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Description Of Mom Knowledge About Balanced Nutrition In Children Aged 24-36 Months In Preventing Stunting In Puskesmas Balai Jaya, Bagan Sinembah District In 2022

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ABSTRACT

Role mother in health 24-36 months old in gift nutrition to the development and growth of children demands mother must understand and knowing will needs nutrition . With the principle of balanced nutrition in children, namely by consuming food variety , get used to behavior life clean , do activity physical , maintain and monitor b tight b and (BB) normal . Stunting is problem not enough nutrition chronic , where if malnutrition occurs in children 24-36 months it will cause low access to nutritious food. This study aims to find out how the description of mother's knowledge about balanced nutrition in children aged 2 4 -3 6 months in preventing stunting at Balai Jaya Health Center in 2022. The method used in this research is descriptive method, with a *total sampling technique* of 35 respondents. From a total of 35 respondents, knowledge of "good" 10 respondents (28.6%), "enough" 15 respondents (42.9 %), and "less" 10 respondents (28.6 %). It can be concluded that the knowledge of mothers about balanced nutrition in children aged 24-36 months in preventing stunting at the Puskesmas is mostly "sufficient". Mother is expected could dig more information _ about how stunting prevention so that mother could apply action prevention of stunting so that number reduced incidence of stunting .

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1. Introduction

Balanced nutrition _ no just for growth and development child that alone but also very useful for increase power stand body , power remember and increase intelligence child . getting better nutrition from food consumed _ by child , then will the more good progress _ physique (Pazos, 2014) .

Role mother in health toddler especially in gift nutrition to toddler demand mother must understand and knowing will needs nutrition toddler , for that should be owned mother is knowledge about needs nutrition toddler . Knowledge is a very domain important in shape action someone (Fitriani , 2011).

Balanced nutrition is a daily food composition that contains nutrients in the type and amount according to the body's needs, taking into account the principles of food diversity, physical activity, clean living behavior and maintaining a normal body weight to prevent nutritional problems (Kemenkes RI, 2018).

Benefits of balanced nutrition to get stimulation towards more growth and development optimally (Proverawati , 2019). Pyramid used _ in child ages 2 4 -3 6 month that is My plate of food: single meal, this is a guide that shows the serving of eating and drinking in one meal. Every meal it is recommended to drink water either before, during or after eating as needed (Kemenkes, 2014).

Factor main reason happening problem nutrition bad and nutrition not enough is socioeconomic conditions . _ Condition social low economy _ cause lack of education , knowledge , and Skills as well as lack of empowerment woman in utilization source power (Pramesthi, 2020) tunting is problem not enough nutrition chronic must _ noticed in stunting prevention , namely: repair to pattern eat , pattern foster , and repair sanitation and access to clean water . Things to do noticed in stunting prevention , namely: repair to pattern eat , pattern foster , and repair sanitation and access to clean water (Filayeti, 2019) .

According to Indonesian Ministry of Health (2010), toddler short or stunting can is known when a toddler already be measured long or tall body , then compared with standard and results the measurement this is at on normal range . Education level somebody very take effect big to knowledge , educated person _ his knowledge will different with educated people low (Mohammadi et al., 2017)

2. methods

The method used in this research is descriptive method, with a *total sampling technique* of 35 respondents at the Balai Jaya Public Health Center, Bagan Sinembah District. Respondents in this study were mothers of children aged 24-36 months. Data collection in study this that is with use distributed questionnaire _ by direct to respondent for knowing the knowledge of mothers about balanced nutrition in children aged 24-36 months in preventing stunting.

3. Result and Discussion

The results of this study were to describe the mother's knowledge about balanced nutrition in children aged 24-36 months in preventing stunting at the Balai Jaya Public Health Center, Bagan Sinembah District, with a total of 35 respondents. Instruments inside _ study this is questionnaire that has been standardized from study Khamida (2016) with amount 28 statement to assess mother's knowledge about balanced nutrition . Technique data analysis used in study this is *true false sample test*

Table 1
Characteristics of Respondents Based on Demographic Data (Age, Occupation, Education)
at Balai Jaya Health Center, Bagan Sinembah District in 2022.

Characteristics	F	%
Age		
15-20	12	34.3
21-25	8	22.9
26-30	6	17.1
31-35	5	14.3
36-40	4	11.4
Total	35	100.0
Work		
IRT	18	51.4
Farmer _	12	34.3
teacher _	2	5.7
self -employed	2	5.7
civil servant	1	2.9
Total	35	100.0
Education		
SD	6	17.1
JUNIOR HIGH SCHOOL	6	17.1
SENIOR HIGH SCHOOL	19	54.3
Bachelor	4	11.4
Total	35	100.0

Based on the table above, the frequency based on demographic data (age, education and occupation) shows that the respondents of the research conducted at the Balai Jaya Public Health Center, Bagan Sinembah District in 2022 above that of the 35 respondents aged 15-20 years (34.3%), respondents aged 21 -25 years (22.9%), respondents aged 26-30 years (17.1%), respondents aged 31-35 years (14.3%), respondents aged 36-40 years (11.4%). Based on the table

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of Employment as IRT as many as 18 people (51.4%), work as Farmers as many as 12 people (34.3%), Teacher jobs as many as 2 people (5.7%), work as Entrepreneurs as many as 2 people (5.7), and 1 person (2.9%). Based on the Education table, it was found that the respondents whose education was elementary school were 6 people (17.1%), respondents who had junior high school education were 6 people (17.1%), respondents who had high school education were 19 people (54.3%), and respondents who education Bachelor 4 people (11,4%).

Table 2

Distribution Frequency Knowledge Mother About balanced nutrition in children aged 24-36 months in preventing stunting at Balai Jaya Public Health Center, Bagan Sinembah District in 2022

No	Mother's Knowledge About Balanced Nutrition	Frequency			
		Right		Wrong	
		N	F	N	F
1.	Definition of Balanced Nutrition	25	71.4%	10	28.6%
2.	Benefits of Balanced Nutrition	27	77.1%	8	22.9%
3.	Feeding Pyramid For Children 24-36 Months	24	68.6%	11	31.4%
4	Pillars/Principles of Balanced Nutrition 24-36 Months	25	71.4%	10	28.6%
5	Balanced Nutrition Pillow for Children 24-36 Months	21	60.0%	14	40.0%
6	Balanced Nutritional Adequacy Rates For Children 24-36 Months	19	54.3%	16	45.7%
7	Example of Menu Food for Children 24-36 Months	20	57.1%	15	42.9%
8	URT Grocery List	23	65.6%	12	34.3%
9	Factors Affecting Balanced Nutrition For Children 24-36 Months	20	57.1%	15	42.9%

Based on the table above, it shows that the knowledge of mothers about balanced nutrition in children aged 24-36 months regarding the definition of balanced nutrition is "correct" in the majority of 25 people (71.4%). The benefits of balanced nutrition in the "correct" category were 27 people (77.1%). While the Pyramid of eating "right" amounted to 24 people (68.6%). The pillars/principles of balanced nutrition are "right" 25 people (71.4%). The mothers who answered about the "correct" balanced nutrition cone were 21 people (60.0%). Regarding the "correct" balanced nutritional adequacy rate 19 people (54.3%). Examples of menu foods for children are 20 people (57.1%). The list of URT foodstuffs in the correct category is 23 people (65.6%). And the factors that affect balanced nutrition are 20 people (57.1%).

Table. 3

Categories of Mother's Knowledge About Balanced Nutrition in Children 24-36 Months in Preventing Stunting at Balai Jaya Health Center in 2022.

Knowledge level	F	%
Well	10	28.6
Enough	15	42.9
Not enough	10	28.6
Total	35	100.0

Based on the table above, the frequency distribution of respondents shows that the level of knowledge of mothers in Balai Jaya Village, Bagan Sinembah District is the most with a good knowledge level of 10 people (28.6), a sufficient level of knowledge as many as 15 people (42.9), and a low level of knowledge. as many as 10 people (28.6).Based on the knowledge level table, the results of research that have been carried out using a questionnaire with a total of 28 statements and 35 respondents were obtained, with the title "Overview of Mother's Knowledge About Balanced Nutrition in Children 24-36 Months in Preventing Stunting at Balai Jaya Health Center, Bagan Sinembah District in 2022" the result is that most of the respondents are knowledgeable enough.

According to the researcher's assumption, the factors that influence the adequate results from the research that has been done, namely about mother's knowledge about balanced nutrition, are caused by several factors, one of the factors that influence knowledge is age, education level, and occupation. Age is very influential on a person's level of knowledge, where mothers in Balai Jaya Village who are relatively young tend to have no experience or knowledge about good balanced

nutrition for toddlers, because of socialization related to this. Mothers who have higher education will have better knowledge and information so that they can choose food according to the needs of toddlers, besides that the economic factor is seen from the mother's work that affects the mother's knowledge in providing care and choosing good food for toddlers, where most of the mothers In Balai Jaya Village, she works as a housewife (IRT) and dominantly has a sufficient level of knowledge.

The results of this study are supported by research conducted by Erianto (2019) which showed that the level of knowledge of mothers about healthy food was obtained by 25 respondents (50.7%) with sufficient education level, while the results of research conducted by Isnarti, et al (2019) which stated that the knowledge of maternal nutrition as much as 60% had adequate nutrition knowledge, 27.5% had poor nutrition knowledge, and 12.5% had good nutrition knowledge with an average st.dev of ± 3.7 on this knowledge.

The results of this study found that mothers who had less knowledge were mostly primary school education as many as 16 respondents (17.4%). Mothers who have sufficient knowledge are mostly mothers with high school/vocational education as many as 17 respondents (18.5%). Mothers who have good knowledge are mostly PT (Universities) as many as 11 respondents (12%). Most of the mothers who were 21-30 years old dominantly had sufficient knowledge as many as 19 respondents (21%), while judging from the occupation of the dominant mother working as household workers had a low level of knowledge as many as 16 respondents (17%), sufficient knowledge 34 respondents (37%) and 14 (15.2%) good knowledge.

Based on this, it can be concluded that the knowledge of mothers in Gunaksa Village, Klungkung about providing balanced nutrition to toddlers is influenced by education level, occupation and age, where mother's education level plays an important role in public health. Researchers assume that mothers who have higher education will have better knowledge and information so they can choose foods that suit the needs of toddlers, besides that economic factors seen from the mother's work also affect mother's knowledge in providing care and choosing good food for toddlers, where Most of the mothers in Gunaksa Village work as housewives (IRT) and dominantly have a sufficient level of knowledge compared to mothers who work as private employees who only have sufficient knowledge. The mother's age factor can affect knowledge, where mothers in Gunaksa Village who are relatively young tend to have no experience or knowledge about good nutrition for toddlers, due to lack of socialization related to this (S et al., 2022).

The results of this study are in line with research conducted by In'am (2016) where as many as 15 people have a poor level of knowledge category. Knowledge is something that comes from the five senses and experience that has been processed by reason and arises spontaneously, knowledge is also true because it is in accordance with existing reality (Suryana, 2015). When the mother's level of knowledge is good about health, especially nutrition for children under five, it can provide prevention from an early age by seeking information about a good lifestyle, diet and balanced nutrition for children under five so that nutritional problems do not occur in children under five. In addition, with a good level of knowledge, mothers can also check their children at the Community Health Center (Puskesmas) and consult on the development of balanced nutrition for toddlers on a regular basis so that mothers can know the development of toddlers' growth and development, especially the need for balanced nutrition (Yuhansyah, 2019).

4. Conclusion

Mother's knowledge about balanced nutrition in preventing stunting at Balai Jaya Health Center Bagan Sinembah District in 2022 can be concluded mostly enough that is from 35 respondent with as much 15 respondents (42.9%).

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