

WHAT DO MOTHERS OF TODDLERS KNOW ABOUT STUNTING?

Syarifah Miftahul El Jannah*, Rosmida M Marbun, Arni Widyastuti
Politeknik Kesehatan Kemenkes Jakarta II
*syarifah.miftahul@poltekkesjkt2.ac.id

ABSTRACT

Stunting is a condition in which an individual fail to develop normally as a result of persistent starvation, psychosocial stimulation, and exposure to repeated diseases, particularly in the first 1,000 days of life. can be prevented if moms have the necessary information regarding stunting. A questionnaire about knowledge with indicators of knowledge of definitions, triggers, signs and symptoms, impacts, and prevention and management of stunting was used to collect data from 359 respondents who are mothers of toddlers in the working area of the Kebayoran Baru Health Center. It was discovered that 52% of mothers had strong understanding, however that 55% and 57% of moms didn't know the triggers or the symptoms of stunting.

Keywords: *knowledge; mother toddler: stunting*

INTRODUCTION

The problem of malnutrition which is an indicator of whether a country is said to be advanced or lagging is the presence of stunting, which is a condition where height/length for age has a Z score of less than -2 SD (Menteri Kesehatan Republik Indonesia, 2020) so that children who are short compared to their peers followed by frequent infectious diseases suffered by these children and a low level of intelligence.

According to the Global Nutrition Report, the prevalence of stunting was 37.2% in Indonesia in 2013, 30.8% in 2018, 27.7% in 2019, and it is anticipated that it will be 14% in 2024 (Global Nutrition Report, 2020). According to the findings of the 2019 Study on the Nutritional Status of Toddlers in Indonesia (SSGBI), the prevalence of stunting was 27.3% nationwide, with the province of East Nusa Tenggara having the highest prevalence (43.7%) and the province of Bali having the lowest prevalence (14.3%). In DKI Jakarta, the prevalence was 19.9%, and the highest prevalence was found in the Thousand Islands region at 30.2% (Sudikno *et al.*, 2019).

Meanwhile, based on the results of the 2022 Indonesian Nutrition Status Survey (SSGI), it was found that the stunting rate in Indonesia had fallen from 24.4% in 2021 to 21.6% in 2022. The highest is still found in East Nusa Tenggara Province, 35.3%, and the lowest in The province of Bali 8%, while in DKI Jakarta it is 16.4%, with the highest prevalence at the age of 0 months of 26.63% in 2022, there has been a sharp increase from 7.67% previously found in 2021 (Kemenkes, 2023). In the Nutrition Laptah of the Kebayoran Baru District Health Center in 2018, the results obtained were that the proportion of toddlers aged 0-59 months with wasting nutritional status was 5.9%, the proportion of undernourished status was 6.5%, and the proportion of stunting nutritional status was 17.3% (Puskesmas Kecamatan Kebayoran Baru, 2019).

In 2023, 17 respondents (22.7%) of stunted children will still be found in Pudun Jae Village, Padangsidempuan City, North Sumatra (L.M, Harahap, Nasution F, Harahap E.F, Peby Utami, 2023). Many factors influence the occurrence of stunting in Indonesia from several studies obtained, one of the factors is the level of mother's knowledge about stunting. Several studies have also found that mothers' knowledge about stunting is good or high (Sekarini Fitriasisari Wibowo, 2022). Although several studies state that there is no relationship between the mother's educational level (p -value = 0.138) and information exposure (p -value = 1.000) and the mother's knowledge about stunting (Rahmah *et al.*, 2023). Knowledge is obtained from the learning process, then the level of education a mother has will increase her knowledge about stunting. Hailu research, et al (2020) found Children born to non-educated mothers were 59% more likely to be protected from stunting than those born to educated mothers (Hailu, Bogale and Beyene, 2020). A different study indicated that women with primary education and no formal education had a higher risk of their children being stunted than moms with secondary education and higher (Islam *et al.*, 2022).

But the present concern is why there are still kids that are stunted. How well-versed in stunting is the mother? Therefore, the goal of this study is to ascertain a mother's level of familiarity with the following indications of stunting: definition, trigger, signs and symptoms, impact, and prevention and management.

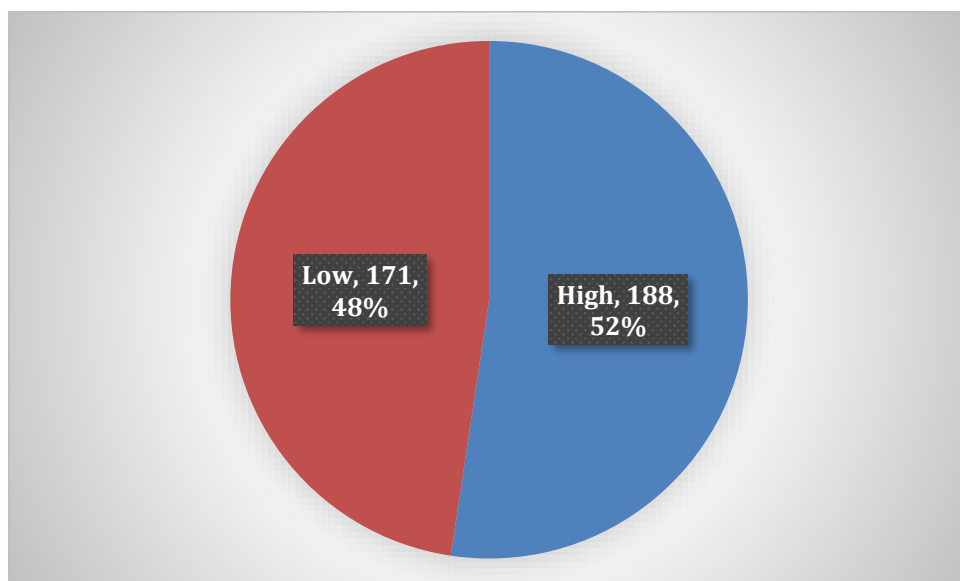
METHOD

The sample is chosen at random and the study method is descriptive-analytic. The respondents were given questionnaire sheets to complete as soon as possible, and if they had any difficulty, an enumerator supported the enumerator by explaining the purpose of the questionnaire's questions. The questionnaire includes a section on knowledge of stunting with an indicator. Stunting is defined as, among other things, what causes it, how it affects people, how to prevent it, and how to manage it. 359 moms of young children in the Kebayoran Baru sub-district responded to the survey in 2022. SPSS software was used to perform the statistical analyses. The data obtained were then analyzed using Pearson Test with a significance level of $p < 0.05$. The protocol of this study was approved by the Research Ethics Committee of the Ethics Commission of Poltekkes Kemenkes Jakarta II, Number LB.02.01/I/KE/33/909/2022. Written informed consent was obtained from all respondents.

RESULTS AND DISCUSSION

1. Knowledge Level Of Housewives About Stunting

Of the 359 housewives, 171 people (48%) had low knowledge, while 188 people (52%) (Picture 1) already had high knowledge about stunting. From this data, it is known that many housewives still do not understand and understand what stunting is. This causes stunting to be found in the community because mothers do not understand how to prevent their children from being stunted



Picture 1. Knowledge Level About Stunting Among Housewives

As the results of research in Babul Makmur Village, Simeulue District, 90% of mothers' knowledge about stunting is in a good category, but 29% of children are still stunted. It was found that there was a relationship between knowledge and the incidence of stunting in the village (Hasanah and Sriwahyuni, 2022). other researchers find no relationship between the incidence of stunting and mothers' knowledge about nutrition ($p=0,036$) in Cikukur Lebak District, Banten (Salsabila, Damailia and Putri, 2021). So that it can be said that good knowledge of the mother can reduce the occurrence of stunting, but knowledge about what the mother has, also needs to be considered, so that later this knowledge can reduce the incidence of stunting in the community.

2. Knowledge Level of Housewives On Stunting Management

Several indicators of knowledge about stunting have been developed, in this study the indicators of knowledge explored by housewives can be seen in table 1, below.

Table 1. Distribution Of Answers To Questionnaires About Stunting

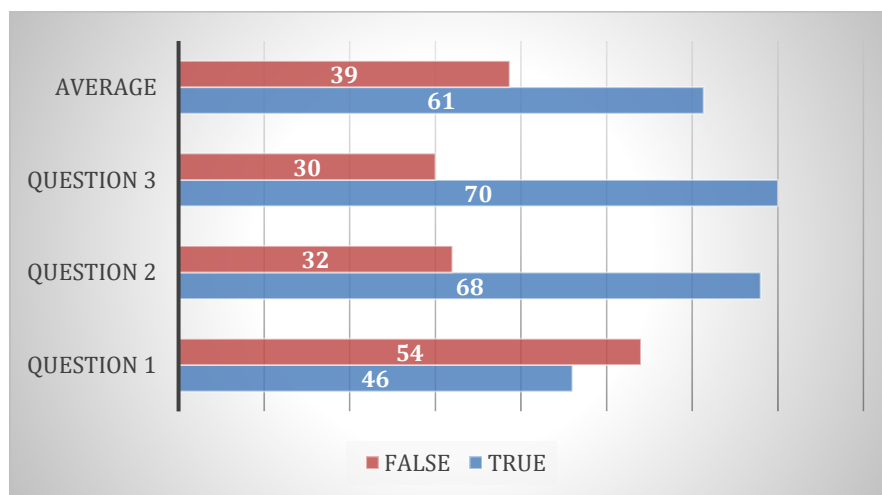
Variable	Question Number	True (%)	False (%)
Definition of Stunting	1	46	54
	2	68	32
	3	70	30
	Average	61	29
Stunting Trigger	4	30	70
	5	72	26
	6	16	84
	7	64	36
Average	46	54	
Signs and Symptoms of Stunting	8	46	54
	9	45	55
	10	38	62
	Average	43	57
Impact Of Stunting	11	22	78
	12	77	23
	13	46	54
	14	70	30
Average	54	46	
Stunting Prevention and Management	15	20	80
	16	81	19
	17	43	57
	18	79	21
	19	46	54
	20	56	44
Average	54	46	

In the table above it is found that the knowledge of housewives about the triggers of stunting and the signs and symptoms in children who suffer from stunting is still less than 50%. Meanwhile, around 46% of housewives answered incorrectly on the question of how to prevent and treat stunting.

a. Definition of stunting

In Figure 2, it can be seen that 61% of mothers' knowledge about the definition of stunting is correct, but if we examine each question, it can be seen in question number 1 about the meaning of stunting, 54% of respondents are still wrong about the meaning of stunting, they answer stunting is a failure of child development at early pregnancy (31%), failure to thrive due to poverty (29.8%) and failure to thrive because the child has an infection (15%). The correct answer, the answer choice that stunting is a failure of child development in the first 1000 days of life, is 46%.

Respondents who are mothers with babies and toddlers, who are categorized as children in the first 1000 days of life, do not know that stunting can actually occur in their children, if they do not monitor their children's development by routinely coming to the Posyandu to weigh their weight and measure their length. children, and conduct general health checks. In the initial phase of behavior change regarding stunting it was written that the dimension of the message that must be understood by mothers is the introduction of the concept of what stunting is, it must be correct so that mothers of toddlers can move on to the next phase (Kementeriaan Kesehatan RI, 2018)

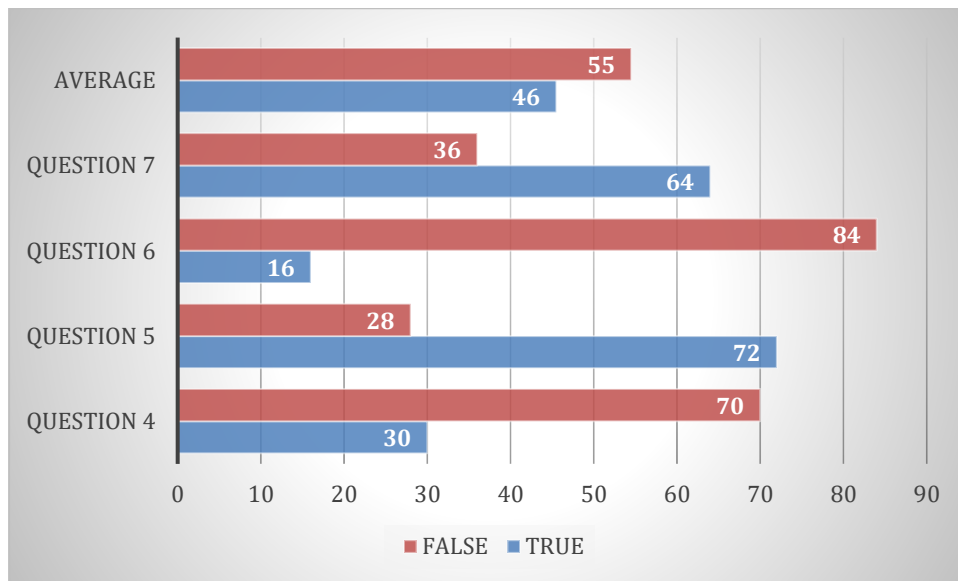


Picture 2. Definition of Stunting

In another study, to get a mother's understanding of stunting, 81.8% stated that chronic malnutrition causes toddlers to be short (Rahmah *et al.*, 2023)

b. Stunting Trigger

One of the triggers for stunting is that mothers do not know that nutritional intake in children can be the cause. In this study, only 30% of mothers answered correctly that the cause of stunting was due to chronic malnutrition which was also influenced by family economic problems (question number 4). The same thing was found in Bulakrejo Village, Sukoharjo District, for mothers with poor knowledge of nutrition, their children have 1.638 times the risk of becoming stunted. (Sekarini Fitriasari Wibowo, 2022). Another study found 9 stunted children (75%) from mothers with low knowledge of nutrition (Lensoni *et al.*, 2022).

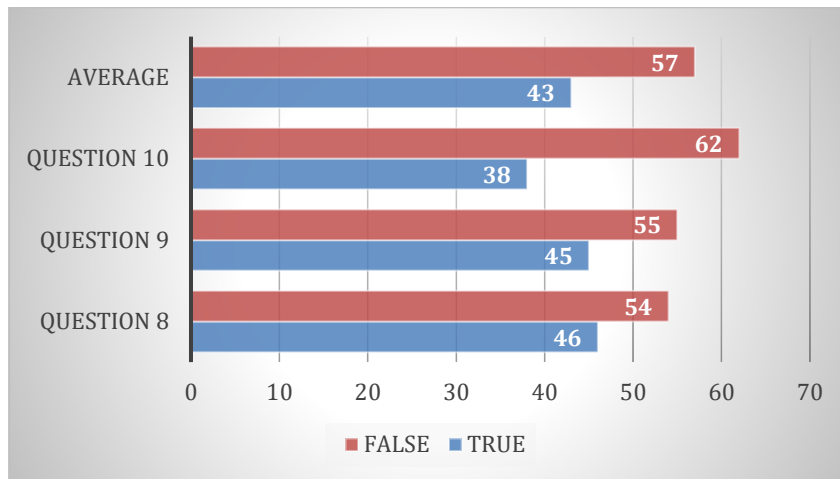


Picture 3. Stunting Triger

Knowledge of mothers of toddlers about the triggers of stunting, only 46% know correctly. There are still many mothers who answer that the cause of stunting is because they don't get food on time (19%), because they suffer from DM (16%). If the mother does not know the cause of stunting, it will be difficult to prevent stunting. So the mother's knowledge about nutrition is a significant influence on the occurrence of stunting (Risnanto, 2023)

c. Signs and Symptoms of Stunting

Signs and symptoms of stunting in addition to being short in body and age, are also indicated by delays in the development of motor skills, such as crawling and walking, being apathetic and showing less explorative behavior, causing their lack of interaction with the environment (Direktorat Infokom Pembangunan Manusia dan Kebudayaan, 2020)

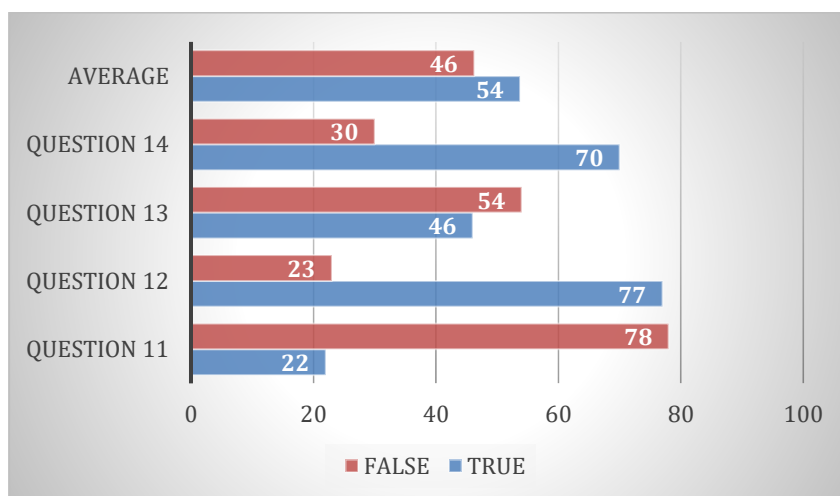


Picture 4. Signs and Symptoms of Stunting

In the study, only 43% of mothers with toddlers knew about the signs and symptoms of stunting, according to them, children often cry (27%) and have a thin body (30%). When viewed from this knowledge, mothers of toddlers do not take stunting seriously because of the symptoms and signs that they think can be treated quickly, such as children being given toys so they don't cry and thinking this is normal.

d. Impact of Stunting

The damage caused by stunting is permanent and has long-lasting consequences, ranging from frequent illness due to a weak immune system, reduced learning and performance in school, to lower incomes in the future. If mothers know the impact of stunting well, of course, they will try their best to prevent it. In this study, 54% of mothers already knew the impact of stunting, but only 22% of mothers knew that stunting could result in low child intelligence. and only 46% know that stunting can cause death.

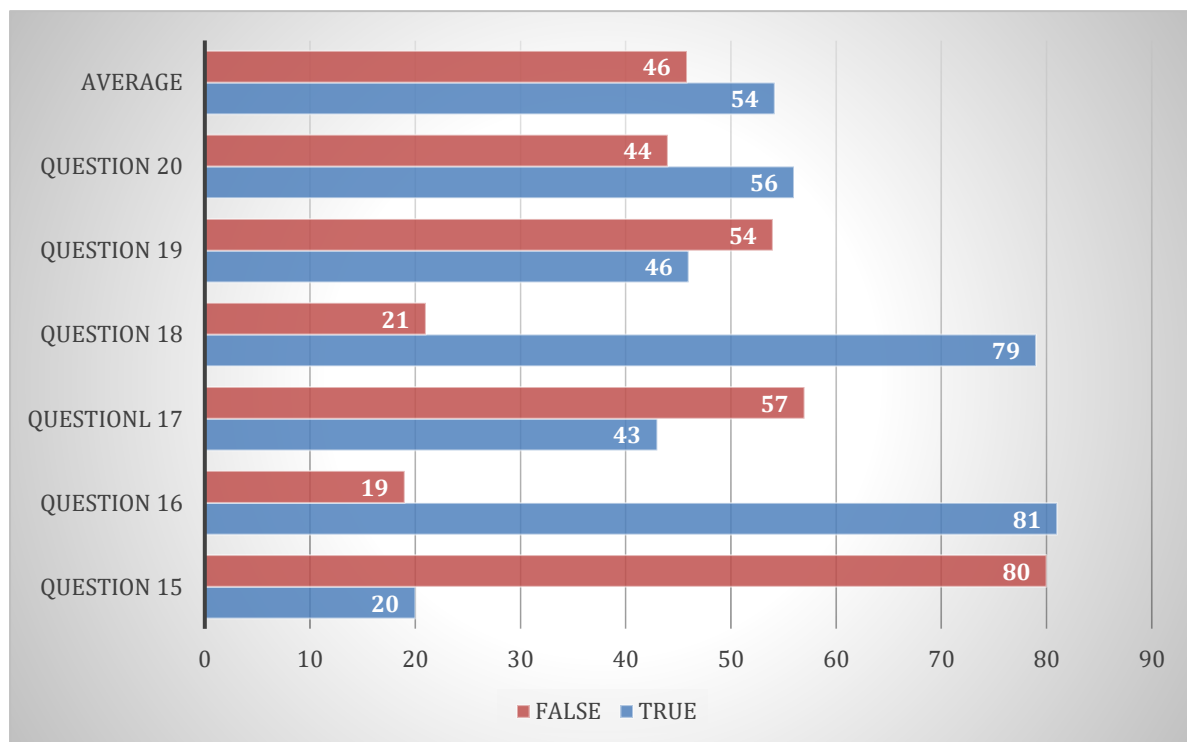


Picture 5. Impact of Stunting

In another study, it was found that 51% of mothers stated that stunting had no impact on intelligence level/Intelligence Quotient (IQ).(Rahmah *et al.*, 2023). Knowledge about this must be changed or corrected immediately, otherwise, the mother will leave her child in a stunted condition, even though her child's achievement or quality of learning at school is low because she thinks that there is no relationship between her child's intelligence and her development.

e. Stunting Prevention and Management

When viewed from knowledge about the prevention and management of stunting, most of the mothers under five have understood correctly (54%), although there are still some who still don't understand (46%), especially regarding prevention which must be carried out since the baby is in the womb, by giving tablets add blood (question no 15). This toddler's mother thinks that stunting starts when the child is born. And there were 17.5% of mothers who stated that the benefit of visiting the posyandu was only to get free vaccines and vitamins (question no 17)



Picture 6. Stunting Prevention and Management

Research on mothers with toddlers in Sukamulya village, Rancaekek District, Bandung Regency also obtained mothers' knowledge about the impact and ways of preventing stunting in toddlers. (Rahmah *et al.*, 2023) In addition to the material factors that must be conveyed to increase the mother's knowledge about stunting as a whole. Another thing that also needs to be considered is

the use of words or language that is easy to understand accompanied by examples of cases that are close to the daily lives of mothers with toddlers, apart from of course the right media, easy and inexpensive to access. As it was written that health messages really need to be conveyed to the target community. Delivery of messages to the target requires the media as an intermediary. Media is one element of communication. In addition to the media, other elements of communication are the sender of the message (communicator), the message (information), the receiver of the message (communicant), and the media and feedback. Media is something that can be used to channel messages from the communicator to the communicant so that the communicant understands the contents of the message (Ernawati, 2022).

Besides that to increase the knowledge of mothers of toddlers about stunting. Elimination of stunting can also be done by empowering pregnant women to increase knowledge about stunting, such as perceptions of pregnant women about stunting prevention and behavior evaluation of pregnant women in stunting prevention efforts (Eko Mindarsih, Muhammad Akhyar, Budiyaniti Wiboworini, 2023).

CONCLUSION

Knowledge of mothers under five about the triggers for stunting and the signs and symptoms of stunting is still low, although knowledge about the definition, impact, and ways of prevention is better, it has not yet reached 70%. reproduced and given real examples in language that is easy to understand.

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