



The Relationship Between Parental Knowledge and Education to Early Detection of the Development of Toddlers Aged 12-59 Months Through the use of MCH Books in the Work Area of Puskesmas Buay Pemaca

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ABSTRACT

Based on the Indonesian health profile in 2022, the number of toddlers monitored for growth and development is 78.3%, and toddlers served by Stimulation, Detection, and Early Intervention of Child Growth and Development (SDDTIK) is 61.3%, where South Sumatra province is 85.6%. This study aims to determine the relationship of parental knowledge and education to early detection of the development of toddlers aged 12-59 months through the use of MCH books in the UPT Puskesmas Buay Pemaca Work Area. This study is a quantitative study with a cross-sectional approach. The population is all mothers who have toddlers aged 12-59 months, totaling 1,402. A sample of 104 respondents was taken with a purposive sampling technique. Data were analyzed by the Chi-square test. The results showed that the frequency distribution of knowledge mostly had knowledge in the sufficient category (54.8%), higher education (59.6%), and most of them did early detection through the use of MCH books (79.8%). The results of statistical analysis showed that there was a significant relationship between knowledge and early detection of the development of toddlers aged 12-59 months through the use of MCH books (0.000), and there was a significant relationship between education and early detection of the development of toddlers aged 12-59 months through the use of MCH books (0.045). There is a relationship between parents' knowledge and education on early detection of the development of toddlers aged 12-59 months through the use of MCH books in the Working Area of UPT Puskesmas Buay Pemaca.

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1. Introduction

Early detection and stimulation of toddler development is very important. It has been mutually agreed that disorders or obstacles in the growth and development process from intrauterine to adulthood can cause growth and development deviations. Many children who experience growth retardation, perhaps because their parents do not care to encourage their growth. Indonesian children, especially preschoolers, need to receive serious attention to get good nutrition, adequate stimulation, and good health services, including early detection and intervention of developmental abnormalities, so that they can grow and develop optimally according to their genetic potential and be able to compete in the global era (Khadijah et al., 2022). Detection and early intervention of deviations are intended to monitor

child development early, in accordance with the child's age stage. Early detection followed by intervention has been shown to improve the status of deviations in the child's development towards appropriate development (Nesy & Pujaningsih, 2023).

Based on the Regulation of the Minister of Health of the Republic of Indonesia Number 6 of 2024 concerning Technical Standards for Fulfilling Minimum Health Service Standards, monitoring of growth and development in toddlers is carried out using the Maternal and Child Health (MCH) book. The Maternal and Child Health (MCH) book also serves as a practical guide that assists mothers in providing appropriate stimulation, recognizing early signs of developmental disorders, and monitoring children's development regularly. By utilizing the MCH Book, mothers not only become more informed but also more proactive in maintaining their child's health and development, which can ultimately prevent delays or serious developmental problems (Maharani et al., 2024). Development and growth are two distinct but interrelated events. A complex variety of interactions between internal and external factors affect a child's growth and development. Because the growth and development period of babies and toddlers is very fast, it is very important to get ideal nutrition. The structural and functional development of the baby's brain requires energy and nutrients. The WHO growth chart standard is an anthropometric tool used to measure child growth. A child's development goes through different phases, including social, emotional, and cognitive development (Khayati, 2022). Children need nurturing from those around them, especially their own parents, to help them grow and develop properly. It is hoped that parents' knowledge of how to utilize child developmental stimulation can help them identify child development and growth at an early stage. Parental knowledge and attention at home are paramount and very important to achieve this goal (Batlajery et al., 2021).

Based on Indonesia's health profile in 2022, the number of toddlers monitored for growth and development is 78.3%, and the number of toddlers served by Child Growth and Development Early Intervention (SDDTIK) is 61.3%, South Sumatra province, the number is 85.6% (Kementerian Kesehatan RI, 2023). The data on the growth and development of toddlers in Ogan Komering Ulu Selatan Regency in 2024 is 63%. Data from the UPT Buay Pemaca Health Center in 2024 shows that the number of children detected early in their development and growth with the MCH Book is 941 people (23%) (Dinas Kesehatan OKU Selatan, 2024). From this data, it can be seen that the coverage of toddlers who undergo early detection is still low. Based on a preliminary study of 10 mothers with pre-school children, 8 of them did not conduct early detection examinations of child development because many did not know about the importance of monitoring child development, 5 out of 10 people had low education, namely junior high education, 3 had high school education, and 2 had college education. With this research, it is hoped that parents will not only consider MCH books as a recording book but as a means of communication with health workers, increasing maternal literacy, and as a means of education to increase insight and knowledge, especially in conducting early detection of the growth and development of toddlers. Through this research, it can also strengthen the local concept in the community that the knowledge and education of a mother can increase the optimization of the use of MCH books as literacy media to increase knowledge and media to carry out early detection of the growth and development of toddlers. Therefore, the author is interested in conducting a study entitled "The relationship between knowledge and parental education to the early detection of the development of toddlers aged 12-59 months through the use of MCH books in the Work Area of the Buay Pemaca Health Center".

2. Methods

This study uses an analytical method with a cross-sectional approach. The research was carried out in March-April 2025 in the work area of the Buay Pemaca Health Center. The population in this study is all mothers who have toddlers aged 12-59 months, totaling 1,402. The sample size in this study uses the Slovin formula because the size of the population is known for sure, with an error rate of 10%, a minimum sample size of 93 respondents was obtained. To anticipate the possibility of the number of dropouts and incomplete data, the number of drops is increased by 10%, the sample of this study was taken using the purposive sampling technique of 104 people. The inclusion criteria in this study are all mothers who have toddlers aged 12-59 months, domiciled in the research area, have an active and

complete MCH book, and are willing to be respondents and sign informed consent, and can communicate well, while the exclusion criteria are mothers who cannot read and write, are absent, or resign at the time of the study.

The data source used is primary data obtained directly at the time of research, namely from questionnaires. The variables studied were independent variables, namely parental knowledge and education, and dependent variables, namely early detection of the development of toddlers aged 12-59 months of school through the use of MCH books.

The analysis method uses univariate and bivariate analysis. Univariate analysis to obtain descriptive data analysis, and bivariate data analysis to obtain the relationship between independent variables and dependent variables. Bivariate analysis uses the chi-square test by comparing the value of $< \alpha$ (0.05), which means that there is a meaningful (significant relationship between independent variables and dependent variables).

3. Results and Discussion

The distribution of maternal characteristics in the Work Area of the Buay Pemaca Health Center can be seen in the table below:

Table 1.
Frequency Distribution of Mother's Characteristics

Characteristic	n	(%)
Age		
- < 20	2	1.9
- 20-35 years old	83	79.8
- > 35 years old	19	18.3
Paritas		
- Primipara	27	26.0
- Multipara	70	67.3
- Largemultipara	7	6.7
Jobs		
- Work	53	51.0
- Not working	51	49.0
Total	104	100.0

Based on Table 1, the results of the frequency distribution of respondent characteristics are known, namely, from 104 respondents, most (79.8%) are aged 20-25 years, as many as 83 people, most (67.3%) have multipara parity, and most (51.0%) are working mothers. Analysis of the relationship between knowledge and parental education to the early detection of the development of toddlers aged 12-59 months through the use of the MCH book can be seen in the following table:

Table 2.
The Relationship of Knowledge to Early Detection of Developmental Toddlers Aged 12-59 through the Use of MCH Books

Knowledge	Early Detection Through MCH Books				Total	<i>p-value</i>
	No		Ya			
	n	%	n	%		
Less	14	51.9	13	48.1	27	00
Enough	6	10.5	51	89.5	57	0,000
Good	1	5.0	19	95.0	20	00
Total	21	20.2	83	79.8	104	00

Based on Table 2, it is known that of the 27 respondents who had less knowledge, most (51.9%), as many as 14 respondents did not detect the early development of toddlers through the use of MCH books. Of the 57 respondents with sufficient knowledge, almost all (89.5%) have carried out early

detection with the MCH book. Of the 20 respondents with good knowledge, almost all (95.0%) have carried out early detection with the MCH book. The results of the statistical test with the Chi-Square test were obtained p -value (0.000) $<$ α (0.05), meaning that there is a meaningful relationship between knowledge and early detection of the development of toddlers aged 12-59 months through the use of MCH books.

The analysis of the relationship between parental education and early detection of the development of toddlers aged 12-59 months through the use of MCH books can be seen in the following table:

Table 3.
The Relationship of Education to Early Detection of Developmental Toddlers Aged 12-59 through the Use of MCH Books

Education	Early Detection Through MCH Books				Total		p -value
	No		Ya		N	%	
	n	%	n	%			
Low	13	31.0	29	69.0	42	100	0,045
Height	8	12.9	54	87.1	62	100	
Total	21	20.2	83	79.8	104	100	

Based on Table 3, it shows that of the 42 respondents who are poorly educated, a small percentage (31.0%) of 13 people do not carry out early detection of the development of toddlers through the use of MCH books. Of the 62 respondents who are highly educated, almost all (87.1%) have carried out early detection through the MCH book. The results of the statistical test with the *Chi-Square* test were obtained p -value (0.045) $<$ α (0.05), which means that there is a meaningful relationship between education and early detection of the development of toddlers aged 12-59 months through the use of MCH books in the Work Area of the Buay Pemaca Health Center.

Most (79.8%) are 20-25 years old, as many as 83 people. This age is included in the category of healthy reproductive age, which is 20-35 years, which is the ideal age for pregnancy and childcare, because physically and mentally, women are in optimal condition. The mother's age plays an important role in the process of raising toddlers, including in terms of understanding and using MCH books as a medium for early detection of toddler development. In terms of parity, the majority of respondents (67.3%) were mothers with multipara parity. Mothers with multipara parity generally have experience in caring for their children before, so they are more familiar with child development monitoring practices, including the use of MCH books. Furthermore, judging from the work, more than half of the respondents (51.0%) were working mothers. Working mothers usually have wider access to information, both from the workplace and social media, which can increase knowledge about children's health. On the other hand, limited time due to work can also be an obstacle to monitoring children's growth and development optimally.

According to a data analysis of 27 respondents who did not have enough information, 51.9% of them (or 14 people) did not utilize the MCH literature to identify developmental milestones in toddlers at an early age. Of the 57 people who had the necessary information, almost all (89.5%) had used the MCH book for early detection. Almost all of the 20 knowledgeable respondents (95.0%) had used the MCH book for early detection. A strong relationship between knowledge and early detection of the development of children aged 12-59 months through the use of MCH books was found in the results of statistical tests obtained by the Chi-Square test, with a value of p (0.000) $<$ α (0.05). This suggests that there is a meaningful relationship between maternal knowledge and early detection, and may also indicate that increased knowledge can be an effective strategy to increase the success of early detection in toddlers using MCH books, so that it can improve the quality of health services both pervenvenively and promotely for toddlers.

The theoretical implication of the finding that good knowledge almost entirely performs early detection is to support the theory of (Notoatmodjo, 2019) that knowledge is a very important domain to shape health behaviors. With good knowledge, individuals are more aware of the importance of

preventive measures, such as early detection of child development through the MCH Book. This study confirms that knowledge is the main determinant in child growth and development monitoring behavior (Wahyuni et al., 2023). The researcher assessed that to improve maternal knowledge, a more contextual and life-based educational approach is needed. For example, through simulations of how to read development graphs, group discussions at posyandu, or fun visual learning. The involvement of posyandu cadres and community leaders is also important to build confidence and interest in the content of the MCH book. Improving knowledge must be a top priority in every children's health program, especially in the use of the MCH Book as an early detection tool.

This confirms what the Health Belief Model (HBM) postulates: that a person's health-related actions are substantially influenced by their understanding and beliefs about the benefits of the action. Here, mothers are more likely to do so if they have a solid understanding of why the MCH Book is so important for detecting developmental delays in children at an early age (Hupunau et al., 2019). The correlation between mothers' familiarity with the MCH Book and the ability to understand developmental milestones in their children at an early age is very closely related. Document and monitor child growth regularly among mothers with high knowledge compared to those with low knowledge (Gusti Ayu Sri Yuliani Dewi et al., 2022). Mothers who have a positive attitude towards MCH books also have a 3 times greater tendency to use MCH books than mothers who have a negative attitude (Fitriyaningsih, 2021). This is also related to the length of time the mother reads the MCH book; 29 minutes every week will further increase the mother's knowledge by 1.6 times greater than the mother whose reading duration gap (Amalia et al., 2023).

Mothers with low knowledge tend to be less confident in reading and interpreting the content of the MCH Book. They feel doubtful whether the information they read is correct or not, so they are reluctant to monitor independently and rely more on health workers (Novianti & Desta Roza, 2024). Some mothers consider the MCH Book only as an administrative obligation to be carried during immunizations or weighing, rather than as an interactive guide to monitor the child's development. This reflects that low knowledge is not only related to a lack of information, but also to the way education is distributed, which is not on target. Education that is one-way, monotonous, or too theoretical is often incapable of instilling a deep and practical understanding in mothers (Nursasmita et al., 2024).

Furthermore, the researcher highlighted the importance of health literacy as the root of knowledge. This literacy is not only the ability to read, but also to understand, evaluate, and use health information to make informed decisions. In this case, increasing maternal health literacy will greatly contribute to the optimal use of MCH Books, so that early detection of developmental delays can be carried out in a timely manner (Ningrum et al., 2024).

Overall, knowledge is the initial key that will open the gates of positive behavior in children's health. Without adequate knowledge, mothers will not have a compelling reason to do monitoring, and without regular monitoring, developmental delays can be ignored until there are long-term impacts. Knowledge enhancement must be a top priority in every children's health program, especially in the use of the MCH Book as an early detection tool (Nursasmita et al., 2024) (Russiska & Hary Cahyati, 2025).

In terms of early detection of child growth and development, parental education, especially that of mothers, is the main component that influences family health behavior. Increased awareness of the importance of preventive health care, including the MCH Book for documenting children's growth and development, is associated with higher levels of education (Susilaningrum et al., 2023; Utami et al., 2021).

The fact that the level of education of parents, especially women, has a significant impact on the rate of absorption, understanding, and application of health information that their children receive (Lina Putri Prapatti et al., 2025; Prasetyo et al., 2023). Mothers with low education tend to have limitations in accessing health information independently. They often feel doubtful about the content of the MCH Book and lack confidence in recording or assessing children's development based on existing indicators (Dharmawan et al., 2021).

In some cases, mothers even consider the book as a formality document that only needs to be carried during immunizations or consultations, not as an active monitoring tool (Dewi et al., 2024; Oktavia & Mariyani, 2023). Education affects the mindset and attitude towards children's health. More educated parents tend to have greater awareness to take precautions and proactively seek out additional information (Xu et al., 2025).

Parents who are poorly educated are more reactive and only act when the child shows obvious symptoms of developmental disorders. Increasing the use of MCH Books in low-educated groups requires an inclusive and participatory educational strategy, for example, through small group training, direct demonstrations of how to read development charts, or the integration of education in posyandu activities. The interventions developed must also consider the socio-cultural context of the community so that educational materials can be more accepted and applied (Rahma et al., 2025; Riana, 2024).

4. Conclusion

This study found that in the Work Area of the Buay Pemaca Health Center UPT, there is a strong relationship between education and knowledge in terms of early detection of growth and development in toddlers aged 12-59 months using MCH books. Education not only plays a role as a factor of knowledge, but also as a driver of parental motivation and confidence in playing an active role in monitoring children's growth and development. The researcher concludes that improving the quality of community education in the long term will greatly support the success of early detection programs, especially in optimizing the use of MCH Books as an important tool in monitoring child development. The results of this study can provide the basis for the development of a preventive behavior model in toddlers that education can affect knowledge, knowledge can affect the behavior of using MCH books, and behavior improvement can improve the ability to detect early in toddlers. Health workers, in this case midwives, are expected to be able to carry out planning and assessment in providing early detection care for toddlers and early detection counseling for mothers, so that mothers want to carry out routine early detection in toddlers using the MCH book. Further research is recommended to develop a more comprehensive model of health behavior by examining other factors that are more related, such as health literacy, self-efficacy, outpatient support, and socio-cultural factors in the use of MCH books with early detection behavior in toddlers.

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