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Description Of Mother's Knowledge In Prevention And Acceleration Of Stunting Reduction In Mandiri Midwife Practices, Medan Helvetia District In 2022.

Nazri Nasution

Sekolah Tinggi Ilmu Kesehatan Artha Kabanjahe, Prodi Akademi Kebidanan Artha Kabanjahe, Jl. Jamin Ginting No.27 Kec.Kabanjahe-Kab.Karo Prov.Sumatera Utara, Indonesia

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Keywords:Mother Knowledge,
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The purpose of this research was to determine the level of mother's knowledge in stunting prevention efforts. This research used a descriptive methods with a retrospective approach and was conducts at the Midwifery Practice a Medan Helvetia District. The population in this research were pregnant mothers and mothers of toddlers (under 5 years old) at the Midwifery Practice for a period of six months (April 2022–August 2022). The sample of 35 respondents used a purposive sampling technique, namely the researcher determined the criteria for the samples taken. The method of data collection used is through direct interviews based on structured questionnaires with closed answers and data collection related to research objectives. Data categories include age, education level, occupation, and level of knowledge. Data analysis was performed using SPSS. The results showed that most of respondents were mothers who had toddlers (under 5 years old) as many as 21 respondents (60%), the dominant respondent's age was 26-35 years, namely 25 respondents (71.4%), the dominant education was higher education, as many as 14 respondents (40%), and the dominant occupation of housewives as many as 23 respondents (65.7%). The description of knowledge of pregnant mothers and mothers of toddlers (under 5 years old) is mostly in the poor category, as many as 15 respondents (42.9%). and the dominant occupation of housewives as many as 23 respondents (65.7%). The description of knowledge of pregnant mothers and mothers of toddlers (under 5 years old) is mostly in the poor category, as many as 15 respondents (42.9%). and the dominant occupation of housewives as many as 23 respondents (65.7%). The description of knowledge of pregnant mothers and mothers of toddlers (under 5 years old) is mostly in the poor category, as many as 15 respondents (42.9%).

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**Corresponding Author:**Nazri Nasution,
Prodi Akademi Kebidanan,
Sekolah Tinggi Ilmu Kesehatan Artha Kabanjahe,
Jl. Jamin Ginting No.27 Kec.Kabanjahe-Kab.Karo Prov.Sumatera Utara, Indonesia,
Email: nazrinst999@gmail.com

INTRODUCTION

The World Health Organization (WHO) places Indonesia as the third country with the highest prevalence of stunting in Asia in 2017. The figure reached 36.4 percent. However, in 2018, according to basic health research data (Riskesdas), the figure continued to decline to 23.6 percent. A child is said to be stunted when his height growth does not match the world standard growth chart or in a more general language is a *kuntet*. And Riskesdas 2018 was very short reaching 6.7 percent and short 16.9 percent. The decline in stunting in Indonesia is good news, but it doesn't mean it's calming. Understandably, when referring to WHO standards, the maximum limit is 20 percent or one-fifth of the total number of children under five (WHO, 2019)

The government has determined stunting as a national priority issue in the 2020-2024 National Medium-Term Development Plan (RPJMN) with a significant reduction target and a condition of 24.4% in 2021 to 14% in 2024. The strategy for reducing stunting rates has also been set out in the national acceleration strategy. stunting reduction in accordance with PP No. 72 of 2021.

The Ministry of Home Affairs (Kemendagri) adheres to presidential regulation (Perpres) number 72 of 2021. To accelerate the reduction in the prevalence of stunting in children (stunting) in Indonesia. Presidential Decree number 72 of 2021 is an order from the President of the Republic of Indonesia Joko Widodo on August 5, 2021 and discusses the acceleration of stunting reduction in Indonesia. In implementing these regulations, the Ministry of Home Affairs encourages the provincial government to establish and strengthen the coordination team for the acceleration of stunting reduction at the provincial level through a governor's decree, then the Ministry of Home Affairs also encourages the provincial and district/city governments to develop programs and activities to accelerate stunting reduction and implement them in regional planning documents.

North Sumatra is ranked as the 17th province in Indonesia with stunting cases, reaching 25.8% (Directorate General of Public Health, Ministry of Health RI, 2022). Thus the appeal from the Governor of North Sumatra Province for the community to work together in order to reduce child stunting cases in North Sumatra by 14% until 2024. The factors that can affect stunting in children, namely the nutritional status of the mother from early pregnancy to delivery, the mother's level of knowledge, education level, family economic factors, environmental factors, maternal infection factors, maternal education level, breastfeeding factors, and the provision of MP. -Breastfeeding for children (Beal et al, 2018 in Aobama and Purwito, 2020).

Based on the above factors, mother's knowledge is a factor that greatly affects stunting. According to Notoatmodjo (2014), knowledge is the result of responsiveness or various kinds of things that are obtained by a person through the five senses (eyes, nose, ears, and so on). One of the stunting prevention efforts based on government recommendations in establishing the National Strategy for the Acceleration of stunting reduction, is to provide education and counseling for pregnant women and breastfeeding mothers regarding stunting, good parenting to prevent stunting, and encourage mothers to always seek information related to nutritional intake and good nutrition for children's growth and development (Restu, 2022).

The above stunting prevention efforts can be applied by pregnant women and breastfeeding mothers by increasing knowledge about stunting and its prevention so as to improve the nutritional status of children. Mother's knowledge about stunting is influenced by education, behavior, and beliefs (Haines, et.al., 2018). If the knowledge is good, it is possible for mothers to choose the type of food and provide good food for toddlers in accordance with the nutritional adequacy rate needed by toddlers and have a good impact on the nutritional status of toddlers (Puspasari and Andriani, 2017). This is also in accordance with Hapsari's research (2018) which states that there is a significant relationship between mother's knowledge about nutrition and the occurrence of stunting in toddlers.

The results of a preliminary survey conducted by researchers in April 2022–August 2022, it was found that 16 breastfeeding mothers had stunting toddlers in Medan Helvetia District. It is necessary

to conduct further research on pregnant women and breastfeeding mothers about the description of maternal knowledge in efforts to prevent and accelerate stunting reduction.

Formulation Of The Problem, What is the mother's level of knowledge in the prevention and acceleration of child stunting reduction in the Independent Midwife Practice in Medan Helvetia District?. Hypothesis, Mothers do not know how to accelerate the reduction of child stunting in the Independent Midwife Practice in Medan Helvetia District in 2022. Research Purposes, Knowing the level of knowledge of mothers in efforts to prevent and accelerate stunting reduction in the practice of independent midwives in the Medan Helvetia sub-district in 2022. Benefits Of Research, As information data for pregnant women and breastfeeding mothers in the Independent Midwife Practice, Medan Helvetia District. Helping pregnant women and breastfeeding mothers in Medan Helvetia District to prevent stunting.

RESEARCH METHOD

This type of research was conducted using a descriptive method with a retrospective approach. The study was conducted at the Independent Midwife Practice, Medan Helvetia District in 2022. The population in this study were pregnant women and nursing mothers at the Midwife Practice for a period of six months (April 2022–August 2022). A sample of 35 respondents using purposive sampling technique, where the researcher determines the criteria for the sample taken (Notoatmodjo, 2010). The method of data collection used is through direct interviews based on structured questionnaires with closed answers and data collection related to research objectives. Data categories include age, education level, occupation, and level of knowledge. Data processing is done using SPSS. Questionnaire of 10 questions. The results of respondents' answers are measured by the following criteria: Good (score 14-20), Fairly good (8-12), Not good (< 8).

RESEARCH RESULTS

Characteristics of Respondents

Based on the research that has been done, the characteristics of the respondents are obtained which can be seen in Table 1.

Table 1 Characteristics of respondents pregnant women and mothers under five years old in the practice of independent midwives, Medan Helvetia.

Characteristics	Frequency (n)	Percentage (%)
Status		
Pregnant mother	14	40.0
Breastfeeding mothers	21	60.0
Total	35	100
Age		
17-25 years	6	17.1
26-35 years old	25	71.4
36-45 years old	4	11.5
Total	35	100
Education		
SD	2	5.7
JUNIOR HIGH SCHOOL	6	17.1
SMA/SMK	13	37.1
College	14	40.0
Total	35	100
Work		
IRT*	23	65.7
civil servant	2	5.7
Private	10	28.6

Total	35	100
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Note: IRT= Housewife

Based on Table 1, it can be described that the majority of respondents are breastfeeding mothers, namely 21 respondents (60%), the age of the dominant respondents is 26-35 years, namely 25 respondents (71.4%), the dominant education is higher education as many as 14 respondents (40 %), and the dominant occupation of housewives is 23 respondents (65.7%). Age characteristics are one of the indicators of respondents' characteristics that can affect their grasping power and mindset. The older the respondent, the more experience and information he gets so that it can increase his level of knowledge about something. This is in accordance with the theory of Nursalam (2016) which states that increasing age can affect memory and creativity.

The characteristics of education describe external factors that can increase one's knowledge. The higher the level of education, the wider the information obtained by a person. The results of this study are in accordance with the theory set by the Ministry of Health (2016), that a person's knowledge is influenced by the level of education. Higher education will make it easier for someone to implement it in daily behavior and lifestyle. Yuneta, et.al., (2019) also argues that mother's understanding is an indicator in household management, such as the selection of food ingredients that will be consumed by her family. Mothers must have a good understanding of the nutritional composition of a food in order to support complete nutrition for children.

The characteristics of the mother's occupation can also affect the nutritional condition of the child. Usually housewives have a lot of time to pay attention to children's nutrition, but do not necessarily have good knowledge to regulate children's nutritional patterns, especially efforts to prevent stunting. According to Pangesti's research (2012), a person's work will affect his knowledge and experience. It can be said that if a job requires more use of the brain than muscles, the performance and ability of the person's brain to store (memory) also increases..

Knowledge Overview

Based on the research that has been done, the results of the description of the respondents' knowledge can be seen in Table 2.

Table 2. Description of knowledge of pregnant women and breastfeeding mothers in the practice of independent midwives in Medan Helvetia District in 2022.

Level Knowledge	Frequency (n)	Percentage (%)
Well	13	37.1
Pretty good	7	20.0
Not good	15	42.9
Total	35	100

Based on Table 2, the results show that the description of knowledge of pregnant women and breastfeeding mothers is mostly in the unfavorable category, as many as 15 respondents (42.9%). According to the researcher, some respondents do not know what stunting is, its characteristics, and efforts to prevent and accelerate stunting reduction. Science is related to experience. It can be said that respondents who have poor knowledge about stunting prevention efforts do not have much experience, especially about stunting.

The understanding of stunting measured in this study includes the understanding, characteristics, triggers, symptoms, impacts, and efforts to prevent and accelerate stunting reduction. This is in accordance with Rahmawati's research (2019) which states that knowledge about stunting measured in a study through a questionnaire, namely understanding, triggers, signs and symptoms, prevention, and factors that influence the occurrence of stunting.

The level of knowledge is different for each individual. According to the researcher's assumption, the mother's lack of knowledge about stunting is due to the lack of information about stunting. Therefore, researchers conducted counseling to respondents about stunting to prevent and accelerate the reduction of stunting. Tackling stunting is a shared responsibility, not just the responsibility of the government. Researchers as health workers must also provide optimal and quality health services. The researcher also provided information about stunting to every patient of pregnant women and nursing mothers.

The efforts of researchers to provide knowledge about stunting are expected to be able to know and understand and apply to their children so that they can prevent stunting in children. In addition, mothers who already have stunting toddlers can prevent stunting in their next child (Sinuraya, et.al., 2019).

The results of research conducted by researchers at this time have similarities with the results of research conducted by Ekayanti and Suryani (2019) before educating mothers, namely the knowledge of pregnant women is mostly in the poor category (57.1%). However, after the implementation of the class for pregnant women, there was an increase in knowledge, which was mostly in the good category (97.1%).

CONCLUSION

The results showed that mother's knowledge in preventing and accelerating stunting reduction in the Independent Midwife Practice in Medan Helvetia District dominantly had poor knowledge, which was 42.9%.

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It is recommended for further research to conduct a two-stage study, namely the comparison of mother's knowledge in stunting prevention efforts before and after receiving education about stunting.

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