

## THE CORRELATION OF MOTHER'S KNOWLEDGE AND MOTHER'S BEHAVIOR IN STUNTING PREVENTION EFFORTS IN TUNTUNGAN VILLAGE 2 DELI SERDANG REGENCY

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### ABSTRACT

*Stunting is a situation of unbalanced nutrition which is a physical growth disorder and a decrease in the speed of growth in children. Nutritional problems related to stunting is still a problem that occurred in Indonesia. The long-term impact that occurs due to stunting is still physical, mental, intellectual and cognitive development disorders. The incidence of stunting in children with high resulted in the long-term problems and difficult to control so that it will cause a risk to off spring who will be vulnerable to a low birth weight. Nutrition survey data over the past year shows that nutritional problems are still high, one of which is stunting, which is the main problem. The role of the mother in the family greatly affects food preparation so that the mother's knowledge is needed to improve the nutrition of their family members. The purpose of this study was to determine the relationship between mother's knowledge and mother's behavior in preventing stunting in Tuntungan Village 2, Pancur Batu District, Deli Serdang Regency. This study was conducted on mothers who have toddlers aged 6-59 months and this research is a qualitative research with an phenomenological approach. Mother's knowledge is very important in preventing stunting. Mothers who have good knowledge will be very influential in preventing stunting in the family. The importance of collaboration with all layers in order to support increasing maternal knowledge in preventing stunting*

**Keywords:** Knowledge, behavior, stunting



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### INTRODUCTION

Problem health in Indonesia which needs to be directed in the context of preventive and promotive namely Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR), prevention

of stunting, preventing and controlling disease, movement of people, and the layout is like from the practice of health (Kemenkes 2020). Stunting is the quality of nutrition of infants whose age below than five years than the starting measure that is prevalent in Study Resource

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Growth Multicentre organization of healthcare world, the numbers z score below -2SD and in grouping is very low when the number of z-score below -3SD (Kemenkes 2016). Figures adequacy of nutrition is also very influential with the incidence of stunting, according to (Siringo-ringo, 2020) factors other are associated with the incidence of stunting in under two years is the level of adequacy of protein.

The knowledge of maternal nutritional affects the nutrition received by the children, related to the selection of ingredients and diversity of food types that will be given to toddlers. A mother is responsible for providing food for the family members and parenting patterns for children, so that each individual in the family carries out the nutritional behavior applied by mothers first in meal and childcare needs (Supartini, 2014; Uliyanti, Tantomo, & Anantanyu, 2017)

The research that conducted in the Ketapang area, Kalimantan showed that only 27.5% of mothers who have a level of nutritional knowledge with high category. Knowledge has huge effect of 9.1%. The knowledge impact direct and indirectly on stunting with value 0.310, associated with nutrition that given to the (Uliyanti et al., 2017). The result of other

studies also stated those mothers who have no education or good knowledge of nutrition are one of the factors that can affect stunting in children. The result of the study by Madani et al, also showed that there is correlation between maternal knowledge related to malnutrition with stunting value  $p=0.0001$  (Khopkar, Virtanen, & Kulathinal, 2014; Mardani, Wetesin, & Suwanwaipahattahana, 2015).

The incidence of stunting (short) in infants whose age below than five years is the issue that there are in Indonesia and become a problem of nutrition the most major. Stunting shall be monitored for a period of time in 1000 days of life with interfering hands open and privileged to the mothers who are pregnant and in infants under two years until the age of 2 years with the service and check the health and quality of nutrition on the activities of Integrated Healthcare Center and class pregnant women (Prastia, 2021). Data on the results of monitoring the quality of their nutrition within a period of three years earlier, the short has the prevalence of higher than the issue of nutrient others namely; malnutrition, thinness, and obesity. The prevalence of infants under five years of short rise which in the year 2016 as much as 27.5 percent and in the year 2017 became 29.6

percent. The prevalence of these in Indonesia leaning stagnant.

The prevalence in Indonesia is higher than others countries in Southeast Asia, such as Vietnam with stunting prevalence of 23% and Thailand 16%. The prevalence of stunting in Indonesia in 2016 is 27.5% increased by 29.6% in 2017 and in 2018 as much as 30.8%. The figure consists of 11.5% of toddlers under very short category and 19.3% toddlers under short nutrition category (Direktorat Gizi Masyarakat, 2017; Kemenkes RI, 2018). Condition of North Sumatra in the year 2016 percentage infants toddler as much as 24.4 percent and occurs increase becomes 28.5 percent year 2017. The 4 areas that have the highest percentage of stunting are Langkat Regency 55.48 percent, Padang Lawas Regency 54.86 percent, North Nias Regency 54.83 percent and Gunung Sitoli City 52.32 percent (PSG, 2017). Based on the data the ministry of health, the District of Deli Serdang Province North Sumatra not include areas in 100 districts / cities highs with the prevalence of stunting, will however not cover the possibility of the occurrence of the found one or more cases of stunting in areas such.

Increasing maternal understanding is an important thing to do in preventing

stunting because the mother is the main figure who will focus more on paying attention to the child and the condition of the child's growth and development. Mother's knowledge is very important in preventing stunting. Mothers who have good knowledge will be very influential in preventing stunting in the family. The importance of collaboration with all layers in order to support increasing maternal knowledge in preventing stunting.

## MATERIAL AND METHOD

This was a qualitative research with an phenomenological approach. The population were mothers who have infants 6-59 months who live in the Tuntungan 2 village of Pancur Batu Subdistrict Deli Serdang regency. All activities are carried out by the mother in terms of monitoring the growth and development of children and acting directly in increasing the needs of children to avoid stunting problems. The research was conducted directly on research subjects with strict health protocols. Respondents in this study were mothers who have infants 6-59 months. This approach focuses on exploring the lived experiences and subjective perspectives of mothers in relation to monitoring the growth and development

of children and addressing their needs, Selecting mothers who have experience in monitoring child growth and development and are knowledgeable about preventing stunting.

Data collection techniques were carried out by In-depth interviews, conducting individual interviews with mothers to explore their experiences, perspectives, and practices related to monitoring child growth and development.

## RESULT

Based on data reduction from the interviews that have been conducted, the data is presented in such a way in the form of interview transcripts.

Mother 1 : Good knowledge is crucial in caring for children properly. When we have adequate knowledge about nutrition and child care, we can provide the right food and meet their nutritional needs. Additionally, we can recognize signs of abnormal growth and take necessary steps to address any nutritional issues that may arise.

Mother 2 : A mother's knowledge is highly important in preventing stunting in children. When a mother has good knowledge about balanced nutrition and proper child care practices, she can

provide the right food and meet her child's nutritional needs. This knowledge also helps in recognizing signs of abnormal growth and taking necessary steps to address nutritional issues in children

Mother 3 : I feel that my knowledge directly influences my behavior in preventing stunting. When I understand the importance of good nutrition and how to provide healthy food for my child, I make an effort to provide nutritious and balanced meals every day. I also constantly monitor my child's growth, and if there are any concerns, I seek help from healthcare professionals to address any nutritional issues.

Mother 4 : I have participated in several educational programs organized in our community. They provide valuable information about proper nutrition and how to care for children correctly. I have also received guidance on the types of foods that should be given to children, as well as signs of normal and abnormal growth. These programs have helped improve my knowledge and have influenced my behavior in caring for my child.

Mother 5 : When a mother has good knowledge about nutrition and child care, she tends to take appropriate actions. For example, she will select and provide

nutritious food to her child, ensure a balanced diet, and maintain cleanliness and hygiene in the environment. This knowledge influences how we care for our children and prioritize their health.

## DISCUSSION

Stunting is a hidden problem caused by chronic malnutrition during the first 1.000 days of child's life. Stunting resulted in irreversible (unchangeable) growth and development that child cannot develop its potential and capability in itself optimally (Ni'mah & Nadhiro, Triharno & Atmarita, 2015)

Stunting is a short stature caused by chronic malnutrition. Nutrient intake is one of the factors that directly influence to stunting. Mother's knowledge is the key in improving infant nutrition (Tiara, 2014). Research by Picaully and Toy (2013) stated that the determining factor for the incidence of stunting in children under five years old was the mother's knowledge. Knowledge is a fundamental domain for the formation of one's actions. Knowledge supported in fostering self-confidence as well as attitudes and behaviour every day that it could be said that supports one's actions (Notoadmodjo, 2014). Health knowledge will influence behaviour as a result of the medium-term

(intermediate impact) of health education. Furthermore, health behaviour will affect increasing public health indicators as an outcome of health education, especially maternal knowledge about stunting (Notoatmodjo, 2014).

Notoatmodjo (2012) stated that knowledge is the result of knowing and will exist after someone senses an object. Sensing occurs through the five human senses, including sight, hearing, smell, taste, and touch. Knowledge can be obtained, among others, through curricular, non-curricular and extracurricular education. Knowledge related to education, where it can be assumed that with high education, the person will have broader knowledge. Low education does not guarantee that a mother does not have sufficient knowledge about her family's nutrition.

According (Mirayanti, 2020) there were still many mothers who had less knowledge of stunting. This can give a long-term impact on the child. The existence of high curiosity can influence mothers in getting information about stunting in toddlers. Increasing knowledge is not only obtained from formal education but also through non-formal education. A person's knowledge of an

object contains two aspects: those are positive aspects and negative aspects.

Mother's knowledge about child nutrition status assessment and health facility delivery were predictors of child stunting (Nkurunziza, 2017). Modeling selected that, mother's education level, mother's knowledge about child nutrition status assessment and health facility delivery were predictors of child stunting.

Similar results were also obtained by Aji *et al*, indicating that between the level of knowledge and the parenting pattern there is a significant relationship with the value of  $p = 0.000$ . These results explain that knowledge is the most dominant factor in improving good parenting patterns. Parents who have a good knowledge of nutrition and good parenting pattern of children will be more aware of the practice in fulfilling the nutritional needs and the provision of parenting pattern to children every day. Parents with excellent knowledge of nutrition will be positive about parenting behavior in children. Knowledge can give a boost to parents in providing the best parenting pattern to his son in the optimal process of growth (Aji, Wati, & Rahardjo, 2016).

The results of this study are supported by Saaka showed that there is a positive influence between knowledge of

mothers with stunting (HAZ) with a value ( $b = 0.10$ ,  $p = 0.005$ ) (Saaka, 2014). This research is also in line with the results obtained by Rahayu, *et al* is the knowledge of mothers who are less risk that can increase the incidence of stunting in toddlers ( $OR=5.29$ ;  $95\% CI=1.30-21.54$ ;  $P=0.002$ ) means that the less knowledge of mother can increase the stunting incidence by 5.29 times compared with children from mothers with good knowledge (Rahayu, Pamungkasari, & Wekadigunawan, 2018). Similar results were also conducted in Rwanda by Habyarimana *et al*, which found that knowledge is an influential and significant predictor with stunting incidence in children. Children born from mothers with low nutritional knowledge have a chance of 1,296 ( $P = 0.0047$ ) times has high growth or stunting compared to a child born to a mother who has good nutritional knowledge (Habyarimana, Zewotir, & Ramroop, 2016).

A mother with good nutritional knowledge can set the type of food that will be given to her child. Thus, children's nutritional intake is better thereby reducing nutritional problems in children. Mother's knowledge of nutrition/nutrition is the most basic factor related to nutrition for children. This is related to the

nutritional practices and care that mothers will give to their children. Mothers who have a lack of nutritional care will not be able to provide and implement good nutrition and treatment practices so that they will have an impact on the lack of nutrients that children can obtain (Habyarimana et al., 2016) Mothers with good nutritional knowledge will be easy and understand to choose and set the type of meal to be consumed by the child so that the intake of nutrients fulfilled and the child's nutritional status becomes good (Rahayu et al., 2018). Similar results were also obtained by Rohmawati et al., the study showed that the knowledge of mothers directly affects stunting and statistically significant. Mothers who have a less-than-related knowledge of nutrition can increase the incidence of stunting in toddlers. Than mothers who have good knowledge. (Rohmawati. 2019)

## CONCLUSION

The study findings suggest that mothers who possess a strong knowledge of stunting prevention exhibit a greater

Aji, D. S. K., Wati, E. K., & Rahardjo, S. 2016. Analisis Faktor-Faktor yang berpengaruh terhadap Pola Asuh Ibu Balita di Kabupaten Bayumas. *Jurnal Kesmas Indonesia*, 8(1): 1–15.

likelihood of adopting suitable practices and behaviors to safeguard their children from stunting. These mothers exhibit an enhanced comprehension of the significance of proper nutrition, regular growth monitoring, and early intervention. Equipped with accurate and comprehensive knowledge, they are empowered to make informed decisions and proactively take measures to ensure their children's healthy development. Suggestions in this study are to increasing maternal understanding is an important thing to do in preventing stunting because the mother is the main figure who will focus more on paying attention to the child and the condition of the child's growth and development. Mother's knowledge is very important in preventing stunting. Mothers who have good knowledge will be very influential in preventing stunting in the family. The importance of collaboration with all layers in order to support increasing maternal knowledge in preventing stunting

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