

THE RELATIONSHIP OF MOTHER FACTORS WITH STUNTING EVENTS AT PUSKESMAS MUARA SATU, LHOKSEUMAWE CITY

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ABSTRAK : HUBUNGAN FAKTOR IBU DENGAN KEJADIAN STUNTING DI PUSKESMAS MUARA SATU KOTA LHOKSEUMAWE

Latar Belakang: Stunting merupakan hambatan pertumbuhan yang menyebabkan panjang badan anak tidak sesuai dengan seusianya. Keterkaitan antara kesehatan ibu hamil, pendidikan rendah, kemiskinan serta kesehatan bayi yang baru lahir sampai anak berusia dua tahun, dinilai berkaitan erat dengan kejadian stunting.

Tujuan: Mengetahui hubungan karakteristik Ibu terhadap kejadian stunting pada balita di Puskesmas Muara Satu.

Metode: Penelitian dilakukan pada 93 sampel Balita, dengan penelitian cross sectional. Penelitian dilakukan di wilayah kerja Puskesmas Muara Satu, dan pengumpulan data dilaksanakan pada bulan Juli 2021.

Hasil: Dari penelitian, didapatkan bahwa pola asuh dan riwayat ANC, mempunyai hubungan yang sangat signifikan terhadap stunting, dengan tingkat kepercayaan 95%. Sedangkan karakteristik ibu yang lain (pendidikan, pekerjaan, penghasilan, dan ketersediaan jamban), tidak berhubungan dengan stunting.

Kesimpulan: Pola Asuh dan riwayat ANC ada hubungannya dengan kejadian stunting pada anak balita, sedangkan karakteristik ibu yang tidak ada berhubungan dengan stunting adalah pendidikan ibu, pekerjaan, penghasilan dan kepemilikan jamban. Variabel yang paling dominan berhubungan dengan kejadian stunting pada balita adalah pola asuh yang baik dan riwayat kunjungan ANC lebih dari 4 kali yang dilakukan ibu di saat waktu hamil.

Saran: Perlu adanya regulasi untuk pengadaan alat *microtoice* dan *lengthboard* yang digunakan sebagai upaya deteksi dini terhadap balita yang stunting ditingkat posyandu posyandu. Peningkatan dokumentasi puskesmas terhadap biodata pada anak balita.

Kata Kunci : Karakteristik Ibu, Stunting, Balita

ABSTRACT

Background: Stunting is a growth barrier that causes a child's body length to not match his age. The relationship between the health of pregnant women, low education, poverty and the health of newborns to children aged two years, is considered to be closely related to the incidence of stunting.

Objective: To determine the relationship between maternal characteristics on the incidence of stunting in children under five at the Muara Satu Health Center.

Methods: The study was conducted on 93 samples of children under five, with a cross sectional study. The research was conducted in the working area of the Muara Satu Health Center, and data collection was carried out in July 2021.

Results: From the study, it was found that parenting and history of ANC, had a very significant relationship to stunting, with a 95% confidence level. Meanwhile, other characteristics of mothers (education, occupation, income, and availability of latrines) were not related to stunting.

Conclusion: Parenting patterns and history of ANC are related to the incidence of stunting in children under five, while maternal characteristics that are not associated with stunting are maternal education, occupation, income and latrine ownership. The most dominant variables related to the incidence of stunting in toddlers are good parenting and a history of ANC visits more than 4 times by the mother during pregnancy.

Suggestions: There is a need for regulation for the procurement of *microtoice* and *lengthboard* devices that are used as an early detection effort for stunting toddlers at the posyandu posyandu level. Improvement of puskesmas documentation on biodata on children under five.

Keywords: Characteristics of Mother, Stunting, Toddler

INTRODUCTION

Stunting is a condition for measuring height at less than a percentile -3 or -2 SD on the growth chart. The word stunting was first coined by Warterlow in 1970. The purpose of the word stunting is to describe the stunted growth in body length so that children have a shorter body when compared to their age. Stunting incident assessed to be closely related to low education, poverty levels, the health of pregnant women and the health of newborns to children aged two years (Fitriani et al., 2022; Hendra et al., 2016).

Childhood is an important period for the development and growth of children under five years old. Growth and development will impact throughout the cycle life (Komariah & Nursanti, 2021; Suharyanto et al., 2017). Malnutrition in toddler less cause cell count brain reduced by 15% to 20%, so that quality brain owned by child only around 80% - 85%. The impact to the cognitive that is the child hard to absorb information and difficult study, academic activities even non-academic. From an early age experiencing deficiencies nutrition will result in level his intelligence. Disturbance nutrition feel direct by individual, but also impact to development nation and wheels economy because quality source power low human (Fitriani et al., 2020). Stupid too looks from weight comparison and height body child far from child his age, more easy sick and can cause dead on age early (Eka et al., 2021; Iswati et al., 2021; Ramadani et al., 2022).

Based on data from the World Health Organization (WHO) that stunting in Indonesia is the fifth largest in the world. Indonesia still experiences a higher incidence of stunting (37%) with almost 9 million children under two years experiencing stunting compared to other countries in Southeast Asia (Darwati et al., 2016). The mortality of undernourished children under five years in 2014 was 45% in developing countries. According to the 2018 Basic Health Research, the stunting prevalence rate in Indonesia reached 30.8%, a decrease compared to the 2013 Riskesdas results (37.2%) (Riskesdas, 2018).

The incidence of stunting in Aceh in 2019 was 7%. The prevalence of stunting in five-year-old infants in Aceh Province was highest in Simeulue Regency (67%), and the lowest was Aceh Singkil (0.6%). while the prevalence of underweight and very thin underweight children under five in Aceh is 6% and the highest percentage of underweight children under five is in Simeulue Regency (55%). According to data from the Lhokseumawe City Health Office, Muara Satu is the health center that has the highest stunting rate in Lhokseumawe City in 2021, which is 268 people (Dinas Kesehatan Provinsi Aceh, 2020).

Opinion Supariasa (2019) (Supariasa & Purwaningsih, 2019) stated that there are two causes of malnutrition in five-year-old infants, namely direct causative factors and indirect causative factors. The direct causes of stunting are nutritional imbalances in the diet consumed and the occurrence of infectious diseases. It is estimated that it is influenced by factors of the quality of parenting, food, environmental cleanliness and socio-economic conditions related to poverty, educational problems, lack of food intake that does not meet the amount and composition of substances. Indirect causes of stunting include infectious diseases, such as diarrhea, low utilization of health facilities such as immunization, pregnancy check-ups and child weighing (Kullu et al., 2018; Supariasa & Purwaningsih, 2019).

Malnutrition and infection occur at the same time. Malnutrition can increase the incidence of infection risk, and vice versa that infection can cause malnutrition, malnourished children who have low immune systems will easily fall ill and experience malnutrition, thereby reducing their ability to fight disease and so on (Lestari et al., 2022; Safitri et al., 2021; Susyanti et al., 2020). One of the government's efforts is in monitoring the health of mothers and children, as well as health information about the schedule of ANC visits, danger signs during pregnancy and the correct and correct immunization schedule according to Toddler Age. The government hopes that with the MCH (Maternal Child Health) book, K1 and K4 visits will reach the national target, so that the prevalence of malnutrition, especially stunting, will decrease. However, the MCH handbook is still underutilized to its full potential (I Friscila et al., 2023; Hutasoit et al., 2020; Suhartati et al., 2022). This is evidenced by the low level of awareness of mothers to read information messages contained in the MCH handbook (Amalia, 2021). The next government program to prevent stunting is the recommendation to continue breastfeeding until the child is two years old and providing additional food for undernourished toddlers through puskesmas and posyandu (Ika Friscila et al., 2022). And the program for the prevention of infectious diseases, the government also makes a community-based sanitation program (STBM) for environmental health and Open defecation free (having latrines) so that every individual in the community does not defecate openly so as to break the chain of infection transmission that can affect stunting.

RESEARCH METHODS

The design of this study was analytic observational, with a cross sectional design. Cross

Sectional is a research conducted by collecting data on independent variables and dependent variables at the same time and then researching what factors influence the incidence of stunting. Independent variables The independent variables in this study were parenting, mother's occupation, mother's education, income, history of ANC visits, having a latrine. Dependent variable The dependent variable is the incidence of stunting.

The subjects and population in this study were all mothers with toddlers who were in the working area of the Muara Satu Health Center, Lhokseumawe City. The respondents were willing to participate in the study by filling out the consent form after being given an explanation (informed consent), totaling 123 people, who came from 11 villages in the work area. Muara Satu Health Center. The sampling technique in this study was consecutive sampling. In

consecutive sampling, all subjects who came and met the selection criteria were included in the study until the required number of subjects was met. The number of samples using the Binomunal Proportion formula amounted to 93 people. Inclusion criteria: Mothers who have children under five, born at term, have complete KMS/birth records, no congenital defects in children, mothers agree to participate in the study, mothers can read and write. Exclusion criteria: mothers who have a toddler condition with a diagnosis of congenital defects or genetic disorders (Down syndrome) or with heart, lung, kidney disease..

The research was conducted in the working area of the Muara Satu Health Center, and data collection was carried out in July 2021. The study data were analyzed bivariately which was tested using chi square.

RESEARCH RESULT

Bivariate analysis

Table 1
Bivariate analysis of the relationship between parenting and stunting

Parenting	Stunting				Total		P	RP	95% Confidence Interval
	Yes		Not		f	%			
	f	%	f	%					
Good	17	27,4	45	72,6	62	100	0,000	11.250	2.919: 43.359
Not good	29	93,5	2	6,5	31	100			

Table 2
Bivariate analysis of the relationship between mother's education and stunting

Mother's education	Stunting				Total		P	RP	95% Confidence interval
	Yes		Not		f	%			
	f	%	f	%					
Tall	4	50.0	4	50.0	8	100	1,000	0.988	0.479:2.039
Low	42	49.4	43	50.6	85	100			

Table 3
Bivariate analysis of the relationship between mother's income and stunting

Income mother	Stunting				Total		P	RP	95% Confidence interval
	Yes		Not		f	%			
	f	%	f	%					
Tall	5	71.4	2	28.6	7	100	0.267	0.546	0, 166 : 1,792
Low	41	47.7	45	52.3	86	100			

Table 4
Bivariate analysis of the relationship between mother's occupational and stunting

Work Mother	Stunting				Total		P	RP	95% Confidence interval
	Yes		Not		f	%			
	f	%	f	%					
Working	2	50.0	2	50.2	4	100	1,000	0.989	0.363:2.692
Not Working	44	49.4	45	50.6	89	100			

Table 5
Bivariate analysis of the relationship between ANC visit history and stunting

History ANC Kunjungan visit	Stunting				Total		P	RP	95% Confidence interval
	Yes		Not		f	%			
	f	%	f	%					
≥ 4	31	40,8	45	59,2	76	100	0,000	5.033	1,351: 18,749
< 4	15	88,2	2	11,8	17	100			

Table 6
Bivariate analysis of the relationship between having a latrine and stunting

Have Toilet	Stunting				Total		P	RP	95% Confidence interval
	Yes		Not		f	%			
	f	%	f	%					
Good	44	48,9	46	51,1	90	100	0,617	1.533	0.306 _:7,694
Not good	2	66,7	1	33,3	3	100			

DISCUSSION

The Muara Satu Health Center as the focus of research was previously a Blang Pulo sub-health center which became the working area of the Muara Dua Health Center located in Blang Pulo Village, Muara Dua District. On July 1, 2009 Muara Dua Sub-district was expanded to become Muara Satu Sub-district, with the expansion of the area, a main Public Health Center was needed to support optimal health services to the community. Muara Satu sub-district has 11 villages with an area of 55.90 km² and 2 settlements, namely Mukim Paloh Barat and Mukim Paloh Timur. Consists of the Acehnese, Javanese, Bataknese, Padang and others.

The results of the study and statistical calculations are shown in tables 1 to 6. Based on tables 1 and 5, based on statistical tests on bivariate analysis with the chi square test at a 95% confidence level, it was found that there was a very significant relationship between good parenting and ANC visits, to incidence of non-stunting in toddlers.

Based on tables 2, 3, 4, and 6, based on statistical tests on bivariate analysis with chi square test at a 95% confidence level, it was found that there was no significant relationship between education, income, occupation, and latrine ownership, on the incidence of stunting in children under five. Based on

several research results, it shows that several factors such as mother's education, occupation, income, having a latrine have nothing to do with stunting.

Based on the frequency distribution, it was found that there was a relationship between good parenting and the incidence of stunting from 62 respondents with good parenting not stunting by 45 people (72.6%) and poor parenting causing stunting by 29 people (93.5 %). This means that there is a very significant relationship between good parenting and the incidence of not stunting in toddlers. From these results, there are still parenting patterns for toddlers who are still unable to pay attention to their children in terms of giving food and affection. Parenting patterns are very strongly influenced by the food intake consumed by children, the best parenting patterns are strongly influenced by children's eating patterns where the fulfillment of nutrition for the body is fulfilled so that the nutritional status of children is also good (Faridi & Wardani, 2020). One of the supporters to achieve good nutritional status in toddlers is a good parenting pattern. Parenting patterns provided by parents or other caregivers in the form of attitudes and behavior in terms of proximity to children, feeding, caring for, maintaining cleanliness, giving love and so on (Basri et al., 2021; Ika Friscila et al., 2023; Purba, 2019;

Rosy & Yulianto, 2021). Therefore, parents need to apply the most appropriate parenting style for children, because parenting greatly affects the growth and development of children. Parents can exercise high discipline with children so that children can adapt to situations and conditions in order to maintain good parenting patterns so that they can maintain good and normal nutritional status in children (Khadijah & Palifiana, 2022; Khofiyah, 2019; Rahmat, 2016).

There were 76 respondents with ANC visits 4 times, 45 people (59.2%) were not stunted. And <4 times ANC visits caused stunting by 15 people (88.2%), meaning that there was a very significant relationship between ANC visits 4 times with the incidence of not stunting in toddlers. The results of this study indicate that mothers who carry out standardized ANC visits reduce the occurrence of stunting in toddlers and vice versa if mothers do not conduct ANC visits will increase the incidence of stunting in toddlers. According to Kuhnt (2017), anf Aminii (2016), and Rozi (2019) state that ANC can be a risk factor for stunting and good ANC quality can contribute to reducing stunting. A history of regular ANC visits during pregnancy can detect early pregnancy risks, especially those that are closely related to nutrition. 73 ANC visits that are less than 4 times will have an impact on fetal development because every pregnancy in its development has risks or complications and complications according to standards, ANC must be carried out regularly in order to get quality services. Pregnant women who make ANC visits at least 6 times during the pregnancy period will have the advantage of detecting the risk of pregnancy early, preparing for the delivery process to birth, good maternal health until the lactation and postpartum period so that sufficient breast milk for their babies can prevent stunting when their children are toddler later (Amini, 2016; Grace et al., 2022; Kuhnt & Vollmer, 2017; Mujahidah, 2020; Rozi, 2019). In the Lhokseumawe area, based on research Hellyana (2018), it shows that 60% of the knowledge of nutrition is lacking, 63.3% have SEZ and there are 54.4% anemia in pregnant women. With more frequent ANC visits, it will reduce the risk to pregnancy and the baby/toddler (Hellyana, 2018).

CONCLUSION

Parenting patterns and history of ANC are related to the incidence of stunting in children under five, while maternal characteristics that are not associated with stunting are maternal education, occupation, income and latrine ownership. most dominant variable relate with stunting incident in toddler is pattern good parenting and history more

ante natal care visits out of 4 times done mother at the moment time pregnant.

SUGGESTION

There is a need for regulations from the Dinas and Puskesmas for the procurement of microtoice and longboard devices that are used as an effort to detect stunting under five at the posyandu at the posyandu level. At the puskesmas level, it is necessary to carry out complete recording and reporting of biodata and other data on children under five in the working area of the puskesmas. And for further researchers, it is necessary to do research such as the nutritional status of the mother before pregnancy.

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