

THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE AND ATTITUDES AND TODDLER GROWTH AND DEVELOPMENT

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ABSTRAK : HUBUNGAN ANTARA PENGETAHUAN DAN SIKAP IBU DENGAN PERTUMBUHAN DAN PERKEMBANGAN BALITA

Latar Belakang : Anak merupakan generasi penerus bangsa, sehingga kualitas generasi penerus tergantung kualitas tumbuh kembang anak. Pemantauan pertumbuhan dan perkembangan balita sangat penting dilakukan untuk mengetahui adanya gangguan pertumbuhan (growth faltering) secara dini. Pemantauan tumbuh kembang setiap anak tidak sama karena banyak faktor yang mempengaruhi baik faktor dalam (Internal) maupun faktor luar (Eksternal). Tujuan : mengetahui hubungan pengetahuan dan sikap ibu dengan tumbuh kembang balita. Metode: Penelitian cross sectional, dilaksanakan di Posyandu Lagaligo 5 Wilayah Kerja Puskesmas Lapadde Kota Parepare pada bulan Agustus sampai September 2024. Populasi semua ibu yang memiliki balita. Jumlah sampel dengan metode total sampling sebanyak 50 responden. Data dianalisis dengan uji *Chi-square*. Hasil : Berdasarkan uji *chi square* ada hubungan pengetahuan dengan tumbuh kembang balita dengan nilai *p Value* =0,000 <0,05. Sedangkan sikap ada hubungan dengan tumbuh kembang balita diperoleh nilai *P Value* =0,000 <0,05 .

Keywords: Pengetahuan, Sikap, Tumbuh Kembang Balita.

ABSTRACT

Background: Children are the nation's future generation, so the quality of the next generation depends on the quality of their growth and development. Monitoring the growth and development of toddlers is crucial for early detection of growth faltering. Monitoring each child's growth and development varies due to numerous influencing factors, both internal and external. Objective: To determine the relationship between maternal knowledge and attitudes and toddler growth and development. Method: A cross-sectional study conducted at the Lagaligo 5 Integrated Health Post (Posyandu) in the Lapadde Community Health Center (Puskesmas) in Parepare City from August to September 2024. The population was all mothers with toddlers. The sample size was 50 respondents using the total sampling method. Data were analyzed using the Chi-square test. Results: Based on the Chi-square test, there is a relationship between knowledge and toddler growth and development with a p-value of 0.000 <0.05. Meanwhile, attitudes are related to toddler growth and development with a p-value of 0.000 <0.05.

Keywords: Knowledge, Attitude, Toddler Growth and Development.

INTRODUCTION

Children are the future and the nation's most valuable asset (Unicef, 2020). The first five years of a child's life are a golden period for their development, contributing to their future learning skills, social, and emotional abilities due to rapid physical progress and development (Soetjningsih, 2016). This period is crucial because it influences and determines subsequent growth and development, so developmental delays and disabilities in early childhood can have lasting effects (Butchon R, 2017). A child's developmental delay is generally determined when the child does not achieve developmental milestones compared to

peers in the same population. (Choo et al., 2019; Ratna Komala 1), n.d.). According to Hurlock, children who experience delays will experience problems with their behavior and emotions and will disrupt the development of the child's self-concept (Suriana et al., 2020).

Monitoring toddler growth and development is crucial for early detection of growth faltering (Kemenkes, 2020; Rohmawati et al., 2016). Monitoring each child's growth and development varies due to numerous influencing factors, both internal and external (IDAI, 2018; Yulizawati, 2022). The growth and development of toddlers is very important to pay attention to because it concerns

the quality of the nation's future generation (Kemenkes, 2022; Riani et al., 2024). One such factor is the parenting environment, where interactions between mother and child significantly influence the child's growth and development. (Deki Pem, 2016; R. Rivanica and Oxyandi M., 2018; Rihlah, 2019)

To achieve effective interaction between mother and child, the mother must pay attention to her attitude because the attitude arises from the interaction in understanding, feeling and behaving towards an object that is assessed positively and negatively. This can be interpreted that a positive attitude if the mother responds, accepts and is willing to carry out monitoring of the toddler's growth and development while a negative attitude if the mother does not respond, does not accept and is not willing to carry out monitoring of the toddler's growth and development, the attitude of the mother of the toddler must be paid attention to in order to detect early delays in growth and development in toddlers. (Harahap, n.d.; Husnah, 2015).

Parents, especially mothers, are the primary caregivers of children in the early years of their lives. Parents' awareness of their children's developmental stages will help them create a healthy environment and interact positively with their children as a form of stimulation (Hidayat & Keperawatan, n.d.; Ngewa, n.d.). Parents' knowledge and competence in detecting growth and developmental delays or abnormalities can lead to early intervention, which plays a vital role in promoting children's health and preventing disease. (Ertem et al. n.d.).

RESEARCH METHODS

This research uses a cross-sectional study approach that aims to determine the relationship between maternal knowledge and attitudes with toddler growth and development. The study was conducted at the Lagaligo 5 Integrated Health Post (Posyandu) in the Lapadde Community Health Center (Puskesmas) Working Area, Parepare City, from August to September 2024. The population in this study were all mothers who had toddlers at the Lagaligo Posyandu, totaling 50. The sampling technique used was total sampling, with all populations becoming research samples. Questionnaires and KIA Books were used as research instruments. Data were analyzed using the Chi-square test.

RESEARCH RESULTS

Univariate Analysis

Toddler Growth and Development

Tabel 1
Frequency Distribution Based on Toddler Growth and Development at Lagaligo 5 Integrated Health Post, Lapadde Health Center, Parepare City, 2024

Toddler Growth and Development	F	%
Healthy	26	52
Not healthy	24	48

Primary Data, 2024.

Based on the table, it is known that the majority of respondents' toddler growth and development are in the healthy category, namely 26 respondents (52%), and the minority of respondents' toddler growth and development are in the unhealthy category, namely 24 respondents (48%).

Knowledge

Tabel 2
Frequency Distribution Based on Mother's Knowledge of Toddler Growth and Development at Lagaligo 5 Integrated Health Post, Lapadde Health Center, Parepare City, 2024

Knowledge	F	%
Good	31	62
Not good	19	38

Primary Data, 2024.

Based on the table, it is known that the majority of respondents have knowledge in the good category, namely 31 respondents (62%), and the minority of respondents who have knowledge in the poor category are 19 respondents (38%).

Attitude

Tabel 3
Frequency Distribution Based on Mother's Attitudes to Toddler Growth and Development at Lagaligo 5 Integrated Health Post, Lapadde Health Center, Parepare City, 2024

Attitude	F	%
Positive	34	68
Negative	16	32

Primary Data, 2024.

Based on the table, it is known that the majority of respondents have attitudes in the positive category, namely 34 respondents (68%), and the minority of respondents who have attitudes in the less positive category are 16 respondents (32%).

Bivariate Analysis

The Relationship Between Mother's Knowledge and Toddler Growth and Development

Based on the table shows that from 31 respondents (62%), those who have good knowledge with healthy toddler growth and development are 24 respondents (48%) and those who have good knowledge with unhealthy toddler growth and development are 7 respondents (14%). Meanwhile, from 19 respondents (38%), those who

have less knowledge with healthy toddler growth and development are 2 respondents (4%) while those who have less knowledge with unhealthy toddler growth and development are 17 respondents (34%). The results of the statistical analysis of the chi square test obtained a P Value = 0.000 <0.05, this means there is a relationship between knowledge and toddler growth and development.

Tabel 4
The Relationship Between Mothers' Knowledge and Toddler Growth and Development at the Lagaligo 5 Integrated Health Post in the Working Area of the Lapadde Community Health Center, Parepare City, in 2024

Knowledge	Toddler Growth and Development				Total		Value
	Healthy		Not Healthy		N	%	
	F	%	F	%			
Good	24	48	7	14	31	62	0,000
Not Good	2	4	17	34	19	38	

Uji chi square

The Relationship Between Attitude and Toddler Growth and Development

Based on the table shows that of the 34 respondents (68%) who have a positive attitude with the growth and development of their toddlers are healthy as many as 24 respondents (48%) and those who have a positive attitude with the growth and development of their toddlers are unhealthy as many as 10 respondents (20%). While from 16 respondents (32%), those who have a negative

attitude with the growth and development of their toddlers are healthy as many as 2 respondents (4%) and those who have a negative attitude with the growth and development of their toddlers are unhealthy as many as 14 respondents (28%) and. The results of the statistical analysis of the chi square test obtained a P Value = 0.000 <0.05, this means there is a relationship between attitudes and toddler growth and development.

Tabel 5
The Relationship Between Mother's Attitude and Toddler Growth and Development at the Lagaligo 5 Integrated Health Post in the Working Area of the Lapadde Community Health Center, Parepare City in 2024

Attitude	Toddler Growth and Development				Total		P
	Healthy		Not Healthy		N	%	
	F	%	F	%			
Positive	24	48	10	20	34	68	0,000
Negative	2	4	14	28	16	32	

uji chi square

DISCUSSION

Based on the results of the study on maternal knowledge, the majority of respondents had knowledge in the good category, namely 31 respondents (62%), and a minority of respondents who had knowledge in the poor category, namely 19 respondents (38%). The results of the chi-square statistical analysis showed a relationship between

knowledge and toddler growth and development. With good knowledge and understanding, it will be easy to receive all information, especially all the needs required by children to be able to develop optimally (Fatsena et al., 2022; Tulis et al., n.d.) . This information includes how to properly care for children, maintain children's health, and stimulate child development. Good knowledge and

understanding are obtained from a good education through certain processes and methods so that people gain knowledge, understanding and ways of behaving according to their needs (Noatmodjo Sockidjo 2018).

Knowledge is the result of knowing and this occurs after a person senses a particular object. Most human senses are obtained through the eyes and ears. (Octaviana and Ramadhani 2021). Cognitive knowledge is a very important domain in shaping a person's actions (overt behavior). Mother's knowledge about growth and development influences mother's attitudes and behavior in caring for and educating children, and ultimately will influence her child's growth and development (Kuswanti et al., 2022).

A good level of knowledge significantly impacts child growth and development (Katharina & lit, 2018). A 2023 study by Lefiani et al. in the Telaga Dewa Community Health Center (Puskesmas) Work Area 41 in Bengkulu City found that 98% of mothers had a good level of knowledge, which resulted in 100% of toddlers achieving appropriate growth and development. This is because mothers diligently monitor their toddlers' growth and development, ensuring that any problems are immediately addressed (Lefiani, Himalaya, and Rahmawati 2023).

This research is in line with Fitriyani (2021) with the title The relationship of mother's knowledge about toddler growth and development with toddler weight growth, the importance of mother's knowledge about growth and development because infancy and toddlerhood, even from the womb, is a golden period because if during that period the growth and development of toddlers are not monitored properly and experience disorders, it cannot be corrected in the next period (Fitriyani S., 2021)

Based on the results of this study, it was found that of the 50 respondents who had been given a questionnaire about the statement of mothers' attitudes towards toddler growth and development, the majority of respondents had a positive attitude towards toddler growth and development with a total of 34 respondents (68%) and a small portion of respondents had a negative attitude towards toddler growth and development with a total of 16 respondents (32%). The results of this study indicate that factors that influence attitudes, both external (experience, situation, norms, obstacles and drivers) and internal (physiological, psychological and motives) greatly influence mothers' attitudes. Attitudes are not innate, but are learned and formed based on experience

and practice throughout an individual's development. Therefore, experience and information are very necessary to achieve a supportive attitude in the mother herself. Where if the mother's attitude is supportive, the mother will always monitor the growth and development of the toddler and realize optimal growth and development of the toddler according to his age.

Research by Huru et al. (2022) states that there is a significant relationship between parental attitudes about developmental stimulation and child development. When mothers are responsive to their children's needs (such as crying, hunger, or seeking attention), children are more likely to form healthy emotional attachments (Huru, 2022)

Thus, it can be concluded that mothers' attitudes toward toddler growth and development at Lagaligo 5 Integrated Health Post (Posyandu) in the Lapadde Community Health Center (Puskesmas) are mostly positive, with some negative. This can be influenced by many factors. External and internal factors within a person are highly interconnected in shaping their attitudes. Therefore, experience and learning through the provision of information are crucial, both from health workers and others. Attitudes are not innate but are learned and formed through experience and practice throughout a person's development to foster positive attitudes.

CONCLUSION

There is a relationship between maternal knowledge and attitudes and toddler growth and development.

SUGESTION

It is hoped that mothers of toddlers will increase their knowledge and form positive attitudes regarding toddler growth and development through active participation in integrated health post (Posyandu) activities, health education, and seeking information from trusted sources in order to support optimal child growth and development.

For health workers, especially in community health centers and integrated health posts, it is hoped that they can improve health education for mothers of toddlers regarding the importance of monitoring growth and development, balanced nutrition, and developmental stimulation according to the child's age.

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