

Maternal Knowledge about Stunting and Malnutrition in Children Under Five Years Old at Puskesmas Candi Sidoarjo

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ABSTRACT

Toddlerhood is an important period in the process of human growth and development. Malnutrition and stunting in toddlers can be influenced by various factors. The purpose of this study was to determine the level of maternal knowledge about stunting and malnutrition in children under five. Research Methods: This study used a correlation study method using a cross sectional approach involving 45 respondents of mothers of toddlers at Candi Sidoarjo Health Center selected through consecutive sampling technique. Data collection was carried out using a knowledge questionnaire sheet about stunting and malnutrition. The results showed that the majority of mothers' knowledge about stunting had less knowledge, as many as 17 people (38%). The majority of mothers' knowledge about malnutrition had less knowledge, as many as 25 people (56%). Seeing the results of this study, it is hoped that mothers of toddlers understand more about the importance of nutritional intake in toddlers so as not to get stunted or malnutrition.

Keywords: *Stunting, Malnutrition, Toddlers*

INTRODUCTION

The level of public health utilizes most indices to assess conditions of mortality, nutritional status, and morbidity. (K. B. Health, Dinas, 2022). Stunting is one of the nutritional problems suffered by toddlers (Gabrielisa et al., 2017).. There is a serious malnutrition problem worldwide, especially in developing countries, namely stunting. The First 1000 Days of Life (HPK) where nutrition has a valuable contribution to the growth and development of children (Hami & Hamdin, 2023). (Hami & Hamdin, 2023). A body with low immunity and poor nutrition is likely to be more susceptible to disease.

The problem of stunting in children under five in Indonesia needs to be considered. Based on the 2020 Health Profile, the prevalence of stunting in children under five in Indonesia is 11.5%. (Health, 2020). The prevalence of stunting in East Java is ranked 19th out of 34 provinces in Indonesia with a percentage of 12.1%. In 2022 in Sidoarjo District, 4,905 children under five (5.8%) were stunted. (Indonesian

Ministry of Health, 2021). In 2023 at the Candi Health Center, 6.3% (485 toddlers) were stunted. Meanwhile, the incidence of malnutrition

in Indonesia in 2020 was 1.1% of children under five suffering from malnutrition. (Health, 2020). The position of the incidence of malnutrition in toddlers in East Java Province in 2021 experienced an incidence rate of 1.5%. (Indonesian Ministry of Health, 2021). In 2023 at the Candi Health Center, 4.4% (336 toddlers) were malnourished.

Nutritional fulfillment can be done as an effort to avoid various diseases related to nutrition. Individual and community health can be improved with good nutrition. To support the physical growth and intelligence of infants, children, and all age groups, optimal nutrition is needed to support normal growth. Efforts to improve nutrition for nutritionally vulnerable groups in Indonesia need to be made, especially during infancy and toddlerhood. (Supardi & et al, 2023).

Specific nutrition interventions and nutrition-sensitive interventions are the government's stunting interventions. Specific nutrition intervention is a treatment that targets children in the first 1,000 days of life (HPK) starting from pregnancy to childbirth. However, sensitive nutrition interventions can include the provision of clean water, environmental sanitation, and also development outside the health sector.

(Kalla, 2018). Children's behavior, attitudes, and subsequent growth can be influenced by the parents' level of knowledge and attitudes about nutrition. Children's nutritional status can deteriorate due to low levels of nutrients consumed and poor dietary choices caused by parents' ignorance of foods with high nutritional value (Nurdiana et al., 2018). (Nurdiana et al., 2021)..

Based on the data above, the percentage of stunting and malnutrition cases in toddlers is still included in a high percentage with various factors, one of which is described above is maternal knowledge, therefore the researcher is interested in taking a study entitled "Maternal Knowledge of Stunting and Malnutrition in Toddlers at the Candi Health Center, Sidoarjo Regency".

RESEARCH METHOD

This study uses a descriptive design and uses consecutive sampling by sampling until the required number of respondents is reached, namely 45 mothers who have children under five. Data collection techniques using questionnaires which include stunting and malnutrition questionnaires then calculated based on knowledge categories. After the data is collected, processed, then analyzed correctly through calculations. Then from these calculations, it can be seen that the mother's knowledge is according to the classification.

RESULT

Based on the research that has been conducted regarding mothers' knowledge of stunting and malnutrition using a questionnaire, the following are the results:

Respondent Characteristics

Table 1
Characteristics of Respondents Based on the Occupation of Mothers of Toddlers about Stunting

Characteristics	N	%
Jobs		
Work	6	13
Not Working	39	87
Education		
Basic Education Sec-	16	36
ondary Education	23	51
Higher Education	6	13
Number of Children		
1 Child	39	87
> 1 Child	6	13

From table 1, the distribution of work of mothers of toddlers about stunting and malnutrition in toddlers mostly shows that 39 people (87%) do

not work. The distribution of education of mothers of toddlers about stunting and malnutrition in toddlers mostly shows a secondary education of 23 people (51%). The distribution of the number of children of mothers of toddlers about stunting and malnutrition in toddlers mostly shows that they have 1 child as many as 39 people (87%).

Table 2
Knowledge of mothers of toddlers about stunting in toddlers

Stunting Knowledge	N	Percentage (%)
Good	13	29
Simply	15	33
Less	17	38
Total	45	100

Table 2 frequency distribution shows that the knowledge of mothers of toddlers about stunting in the poor category is obtained by 17 people (38%), the moderate category is obtained by 15 people (33%) and the good category is obtained by 13 people (29%).

Table 3
Knowledge of mothers of toddlers about malnutrition in toddlers

Malnutrition Knowledge	N	Percentage (%)
Good	4	9
Simply	16	36
Less	25	56
Total	45	100

Table 3 frequency distribution shows that the knowledge of mothers of toddlers about malnutrition in the poor category is obtained by 25 people (56%), the moderate category is obtained by 16 people (36%) and the good category is obtained by 4 people (9%).

DISCUSSION

Knowledge of mothers of toddlers about stunting in toddlers

Knowledge is the result of knowing that arises from a person's perception of an object. The five senses of sight, hearing, smell, taste and touch are used to understand the surrounding environment. People's behavior is partly shaped by their knowledge (Pakpahan et al., 2021). A mother's level of education can affect her level of knowledge. Educated mothers will more easily understand and absorb more information about stunting. Even so, this does not mean that someone who has a low education will have low knowledge

(Ratnaningsih & Galaupa, 2021). (Ratnaningsih & Galaupa, 2023).

The results of this study are supported by research from (Yoga et al., 2020) which states that knowledge and education have a close relationship in the results of their research which will support the results of this study. A mother's attitude in choosing nutrition to be given to her family is influenced by her knowledge about nutrition which is very important in the household. Meanwhile, according to (Wahyuni, 2022) Dietary habits of toddlers can be updated by the mother's nutritional understanding, which in turn can affect the nutritional status of toddlers. A mother who has good knowledge, then the mother can choose and serve food that best meets the nutritional needs of her toddler so that the mother can maintain a healthy nutritional status.

According to researchers, mothers of toddlers do not have good knowledge about stunting. Factors causing the problem of lack of knowledge in mothers of toddlers can be caused by the lack of education level in mothers so that mothers have difficulty receiving and understanding information about stunting. This encourages health cadres and health workers to monitor child growth and development by parents of their toddlers at the posyandu and provide education about stunting. The monitoring must be done regularly. Thus mothers can increase their knowledge and can also understand and understand about stunting.

Knowledge of mothers of toddlers about malnutrition in toddlers

An object can produce knowledge. Knowledge itself is the result of knowing an object (Pakpahan et al., 2021). There are several things that can affect a person's knowledge. Prevention of malnutrition in toddlers can be done in several ways, for example by assessing the health and nutritional status of pregnant women, providing antenatal care (ANC) services, encouraging healthy lifestyles, and a balanced diet, providing counseling on improving nutrition, promoting child growth and development, paying special attention to infants and toddlers who have risk factors for malnutrition, and monitoring the growth and development of toddlers. (Nasar et al., 2020). A mother's efforts to prevent malnutrition do not guarantee that she has good knowledge about malnutrition.

The results of this study are supported by research from (Suriani et al., 2021) who found a relationship between maternal knowledge and cases of malnutrition in toddlers. This shows that although knowledge does not have a direct impact

on the nutritional status of toddlers, knowledge about nutrition in parents plays an important role. Because if parents have sufficient health information, parents can identify various health problems that may arise and provide the best treatment for their toddlers.

According to the researchers, mothers of toddlers have insufficient knowledge about malnutrition. Mothers who have toddlers may have inadequate knowledge due to various factors, one of which is the low level of education that makes it difficult for mothers to receive and understand information about malnutrition. If the mother has difficulty receiving information, the knowledge that the mother has is insufficient so that it can cause her toddler to be potentially malnourished.

Therefore, information about malnutrition is very important for toddlers because it can make toddlers get good nutritional status and avoid malnutrition. With the right information, it can also prevent mothers from being frightened and confused when their children do not have adequate nutritional intake. Mothers are required to bring their toddlers.

CONCLUSION

Based on the results of the discussion of mothers' knowledge about stunting and malnutrition in toddlers at the Candi Health Center, Sidoarjo Regency, the researcher will conclude several things based on the specific objectives to be achieved, namely as follows:

1. Maternal knowledge about stunting in toddlers is dominant in the less category as many as 17 people.
2. Maternal knowledge about malnutrition in toddlers is dominant in the less category as many as 25 people.

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