

CHARACTERISTICS AND KNOWLEDGE OF MOTHERS ABOUT STUNTING AT THE ARGA MAKMUR PUSKESMAS NORTH BENGKULU

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Keywords

Mother Characteristics, Knowledge, Stunting

ABSTRACT

Introduction

Stunting is a condition of malnutrition caused by insufficient nutrition for a long time and results in chronic malnutrition and growth disorders in toddlers such as lower or shorter height (short) than their age which, if left alone, is at risk for intellectual decline, stunting, mental and motor development and are more susceptible to infectious diseases.

Method(s)

This study aims to determine the description of maternal characteristics and knowledge of mothers about stunting in the working area of Arga Makmur Health Center with a population of 60 people. The sample of this study was 38 respondents using the Random Sampling technique. Collecting data in this research using a questionnaire.

Result(s)

The results of this study indicate that the majority of respondents aged 25-29 years or 17 respondents (44.7%) with job status do not work with a frequency of 20 respondents (52.6%), most of the respondents in this study with the last education of Elementary School as many as 11 people (28.9%).

Conclusion(s)

For the knowledge of mothers in the working area of the Arga Makmur Health Center, most of them have the category of Less knowledge with a frequency of 22 people (57.8%). Based on the results of this study, it can be concluded that the characteristics and knowledge of mothers in the working area of the Arga Makmur Health Center are still lacking.

INTRODUCTION

Stunting is a condition of malnutrition caused by insufficient nutrition for a long time and resulting in chronic malnutrition and growth disorders in toddlers such as lower or shorter height (short) than their age (Hermawan, 2020; Boucot & Poinar Jr., 2010). Stunting is not only a body that is shorter than its age but is at risk for intellectual decline, retarded mental and motor development and is more susceptible to infectious diseases. According to Dwi Kusumawati (2021), there are several factors that cause stunting, namely parenting factors. Poor parenting can cause nutritional

problems in the community. The role of parents is also very influential in fulfilling children's nutrition to face the rapid growth and development of children. In addition to getting good nutrition, it is necessary to have good nutritional knowledge from parents so that they can prepare nutritionally balanced meals. When children with stunting nutritional status grow up, they have a high chance to grow into

individuals who are less motivated in education and the economy.

This stunting problem is a global problem, especially in developing and poor countries. In 2017 it was found that 150.8 million or around 22.2% of children under five experienced stunting in the world of which 39% of stunting were found in Africa and the most in Asia, around 55% in the world. According to data found, the average stunting toddler in Indonesia from 2005-2017 reached 36.4% Idharuddin (2018).

This shows that Indonesia is experiencing serious public health problems, but stunting is still considered a trivial problem by many people. It is often found that the condition of a short body (dwarf) is said to be a genetic factor from both parents which causes many people to not realize and accept it without any effort to prevent it. According to Idharuddin (2018), compared to behavioral, environmental (social, economic, cultural, political) and knowledge factors, genetics is the least influential risk factor.

Increasing mother's knowledge of nutrition and nutritional status makes children's growth better. Based on the results of previous research, Olsa (2018) shows that there is a relationship between knowledge and the incidence of stunting. Lack of knowledge turns out to be very influential on stunting and the fulfillment of children's nutrition in providing balanced food for families, especially in facing the rapid growth and development of children.

METHODS

The type of research used in this LTA is descriptive research with a quantitative approach. Descriptive research is a research method that is carried out by describing the variables studied without analyzing the relationship between variables.

The population in a study is the area that the researcher wants to study. The population that will be used by the author for this LTA research are mothers who have stunting toddlers in the working area of the Arga Makmur Health Center, totaling 60 people.

The sample is part of the population that researchers want to examine. The sample is part of the number and characteristics possessed by the population Arikunto (2013). The sample is part of the existing population, the sampling must use a certain method or formula based on existing considerations. The return of the sample in this study uses a

probability sampling technique; simple random sampling, where the researcher provides equal opportunities for each member of the population to be selected as a random sample using the Slovin formula as follows.

So it can be concluded that the total sample in this study were 38 mothers who had stunting toddlers in the working area of the Arga Makmur Health Center who were selected by lottery containing a sequence number.

RESULTS

Table 1. Mother's Characteristics based on Age

Age	Frequency	%
20-24 Years	10	26,3%
25-29 Years	17	44,7%
30-34 Years	6	15,7%
35-39 Years	5	13,1%
Total	38	100%

Of the 38 respondents that most of the age group is 25-49 years, as many as 17 respondents (44.7%).

Table 2. Mother's Characteristics based on Occupancy

Job	Frequency	%
Work	18	47,4%
Jobless	20	52,6%
Total	38	100%

From 38 respondents that most of the mothers did not work as many as 20 respondents (52.6%).

Table 3. Mother's Characteristic based on Education Level

Education level	Frequency	%
Bachelor	4	10,5%
Senior High Level	7	18,4%
Junior High Level	10	26,3%
Elementary	11	28,9%
None	6	15,7%
Total	38	100%

From 38 respondents that most of the respondents in this study with the latest education namely Elementary School (SD) as many as 11 people (28.9%).

Table 4. Mother's Characteristics based on Knowledge

Knowledge	Frequency	%
Good	2	5,26%
Fair	14	36,8%
Less	22	57,8%
Total	38	100%

From 38 respondents that the majority of

mothers' knowledge is less, namely as many as 22 respondents (57.8%).

DISCUSSIONS

Age

The results of this study indicate that most of the respondents are aged 25-29 years (44.7%). This is not in line with the theory of knowledge according to Notoatmodjo (2007) which says that as a person ages, the more experience and knowledge a person gains, because age can affect mindsets and capture power. If the mother is in the young and productive age group of 25-29, it is easier for her to absorb the information and knowledge given because she is still young.

According to Fujiyanto (2016), the memory experienced by a person can be influenced by one of the factors, namely age, as the ability to understand and think ability of a person is more perfect in line with age development which causes more knowledge. Based on the results of this study, it is in line with the results of research conducted by Rahmandiani (2019) which shows that the frequency of respondents based on age is mostly in the age range of 20-35 years with a percentage (75.6%) and has poor knowledge.

According to Jannah (2021) who said that the age of 20-40 years is the age where entering early adulthood where it is a period of adjustment to new patterns of life. Sometimes there are impassable stumbling blocks that result in unpreparedness or immaturity in dealing with problems such as raising, educating and nurturing children and families.

Occupancy

The results of the research conducted in the working area of the Arga Makmur Health Center showed that most of them did not work, namely 20 respondents (52.6%) and those who worked were 18 respondents (47.4%). According to Muzayyarah (2021) a person who works has broader knowledge than someone who does not work, because people who work get more information because they meet many people and share experiences so they can learn from what they have experienced so they can be more alert for the future. The work environment can make a person gain experience and knowledge either directly or indirectly. Work also has an important role in determining the quality of human life.

This research is in line with Picauly & Toy (2013) which says that working mothers

have a higher chance of having stunted children than mothers who do not work, this is not in line with the results of the research that I researched, that most mothers who do not work actually have stunted children. This research is in line with research conducted by Amelia (2020) which says that mothers who do not work are at risk of having stunted children 5 times greater than working mothers, because mothers who work outside the home to earn a good living for themselves are often exposed to direct information or indirectly.

Education Level

The results showed that the education of mothers in the working area of the Arga Makmur Health Center mostly had an education level, namely Elementary School (SD) as many as 11 people (28.9%). This study uses a descriptive method which shows that as many as 4 respondents have a high school education, 7 respondents have a high school education, 10 respondents have a junior high school education, and 6 respondents do not have an education. The results of this study are in line with the theory according to Notoatmodjo (2007) which says that the higher a person's education, the easier it will be to receive information and the more knowledge one has so that it affects a person's behavior, this is due to the lack of sources of information obtained by mothers about stunting.

According to Kristianti (2018) the level of education is very influential on health, one of which is nutritional status. Individuals who have a high level of education have a greater chance of knowing a healthy lifestyle and how to keep the body in shape, which is reflected in the application of a healthy lifestyle such as consuming a nutritious diet, where the education of low caregivers is 2 times more likely to experience stunting. The learning process carried out at the education level will produce understanding and gain something to think critically about Humans (2015).

This study is in line with research conducted by Rahayu & Khairiyati (2014) which found a significant relationship between stunting and maternal education because maternal education level affects health status. Mothers who have a low level of education are 5.1 times more likely to have stunted children. This is related to her role as a mother in forming children's eating habits, because it is the mother who prepares food starting from setting the menu, shopping, cooking and preparing food.

In my opinion, as a researcher, the higher the

education level of the mother, the mother's knowledge about stunting in toddlers will improve given that education can affect a person's ability to receive and absorb the information provided compared to someone with low education.

Knowledge

Respondent's knowledge was measured using a questionnaire with 30 questions about stunting. Based on the results of the study, most of the respondents in this study had knowledge in the Less category, namely 22 respondents (57.8%), 14 respondents (36.8%), and 4 respondents (5.26%). Based on the results of interviews from the Arga Makmur Health Center said that the majority of mothers had very little interest in finding out. Many respondents also said that the incidence of stunting suffered by their children was not a serious matter, according to them being short, it was heredity, resulting in mothers not taking any attitude and efforts to prevent stunting from occurring.

According to research by Haines et al (2018) conducted to 2100 mothers in Indonesia, 80% of mothers use Posyandu as a source of knowledge on stunting. Mothers who received information from health workers had a more accurate understanding than mothers who received information on stunting from the internet. However, there was no significant difference between mothers who received stunting information from the internet and health workers. Sources from the internet also cannot be ruled out as a method of communicating health knowledge.

The results of this study are in line with Muzayyarah (2021) who said that the number of stunting cases is nothing but the result of parental knowledge, especially mothers who do not understand what stunting is, mothers have a very important role in the growth and development of a child, especially in fulfilling nutrition to avoid malnutrition. bad and stunting.

CONCLUSIONS

Based on the results of the study entitled "Overview of Mother's Characteristics and Knowledge About Stunting in the Work Area of the Arga Makmur Health Center" shows that of 38 respondents there are 22 (57.8%) mothers who have knowledge in the category of less, most of the respondents with the latest education in Elementary School (SD)) as many

as 11 people (28.9%), the average age of the respondents was 25-29 years, and 20 respondents (52.6) who did not work.

Based on the conclusions from the results of research that has been carried out in the work area of the Arga Makmur Health Center, it is suggested that it can be used as input for health worker institutions about the importance of education and mother's knowledge about stunting and as an effort to jointly eradicate stunting events in the work area of the Arga Makmur Health Center. For further researchers, it is hoped that they can examine other factors that cause stunting and can use a larger sample in the working area of the Arga Makmur Health Center.

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