parenting, malnutrition, environmental conditions, social, and economic conditions, and so on. The purpose of this study was to determine the relationship between toddler parenting and the incidence of stunting in toddlers in Sumber Village, the working area of the Menden Health Center, Blora Regency. This type of research used an analytical observational method with a sample size of 66 respondents, which was carried out in Sumber Village, the working area of the Menden Health Center, Blora Regency. The sampling technique is a non-probability sampling technique, namely purposive sampling. Research variables were measured using medical record data and questionnaires. Analysis using the Chi-Square test. The results of the study showed that 39 respondents (59.1%) had democratic parenting styles, 15 respondents (22.7%) had permissive parenting styles, and 12 had authoritarian parenting styles (18.2%). The normal nutritional status of 41 toddlers (62.1%), the nutritional status of short toddlers is 12 toddlers (18.2%), the status of very short toddlers is 7 toddlers (10.6%) and the nutritional status of high toddlers is 6 toddlers (9, 1%). The results of the Chi-Square test obtained a value of $p = 0.020 (<0.05)$. There is a relationship between the parenting style of toddlers and the incidence of stunting in toddlers in Sumber Village, the working area of the Menden Health Center, Blora Regency.

Keywords: [Mother Toddler Parenting, Stunting]

INTRODUCTION

The state of public health in Indonesia is still quite alarming. One of the main factors that need attention in improving public health is improving nutrition in infants and toddlers. Infant and toddler health is an important measure of national health because this variable is related to various factors, including infant and toddler health, socioeconomic conditions, and public health practices (Fauziah, 2004).

The health of children under five is a problem in Indonesia, including malnutrition which is a cause of morbidity and mortality among children under five in developing countries. The prevalence of malnutrition in Indonesia is still very high, which can have an impact on reducing the quality of human resources. This situation is closely related to various underlying conditions, such as malnutrition, environmental conditions, social, and economic conditions, such as poverty, and so on (Fauziah, 2004).

One aspect of parenting, namely feeding or parental feeding style, is a form of educating eating skills, fostering eating habits, cultivating tolerance for types of food, fostering the ability to choose healthy food, and educating good and correct eating behavior according to each culture. According to Baumrind, in the realm of feeding, parenting styles are divided into 3 types, namely democratic, authoritarian, and permissive. The differences in the three types of parenting styles can be seen from several aspects, namely how much parents demand or encourage children to eat, how much parental assistance or support is related to children's food intake, and whether the selection of food menus is determined by parents or according to their wishes child.

Based on the results of the 2013 Riskesdas, the prevalence of stunting in Indonesia was 37.2% and the 2018 Riskesdas was 30.8% (with a calculation of height/age < -2 SD). For the Central Java Province level, the prevalence of stunting was 36.7% and the 2018 Riskesdas was 31.22% (with a calculation of height/age < -2 SD). (Blora Health Office, 2022)

The results of the Indonesian Nutrition Status Survey (SSGI) for Blora Regency in 2021 are 21.5%, where the prevalence of stunting in Kab. Blora in 2021 decreased by 10.17% compared to SSGBI in 2019 which was 31.67%. The prevalence of stunting in Blora Regency based on SSGI 2021 is still above the prevalence of stunting in Central Java, which is 20.9%. Based on these data, stunting is a priority problem that must be addressed immediately, where in 2024 the target for stunting prevalence is 14%. While the results of the stunting recapitulation data (TB/U index) in the Menden Health Center area, Kradenan District in 2020 were 7.8%, 6.92% in 2021, and 6.18% in 2022.

Based on the Decree of the Blora Regent Number 050/1670/2022 dated April 25, 2022, there are 24 Lokus Stunting Villages, where Sumber and Mendenrejo Villages are included as Lokus Stunting Villages in the working area of the Menden Health Center. Stunting data aged 0-59 in the working area of the Menden Health Center based on simultaneous weighing in February 2022 totaled 136 and in August 2022 months, there were 127 toddlers. Where for the village of Sumber Village, namely Sumber Village, 40 stunted toddlers were found, and in Mendenrejo Village 33 stunted toddlers. So Sumber Village is ranked first and Mendenrejo Village is ranked second for stunting cases in the working area of the Menden Health Center.

In this regard, a stunting toddler class was carried out, namely by conducting a survey on parenting styles for toddler feeding. Which was carried out in Mendenrejo Village on September 17 2022 for 23 stunted toddler mothers. From a survey of 23 stunted toddler mothers in Mendenrejo Village, it was found that 8 stunted toddler mothers provided food with a less regular diet, 5 stunted toddler mothers provided less portioned food, and 10 other stunted toddler mothers provided food with less variety.

There are ten main problems of stunting in Blora Regency, namely service coverage has not met the target, synergy, and coordination between stakeholders, budget constraints, data management, high child marriage, high CED/anemia pregnant women, parenting style, not all integrated holistic Posyandu, low attendance rate toddlers to posyandu, low understanding of child/toddler growth and development. Where the biggest cause of stunting in the Blora district is Parenting (Blora Health Office, 2022). The causes of stunting are chronic malnutrition, especially in the first 1000 days of life, infectious diseases, and lack of stimulation/inadequate stimulation in children. (Wigati and Aryanti, 2022)

Toddlers are a group that shows rapid body growth, so they require high levels of nutrients per kilogram of body weight. During infancy and toddlers, parents must always pay attention to the quality and quantity of food consumed by children by getting used to a balanced and regular diet every day, according to their level of adequacy. Stunting is mainly caused by malnutrition problems that originate from problems of poverty, politics, culture, and the position of women in society. Stunting is influenced by two things, namely heredity and environmental conditions (Aring et al., 2018). Stunting as a form of manifestation of malnutrition is related to various complex factors as the cause. Risk factors for stunting include inadequate nutritional intake, low birth weight, mother's height, and family economic status. Low parental education levels are also associated with stunting in toddlers (Lestari et al., 2014).

Other factors related to the health of children under five, especially in providing adequate nutrition to children under five, require mothers to know and understand the nutritional needs of children, for this reason, what mothers must have is knowledge about the nutritional needs of toddlers. The results of Kurniawati's research (2011) showed that there was a relationship between the level of knowledge of mothers about nutrition and the nutritional status of toddlers.

Meanwhile, according to the results of research by Lourine (2014) and Razaek (2009), it shows that parenting style is a factor that influences nutritional status, where parenting styles of mothers who are not good at caring for and feeding toddlers have a greater risk of PEM. Parenting patterns for children are given in the form of attitudes and behavior of mothers or other caregivers in terms of closeness to children, feeding, caring for cleanliness, and giving love. (Kurniawati E, 2011) One aspect of parenting, namely the provision of food and proper care in the quality and quantity of food given to children, will affect optimal growth and development. While the pattern of feeding that is not appropriate will result in inadequate child food intake which can have an impact on malnutrition, thus inhibiting growth. (Irawati Y, 2011)

Based on this background, this is the basis for conducting research "The relationship between mother-to-five parenting and toddler stunting in Sumber village, working area of the Menden Health Center, Blora Regency".

METHODS

Methods Include an Explanation of how / step of research in a systematic way and detailed step by step This type of research uses analytic observational methods with a research design using a cross-sectional design. The population in this study consisted of all toddlers from Sumber Village in the working area of the Menden Health Center, Kradenan District, Blora Regency, namely 663 toddlers. The sampling technique used a non-probability sampling technique with a total sample in this study of 66 respondents which was carried out on November 21 - December 31 2022 in Sumber Village, the working area of the Menden Health Center, Blora Regency. Data analysis used the Chi-Square test by comparing the value with the value $\alpha = 0.05$ at the 95% confidence level

RESULTS AND DISCUSSION

The results of data collection on 66 respondents based on age at the time of the study showed that the frequency distribution of respondents in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 1. Distribution of respondent characteristics based on age in Sumber village, working area of the Menden Health Center, Blora Regency.

Category	Frequency	Percentage (%)
17-25 year	9	13,64
26-35 year	27	40,91
36-45 year	30	45,45
Total	66	100

Source: 2022 research secondary data

Based on Table 1, it is interpreted that it can be seen that the characteristics of respondents based on age are mostly 36-45 years old as many as 30 people (45.45%). The results of data collection on 66 respondents based on education during the study showed that the frequency distribution of respondents in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 2. Distribution of the characteristics of respondents based on education in Sumber Village, the working area of the Menden Health Center, Blora Regency.

Category	Frequency	Percentage (%)
basic education (<i>elementary school</i> until junior high school)	8	12,1
middle education (Senior high school)	41	62,1
College	17	25,8
total	66	100

Source: 2022 research secondary data

Based on table 2, shows that the characteristics of respondents based on their educational level are mostly with secondary education (SMA/SMK) as many as 41 people (62.1%).

The results of data collection on 66 respondents based on work during the study showed that the frequency distribution of respondents in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 3. Distribution of the characteristics of respondents based on work in Sumber Village, the working area of the Menden Health Center, Blora Regency

Category	Frequency	Percentage (%)
Housewife	21	31,8
Farmer	30	45,5
Self-employed	14	21,2
Government employees	1	1,5
total	66	100

Source: 2022 research secondary data

Based on Table 3 above, it can be seen that the characteristics of respondents based on work mostly work as farmers as many as 30 people (45.5%).

The results of data collection on 66 respondents based on the upbringing of mothers under five during the study showed the frequency distribution of respondents in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 4. The distribution of respondents based on the parenting style of toddlers in Sumber Village, the working area of the Menden Health Center, Blora Regency

Parenting style of toddlers	Frequency	Percentage (%)
Democratic	39	59,1
Permissive	15	22,7
Authoritarian	12	18,2
Total	66	100

Source: 2022 research secondary data

Based on table 4, shows that the majority with democratic parenting patterns are 39 respondents (59.1%), then permissive parenting 15 respondents (22.7%), and a small portion with authoritarian parenting patterns as many as 12 respondents (18.2%). Factors that cause democratic parenting for toddler mothers in Sumber Village are age and experience. In terms of age, it is known that almost all respondents are aged 17-25 years (early adulthood) and 36-45 years (late adulthood) so someone at this age has maturity in thinking and behaving.

The results of the study also showed that there were 12 respondents (18.2%) of parents with authoritarian parenting, where authoritarian parenting was parenting done by forcing children to do what their parents wanted. In this case, feeding is usually an authoritarian parenting style that applies rigid rules that apply to every meal. Not only does it regulate the portion of the meal and when to eat, but authoritarian parents also strictly select the types of food that their children are allowed to eat. Children are only allowed to eat the food provided. The application of an authoritarian parenting style has the potential to give rise to many habits in children, namely hampering the child's ability to recognize hunger and satiety because the eating schedule is always set by their parents, children will tend to be overweight or underweight, children will be less enthusiastic about food or eating activities, and children will also be more fussy as mealtime approaches (Alicecallahan, 2013).

Other factors that influence parenting style include 1) Previous parenting experience; Parents who already have the skills to care for their children are ready to take on the role of parents. In addition, they will be better able to recognize signs of normal growth and development in children (Azwar, 2019). 2) Parental age factor; Age is a factor that influences parenting style. This is because age will bring parents according to the characteristics of their time. This age will also affect communication with children. Age affects the way people look and think. The more mature a person's maturity and strength, the more mature his thoughts and actions (Azwar, 2019).

Based on the results of research conducted on 66 respondents, it is known that the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 5. Distribution of respondents based on the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency

Stunting events	Frequency	Percentage (%)
Very short	7	10,6
Short	12	18,2
Normal	41	62,1
High	6	9,1
Total	66	100

Source: 2022 research secondary data

Based on table 5 shows that most of them with normal nutritional status are 41 toddlers (62.1%), then the nutritional status of toddlers is short as many as 12 toddlers (18.2%), then the status of toddlers is very short as many as 7 toddlers (10.6%) and the lowest with high toddler nutritional status was 6 toddlers (9.1%).

The incidence of stunting in Sumber village can be caused by mothers not understanding what food should be given to children every day, making children unable to increase in height due to lack of balanced nutrition. Children fall into the stunting category when their length or height shows a number below -2 standard deviations (SD). What's more, if this condition is experienced by children who are under the age of 2 years, and must be treated immediately and appropriately. Short stature in children who are below normal standards is the result of malnutrition that has been going on for a long time.

Stunting is influenced by 2 factors, namely direct factors including food intake and infection, and indirect factors including parental education, level of parental knowledge about nutrition, food distribution, and parental income (Ministry of Health RI, 2018). One of the causes of stunting is the lack of economic status. Poor economic status means that purchasing power is also low, so the ability to buy good food is also low. Insufficient quality and quantity of food cause children's nutritional needs not to be met, even though children need complete nutrition for their growth and development.

However, the results of the study also found toddlers with normal and high nutritional status. According to the researchers, this can be caused by the active role of health workers in dealing with the problem of stunting in toddlers in the working area of the Menden Health Center through posyandu activities such as immunization activities, demonstrations of nutritious food, as well as during home visits to monitor the growth and development of toddlers. as well as caring for toddlers who experience nutritional problems (stunting) so that they can increase their nutritional status in the good nutrition category. However, there are still many children who continue to experience stunting, this is due to stunted toddlers with a parent's level of education, most of whom are with basic education, so their ability to receive information from health workers is lacking.

Based on the results of a study conducted on 66 respondents, the relationship between the parenting of mothers with toddlers and the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency, in 2022 is as follows:

Table 6. The relationship between the parenting style of mothers under five and the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency

Variable	Nutritional Status								Total	P value
	Very Short		Short		Normal		Normal High			
	F	%	F	%	F	%	f	%		
Democratic	2	28,6	5	41,7	28	68,3	4	66,7	39	0,029
Permissive	1	14,3	5	41,7	9	22,0	0	0	15	
Authoritarian	4	57,1	2	16,7	4	9,8	2	33,3	12	
Total	7	100	12	100	41	100	6	100	66	

Source: 2022 research secondary data

Based on Table 6 it is known that the Pearson Chi-Square value is 0.029 (<0.05). However, because the minimum expected count is less than 5, the assumption of using the Chi-Square test does not meet the requirements, so cell merging must be done.

Table 7. Chi-Square test results after cell merging

parenting style of toddlers	Nutritional Status				Total	P value
	Very Short + Short		Normal +High			
	F	%	F	%		
Demokratis	6	15,4	33	84,6	39	0,020
Permisif + Otoriter	12	44,4	15	55,6	27	
Total	18	27,3	48	72,7	66	

Source: 2022 research secondary data

Based on Table 7 above, the results show that 6 respondents (15.4%) of toddler mothers with democratic parenting styles have very short and short toddler status, then permissive and authoritarian parenting styles are 12 respondents (44.4%) with toddlers are very short and short. While the democratic parenting pattern was 33 respondents (84.6%) with normal and high toddler status, then the permissive and authoritarian parenting pattern was 15 respondents (55.6%) with normal and high toddler status.

The results of the analysis obtained a value of $p = 0.020$ (<0.05) and the Yate's correlation test value of 5,407 was greater than the value of the Chi-Square table (3,841). Yate's correlation test is called the continuity correction, which is a special or specific chi-square test for the 2×2 contingency table form. Because $p = 0.020 < 0.05$, it can be concluded that H_0 is rejected and H_a is accepted. Thus it can be interpreted that there is a relationship between parenting style and the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency.

The results of the study showed that there was a relationship between a mother's parenting style and the incidence of stunting in toddlers. The better the mother's parenting style in feeding, the lower the chance of stunting in toddlers. According to the researchers, mothers of toddlers who have consistent parenting styles, including democratic parenting, tend to have children who are not stunted, in contrast to mothers who have bad parenting styles.

Authoritarian parenting is a combination of high needs and low responsiveness. The aspect of high need indicates that the role of the mother in asking the child to eat is very high, while the aspect of low responsiveness indicates that the mother is less responsive in fulfilling the child's food needs related to the child's food. Permissive parenting is a combination of low needs and high responsiveness. Low needs indicate the absence of a mother's role in demanding food, while high responsiveness indicates that mothers provide more opportunities and freedom for children to choose their food.

If you continue to apply an authoritarian and permissive model in feeding children, this will of course have consequences that are not good enough to meet children's nutritional needs, so that children are disturbed during their growth period.

The two immediate causes of growth retardation are disease and nutrient intake. Both of these factors are related to factors such as child care, access to food, access to health services, and environmental hygiene. However, the root cause of all This is at the individual and household level, such as education level, and household income (Rahayu et al., 2018). In this study, democratic parenting was found with very short nutritional status of 2 toddlers (28.6%) and 5 short toddlers (41.7%) which might be caused by factors other than parenting styles such as low education level, lack of understanding of toddler mothers in receiving counseling health and lack of household income.

Parenting practices or parenting styles in feeding toddlers can be the main cause of stunting. Food intake in children plays an important role in the process of growth and development because food contains many nutrients. Nutrition is a very important part of growth. Nutrition is closely related to health and intelligence. Malnutrition makes children more susceptible to infection. Inadequate child nutrition can also inhibit their growth, resulting in thin bodies, malnutrition, and even stunted growth, so the mother's parenting pattern in feeding good toddlers also needs to be developed to prevent stunting in toddlers (Candra, 2020).

Four known feeding styles have been written about in the scientific literature, but three of them negatively affect emotional and physical health. The three parenting styles or feeding styles that have a negative effect are authoritarian feeding style, permissive or indulgent feeding style, and neglect or neglect feeding style (Widiyarti, 2018).

The results of this study are in line with research by Sofa Fatonah (2020) which found that there was a significant relationship between parenting and stunting in children aged 24-59 months in the working area of the Leuwigajah Health Center, South Cimahi. The results of this study are also in line with the research of Ridha Cahya Prakhasita (2018) where it is known that there is a significant relationship between feeding patterns and the incidence of stunting in toddlers aged 12-59 months ($p=0.002$; $r=0.326$). The key to success in fulfilling child nutrition lies in the mother. Good eating habits are very dependent on the mother's knowledge and skills in how to prepare food that meets nutritional requirements.

Stunting in toddlers can be prevented especially by increasing mother's knowledge related to childcare through health programs organized by the government. Health education to parents, especially to mothers, about parenting in the provision of balanced nutrition is very important to provide. A mother's parenting style greatly determines children's eating habits. A good diet with balanced nutrition

is a pattern of consumption of foods that contain complete nutrients such as carbohydrates, protein (animal and vegetable), vegetables, vitamins, and minerals. In addition, the most decisive intervention to reduce the prevalence of stunting is to carry out an intervention on the first 1,000 days of life (HPK) of children under five.

CONCLUSION

Based on the results of data analysis and discussion, the following conclusions can be drawn:

1. The parenting style of mothers of toddlers in Sumber Village, the working area of the Menden Health Center, Blora Regency, is mostly with a democratic parenting pattern, with 39 respondents (59.1%).
2. Nutritional status of toddlers in Sumber Village, the working area of the Menden Health Center, Blora Regency as a whole with normal nutritional status of 41 toddlers (62.1%).
3. There is a relationship between toddler parenting and the incidence of stunting in Sumber Village, the working area of the Menden Health Center, Blora Regency (p-value = 0.020 and chi-square value = 5.407).

The suggestions from this study are as follows:

1. Mothers under five are expected to be able to regularly participate in posyandu activities so that the nutritional status of their children can be continuously monitored. Mothers under five are expected to always pay attention to meeting the nutritional needs of their children. Fulfillment of nutrition based on the four key messages includes eating a variety of foods, a clean and healthy lifestyle, an active lifestyle and exercise, and regularly monitoring children's weight and height.
2. Health workers are expected to be able to provide health education on a scheduled and ongoing basis to the community, especially to mothers of toddlers regarding parenting patterns in providing balanced nutrition. A mother's parenting style greatly determines children's eating habits. Appropriate maternal parenting style will certainly influence the fulfillment of food intake in children with balanced nutrition.
3. For other researchers. It is hoped that other researchers will add to their knowledge about the parenting styles of toddlers to stunting and that further research can examine the factors that contribute to stunting.

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