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THE RELATIONSHIP BETWEEN THE MOTHER FACTOR TO THE INCIDENCE OF STUNTING

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ABSTRAK : HUBUNGAN FAKTOR IBU TERHADAP KEJADIAN STUNTING

Latar Belakang: Stunting merupakan gangguan tumbuh kembang yang dialami anak akibat gizi buruk, infeksi berulang, dan stimulasi psikososial yang tidak memadai. Seorang anak didefinisikan sebagai stunting jika tinggi badannya untuk usianya lebih dari dua standar deviasi, di bawah Standar Pertumbuhan Anak WHO. Stunting adalah hasil dari nutrisi yang tidak memadai, dan serangan infeksi berulang selama 1000 hari pertama kehidupan seorang anak, dari konsepsi hingga usia dua tahun. Stunting merupakan ancaman utama dalam mewujudkan sumber daya manusia Indonesia yang berkualitas.

Metode: Desain penelitian dilakukan secara deskriptif dengan pendekatan cross sectional menggunakan data primer. Dilakukan pada bulan Desember 2021 sampai Juli 2022 terhadap 121 responden dimana pengumpulan data menggunakan kuesioner kemudian dianalisis dan disajikan dalam bentuk tabel distribusi karakteristik.

Hasil peneltian: Dari hasil penelitian yang dilakukan penulis bahwa sebagian besar pengetahuan ibu kurang sebanyak 64 orang (52,9%) dan diikuti pengetahuan ibu baik sebanyak 28 orang (23,1%), pola asuh buruk sebanyak 71 orang (58,7%) dan diikuti pola asuh yang baik sebanyak 50 orang (41,3%), dan risiko stunting sebanyak 50 orang (41,3%) dan disusul tidak stunting sebanyak 71 orang (58,7%). Diharapkan dapat menjadi gambaran informasi tentang hubungan pengetahuan ibu dan pola asuh dengan kejadian stunting sehingga dapat digunakan untuk langkah selanjutnya serta meningkatkan pemberian informasi dan sosialisasi kepada masyarakat tentang stunting.

Kata kunci: Pengetahuan Ibu, Pola Asuh, Kejadian Stunting

ABSTRACT

Introduce: Stunting is a growth disorder experienced by children due to poor nutrition, repeated infections, and inadequate psychosocial stimulation. A child is defined as stunted if his height for age is more than two standard deviations, below the WHO Child Growth Standards. Stunting is the result of inadequate nutrition, and recurrent attacks of infection during the first 1000 days of a child's life, from conception to two years of age. Stunting is a major threat in realizing quality Indonesian human resources.

Method: The research design was carried out descriptively with a cross sectional approach using primary data. Conducted from December 2021 to July 2022 on 121 respondents where data collection using a questionnaire was then analyzed and presented in the form of a characteristic distribution table.

The results: From the results of research conducted by the author that most of the knowledge of mothers is lacking as many as 64 people (52.9%) and followed by good mother's knowledge as many as 28 people (23.1%), bad parenting as many as 71 people (58.7%) and followed by parenting good as many as 50 people (41.3%), and the risk of stunting as many as 50 people (41.3%) and followed by not stunting as many as 71 people (58.7%). It is hoped that it can be a description of information about the relationship between maternal knowledge and parenting patterns to the incidence of stunting so that it can be used for the next step and improve the provision of information and socialization to the public about stunting.

Keywords : Mother's Knowledge, Parenting, Stunting Incident

INTRODUCTION

According to the World Health Organization (WHO) stunting is a developmental disorder experienced by children due to malnutrition, repeated infections, and inadequate psychosocial stimulation and repeated attacks of infection during the first 1000 days of a child's life, from conception to the age of two years. A child is defined as stunted if his height

for his age is more than two standard deviations, under the WHO Child Growth Standards. Stunting also has long-term effects on individuals and society, poor cognition and educational performance, low adult wages, lost productivity and, increased risk of chronic nutrition-related diseases in adulthood such as diabetes (Rompies, 2021).

In order to implement balanced nutrition efforts, every family must be able to recognize, prevent, and overcome the nutritional problems of each family member. This is in accordance with Regulation of the Minister of Health Number 23 of 2014 concerning Efforts to Improve Nutrition. Efforts are being made to identify, prevent and address nutritional problems, namely by weighing regularly, giving only breast milk to babies from birth to 6 months of age, having a varied diet, using iodized salt and providing nutritional supplements as recommended by health workers. (RI Ministry of Health, 2020).

The short-term impact of stunting is the disruption of brain development, intelligence, physical growth disorders and metabolic disorders, while the long-term impact is a decrease in the cognitive development ability of the child's brain, learning difficulties, weak immunity so that they get sick easily and have a high risk of developing metabolic diseases. Even when they grow up they will have short bodies, low productivity levels and no competitiveness in the world of work. Stunting is a major threat in realizing quality Indonesian human resources.

Stunting is the biggest threat to human quality of life in the future because it can hinder physical growth, hinder children's brain growth (cognitive), decrease the quality of learning to decrease productivity in adulthood. Impaired growth, one of which is stunting, can be influenced by direct factors such as nutritional intake, health status, protein deficiency and energy intake. While indirect factors include health services and the household environment (Ariati, 2019).

Our stunting rate based on a survey from the Indonesian Nutrition Status Study Survey (SSGI) in 2021 has decreased significantly. If based on the distribution in 15 regencies/cities in Lampung, there are five areas where the stunting rate has increased and is currently still receiving special attention and continues to be encouraged so that the stunting rate can be reduced. The prevalence of stunting in areas that experienced an increase were West Lampung Regency, which increased by 0.37 percent, Pringsewu 1.24 percent, Way Kanan 1.75 percent, West Coast 2.91 percent and West Tulang Bawang Regency 4.71 percent.

Based on 2018 Basic Health Research (Riskesdas) data, the stunting rate in Tulang Bawang reached 32.49 percent. Meanwhile, based on the Indonesian Toddler Nutrition Study (SSGBI), this figure dropped to 15.39 percent in 2019. Then based on the stunting raid in February 2020, the bone onion stunting rate was found to have fallen to 12.67 percent, and again dropped to 11. .17 percent in August 2020, until it finally dropped to 8.93 percent. Tulang Bawang is currently continuing to fight for child nutrition in stages to reduce stunting rates, said Winarti. Besides that, one of the services available in the BMW program is a health service facility (fasyankes) for mothers who are about to give birth and give birth at a hospital (Untari, 2021).

The head of the Tulang Bawang Health Service, Patoni said that from the results of research or swiping carried out by his team together with health workers such as village midwives, village apparatus including from the sub-district side some time ago stunting in Tulang Bawang was very low. Because from research in the field Patoni confirmed the real number of toddlers affected by stunting in 15 sub-districts in Tulang Bawang was 27,900.23 of the total number of toddlers, as many as 3000.71 toddlers or as many as 12.79 percent who were stunted. In detail, Menggala District has two villages as much as 5.51 and 23.00 percent, Menggala Timur 20.88 percent, Banjar Margo 18.44 percent, Banjar Agung 9.56 percent, Banjar Baru 6.23 percent, Gedung Aji 6, 31 percent, Gedung Aji Baru 9.22 percent, Penawar Tama 8.07 percent, Rawa Pitu 18.88 percent, Rawa Jitu Timur 18.71 percent, Rawa Jitu Selatan there are two villages 5.51 and 13.92 percent , Meneng Building 24.37 percent, Meraksa Aji 18.73 percent, Penawar Aji 14.42 percent, and Dente Teladas there are two villages as much as 9.06 and 9.18 percent. Meanwhile, from these results, when combined, only 12.79 percent were affected by stunting, with the acquisition of Gedung Meneng and Menggala Timur Sub-Districts, which had the highest stunting cases from other sub-districts (Bona Bawang Health Office, 2020).

According to research (Sutriana et al, 2020) it was found that variables related to the situational analysis of stunting risk factors were LBW, exclusive breastfeeding, poor MP-ASI, low mother's education level, and low economic status were the most dominant factors in relation to the incidence of stunting. The results of another study conducted by (Nurmawati et al, 2021) showed that there was a relationship between the variables of the analysis of risk factors for stunting in toddlers, namely knowledge, attitudes, mother's education, mother's occupation, income level, access to health facilities,

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and environmental sanitation with the incidence of stunting in toddlers in the work area of the Ramung Health Center, Permata District, Bener Meriah Regency.

RESEARCH METHODS

The type of research used in this study is quantitative research, namely research conducted to answer research questions in ways that follow scientific principles, namely concrete/empirical, measurable objectives, rational and systematic research data obtained in the form of numbers and analysis. using statistical methods which are then processed (Masturoh and Anggita, 2018).

RESULTS AND DISCUSSION

Univariate analysis

Table 1
Distribution of Respondents

Mother's Knowledge	Amount	Percentage (%)
Good	28	32.1%
Enough	29	24.0%
Less	64	52.9%

Based on table 1, it was found that most of the mothers' knowledge was lacking as many as 64 people (52.9%) and followed by good knowledge of mothers as many as 28 people (23.1%).

Table 2
Distribution of Respondents

Parenting	Amount	Percentage (%)
Good	50	41.3%
Not good	71	58.7%

Based on table 2, it was found that most of the parenting styles were 71 people (58.7%) and followed by good parenting patterns of 50 people (41.3%).

Table 3
Distribution of Respondents

Stunting	Amount	Percentage (%)
Stunting	50	41.3%
Not Stunting	71	58.7%

Based on table 3, it was found from the results of medical records that most of the risk of stunting was 50 people (41.3%) followed by not stunting as many as 71 people (58.7%).

Bivariate Analysis

Relationship between Mother's Knowledge and Stunting

Table 4
Frequency Distribution of Respondents Based on the Relationship of Mother's Knowledge of Stunting Incidents

Mother's Knowledge	Stunting events				Total		Chi-Suare P-Value
	Stunting		Not Stunting				
	N	%	N	%	N	%	
Good	27	25.7%	1	2.3%	28	28%	
Enough	23	26.6%	6	2.4%	29	29%	.020
Less	61	58.7%	3	5.3%	64	64%	

Based on table 4 of 28 mother respondents with good knowledge as many as 27 toddlers with stunting and 1 toddler not stunting, 29 respondents mothers with sufficient knowledge as many as 23 toddlers with stunting, and 6 toddlers not stunting, 64 respondents mothers with less knowledge as many as 61 toddlers with stunting and e toddlers are not stunting. So, it is known the value of sig. (*P-Value*) of 0.020 (<0.05), it can be concluded that there is a significant relationship between mother's knowledge of the incidence of stunting.

The Relationship between Parenting and Stunting

Based on table 5, out of 50 mother respondents with good parenting, there were 49 toddlers with stunting and 1 toddler who was not stunted, 71 respondents with bad parenting, 62 toddlers with stunting and 9 toddlers not stunted. So, it is known the value of sig. (*P-Value*) of 0.036 (<0.05), it can be concluded that there is a significant relationship between parenting style and the incidence of stunting.

Table 5
Frequency Distribution of Respondents Based on Parenting Relationship with Stunting Incidents

Parenting	Stunting events				Total		Chi-Suare P-Value
	Stunting		Not Stunting				
	N	%	N	%	N	%	
Good	49	45.9%	1	4.1%	50	50%	.036
Not good	62	65.1%	9	5.9%	71	71%	

DISCUSSION

The Relationship between Mother's Knowledge and Stunting Incidents at the East Lebuh Dalem Menggala Health Center

The research results obtained from 121 samples, the results obtained were 28 respondents mothers with good knowledge as many as 27 toddlers with stunting and 1 toddler who was not stunted, 29 respondents mothers with sufficient knowledge were 23 toddlers with stunting, and 6 toddlers were not stunted, 64 respondents of mothers with less knowledge were 61 toddlers with stunting and toddlers were not stunted. So, it is known the value of sig. (P-Value) of 0.020 (<0.05), it can be concluded that there is a significant relationship between maternal knowledge and stunting. Therefore, the percentage of mothers with poor knowledge was 64 samples (52.9%) and mothers with good knowledge were 28 samples (23.1%).

This is in line with research conducted by Nurmawati et al (2021) entitled Analysis of Risk Factors for Stunting in Toddlers in the Work Area of the Ramung Health Center, Permata District, Bener Meriah Regency, which shows that stunting is influenced by mother's knowledge. Meanwhile, research conducted by Sutriana et al (2020) entitled Analysis of Risk Factors for Stunting in Toddlers in the Coastal Area of Pinrang Regency stated that mother's knowledge did not affect the incidence of stunting in toddlers in the coastal area of Suppa District, Pinrang Regency. This is due to the lack of understanding and knowledge of mothers regarding the consumption of good and nutritious food for children.

From the results of the study above, it can be concluded that mothers with good knowledge are more knowledgeable than mothers with less knowledge. Mothers with a better level of knowledge are more likely to apply knowledge in caring for their children, especially providing food according to the nutrients needed by toddlers, so that toddlers do not experience a lack of food intake, due to lack of knowledge of mothers regarding the consumption of good and nutritious food for children. Knowledge of good nutrition will cause a person to be able to arrange a good menu for consumption. The more a person's nutritional knowledge, the more he will take into account the type and amount of food he gets for consumption.

The Relationship between Parenting Patterns and Incidence of Stunting in the East Lebuh Dalem Menggala Health Center

The results of the study were obtained from 121 samples, the results obtained were 50 mothers with good parenting patterns, 49 toddlers with stunting and 1 toddler who was not stunted, 71 respondents mothers with bad parenting, 62 toddlers with stunting and 9 toddlers not stunted. So, it is known the value of sig. (P-Value) of 0.036 (<0.05), it can be concluded that there is a significant relationship between parenting style and the incidence of stunting. Therefore, the percentage of bad parenting was 71 samples (58.7%) and good parenting was 50 samples (41.3%).

This is in line with research conducted by (Juliani, 2018) entitled The Relationship between Parenting Parents and Stunting Incidents in Toddlers at Early Childhood Education Al Fitrah, Sei Rampah District, Serdang Bedagai Regency which states that the nutritional status of most toddlers has good nutritional status. . This is due to the role of parents as good and democratic parenting so that it is more dominant to make the nutritional status of toddlers better than parenting parents who are not good. Meanwhile, poor parenting patterns can result in the nutritional status of toddlers who are not stunted, because stunting is not only caused by external factors but can be caused by internal factors such as parental genetic factors which can indirectly affect the nutritional status of toddlers.

From the results of the above study it can be concluded that the better the parenting style given, the better the nutritional status of toddlers and vice versa if the mother provides poor parenting in feeding toddlers, the nutritional status of toddlers will also be disrupted. In addition, based on the results of the researchers, it was found that the incidence of stunting was also caused by the level of income because it would determine the type and variety of food to be purchased. The results of this study are in line with research conducted by Langi et al (2019), where a family's ability to buy food depends on the

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size of the family income and the price of buying food. The food one eats is determined by one's eating habits, and the level of potency reached is completely influenced by the nutrients one eats. Eating habits and nutrition have a major effect on diet and thus determine nutritional status.

CONCLUSION

From the results of research on the relationship between maternal factors and stunting at the Lebuh Dalem Health Center, Menggala Timur District, Tulang Bawang Regency, it can be concluded as follows:

1. Mother's knowledge of stunting was obtained from 121 samples, the results showed that the percentage of mothers with poor knowledge was 64 samples (52.9%) and good knowledge of mothers was 28 samples (23.1%).
2. Parenting patterns for stunting with the results of the study were obtained from 121 samples, the percentage of bad parenting was 71 samples (58.7%) and good parenting was 50 samples (41.3%).

SUGGESTION

It is hoped that future researchers will use different variables, to determine the mother's knowledge factor and other influences such as socioeconomic status, environmental sanitation, parental work, the effect of giving formula milk, gestational age, history of illness, and good breastfeeding and MP-ASI for toddlers for planning considerations in overcoming the problem of the risk of stunting events.

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