



Mother's Knowledge of Stunting in Toddlers at the Arrabih Pratama Clinic, Pekanbaru

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Abstract - Stunting (dwarfism) is a condition in which toddlers have less length or height compared to age, chronic nutritional problems caused by insufficient nutritional intake for a long time. The stunting limitation is height for age based on the Z-score equal to or less than -2 SD below the standard mean. The prevalence of stunting under five has increased from 2016, namely 27.5% to 29.6% in 2017, the incidence of stunting in Riau province in 2019 reached 10.9%. The purpose of this study was to describe the knowledge of mothers about stunting in children under five at the Pratama Arrabih clinic, Pekanbaru. This research is a descriptive quantitative study using a cross sectional research design. The research was conducted at the Pratama Arrabih clinic from 27 November to 8 December 2020. The population in this study were all mothers who had babies and toddlers and visited the Arrabih Pekanbaru clinic in 2020.. Based on the results of the research that has been done, it was found that of the 30 respondents, most of them 43.3% (13 people) had less knowledge about stunting. The conclusion of this study is that the knowledge of mothers about stunting in toddlers is still lacking. It is hoped that all health workers will assist the government in expanding the coverage of education about stunting so that the public knows about stunting and for further researchers to be able to conduct research with different methods, variables, different sampling techniques and further investigate what factors affect knowledge. mom about stunting

Keywords : *knowledge, mother, stunting, toddler*

1. Introduction

Stunting is a chronic nutritional problem caused by insufficient nutritional intake for a long time. Stunting (dwarfism) is a condition in which toddlers have a length or height that is less when compared to their age (Kemenkes RI, 2018). Stunting is a condition where growth failure (body and brain growth) occurs due to food intake that is not in accordance with what is needed by the body. Judging from the Global Nutrition Report in 2018, the highest nutritional problem experienced by children in the world today is the problem of stunting (short), where 22.2% of toddlers in the world (150.8 million) are stunted. In 2017 22.2% or around 150.8 million children under five in the world were stunted. However, this figure has decreased when compared to the stunting rate in 2000, which was 32.6%. The prevalence of children under five that was collected by the World Health Organization (WHO), Indonesia is included in the third country with the highest prevalence in the Southeast Asia / South-East Asia Regional (SEAR) region, the average prevalence of stunting under five in Indonesia in 2005-2017 was 36, 4% and the incidence of stunting (short) under five is a major nutritional problem facing Indonesia. The prevalence of short children under five has increased from 2016, namely 27.5% to 29.6% in 2017 (Kemenkes RI, 2018). Based on data from the Riau provincial health office, the incidence or condition of stunting in Riau province in 2019 reached 10.9%, the increase in this number was due to an unhealthy and regular diet (Riau Provincial Health Office, 2019). Indonesia is one of the third countries with the highest prevalence in the Southeast Asia / South-East Asia Regional (SEAR), the average prevalence of stunting under five in Indonesia in 2005-2017 was 36.4% and the incidence of stunting (short) under five is a nutritional problem. major facing Indonesia. The prevalence of short children under five has increased from 2016, namely 27.5% to 29.6% in 2017 (Kemenkes RI, 2018). Based on data from the Riau provincial health office, the incidence or condition of stunting in Riau province in 2019 reached 10.9%, the increase in this number was due to an unhealthy and regular diet (Riau Provincial Health Office, 2019). Indonesia is one of the third countries with the highest prevalence in the Southeast Asia /



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The determinants of stunting and stunting according to WHO are caused by several factors, namely household and family factors, insufficient complementary feeding, breastfeeding and infectious factors. DThe main determinants of stunting in children in Indonesia are non-exclusive breastfeeding in the first 6 months, low family economic status, preterm birth, short length of newborns, short mothers, low parental education levels, children living in urban poor areas and in rural areas, boys tend to be more at risk of stunting than girls, children from families with poor latrines and inadequate drinking water increase the risk of stunting, community and social factors such as low access to health services and premises. long-term living in rural areas is related to the incidence of stunting in children (Kemenkes RI, 2018).

According to Adisasmito 2007 in Ramlah (2014), the indirect causes of nutrition problems include food security in the family, parenting styles, inadequate health care and environmental sanitation. The four indirect factors are interrelated with a mother's education, knowledge, income and skills. In addition, one of the dominant factors causing malnutrition is the result of feeding behavior or wrong nutrition parenting. Nutritional parenting includes behaviors related to feeding children both in terms of the amount and type of food given.

Based on the research of Picaully and Toy (2013), one of the determinants of the incidence of stunting in children under five is maternal knowledge and other determinants of stunting are family income, history of disease infection, history of immunization, protein intake and mother's education. Knowledge is a very important domain for the formation of one's actions, knowledge is needed as support in fostering self-confidence and attitudes and behavior every day, so it can be said that knowledge is a fact that supports one's actions (Notoadmodjo 2005).

A mother is a person who has a big role in the family, a mother has a very big role and share in fostering children where the first and foremost coaching of children occurs in the family. In addition, another important role is in fulfilling children's nutrition, especially in terms of preparing children's food. Preparing children to become useful human beings must start from an early age through motherhood and good parenting. Sufficient knowledge and skills should be possessed by mothers as an asset in fulfilling nutrition for children. Mothers in particular must be able to shape children's diets, create pleasant situations and serve attractive foods to meet the nutritional needs of their children. Most of the incidence of malnutrition in children under five can be avoided if the mother has sufficient knowledge about how to maintain nutrition and manage food for children under five (Krisnatutu, 2001). Based on this background, the authors are interested in conducting research on "Mother's Knowledge of Stunting in Toddlers at the Arrabih Pratama Clinic Pekanbaru in 2020.

2. Method

This research is a quantitative descriptive study using a Cross Sectional research design where the purpose of this study is to describe the mother's knowledge of stunting in toddlers at Pratma Arrabih Clinic Pekanbaru in 2020. The research was conducted at the Pratama Arrabih clinic from November to December 2020. The population in this study were all mothers who had babies and toddlers and visited the Arrabih Pekanbaru clinic in 2020. The sampling technique used was saturated samples by taking a sample of at least 30 respondents. The data analysis used was univariate analysis.

3. Result and Discussion

3.1 Respondent Age

Table 1

Distribution of Age Frequency of Mothers with Babies and Toddlers Visiting the Arrabih Pratama Clinic, Pekanbaru in 2020

No.	Age	amount	(%)
1	<20 years	5	60
2	20 - 35 years	19	40
3	≥ 35 years	6	
	amount	30	100

Based on the table above, it can be seen that most of the agesmothers who have babies and toddlers who visit the Arrabih Primary clinic are aged 20 - 35 years as many as 19 people (60%).

3.2 Education Respondents

Table 2

Distribution of the frequency of education of mothers who have babies and toddlers visiting the Arrabih Primary Clinic, Pekanbaru in 2020

No.	Respondent Education	amount	(%)
1	SD	1	3,3
2	Junior High	6	20
3	High school	14	46.7
4	College	9	30
	amount	30	100

Based on the above, it can be seen that most of the respondents have senior high school education, namely 14 people (46.7%).

3.3 Respondent Occupation

Table 3

Occupational Frequency Distribution of Mothers with Babies and Toddlers Visiting the Arrabih Primary Clinic, Pekanbaru in 2020

No.	MCH Handbook	amount	(%)
1	Does not work	17	56.7
2	Work	13	43.3
	amount	30	100

Based on the table above, it can be seen that most of the respondents did not work, namely 17 people (56.7%).

3.4 Ownership of the KIA book

Table 4

Frequency Distribution of Mothers with Babies and Toddlers Visiting the Arrabih Pratama Clinic, Pekanbaru in 2020 based on ownership of the MCH Handbook

No.	MCH Handbook	amount	(%)
1	Do not have	3	10
2	Have	27	90
	amount	30	100

Based on the table above, it can be seen that most respondents have KIA books, as many as 27 people (90%).

3.5 Knowledge Stunting

Table 5

Frequency Distribution of respondents' knowledge about stunting at the Pratama Arrabih clinic, Pekanbaru 2020 year

No.	Stunting Knowledge	amount	(%)
1	Good	8	26.7
2	Enough	9	30
3	Less	13	43.3
	amount	30	100

Based on the table above, it can be seen that most respondents have insufficient knowledge the stunting is 43.3% (13 people).

3.6 Discussion

Based on the results of the research that has been done, it is found that of the 30 respondents, most of them 43.3% (13 people) less knowledgeable about stunting. Knowledge is the result of human sensing, or the result of knowing someone's object through the senses they have (eyes, nose, ears, etc.), most of a person's knowledge is obtained through the senses of hearing (ears) and sight (eyes) (Notoatmojo, 2005). In This means knowing is that the more often an individual or a person gets information, the higher the knowledge will be obtained. This proves that the majority of respondents do not have enough information about stunting.

Parents' knowledge is an important factor in determining the nutritional status of children. Low knowledge of mothers about toddler food results in malnutrition among children under five. Most of the incidence of malnutrition in children under five can be prevented if the mother has sufficient knowledge about how to maintain nutrition and manage food for children under five (Krisnatutu, 2001). The results of the study are in line with the research of Putri Wulandini, et al (2019) regarding the knowledge of mothers who have toddlers about stunting at Rejosari Public Health Center, Tenayan Raya District, Pekanbaru City in 2019, it was found that the knowledge of mothers who had children under five about stunting at Rejosari Puskesmas, Tenayan Raya District, Pekanbaru City was the majority. less knowledgeable.

According to researchers, the lack of knowledge of respondents is one of the influenced by education. A higher level of education will make it easier for someone to absorb information and implement it in daily behavior and lifestyle, especially in terms of health and nutrition. Education level, especially mother's education, affects health status. The education factor of a person can affect knowledge, because the higher a person's education the higher their pattern of knowledge and the easier it is to receive information, on the other hand, low education will hinder the development of one's attitude towards newly introduced values.

Other data obtained from this study is that most of the respondents are in the age range 19 people (60%) 20 - 35 years old, 7 respondents who lack knowledge are in this age group. According to Wawan and Dewi (2010), it was found that the more old a person is, the maturity level and strength of that person will be more mature in absorbing information, thinking and working, and in terms of beliefs that are expressed by society, someone who is more mature is more trustworthy than people who are not yet mature. Another thing related to age was stated by Mubarak (2007) that physical and psychological changes in a person will occur with age, their perceptiveness and thought patterns will develop and life experiences will be gained more and more. Judging from the respondent's occupation, some of the respondents did not work,

4. Conclusion

Respondents who have low knowledge 42 (50.0%), negative attitude 54 (64.3%), and no. From this study it can be concluded that most respondents have less knowledge about stunting, namely 43.3% (13 people).

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