

The Relationship of Knowledge and Mother's Attitude to Stunting Incidence in Kutelintang Village, Gayo Lues District Year 2022

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ABSTRACT

Stunting is a big problem because it can result in high mortality rates, failure to thrive, cause cognitive and motoric problems in children, risk obesity and less than optimal learning achievement. The incidence of stunting in Nangroe Aceh Darussalam (NAD) in 2018 was 10.69%. and this figure has increased in 2019 to 12.37% The highest prevalence of stunting is in Gayo Lues Regency at 17.94%. Research objectives To know Relationship between knowledge and mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022. This type of research is descriptive correlation, cross sectional design. The population in this study were all mothers who had toddlers. in the village of Kutelintang there were 30 people. The sampling technique was total sampling. The data was taken by questionnaire and direct observation, and processed by the Chi Square test. The results showed that the majority had less knowledge of 12 people (40.0%), had a negative attitude towards stunting as many as 18 people (60.0%) and stunting occurred as many as 21 people (70.1%). 12 people (40%), the results of the Chi Square test, namely the results obtained p value = 0.002. This value is <0.05 so that H_0 is accepted, which means there is a significant relationship Among Knowledge with Mother's Attitudes Against Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022. The results of the study were obtained there is The Relationship between Knowledge and Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022, it is recommended to Health Officers to recommend mothers to take Height and Weight Measurements and regulate eating patterns.

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INTRODUCTION

One of the major health problems in the world, especially in developing countries, is stunting in toddlers (infants under the age of five years). Stunting is a big problem because it can lead to high

mortality rates, failure to thrive, cause cognitive and motor problems in children, risk of obesity and non-communicable diseases, less than optimal learning achievement, and decreased productivity as adults (Niga & Purnomo, 2016; Torlesse et al., 2016). Stunting is a condition of failure to grow in toddlers so that children have a height less than their age, which is more than minus two standard deviations of child growth and development according to WHO (Surjaningrum et al., 2021). The incidence of stunting in the world is still high, especially in poor and developing countries.

Asia is one of the continents where stunted toddlers reach 54%. Data on the prevalence of stunting under five by the World Health Organization (WHO) states that Indonesia is the third country with the highest prevalence in the Southeast Asian region after Timor Leste with 50.2% and India with 38.4%, which is 36.4% in the average prevalence in 2009. -2020 (Ministry of Health RI, 2020; UNICEF et al., 2020).

The results of the Integrated Toddler Nutrition Status Survey (SSGBI) by the Research and Development Center of the Ministry of Health of the Republic of Indonesia in 2019 showed that the highest prevalence of stunting in toddlers was in East Nusa Tenggara, Aceh Province, West Sulawesi and West Nusa Tenggara (Ministry of Health Republic of Indonesia, 2019; UNICEF et al., 2020).

The stunting incidence rate in Nangroe Aceh Darussalam (NAD) in 2018 was 10.69%. and this figure increased in 2019 to 12.37%. The highest prevalence of stunting was found in Gayo Lues Regency, which was 17.94% (Dinkes NAD, 2020). The high incidence of stunting in Indonesia can be caused by factors that are interconnected with one another.

Gayo Lues Regency is one of the regencies located in Aceh Province where the incidence of stunting is still very high. This can be seen in the total incidence of stunting in 2020 in February as many as 1682 cases spread across 9 sub-districts consisting of 16 health centers. The first highest total incidence of stunting is Kuelintang Village with a total of 199 cases, (Gayo Lues District Health Office, 2020).

Factors that influence the high incidence of stunting in Indonesia are growth and development disorders in the womb which can cause babies to be born with low birth weight and are at high risk of experiencing stunting. Other factors that affect stunting include the nutritional status of children and poor nutritional status of pregnant women, limited access to health services including antenatal care for the health of pregnant women, short maternal stature, limited access to nutritious food and access to clean water, mother's attitude, and lack of parenting practices (Aini et al., 2018; Huriah & Nurjannah, 2020; Ministry of Health RI, 2018; Olsa et al., 2018; Rahayu et al., 2018).

The results of the research by Olsa et al., (2018) show that there is a significant relationship between the mother's attitude and the incidence of stunting in children. Mother's attitude related to malnutrition in toddlers can be caused by one of them in choosing the wrong food (Pratiwi et al., 2016). Attitude is an individual's tendency to react to a stimulus or object in a certain way, the form of the reaction can be a positive or negative reaction. A person's attitude can be influenced, among others, by factors of age, occupation, education, and parity. Someone who has a negative attitude, then his actions and behavior will tend to be negative so that in this case it can have an impact on the occurrence of nutritional problems in children (Olsa et al., 2018). In line with research by Ahmad et al., (2019) that knowledge, attitudes, and motivation are factors that can influence a person's behavior. A person's attitude can be changed by providing knowledge (Ahmad et al., 2019).

Stunting occurs because it is influenced by several risk factors, such as exclusive breastfeeding. According to the results of the research by Chyntaka and Putri (2019), breast milk has a very important role in the process of improving and protecting the health of babies. Breast milk is a natural food for babies where the composition of breast milk is in accordance with the development of the baby. If the baby is not given breast milk, it can cause the baby to be malnourished which results in an increased risk of stunting.

Another risk factor for stunting is the mother's nutritional knowledge. Mothers who have good nutritional knowledge can reduce the risk of stunting in children. With good knowledge, mothers can provide good nutrition and are needed by children during their growth and development (Tsaratifah, 2020).

Iftika's research (2017) in Suryagustina (2018) states that there is a significant effect between the provision of health education about stunting prevention and maternal attitudes. The study stated that after being given health education, most of the respondents had a positive attitude, namely (87%) (Suryagustina, 2018). The results of research by Prasetyanti & Fitriasnani (2020) show that there is a significant effect between the provision of health education on mothers' attitudes about stunting prevention efforts. This study stated that after being given education, all respondents had a positive attitude (100%) towards stunting prevention efforts because they gained new knowledge.

The results of a preliminary study on 17 June 2022 in Kutelintang Village, Gayo Lues Regency by interviewing 10 mothers showed that seven out of 10 mothers did not know about stunting and mothers thought that stunting is a short child who is usually descended from their parents. The mother also said that if the child was sick, she would only take her child to the puskesmas when she was sick. The majority of mothers said they never knew the normal height of their child.

Based on this, this study makes Kutelintang Village, Gayo Lues Regency a research place to determine the relationship between knowledge and maternal attitudes towards stunting in Kutelintang Village, Gayo Lues Regency in 2022.

RESEARCH METHOD

Types of Research

The type of research carried out is this research using a descriptive type of correlation, namely the linking method or research that seeks to connect elements/elements with other elements/elements, by collecting data at once (Sugiyono, 2019), with the aim of look for Relationship between knowledge and mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022

Research Design

This study used a cross-sectional research design as a study to study a dynamic correlation between risk factors and effects, and with an approach, observation or data collection technique at a certain time.(Sugiyono, 2019). The design of this study was to identify the relationship between knowledge and mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022. This research was conducted only in a certain period and the sampling was carried out at one time only, there was no repetition in data collection, where the respondent only got one opportunity to become a respondent.

Population and Research Sample

The population is a generalization area consisting of objects/subjects that have certain quantities and characteristics determined by researchers to be studied and then drawn conclusions (Sugiyono, 2016). The population in this study were all mothers who had children under five in Kutelintang village in July-August totaling 30 people..

The sample is part of the population to be studied or part of the number of characteristics possessed by the population. The sample size is the number of members being sampled (Sugiyono, 2016). The sampling technique in this study is by total Sampling is a sampling technique taking from the entire population to be sampled(Sugiyono, 2016),The sample in this study were mothers who live in Kutelintang Village, Gayo Regency. With a total of 30 people

Research Instruments

The research instrument used in this study was using a closed questionnaire which was made by the researcher himself based on the existing literature and consulted with the supervisor. Where

in the first part of the instrument contains demographic data of respondents which contains age, last education, occupation and sources of information.

The second part of the instrument contains questions to determine the respondent's knowledge about stunting, this part consists of 15 questions. Fill in the questionnaire by putting a cross on the correct answer. The correct answer is given a score of 1 and the wrong answer is given a score of 0.

RESULTS AND DISCUSSION

Characteristics of Respondents

Based on the results of research in Kutelintang Village, Gayo Lues Regency, it is known that data on the characteristics of respondents based on age, education, occupation and sources of information were obtained from 30 respondents. The results of the data on the characteristics of the respondents are presented in the form of table 1 below:

Table 1. Respondent Characteristics Data in Kutelintang Village, Gayo Lues Regency in 2022

No	Demographic Data	Frequency	Percentage (%)
1	Age		
	17-25 yrs	14	46.7
	26-35 yrs	7	23.3
	> 35 yrs	9	30.0
	Amount	30	100
2	Education		
	SD	11	36.7
	JUNIOR HIGH SCHOOL	8	26.7
	SENIOR HIGH SCHOOL	6	20.0
	PT	5	16.6
	Amount	30	100
3	Work		
	civil servant	3	10.0
	Self-employed	9	30.0
	Private employees	7	23.3
	IRT	11	36.7
	Amount	30	100
4	Resources		
	Print media	8	26.7
	Electronic media	15	50.0
	Medical personnel	7	23.3
	Amount	30	100

Based on the table above, it can be explained that of the 30 respondents, the majority of respondents are 20-30 years old as many as 14 people (46.7%), with elementary education as many as 11 people (36.7%), working as IRT as many as 11 people (36.7%), and get information through electronic media as many as 15 people (50.0%).

Mother's Knowledge of Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022
Distribution of Mother's Knowledge Data on Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022 can be seen in the following table:

Table 2. Frequency Distribution of Mother's Knowledge of Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

No	Family Knowledge	Frequency	Percentage (%)
1	Well	8	26.7
2	Enough	10	33.3
3	Not enough	12	40.0
	Amount	30	100

Based on table 4.2 it is explained that out of 30 respondents, the majority had less knowledge as many as 12 people (40.0%).

Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

Distribution of Mother's Attitude Data on Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022 can be seen in the following table:

Table 3. Frequency Distribution of Mother's Attitudes towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

No	Mother's attitude	Frequency	Percentage (%)
1	Positive	12	40.0
2	negative	18	60.0
	Amount	30	100

Based on table 3, it is explained that out of 30 respondents, the majority of respondents had a negative attitude towards stunting as many as 18 people (60.0%).

Stunting Incident in Kutelintang Village, Gayo Lues Regency in 2022

Distribution of Stunting Incidence in Kutelintang Village, Gayo Lues Regency in 2022 can be seen in the following table:

Table 4. Distribution of the Frequency of Stunting Events in Kutelintang Village, Gayo Lues Regency in 2022

No	Stunting incident	Frequency	Percentage (%)
1	Stunting	21	70,1
2	Normal	8	26,6
	Obesity	1	3,3
	Amount	30	100

Based on table 4.3, it is explained that out of 30 respondents, the majority of respondents with stunting incidents were 21 people (70.1%).

Frequency Distribution of Relationship between Knowledge and Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

Data analysis of the relationship between knowledge and mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022 can be seen in the following table

Table 5. Cross Tabulation Relationship between knowledge and mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022

Mother knowledge	Mother's attitude				Total	X ² count	p value
	Positive		negative				
	F	%	F	%			
Well	7	23.3	1	3.3	8	26.7	16,251 0.002
enough	3	10.0	7	23,3	10	33.3	
Not enough	2	6.7	10	33.3	12	40.0	
Total	12	40.0	18	60.0	30	100	

Table shows that of the 12 people (40.0%) who had less knowledge, 10 people (33.3%) had a negative attitude towards stunting, 10 people (33.3%), mothers with sufficient knowledge were 10 people (33.3%) there are 7 people (23.3%) have a negative attitude and 8 people (26.7%) have good knowledge, there are 7 people (23.3%) who have a positive attitude towards stunting.

Based on statistical tests using the method *Chi Square* ($\alpha = 0.05$) results obtained p value = 0.002. This value is <0.05 so that H_a is accepted, which means there is a significant relationship Among Knowledge with Mother's Attitudes Against Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022.

Discussion of Research Results

Mother's Knowledge of Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

Based on the results of the research, the majority have less knowledge. This is supported by the results of further interviews which showed that 67% of mothers had never heard of the term

stunting. And as a whole (100%) mothers consider the child's height according to age is in the short category. This is corroborating evidence that mothers lack knowledge about stunting.

Further research results show that the most incorrectly answered questions about knowledge about stunting by respondents are about the difference between children with stunting and non-stunting nutritional status (90.3%), types of nutritional deficiency that cause stunting (77.4%), the impact of stunting in adulthood (77.4%), and government efforts to prevent stunting by intervening through education and health (77.4%).

Knowledge is the result of knowing and this is after people have sensed certain objects. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge or cognitive is a very important domain for the formation of one's actions (Overt Behavior). (Notoatmodjo 2013).

Several knowledge questionnaires describe the pursuit of secondary growth such as nutrients that function for child growth and vitamins that can help bone growth.

According to Zainudin (2014) poor knowledge of maternal nutrition is influenced by several factors including educational factors, and a lack of care or ignorance of mothers about nutrition, so that this will have an impact on the growth and development of their children under five who will experience growth disturbances such as stunting. So that parental knowledge about nutrition is one of the keys to good or bad nutritional status in toddlers (Fitriani, 2015).

In relation to the education level of the respondents, the majority of respondents only had elementary school education. The educational characteristics of the respondents indicated that most of the respondents had elementary and junior high school education. The mother's education level is related to the mother's ability to understand information which then becomes the basis for forming knowledge. The higher a person's education level, the ability to understand information and capture it as knowledge increases (Notoatmodjo, 2010). Education is an action to guide someone towards a certain goal.

Education is one of them as an effort to improve a person's ability to understand information, analyze a situation, so that the higher the education, the ability to receive information and analyze a situation increases (Wawan and Dewi, 2011). The results of the study are that there are still many mothers who do not know if the use of single-use drugs should not be doubled because it will affect the amount of drug concentration in the body which can cause accumulation which can cause drug toxicity in the body. This is related to drug levels that have the potential to cross the MTC (maximum toxicity concentration) limit (Shargel, 2012).

The level of knowledge if it is related to the age of the respondent, then in the age group of 17-25 years most of the respondents have less knowledge. This shows that the highest age in this study has better knowledge than the lowest age in this study, in accordance with the theory Notoatmodjo (2015) namely the increasing age, experience and level of maturity of a person also increases so that the knowledge and information obtained is also increasing. Personal experience is a source of knowledge to draw conclusions from experience. From the results of the study, the 30 respondents who were studied in terms of the age of the majority of respondents were 17-25 years old. In relation to individual age, the older a person is, the more experience he has, age also affects the level of maturity and strength of a person in thinking and working properly.

Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

Based on the research results, most mothers have a negative attitude towards stunting. The results of further investigations show that the questions where some respondents answered the attitude question incorrectly were milk consumption for bone growth, breakfast which can help children concentrate (100%), and sources of vegetable protein.

Attitude is a readiness to react to an object in a certain way when the individual is faced with a stimulus that requires a response. The number of respondents who have good attitudes is less than those who have good knowledge, this could be due to the fact that the knowledge

possessed by these respondents has not been accompanied by readiness and a desire to act (Wawan & Dewi, 2015).

Based on demographic data, mothers work as housewives, due to lack of social interaction with the outside environment causing mothers to have a negative attitude about stunting.

The results of Maesarah's research (2018) show that there is a significant relationship between parental attitudes and children's nutritional status, this is because mothers who have a negative attitude will tend to have less knowledge so that the mother's attitude tends to pay less attention to the sources and types of food given to children. As a result, children will experience deficiencies or lack of nutrients needed by the body which can cause nutritional problems in children.

Relationship between Knowledge and Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

Based on the results of the study, the majority of respondents had less knowledge and had a negative attitude towards stunting, the results of statistical tests using the method *Chi Square* ($\alpha = 0.05$) results obtained p value = 0.002. This value is <0.05 so that H_a is accepted, which means there is a significant relationship Among Knowledge with Mother's Attitudes Against Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022

According to Notoatmodjo (2015) there are several things that affect a person's knowledge, namely the first level of education. Education is an effort to provide knowledge, so that there is an increased understanding of positive attitudes. The higher a person's education, the easier it is for a person to accept new things. Judging from the level of education can affect a person's level of knowledge, where the concept of education is a learning process which means that in education there is a process of growth development / change towards a more mature, better and mature individual, group or community (Notoatmodjo, 2007). 2010). The results of the study of 30 respondents who have been examined by housewives with elementary education are 11 people (36.7%). Judging from the level of education on average, housewives have not received sufficient education and have not participated in government programs that are required to reach the junior high school level or 9 years of compulsory education. In fact, adequate education will help respondents in accessing information, as it is known that many sources of information are digital, such as the internet.

The second is the source of information, someone who has more sources of information will have extensive knowledge. Sources of information also contributed to the level of respondents' knowledge about stunting, both in terms of symptoms, management and treatment. The results showed that respondents obtained the most information from electronic media, even though the ideal source of information about stunting came from health workers, because the information would be more valid. In addition, direct information from competent sources in their fields and in the process of providing information that is lacking, respondents can directly ask the source so that the transformation will be clearer.

In a study by Mazengia, et al (2018) said that education and knowledge is an important risk factor for stunting in Indonesia, South China and Abeokuta, Southwest Nigeria. Educated mothers may be more open to the media, less illiterate, have a better understanding of nutrition and health, mothers may also have greater authority at home and can increase productivity to improve the nutritional status of children and families.

Mother's knowledge will affect one's food consumption. People who have good nutritional knowledge will have the ability to apply nutritional knowledge in food selection and processing so that their food intake is more secure and able to pay attention to good nutrition for children and their families (Salman, 2017).

Mothers who have less knowledge tend to have negative attitudes so that the attitude of mothers is less in paying attention to the source and type of food given to children so that children can experience nutritional deficiencies which will lead to nutritional problems in children (Maesarah, 2014). In the research of Tessema, et al (2013) in Sidama, South Ethiopia, it was

concluded that the practice of feeding children to most mothers did not meet WHO recommendations.

CONCLUSIONS

Conclusions that can be obtained from this research include: Mother's knowledge of stunting in Kutelintang Village, Gayo Lues Regency in 2022 is mostly lacking. The mother's attitude towards stunting in Kutelintang Village, Gayo Lues Regency in 2022 is mostly negative. There is a significant relationship between Knowledge and Mother's Attitude towards Stunting Incidents in Kutelintang Village, Gayo Lues Regency in 2022, with result p value = 0.002 ($p < 0.05$).

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