

Relationship Between Knowledge And Attitude Of Mothers Who Have Toddlers About Giving Vitamin A Capsules In The Pustu Bandarlama Area In 2020

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ARTICLE INFO

Keywords:

Knowledge
attitude
Toddlers
Vitamin A Capsules

ABSTRACT

Toddlerhood is a period where the process of growth and development is most important in children. At this time toddlers need vitamin A in sufficient quantities for growth and endurance of the body against disease. Children under five are the target of the fourth millennium development in Indonesia, bearing in mind that at this stage of age, they are very vulnerable to health problems, especially the problem of vitamin A deficiency in 2020. This type of research uses observational analytic research methods with a cross-sectional approach. The subjects of this study were mothers who had children under five in the Pustu Bandarlama Region with a total of 39 respondents. Retrieval of data by questionnaire knowledge of mothers and attitudes of mothers who have toddlers about the provision of vitamin A capsules. The analysis was carried out univariately and bivariately. The formula in this study uses the Chi Square formula. Knowledge and attitudes of mothers who have children under five years old are associated with the provision of vitamin A capsules with p value = 0.000. The results showed that there was a relationship between knowledge and attitudes of mothers who had children under five about giving vitamin A capsules. There is a relationship between the knowledge of mothers who have toddlers about the provision of vitamin A capsules. There is a relationship between the attitudes of mothers who have toddlers about giving vitamin A capsules. It is recommended that the health workers in the Pustu Bandarlama be expected to improve the level of public knowledge, especially mothers who have children under five through counseling about the benefits of providing vitamin A to toddlers. Mothers are expected to care about things that are very important for toddlers. Don't just focus on toddler food and drinks but also support baby needs such as vitamin A.

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1. Introduction

Toddlerhood is a time when the process of growth and development is most important in children. At this time toddlers need vitamin A in sufficient quantities for growth and body resistance to fight disease. Toddlers are the fourth millennium development target in Indonesia, considering that at this age they are very vulnerable to health problems, especially the problem of deficiency of vitamin A capsules.

Vitamin A is the most essential nutrient for restoration of health and survival. Deficiency of Vitamin A will cause increased morbidity and mortality, susceptibility to infectious diseases such as diarrhea, pneumonia, pneumonia, and eventually cause death. Another of the most serious consequences as a result of a lack of vitamin A is night blindness, which is another form of xerophthalmia including damage to the eye's cornea and blindness (Andriani, 2019). Research conducted by the World Health Organization (WHO) shows that half of the 20 million children under five in Indonesia suffer from a deficiency of vitamin A. Meanwhile, based on data from WHO,

Indonesia is one of the countries where vitamin A fulfillment is in the low category (Ministry of Health RI, 2016). The lack of sub-clinical vitamin A in several provinces is still quite concerning, because 50% of children under five still have low vitamin A status. Lack of vitamin A will result in decreased resistance to disease which affects the survival of children. Tackling the current problem of vitamin A deficiency is not only to prevent blindness, but is also associated with efforts to spur the growth and health of children to support the reduction of infant and under-five mortality rates which have the potential to increase the work productivity of adults (RI Ministry of Health, 2016).

Vitamin A is one of the essential nutrients that dissolves in fat, is stored in the liver, and cannot be produced by the body, so to meet this need it must be produced from outside the body. Deficiency of Vitamin A can reduce the immune system (antibodies) of toddlers, increasing the risk of morbidity and death. In addition, a lack of vitamin A can also cause preventable blindness in children (Ministry of Health RI, 2015). It is estimated that as many as 3 million children will at any one time go blind due to vitamin A deficiency, and as many as 20-40 million will have milder vitamin A deficiency. The difference in mortality between children who are deficient in vitamin A and those who are not deficient in vitamin A is approximately 30% (Andriani 2019). There are several factors that can influence the administration of vitamin A to toddlers. Mother's education level affects mother's knowledge in giving vitamin A to her child, because with higher mother's education level, mother's absorption of information will also be easier (Astuti, 2013). In addition to mother's knowledge, mother's attitude can also influence the provision of vitamin A to toddlers. The role of the mother is very important because parents, especially the mother, are responsible for implementing the posyandu program. The role of parents is very important to reduce infant and under-five mortality rates, and improve the level of public health, especially maternal and child health. Mother's attitude can also affect the provision of vitamin A to toddlers. The role of the mother is very important because parents, especially the mother, are responsible for implementing the posyandu program. The role of parents is very important to reduce infant and under-five mortality rates, and improve the level of public health, especially maternal and child health. Mother's attitude can also affect the provision of vitamin A to toddlers. The role of the mother is very important because parents, especially the mother, are responsible for implementing the posyandu program. The role of parents is very important to reduce infant and under-five mortality rates, and improve the level of public health, especially maternal and child health.

The best visits for toddlers to Posyandu are regularly every month or 12 times per year. Toddler visits to Posyandu are toddlers coming to Posyandu to get health services such as giving vitamin A, weighing, immunization, nutrition counseling and so on (Andriani, 2019). Based on the results of the 2018 Riskesdas, the coverage of vitamin A capsules received in the last 12 months for children aged 6-59 months who are up to standard reaches 53.5%. Health is a Human Right as well as an investment in human resources which also has a major contribution to increasing the Human Development Index. Therefore, maintaining, improving and protecting health for the welfare of the whole community is a must for all parties. Mother's knowledge about administering vitamin A capsules will influence behavior as an intermediate impact from health education. Furthermore, health behavior will affect the increase in public health indicators as health education outcomes.

Attitude is a closed response from an individual to a stimulus or object. Attitude is not yet an action but is still a predisposition to a behavior. A good mother's attitude about giving vitamin A capsules to toddlers also has a close relationship with the knowledge possessed by the mother. Whether or not the provision of vitamin A to toddlers is achieved or not is influenced by several factors, especially factors from the mother including the mother's knowledge and attitude towards giving vitamin A to toddlers.

This is in line with the results of research conducted by Hasnur (2019) in his research on the relationship between the knowledge and attitudes of toddler mothers about vitamin A capsules and the administration of vitamin A at the Kurai Taji Health Center, that the responses given by respondents to vitamin A were still many that were negative. This causes the actions in giving vitamin A to toddlers are not carried out. Respondents thought that their child's health condition was not a problem so they considered giving vitamin A to toddlers was not important. This negative response ultimately influenced the respondents' decision so they chose not to give vitamin A to their toddlers. Hanapi,

The factors of knowledge, education, and work have a significant relationship with the provision of vitamin A to toddlers (6-59) months in the Working Area of the Kandai Health Center,

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Kendari City (Andriani, 2019). Found a relationship between knowledge and giving vitamin A to toddlers. Half of the respondents thought that their children looked healthy even though they were not given vitamin A. Lack of knowledge would result in mothers not being motivated to give vitamin A at the right time. Intake of vitamin A in toddlers will tend to be insufficient if a mother doesn't pay too much attention to it. Mothers who do not know the benefits and consequences if vitamin A is not given will think that vitamins are not something important. If a mother does not understand the functions, benefits, as well as sources of vitamin A, it is feared that toddlers' vitamin intake will tend to be lacking and have an adverse impact on toddlers' health. There is a significant relationship between the attitude of the respondents and the provision of vitamin A. These results indicate that there are still respondents who do not give vitamin A to their toddlers because there are still many negative attitudes towards vitamin A (Frida, 2017).

Sengeng, A (2016) stated that most (77.4%) of respondents had good behavior by giving vitamin A to their toddlers according to schedule, most (52.8%) of respondents had good knowledge about vitamin A in toddlers, most (54.7%) of respondents had a good perception of giving vitamin A to toddlers, most (56.6%) of respondents had high motivation in giving vitamin A to toddlers, there was a significant relationship between mother's knowledge and giving vitamin A to toddlers.

Based on an initial survey that was conducted on 20 mothers with toddlers in the Pustu Bandarlama Region in 2020 regarding their knowledge and attitudes towards giving vitamin A, it was found that 5 people knew about the meaning and benefits of vitamin A, 5 people gave vitamin A to their toddlers, and 10 people who completely do not know and do not give vitamin A to their toddlers. These results indicate that there is still low knowledge and attitudes of mothers about giving vitamin A to toddlers, so that it can have an unfavorable impact on the health of the toddlers themselves.

Therefore, based on the existing data and problems, research on "The Relationship of Knowledge and Attitudes of Mothers Who Have Toddlers about Giving Vitamin A Capsules in the Pustu Bandarlama Region in 2020" needs to be carried out. The purpose of this study was to find out the relationship between knowledge and attitudes of mothers who have toddlers regarding the administration of vitamin A capsules in the Pustu Bandarlama area in 2020.

2. Method

The type of research used is observational analytic with a cross sectional study approach which aims to see the relationship of mother's knowledge to the attitude of giving vitamin A capsules to toddlers. This research was conducted in Pustu Bandarlama area from April to June 2020. The population in this study is all mothers who have toddlers in the Pustu Bandarlama Region in 2020, totaling 65 people. The sample size using the Slovin formula is 39 people. Accidental sampling technique was chosen as the sampling technique in this study. is a sampling technique based on coincidence, that is, anyone who meets the researcher by chance can be used as a sample, if it is deemed that the person met by chance is suitable as a data source. The primary data was collected using a questionnaire which was taken directly by the researchers while the secondary data was collected from the Public Health Center on the number of mothers who had toddlers in the Pustu Bandar Lama area. Univariate analysis was used to obtain an overview of the distribution of frequencies or proportions based on the variables studied. Bivariate analysis is used to determine the relationship between the independent (free) variable and the dependent (dependent) variable. $\alpha = 0.05$, so if the results of statistical analysis are found $p < 0.05$ then the variable.

Table 1.
Frequency Distribution Respondents' Knowledge of Vitamin A in Pustu Area
Bandarlama Year 2020

| Knowledge | Frequency (n) | Percentage (%) |
|------------|---------------|----------------|
| Well | 12 | 30,8 |
| Enough | 15 | 38,4 |
| Not enough | 12 | 30,8 |
| Total | 39 | 100 |

Research result shows that most mothers' knowledge about vitamin A in the Pustu Bandarlama Region in 2020 is in the sufficient category with a total of 15 respondents (38.4%) while in the good and poor categories there are 12 respondents (30.8%) each.

Table 2.

Frequency Distribution Respondents' Attitudes about Vitamin A in the Pustu Bandarlama Region in 2020

| Attitude | Frequency (n) | Percentage (%) |
|----------|---------------|----------------|
| Positive | 17 | 43,6 |
| Negative | 22 | 56,4 |
| Total | 39 | 100 |

The results showed that out of 39 respondents it was known that the number of respondents who had a positive attitude towards vitamin A was 17 respondents (43.6%) and 22 respondents (56.4%) had a negative attitude.

Table 3.

Distribution of capsule administration Vitamin A in Pustu Bandarlama Region in 2020

| Administration of Vitamin A Capsules | Frequency (n) | Percentage (%) |
|--------------------------------------|---------------|----------------|
| Yes | 18 | 46,2 |
| Not | 21 | 53,8 |
| Total | 39 | 100 |

Based on the table below shows that the majority of mothers in the Pustu Bandarlama Region in 2020 did not give vitamin A capsules with a total of 21 respondents (53.8%) and those who gave vitamin A capsules totaled 18 respondents (46.2%).

Table 4.

Relationship between the knowledge of mothers who have toddlers about giving capsules Vitamin A in Pustu Bandarlama Region in 2020

| Nutritional status | Administration of Vitamin A | | | | | | P |
|--------------------|-----------------------------|------|-----|------|--------|-------|------|
| | Yes | | Not | | Amount | | |
| | N | % | N | % | N | % | |
| Well | 12 | 100 | 0 | 0 | 12 | 100.0 | 0.00 |
| Enough | 5 | 33,3 | 10 | 66,7 | 15 | 100.0 | |
| Not enough | 1 | 8,3 | 11 | 91.7 | 12 | 100.0 | |
| TOTAL | 18 | 46,2 | 21 | 53,8 | 100 | 100.0 | |

The results of the research in the table below regarding the relationship between the knowledge and attitudes of mothers who have toddlers about administering vitamin A capsules in the Pustu Bandarlama Region in 2020 using the Chi Square test it is known that a significance value (p value) is 0.000. A p value that is smaller than $\alpha = 0.05$ means that H_0 is rejected and H_a is accepted so that it can be concluded that there is a relationship between the knowledge and attitudes of mothers who have toddlers about giving vitamin A capsules in the Pustu Bandarlama Region in 2020.

Table 5.

Relationship between the attitudes of mothers who have toddlers about giving capsules Vitamin A in Pustu Bandarlama Region in 2020

| Nutritional status | Administration of Vitamin A | | | | | | P |
|--------------------|-----------------------------|------|-----|------|--------|-------|------|
| | Yes | | Not | | Amount | | |
| | N | % | N | % | N | % | |
| Well | 12 | 100 | 0 | 0 | 12 | 100.0 | 0.00 |
| Enough | 5 | 33,3 | 10 | 66,7 | 15 | 100.0 | |
| Not enough | 1 | 8,3 | 11 | 91.7 | 12 | 100.0 | |
| TOTAL | 18 | 46,2 | 21 | 53,8 | 100 | 100.0 | |

The research results show The relationship between the knowledge and attitudes of mothers who have toddlers about administering vitamin A capsules in the Pustu Bandarlama area in 2020 using the Chi Square test is known to have a significance value (p value) of 0.000. A p value that is

smaller than $\alpha = 0.05$ means that H_0 is rejected and H_a is accepted so that it can be concluded that there is a relationship between the knowledge and attitudes of mothers who have toddlers about giving vitamin A capsules in the Pustu Bandarlama Region in 2020 2020.

3. Result and Discussions

Knowledge is the result of knowing and this occurs after a person senses a certain object that occurs through the human senses in the form of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears (Fahrizal, 2018). Knowledge can be obtained in several ways, namely through trial and error, the way of power or authority, one's own experience, way of thinking, and modern ways. Knowledge is not only obtained at school but can also be obtained through various media, both mass media and electronic media.

Vitamin A is a substance that dissolves in fat and is generally found in fish oil, egg yolks, cheese, dairy products, green and reddish vegetables such as carrots and tomatoes. Vitamin A also cannot be produced by the body itself, so it must be fulfilled from outside the body (Fahrizal, 2018). Many mothers do not know the benefits of vitamin A for toddlers. According to Thurnham (2014) vitamin A has benefits including for vision, cellular differentiation, reproduction, embryogenesis, immunity and body defense, prevention of cancer and heart disease, growth and development, appetite and the formation of red blood cells.

Lack of mother's knowledge about the benefits of vitamin A will affect the mother's behavior so that she does not provide vitamin A for toddlers. This can be seen based on the research that the author has done. From the results of the analysis consisting of 39 respondents, it was found that mothers who had knowledge in the good category totaled 12 people (30.8%), mother's knowledge in the sufficient category were 15 people (38.4%), and mother's knowledge in the less category was 12 people (30.8%). This shows that there is a relationship between the knowledge of mothers who have toddlers and the provision of vitamin A capsules as evidenced by a significance value (p value) of 0.000. The relationship between the attitude of mothers who have toddlers about giving vitamin A capsules Attitude is a person's response to an object and this response is still closed. Attitude describes whether a person likes or dislikes the object. The process will continue at the stage of assessing or behaving towards objects after someone knows the stimulus or object. A good attitude that a person has towards a stimulus or object will make that person have an attitude of showing, accepting, acknowledging, approving, and implementing the norms that apply where that person is.

Attitude has two sides, namely it can be a positive or negative attitude. Positive attitudes have a tendency to approach, like, and expect certain objects, while negative attitudes have a tendency to stay away, avoid, hate, and dislike certain objects. Based on the data obtained, most mothers have a negative attitude about vitamin A. This negative attitude is because mothers consider giving vitamin A not so important that they are not motivated to provide adequate intake of vitamin A to their toddlers.

Based on the results of the analysis obtained from 39 respondents, it was found that as many as 17 people (43.6%) had a positive attitude towards giving vitamin A capsules and as many as 22 people (56.4%) had a negative attitude towards giving vitamin A capsules to toddlers. This shows that there is a relationship between the attitude of mothers who have toddlers and the provision of vitamin A capsules as evidenced by a significance value (p value) of 0.000.

4. Conclusion

Most of the mothers' knowledge about giving vitamin A was in the sufficient category, namely 15 respondents (38.4%), while the respondents in both the good and poor categories were 12 people (30.8%) respectively. Mother's attitude about giving vitamin A capsules to toddlers is still relatively low. Mothers who had a negative attitude towards giving vitamin A capsules to toddlers were 22 respondents (56.4%) while mothers who had a positive attitude towards giving vitamin A capsules to toddlers were 17 respondents (43.6%) (%). There is a relationship between knowledge and attitudes of mothers who have toddlers about giving vitamin A capsules ($p = 0.000$). It is recommended that mothers are expected to care about things that are very important for toddlers. Don't just focus on food and drink for toddlers, but also support the needs of babies such as giving

vitamin A. Institutions are expected to be able to add reading sources on the importance of the benefits of vitamin A for toddlers in the integrated library so that female students can easily obtain library resources on the benefits of vitamin A for toddlers. toddler. For future researchers, it is hoped that they will continue their research by exploring other factors related to giving vitamin A to toddlers.

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