

Original Article

Knowledge of Mother About Children Nutrition and Stunting Incidence in Pasirbatang Village, Tasikmalaya

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ABSTRACT

The role of parents, particularly mothers, is very important in the process of child development. Limited knowledge of mothers can affect the nutritional status of infants and increase the risk of stunting. This study aims to determine the relationship between mothers' knowledge of balanced nutritional food and the incidence of stunting in toddlers in Pasirbatang Village, Tasikmalaya Regency in 2022. This is a quantitative research design with a cross-sectional approach with a sample of 70 mothers with toddlers. Sampling in this study was stratified random sampling. The variables studied were mother's knowledge and the incidence of stunting, with the research instrument in the form of a questionnaire. The results showed that there was no significant relationship between mother's knowledge about infant nutrition fulfillment and the incidence of stunting in Pasirbatang, Tasikmalaya Regency, 2022 because the p -value ($0.05 < 0.769$). This is possible because there are other variables that influence the incidence of stunting such as parenting style, exclusive breastfeeding and infectious diseases. Parents must equip themselves with the knowledge and skills to meet the nutritional needs of their babies so as to avoid the risk of stunting

Keyword : knowledge, mother, stunting

INTRODUCTION

One of the nutritional problems that is currently the main focus is the high incidence of stunting in children under five. The incidence of stunting in children under five

is an important health problem that must be addressed in Indonesia. Stunting is one of the focuses of improving the health development priority program of the Ministry of Health of the Republic of Indonesia as a strategic plan (Renstra) for the period 2020 -2024. (RI Ministry of Health, 2021).

Stunting are toddlers who have poor nutritional status as measured by length or height for age when compared to WHO (World Health Organization) book standards, toddlers are said to be short if the Z-score value is body length for age (PB/U) or height for age (height/age) less than -2 SD (stunted) and less than -3 SD (severely stunted). (Rita, et al. 2020). Stunting can increase the risk of death in children, affect motor development and reduce school performance, increase the risk of excess nutrition and infectious diseases, and reduce productivity at the age of children as adults (Black, 2013).

Toddlers or five-year-old babies are the age whose life cycle has growth that is not as fast as in infancy, and begins to increase activity at toddler age. At the age of 1 year, brain growth occurs very rapidly which lasts until the age of 5 years or is called the golden period. The growth and development of children must reach optimal conditions, so that a balanced nutritional intake, good parenting, and the right stimulus are needed. Nutrition is part of several factors that can determine success in achieving optimal toddler growth and development. (Sandra, 2016).

Every child is a part that cannot be separated from the continuity of human life, both the nation and the state. As future generations who have the right to live healthy and develop optimally, both physically, mentally and socially according to their dignity. Starting from facilities according to their age needs as a decent standard of living, obtaining good and balanced nutrition, good education, and the right to get protection from violence and discrimination.

Stunting under five is a chronic nutritional problem which is not only caused by one factor but caused by many factors that are interconnected with one another. (Stunting Bulletin, 2020). These factors include poor nutritional care, lack of knowledge of mothers regarding health and nutrition both before pregnancy, during pregnancy, and after the mother gives birth. Among other factors, parenting style influences the incidence of stunting, parenting style has a very important role in the occurrence of growth and development disorders in children, and poor parenting style will have an impact on nutritional problems in society (UNICEF, 2016).

In dealing with the nutritional growth and development of children, the role of parents, especially mothers, is very important because children need attention and support from their parents. To get good nutrition, parents need to provide a balanced menu of choices. A mother with poor nutritional knowledge and attitudes will greatly affect the nutritional status of her child and it will be difficult to determine nutritious food for children and their families (Nuridiawati, 2012).

Based on Nutrition Monitoring Data for the last three years, short toddlers have the highest prevalence compared to other nutritional problems such as undernutrition, underweight, and obesity. The incidence of short toddlers increased in 2006 by 27.5% to 29.6 in 2017. (Stunting Bulletin, 2020).

The incidence of stunting in Indonesia has decreased by 3.13% but the prevalence of stunting in Indonesia is still quite high, namely 27.6%, which means that it is still above 20% and has not reached the WHO target of below 20% (Ministry of Health Data and Information Center, 2021).

One that is assumed to influence the incidence of stunting is the mother's knowledge of infant nutrition. Knowledge is the result of knowing and this happens after people have sensed a certain object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch. At the time of sensing to produce this knowledge is strongly influenced by the

intensity of perceptual attention to objects. Most of human knowledge is obtained through the eyes and ears (Notoatmodjo, 2003) in (Wawan and Dewi, 2021).

Therefore this study is interested in knowing the relationship between mother's knowledge about infant nutrition and the incidence of stunting. From the data obtained, Tasikmalaya Regency is included in the top 5 stunting areas. According to data from the Tasikmalaya District Health Office, (2020) data on the nutritional status of toddlers based on the height/age indicator for stunting cases in 2020 totaled 19,068 cases spread across 40 sub-districts, with indicators of very short toddlers and short toddlers. Based on these data, the highest recorded cases of stunting were in Manonjaya Sub-District, totaling 831 toddlers which were divided into 16 villages with the highest number of cases occurring in Pasirbatang Village with a target number of 236 toddlers with stunting.

METHODS

The method in this study uses quantitative methods. This type of research is a correlational observation with a cross-sectional approach. (This research was conducted in Pasirbatang Village, Manonjaya District, Tasikmalaya from February to June 2022. The sample size was determined using the sample formula with a population size of $\leq 10,000$, with a total sample of 70 people. The variables observed were mother's knowledge about fulfilling child nutrition and the incidence of stunting. The data used are primary data, namely data obtained from measuring height and from filling out questionnaires filled out by mothers who have toddlers, including mother's knowledge about complementary foods .

RESULTS

Based on the research which was carried out on 70 mothers who had toddlers in Pasirbatang Village, Manonjaya District, in 2022, most of the descriptions of mother's knowledge about balanced nutrition in Pasirbatang Village, Manonjaya District, Tasikmalaya Regency in 2022 were in the sufficient category (38 people).

Table 1. Knowledge of Mother and Stunting Incidence

Knowledge of Mother	Stunting					pvalue
	Very short(%)	short (%)	normal (%)	high (%)	total (%)	
Good	2 (2.9)	8 (11.4)	8 (11.4)	0 (0)	18 (25.7)	0.769
Enough	6 (8.6)	10 (14.3)	21 (30)	1 (14)	38 (54.3)	
Not good	0 (0)	8 (5.2)	6 (8.6)	0 (0)	14 (20)	

Spearman rank test results obtained a p value of 0.769 (p 0.05). Based on the results of the data analysis above, it can be concluded that there is no relationship between mother's knowledge about Balanced Nutrition and the incidence of stunting in toddlers in Pasirbatang Village, Manonjaya District, Tasikmalaya Regency in 2022 because the value $\alpha < p$ value (0.05 < 0.769).

This result may also be because this study has not examined other variables such as parenting style, infectious diseases, history of exclusive breastfeeding and environmental factors. Stunting is affected by many complex variables that are very intertwined. Mothers' knowledge about how to care for their children, especially fulfilling their nutrition is also very important because it can prevent stunting. Babies who have good nutritional intake will also have good immunity against various infectious diseases.

Mother's knowledge can be obtained from various sources such as extended family, health workers, television, print media and social media. Health institution in order to be able to maintain the good of improving socialization or counseling about nutrition, especially about Balanced Nutrition for Toddlers, which is given to the community in terms of media and delivery methods so that it is more appropriate and easy for the public to understand about toddler nutrition and malnutrition that occurs in toddlers especially in cases of stunting. In addition, agencies must also provide counseling on prevention through detection of child growth and development and minimizing risk factors for stunting due to malnutrition in the prenatal and postnatal phases.

Mothers under five must continue to strive to improve positive behavior related to stunting prevention in children by applying the information they have obtained, both directly and indirectly. Therefore, a mother as a society should always increase knowledge along with the times so that she can provide good food intake for her toddler according to the stage of development of her age, and can provide good parenting for her toddler, maintaining health is always a good choice to create successors. good and healthy generation for the nation (Ana, 2019). It is also necessary to increase cooperation between health agencies, village midwives, and the cadres involved so that they can improve optimal health status, especially in cases of stunting in toddlers.

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