



## KNOWLEDGE AFFECTING MOTHER'S BEHAVIOR IN TREATING STUNTING TODDLERS

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### ABSTRACT

**Background:** Stunting is short stature with a Z-score PB/U < -2SD which occurs as a result of accumulation of chronic nutritional problems. The incidence of stunting in 2018 at the Manuju Health Center was 1 child who was stunted, in 2019 there were 3 children, in 2020 it increased to 91 children, then in 2021 there were 141 children, then in 2022 there were around 102 children who were stunted per November At the moment.

**Aims:** This study aims to determine the effect of knowledge on mothers' behavior in caring for stunted toddlers.

**Method:** This research uses observational research with quantitative analysis with a cross-sectional study design. The total sample in this study was 102 mothers who had stunted toddlers. Sampling was done by simple random sampling. The data source for this study was secondary data taken in January-September 2022. The data used the chi-square test with  $p=0.05$  and confidence interval (CI)=95%.

**Result:** The results of the analysis of this study showed that there was a significant relationship between knowledge and stunting toddler care behavior ( $p = 0.000$ ; CI = 95%). It can be concluded that knowledge influences mothers' behavior in caring for stunting toddlers.

### INTRODUCTION

Stunting or short toddlers is a problem of chronic malnutrition in children which is influenced by various factors. Stunted children may never reach their full height. The height of children who suffer from stunting is shorter than the normal height of children of their age.

Based on RI data for 2017, there were 151 million (22%) of toddlers experiencing stunting. Meanwhile, based on WHO data in 2018, the average prevalence of short toddlers in the Southeast Asia Region in 2005-2017 in first place was from East Leste of 50.2%, second place in India with a prevalence of

38.4%, Indonesia is in third place with prevalence of 36.4%, fourth is 36.1%, fifth is Nepal with a stunting prevalence rate of 35.8% (Didik 2018).

Data on the EPPGBM application recorded by the Gowa Health Office in 2020 shows that toddlers are short and very short with a total of 2,982 toddlers out of 47,234 toddlers.

Based on the explanation above, the initial data obtained in the work area of the Manuju Health Center was obtained as follows: in 2018 there was 1 child who was stunted, in 2019 there were 3 children, in 2020 it increased to 91 children, then in 2021 it will increase even more to 141 children are stunted, then in 2022 there will be around 102 children who are stunted as of November at this time. Then based on the results of interviews with health workers and the results of direct interviews with one of the surrounding communities, namely in November 2022 which was conducted in the Manuju Health Center work area, Gowa Regency, there were several children who were stunted. Knowledge of mothers who are still taboo about stunting and even consider stunting to be harmless and they don't even know what stunting treatment is like, therefore, this is the background for researchers to examine how mother's knowledge influences the behavior of stunting toddler care at the Manuju Health Center Gowa Regency.

## **METHODS**

Quantitative method with cross-sectional design. This research was carried out in the Working Area of the Manuju Health Center, Gowa Regency when the research was carried out January 2023-March 2023. Primary data sources were obtained from each respondent using a questionnaire containing questions, secondary data were obtained from the monthly nutrition data report at the Manuju Health Center. The population in this study was toddlers experiencing stunting as measured from January to November 2022, namely 102 toddlers, the sample in this study was 102 taken as a whole from the total population.

Data collection techniques with interviews, observational and using questionnaires. Data analysis techniques used 2 techniques: univariate analysis to describe the characteristics of the independent and dependent variables and bivariate analysis to determine the effect of the independent and dependent variables.

## **RESULTS**

Based on Table 1 it is known that the percentage of the age group of 102 respondents in the age group under 20 years does not exist, then the age group of 20-35 years, namely 90 respondents (99.23%) and the age group above 35 years, namely 12 respondents (11.77%).

**Table 1. Distribution of Respondent Characteristics by Age Group at the Manuju Health Center in Gowa Regency in 2023**

Age Group (Years)	n	%
<20	0	0
20-35	90	88,23
>35	12	11,77
<b>Parity</b>		
Low (2-3rd Pregnancy)	73	71,6
High (Pregnant to >3)	29	28,4
<b>Education</b>		
SD	50	49,0
Junior High School	33	32,4
Senior High School	12	11,8
College	7	6,9
<b>Total</b>	<b>102</b>	<b>100</b>

Source: Primary Data

**Table 2. The Effect of Knowledge on Stunting Toddler Care Behavior at the Manuju Health Center in Gowa Regency in 2023**

Knowledge	Care Behavior				Total	<i>p value</i>
	Bad		Good			
	n	%	n	%		
Less	43	42,2	8	7,8	51	50,0
Good	18	17,6	33	32,4	51	50,0
Sum	61	59,8	41	40,2	102	100

Source: Primary Data

In table 1 it can be seen that the distribution of respondents based on the answers to the questionnaire about the knowledge of respondents at the Manuju Health Center, Gowa Regency, of the 102 respondents, the majority had knowledge that was comparable to good or bad knowledge, namely 51 respondents (50.0%).

Table 2 shows that respondents who had caring behavior were found to be higher in poor caring behavior with poor knowledge, namely 43 respondents (42.2%) compared to those who had good caring behavior with poor knowledge, namely 8 respondents (7.8%) at

the Manuju Health Center, Gowa Regency in 2023.

The results of the Chi square test in Table 2 show a significance value or p-value of 0.000. This value is smaller than the established error level of 5% (0.05) so it can be concluded that there is an influence between the mother's self-characteristics based on knowledge on stunting toddler care behavior at the Manuju Health Center, Gowa Regency.

## DISCUSSION

The mother's self-characteristics based on this knowledge can include the mother's knowledge of breastfeeding starting with the mother giving birth, the obligation of the

mother to provide exclusive breastfeeding and even up to the child aged 2 years, then the mother's knowledge of giving complementary foods after 6 months of age, what foods are can contain carbohydrates, protein, minerals, energy sources, building blocks, calcium, potassium, and so on. Then to see the growth and development of the child, it is fitting for the mother to have knowledge of this starting from the knowledge of the importance of child nutrition, routine immunization, and the characteristics of a child if he is stunted or his growth and development is disturbed. That's all a mother should know, The importance of the first 1,000 days of life, Solid food for babies, The role of parenting in child development.

The results of the Chi square test in Table 2 show a significance value or p-value of 0.000. This value is smaller than the established error level of 5% (0.05) so it can be concluded that there is an influence between the mother's self-characteristics based on knowledge on stunting toddler care behavior at the Manuju Health Center, Gowa Regency. Not in line with other studies in Jambi City which obtained a p value = 0.373 ( $> 0.05$ )

This research is in line with Taufiqurrahman's research showing that there is a significant relationship between the level of mother's knowledge about nutrition and toddler parenting behavior. This is also in line with the research conducted by Kusuma which stated that there was a significant influence between the level of mother's knowledge on

the parenting behavior of toddler mothers. And in line with Irdawati's research showing that there is a significant relationship between the level of knowledge and mother's behavior in fulfilling nutritional needs and patterns of monitoring children's health.

The mother's behavior and attitude regarding bad parenting is that most mothers let their children who don't want to eat as long as the children are not fussy and cry. Mothers do not pay attention to the type of food consumed by toddlers and the amount of food needed by toddlers. According to the mother, as long as the child is not fussy and crying to ask for food and is not sick, this is considered fine. So that this bad mother's attitude can cause toddlers to become stunted

Researchers are of the opinion that the understanding of stunting measured in this study includes understanding, triggers, signs and symptoms, impact, prevention and management if a child is stunted. This is in line with research according to Rahmawati knowledge about stunting which was measured in research through questionnaires including understanding triggers, signs and symptoms, prevention and factors that influence the occurrence of stunting.

Knowledge can not be separated from the information obtained in his life. Knowledge can be obtained from mass media/information. The development of technology will provide a variety of mass media that can influence one's knowledge of new innovations. Various forms of mass media

such as television, radio, newspapers, magazines, and others as a means of communication, have a major influence on the formation of people's opinions and beliefs. Knowledge is a facilitating factor (predisposing factor) for a person, thus this factor becomes a trigger for behavior which forms the basis or motivation for his actions due to traditions or habits, beliefs, educational level and socioeconomic level. Mothers who have the ability in themselves will increase their knowledge to overcome stunting prevention efforts

Researchers assume that the knowledge possessed by a person cannot be separated from the experience that has been obtained, especially stunting, because the respondents stated that they did not know about stunting in depth. Stunting in childhood is associated with delayed motor development and lower levels of intelligence, stunting can also cause depression of immune function, metabolic changes, decreased motor development, low cognitive scores, and low academic scores.

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## CONCLUSION

There is an influence of mother's self-characteristics based on knowledge (P-Value 0.000 <0.005) on stunting toddler care behavior at the Manuju Health Center, Gowa Regency in 2023.

## SUGGESTION

To improve care behavior for stunting toddlers, it is hoped that mothers, especially heads of puskesmas, will always provide counseling to mothers to increase their knowledge of the dangers of stunting.

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