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The relationship between knowledge and maternal attitudes in preventing stunting at UPTD Puskesmas Pendopo Inpatient Care

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ABSTRACT

Background: Stunting is still a serious problem facing Indonesia. Stunting is a condition of growth failure in toddlers due to chronic malnutrition, especially in the first 1,000 days of life. The purpose of this study was to determine the relationship between knowledge and maternal attitudes in preventing stunting at the Pendopo Inpatient Health Center UPTD in 2023. This type of research uses an observational analytical survey method with a cross-sectional design. The population in this study were mothers of toddlers who had children under 2 years old who came to the Pendopo Inpatient Health Center UPTD. The sample in this study was mothers of toddlers who had children under 2 years old who came to the Pendopo Inpatient Health Center UPTD, namely 38 people. The sampling technique used in this study was purposive sampling. Data collection used primary data, processed univariately and bivariately. The results of the univariate analysis Almost half (42.1%) of mothers' knowledge was lacking regarding stunting prevention at the Pendopo Inpatient Health Center UPTD. Most mothers of toddlers with Sufficient Attitudes in Preventing Stunting at the Pendopo Inpatient Health Center UPTD in 2023. The results of the bivariate analysis using the Chi-Square statistical test showed that there was a significant relationship between maternal knowledge and maternal attitudes in Preventing Stunting at the Pendopo Inpatient Health Center in 2023. It is hoped that services can be further improved, through maximum excellent service, holding toddler classes including counseling on stunting, providing additional food for toddlers, and continuing to improve skills, adding more complete facilities and infrastructure for the sake of improving the quality of health services in Indonesia.

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INTRODUCTION

Stunting is a condition in which a child experiences growth disorders so that he or she has a height that is not appropriate for his or her age (Noorhasanah et al., 2020)(La Ode Alifariki, 2020). This occurs due to long-term nutritional deficiencies (Data and Information Center of the Ministry of Health of the Republic of Indonesia, 2020). Stunting is a health problem that is the focus of the government's health development program in 2015-2019 in addition to reducing maternal and infant mortality rates, controlling infectious diseases and controlling non-communicable diseases (Ministry of Health of the Republic of Indonesia, 2022)(SJMJ et al., 2020). Data on the prevalence of stunting in the world in 2020 according to WHO globally is 22.0% or around 149.2 million people. Of this data, 53% or around 79.0 million people are in the Asian continent and 41% or around 61.4 million people are in the African continent (WHO, 2021). The results of the Riskesdas, the prevalence of stunting in toddlers has decreased from 37.2% in 2013 to 30.8% in 2018.

The prevalence of stunting in Indonesia based on the results of the 2021 Indonesian Nutritional Status Study (SSGI) showed a decrease from 27.7% in 2019 to 24.4% in 2021 (Indonesian Nutritional Status Study, 2022)(Hatijar, 2023)(Rahman et al., 2023). This figure is still far from the 2019 RPJMN target of 28% stunting and the WHO stipulation of 20% stunting prevalence in 2025 and 0% stunting in 2030 as targeted in the SDGs.

The negative impacts that can be caused by stunting in the short term are impaired brain development, intelligence, impaired physical growth, and metabolic disorders in the body, while in the long term the negative effects that can be caused are decreased cognitive abilities and learning achievement, decreased immunity so that it is easy to get sick, and a high risk of diabetes, obesity, heart and blood vessel disease, cancer, stroke, and disability in old age (Ekayanthi & Suryani, 2019)(Yekti, 2020)(Saadah & Kp, 2020)(Yekti, 2020)(Haryani et al., 2021)(Madiuw & Manuhutu, 2023)(Nasution et al., 2024)(Jannah, 2024).

There are 11 specific interventions designed by the Ministry of Health of the Republic of Indonesia, namely anemia screening, consumption of iron tablets (TTD) for adolescent girls, pregnancy check-ups (ANC), consumption of iron tablets for pregnant women, provision of additional food for pregnant women with chronic energy deficiency (KEK), monitoring toddler growth, exclusive breastfeeding, provision of MPASI rich in animal protein for toddlers, management of toddlers with nutritional problems, increasing coverage and expansion of immunization, education for adolescent pregnant women and families including triggering open defecation (BABS). In the first quarter of 2023, of the 11 specific interventions, only 2 interventions have been implemented to achieve or even exceed the target, namely adolescent girls consuming iron tablets, the national target in the first quarter was 12.5% with an achievement of 57.7%, and pregnant women consuming iron tablets, the national target in the first quarter was 20% with an achievement of 66% (Ministry of Health, 2023).

Stunting is related to the development process in children, both physical and cognitive development. This is proven by previous research using the Denver Developmental Screening Test (DDST) II questionnaire with the percentage of children with stunting nutritional status of 82.9%. The majority of toddlers experience suspected development, namely 68.6% and around 31.4% of children have normal development. This means that children with stunting problems are still related to the stages of the development process (Rahmasari & Muniroh, 2021)(Permata Putri, 2024).

Various preventive efforts through early detection are very important in accelerating the achievement of the stunting prevalence target set by the government. The Ministry of Health of the Republic of Indonesia specifically focuses on the early detection program for stunting carried out through measurements at Posyandu. In order to prevent babies from experiencing stunting after birth, routine measurements of children's anthropometry are needed. The diagnosis of stunting is based on anamnesis, physical examination, examination with anthropometry and other supporting tools (Priyono, 2020)(Fauziah & Novandi, 2021).

Factors that influence directly or indirectly, maternal factors and infant factors and other factors. Causes that influence maternal factors include the nutritional status of the mother during pregnancy, maternal posture (short), infections that occur in the mother, mental disorders in the mother, too close pregnancy spacing, teenage pregnancy, hypertension in pregnancy, the mother's age being too young (under 20 years) or too old (over 35 years) during pregnancy and others. Causes that influence child factors include premature birth or LBW, exclusive breastfeeding, management of children's MPASI, recurrent infections, immunization status and others. In addition to these factors, there are still indirect factors that influence including environmental sanitation, low family socioeconomic status, maternal education and maternal employment (Noorhasanah & Tauhidah, 2021)(Nirmalasari, 2020)(Pangaribuan et al., 2022).

Mother's knowledge is related to the mother's efforts in preventing stunting. Mothers who have good knowledge about stunting will influence the mother's efforts in preventing stunting in their children. Mothers will form good behavior in meeting nutritional needs and also paying attention to their child's growth and development. When someone has a positive attitude, good knowledge is needed, conversely if knowledge is lacking, the attitude formed will also be negative (Mutingah & Rokhaidah, 2021)(Putri et al., 2022)(Ruhayati, 2022).

The positive attitude possessed by the mother is inseparable from the knowledge or information that has been obtained and the knowledge possessed by the mother is very good or in the sufficient category so that it forms a positive attitude or good assessment of the mother towards the occurrence of stunting, Many factors influence the attitude of the community depending on the factors that influence it, not only from the knowledge factor but also from other factors such as personal experience, the influence of others, or culture in the environment. Good knowledge possessed by a person cannot determine their attitude or behavior, because knowledge also cannot determine what kind of lifestyle a person lives. Economic conditions that do not support even though the mother's knowledge is good will affect her ability to implement a healthy lifestyle (Harikatang et al., 2020).

Data from the Empat Lawang Health Office based on data from the Indonesian Toddler Nutrition Status Study (SSGBI) in 2022, the stunting rate (height for age) in Empat Lawang Regency showed a prevalence rate of 18.5% (Empty Lawang Health Office, 2022). Meanwhile, data found at the Pendopo Inpatient Health Center UPTD, the number of toddler targets was 2094. The prevalence rate of stunting at the Pendopo Health Center UPTD was 0.65% (Pendopo Health Center UPTD, 2023)(Harikatang et al., 2020)(Fitriani & Darmawi, 2022).

Based on the results of a survey conducted at the Health Center, it is known that there are children who still experience stunting. In addition, it is also known that out of 10 mothers interviewed, 7 people had less knowledge about stunting. Based on the description above, the author is interested in conducting a study entitled "The Relationship between Knowledge and Mothers' Attitudes in Preventing Stunting at the Pendopo Inpatient Health Center UPTD in 2023".

RESEARCH METHOD

The study used a quantitative analytical observational method with a cross-sectional design. The study population was all mothers who had toddlers <24 months according to the inclusion and exclusion criteria. The study sample was taken using a random sampling technique by drawing 38 respondents. The study has received an ethical test number Number: 151 / FB / KEPKSTIKesSaptaBakti / 2024. Assessment of toddler nutritional status using height and weight measurements to determine the z score. Knowledge was taken using a questionnaire instrument. Furthermore, the results of the study were subjected to statistical tests using the chi-square test.

RESULTS AND DISCUSSIONS

The data obtained from the research were then grouped and tabulated according to the researcher's needs, then the researcher carried out data processing and analysis, the results of which can be displayed in the form of tables and narratives as follows:

Overview of Mother's Knowledge in Stunting Preventionat the Pendopo Inpatient Health Center UPTD

Table 1. Overview of maternal knowledge in preventing stuntingat UPTD Pendopo Inpatient Health Center

Knowledge	Amount	Percentage (%)
Not enough	16	42.1
Enough	14	36.8
Good	8	21.1
Total	38	100

Source: Health Center Research Data (2024)

From table 1, it was found that almost half (16%) of mothers' knowledge was lacking.in preventing stuntingin the Working Area of the Pendopo Inpatient Health Center UPTD.

Frequency Distribution of Attitudes with Stunting Prevention at UPTD Pendopo Inpatient Health Center

Table 2. Overview of attitudes towards stunting prevention at the Pendopo Inpatient Health Center UPTD

Mother's Attitude	Amount	Percentage (%)
Does not support	21	55.3
support	17	44.7
Total	38	100

Source: research data from the Pendopo Inpatient Health Center UPTD 2023

From table 2, it was found that the majority of 21 (55.3%) mothers' attitudes were not supportive.in preventing stuntingin the Working Area of the Pendopo Inpatient Health Center UPTD.

Table 3. The relationship between knowledge and mothers' attitudes in preventing stunting at UPTD Pendopo Inpatient Health Center

Knowledge	Attitude				Total		*p-value*
	Does not support		support				
	f	%	*f*	%	*f*	%	
Not enough	13	81.3	3	18.7	16	100	
Enough	5	35.7	9	64.3	14	100	0.023
Good	3	37.5	5	62.5	8	100	

Source: research data from the Pendopo Inpatient Health Center UPTD 2023

From table 4.3, the results of the chi square test obtained a p value = 0.023 < a (0.05), which means that there is a significant relationship between maternal knowledge and stunting prevention in the Pendopo Inpatient Health Center UPTD area.

Discussion

The research results showed thatAlmost half of the 16 (42.1%) mothers' knowledge is lacking in the Pendopo Inpatient Health Center UPTD Work Area. Mother's knowledge about nutrition influences toddler's eating patterns which can later influence toddler's nutritional status. If the mother's understanding is good, the mother can choose and provide food for toddlers both in terms of quantity and quality that can meet the nutritional needs of toddlers until finally it can influence the nutritional status of the toddler (Puspasari & Andriani, 2017).

The research results also show thatMost 21 (55.3%) mothers' attitudes were not supportivein preventing stuntingin the Working Area of the Pendopo Inpatient Health Center UPTD. Attitudes related to health are the assessment or opinion of each person about everything related to health maintenance. Attitude is a collection of symptoms or syndromes in the process of responding to an object, so that attitudes can involve attention, feelings and thoughts (Notoatmojo, 2018). Mothers who have an attitude that does not support stunting mean they do not support the mother's practice in overcoming and preventing stunting in toddlers, so that it can cause stunting to be continuously experienced by toddlers. This can be influenced by the mother's lack of knowledge about good nutrition for toddlers. In addition, beliefs and an environment that consider stunting not a problem so it does not need to be addressed. This is supported by ResearchRahmayanti et al., (2020)that most of the mothers' unsupportive attitudes are caused by some mothers having an attitude that does not care about the type of food consumed by their children, an attitude that does not care about children's health has an impact on the child's nutritional status. In addition, mothers never bring their children to the integrated health post during weighing so that mothers do not know the development and growth of their children. As well as the high trust of mothers in shamans in treating diseases compared to health workers.

The results of the chi square test obtained a p value = 0.023 <a (0.05) which means that there is a significant relationship between maternal knowledge and stunting prevention in the Pendopo Inpatient Health Center UPTD area. Maternal knowledge is related to maternal efforts in preventing stunting. Mothers who have good knowledge about stunting will influence maternal efforts in preventing stunting in their children. Mothers will form good behavior in meeting nutritional needs and also paying attention to their children's growth and development. When someone has a positive attitude, good knowledge is needed, conversely if knowledge is lacking, the attitude formed will also be negative. (Putri, 2022).

The positive attitude possessed by the mother is inseparable from the knowledge or information that has been obtained and the knowledge possessed by the mother is very good or in the sufficient category so that it forms a positive attitude or good assessment of the mother towards the occurrence of stunting, Many factors influence the attitude of the community depending on the factors that influence it, not only from the knowledge factor but also from other factors such as personal experience, the influence of others, or culture in the environment. Good knowledge possessed by a person cannot determine their attitude or behavior, because knowledge also cannot determine what kind of lifestyle a person lives. Economic conditions that do not support even though the mother's knowledge is good will affect her ability to implement a healthy lifestyle (Harikatang et al., 2020).

In addition, the relationship between knowledge and behavior makes significant changes in the incidence of stunting such as maternal nutrition for toddlers. The role of parents, especially mothers, is very important in fulfilling children's nutrition because children need parental attention and support in dealing with very rapid growth and development. To get good nutrition for children, good nutritional knowledge is needed from parents so that they can provide a balanced food menu. The level of parental nutritional knowledge greatly influences attitudes and behavior in choosing food. Sufficient maternal knowledge about stunting since pregnancy is expected to be able to increase positive attitudes and behavior in efforts to prevent stunting, including in efforts to fulfill nutrition since pregnancy. Parents have an important role in fulfilling toddler nutrition because toddlers still need special attention in their development, more specifically the role of a mother is as the figure who is most often with toddlers. If a mother has good knowledge, it will certainly affect a good attitude in fulfilling toddler nutrition (Fitriani, 2022).

Another study states that knowledge will give someone direction to act on a problem or phenomenon. Knowledge is an important factor in behaving because the knowledge possessed becomes the basis for someone to take a stance. An attitude based on correct knowledge will last

longer than without knowledge. Good knowledge will create a good attitude, which then if the attitude is considered appropriate, then good behavior will emerge. In this case, the knowledge of mothers of toddlers is important as a basis or basis for providing an attitude towards the problem of stunting that is happening. The mother's knowledge that is moderate will become the basis for the mother to behave badly, such as assuming that stunting is something common or less important to overcome (Putriatri 2021).

Behaviors that can prevent stunting include fulfilling nutrition and health services for pregnant women, fulfilling nutritional intake needs for pregnant women, consuming protein in the daily menu for toddlers over 6 months old with protein levels according to their age, maintaining sanitation and fulfilling clean water needs and routinely bringing children to attend integrated health posts at least once a month. Toddlers will be weighed and their weight and height measured so that it will be known routinely whether the toddler is stunted or not. Fulfilling nutritional adequacy for toddlers, a program for providing additional food (PMT) has been established, especially for thin toddlers in the form of local PMT and manufactured PMT, namely toddler biscuits (Arnita, 2020).

If the weight is in accordance with the calculation of weight according to height, then (additional food) for thin toddlers can be stopped and continued with balanced nutritional family food. In an effort to realize optimal child growth and development, especially during toddlerhood, preparations are needed from parents, especially mothers, and health workers, field workers have started since the child is in the womb, namely by conducting regular pregnancy checks and high-risk detection during pregnancy, then helping with childbirth and caring for babies and mothers after childbirth.

The role of community workers at the level of disease prevention, one of which is primary prevention/health promotion, namely improving the health status of the community through activities, including health education, community health counseling (PKM) such as counseling on nutrition, improving the nutritional status of the community and monitoring child growth and development (growth and development monitoring) by means of early detection, one of which is through the knowledge and attitudes of mothers about preventing stunting (Kaban, 2022).

CONCLUSION

There is a relationship between maternal knowledge about complementary foods and family income with the incidence of stunting in toddlers aged 12-24 months in the Cahaya Negeri Health Center Working Area. The level of toddler health is associated with knowledge, especially in providing complementary foods and family income. Parents can provide age-appropriate and varied food and monitor when raising children to ensure that toddlers do not experience the effects of chronic malnutrition, including stunting.

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