

MOTHER KNOWLEDGE ABOUT FEEDING TO TODDLERS TO PREVENT STUNTING AT THE SIDOARJO HEALTH CENTER SIDOARJO DISTRICT

Sri Hardi Wuryaningsih, Siswari Yuniarti, Nathacia Vicky Putri Hermawan
Study Program D III Nursing Sutomo, Politeknik Kesehatan Kemenkes Surabaya, Indonesia
Email : srihardiwuryaningsih@gmail.com

Abstract

Introduction: Nutritional problems in general consist of deficiency and excess nutrition. Malnutrition in children, especially toddlers, are still a problem in Indonesia. One of them is stunting, stunting is a condition in which children experience growth disorders, so that the child's height does not match his age, US a result of chronic nutritional problems. One of the causes of stunting is the lack of knowledge of mothers in fulfilling conditions child nutrition. The purpose of this study was to identify mothers' knowledge about feeding toddlers to prevent stunting. **Methods:** This type of research is descriptive. The population of this study were mothers who had children aged 1-5 years as many as 91 people. The technique used to take samples is accidental sampling. Data collection used a questionnaire and then analyzed using frequency distribution and percentage. **Results and Analysis:** The results of this study indicates that most mothers of toddlers are knowledgeable enough. Knowledge of mothers of toddlers aged 35 years, mothers of toddlers aged 20-35 years, and mothers of toddlers aged <20 years are mostly knowledgeable enough. Knowledge of toddlers mothers in terms of the education of all toddler mothers with elementary - junior high school education, and a small number of toddler mother with high school education have less knowledge. Knowledge of mother of toddler in terms of the work of most of the mother who work are knowledgeable enough. **Discussion:** It is hoping that mothers of toddlers will seek information about feeding toddlers to prevent stunting through health workers, print and electronics media, listen when health education is given and apply it in everyday life US an effort to minimize the risk of stunting.

Keywords : Knowledge, Feeding, Stunting

INTRODUCTION

Nutritional problems generally consist of undernutrition and overnutrition. The incidence of stunting in Indonesia caused by a lack of knowledge about adequate nutrition for toddlers, the provision of complementary foods to breast milk not age appropriate due to lack of maternal knowledge, low intake of vitamins, minerals, food ingredients due to inadequate economic factors and lack of knowledge make the provision of intake nutrition No in accordance need (Ministry of Health of the Republic of Indonesia, 2018).

The prevalence rate of stunting in Indonesia in 2021 was 24.4% (Ministry of Health of the Republic of Indonesia, 2021). In East Java prevalence rate of stunting in 2021 East Java's stunting incidence ranks highest nineteenth in Indonesia at 23.5% (East Java Provincial Health Office, 2021). Meanwhile, in city Sidoarjo year 2021 become 7.9% or 5.239 child from 66,353 Which checked, from data child under 5 years, the number of which is around 34 thousand people, but it is still not in accordance with the target for stunting cases in Sidoarjo (Sidoarjo District Health Office, 2021). The stunting rate at Sidoarjo

health centers in 2019 was 13.6%, year 2020 experienced decline become 7.2%, And on year 2021 down to 5.5%.

The causes of stunting are low access to nutritious food, low intake of vitamins and minerals, poor diversity of food and animal protein sources, as well as the mother's education level and pattern Poor parenting, Parenting patterns that can cause stunting are behavior and practices of providing unhealthy eating habits which include not giving babies exclusive breast milk from birth, giving supplementary food or PMT-ASI in babies under 6 months of age, lack of encouragement in children when providing additional food, not paying attention to the child's eating environment and preparation of additional food (Beautiful Budiastutik and Muhammad Zen Rahfiludin, 2019).

Therefore, the factor that causes poor parenting patterns and results in stunting is the level of Mother's knowledge in fulfilling children's nutrition, a good level of mother's knowledge has a greater chance to access information about children's nutritional needs and to be able to implement food fulfillment nutritious

food for children, while mothers with low knowledge will have difficulty in obtaining it. information about nutrition and children are 1.6 times more at risk of experiencing stunting due to knowledge Mother Which low (Beautiful Budiastutik and Muhammad Zen Rahfiludin, 2019).

Effort government in frame improvement nutrition in Handling stunting done through, program Which target For child age 0-6 month, including among them push IMD (Initiation Breast-feed Early) through giving breast milk 4 colostrum And ensure education to Mother For Keep going provide exclusive breastfeeding to their toddlers. In addition, several other programs are to provide parenting education for parents, efforts of health workers in providing counseling are not only given to Mother but Also to the family (Ministry Republic Health Indonesia, 2019).

Based on background behind on so researcher interested For stage study about mothers' knowledge about feeding toddlers to prevent stunting at the Sidoarjo Health Center, Sidoarjo Regency.

Objective from study This is on objective general For know description knowledge Mother about giving food on toddler For prevent stunting in Health Center Sidoarjo, Regency Sidoarjo. Objective special study This is identify knowledge Mother about giving food on toddler For prevent stunting, identify knowledge Mother about giving food ontoddler For prevent stunting based on age, education and work.

METHOD

Type study This use method quantitative with approach study descriptive Which aiming For describe the facts Which investigated in a way systematic And factual with method collect data, process, analyze, and interpret data (Sugiyono, 2018). Researchers want to identify description knowledge Mother about giving food on toddler For prevent stunting in Sidoarjo Health Center. Population is the entire research subject or object being studied (Notoatmodjo, 2018). The population in the study was all mothers who had toddlers who located at the Sidoarjo Health Center with a total of 984 children based on data from September of the year 2022. Sample in study This is all over Mother Which own child age toddler Which is at inHealth Center Sidoarjo with criteria Mother Which own child age 1 – 5 year And willing become respondents. Big sample on study This determined use formula Slovin with level The selected significance level is 10% (0.1), with the results that can be taken as many as 91 mothers. toddler. Technique *sampling* Which used in study This that is *Accidental Sampling*.

The data collection technique in this study was carried out by filling out a questionnaire sheet. will be shared by the researcher. Respondents will be explained in advance by the researcher how to fill it in, Respondent requested For fill in informed consent Then fill in answer on sheet questionnaire Whichgiven by selecting the sign check list (√) in the column true or false.

RESULT

1. Data General

Table 1. Data demographics mother of toddler in Health Center Sidoarjo Regency Sidoarjo May 2023

No.	Characteristics	Category	Frequency	Percentage (%)
1	Age (year)	<20	3	3
		20 - 35	73	80
		>35	15	17
Amount			91	100
2	Education	Elementary School Education	2	2
		Junior High School	10	11
		Senior High School	59	65
		College Tall	20	22
Amount			91	100
3	Work	Mother House Ladder	50	55

	Self-employed	10	11
	Employee Private	25	27
	civil servant	6	7
Amount		91	100

Source : Data May 2023

Based on the research results, it was shown that of the 91 mothers of toddlers, the majority (80%) were aged 20-35 years old, sewife.

more than half (65%) have a high school education, and more than half (55%) is a hou

2. Data Special

Table 2. Mothers' knowledge about feeding toddlers to prevent stunting at the Community Health Center Sidoarjo Sidoarjo Regency

No.	Knowledge	Frequency	Presentation (%)
1	Good	28	31
2	Enough	43	47
3	Not enough	20	22
	Total	91	100

Based on results study can known that almost half of it (47%) Mother own knowledge Which Enough, not enough from half (31%) Mother own

knowledge Which Good, And part small (22%) mother has knowledge that not enough.

Table 3. Mothers' knowledge about feeding toddlers to prevent stunting at the Community Health Center Sidoarjo Sidoarjo Regency by age

No.	Age (years)	Knowledge						Total	
		Good		Enough		Not Enough		F	%
		F	%	F	%	F	%	F	%
1	<20	0	0	2	67	1	33	3	100
2	20-35	26	36	34	47	13	17	73	100
3	>35	2	13	7	47	6	40	15	100
	Total	28	31	43	47	20	22	91	100

Based on the research results, it was found that almost half of mothers of toddlers aged 20-35 years (47%) have sufficient knowledge and mothers of

toddlers aged <20 years are less than half (33%) knowledgeable not enough.

Table 4. Mothers' knowledge about feeding toddlers to prevent stunting at the Community Health Center Sidoarjo Sidoarjo Regency based on education

No.	Education	Knowledge						Total	
		Good		Enough		Not enough		F	%
		F	%	F	%	F	%	F	%
1	Elementary School Education	0	0	1	50	1	50	2	100
2	Junior High School	0	0	3	30	7	70	10	100
3	Senior High School	13	22	34	58	12	20	59	100

4	CollegeTall	15	75	5	25	0	0	20	100
Total		28	31	43	47	20	22	91	100

Based on results study obtained that more from half of it (58%) Mother toddler Which high school education has sufficient knowledge and a small proportion (50%) of mothers of toddlers who are educated SD each knowledgeable enough and less.
 Table 5. Knowledge Mother about giving food on toddler For prevent stunting in Health CenterSidoarjo Sidoarjo Regency based on work

No.	Work	Knowledge						Total	
		Good		Enough		Not enoug		F	%
		F	%	F	%	F	%		
1	Mother House Ladder	16	32	21	42	13	26	50	100
2	Self-employed	1	10	7	70	2	20	10	100
3	Employee Private	6	24	14	56	5	20	25	100
4	civil servant	5	83	1	17	0	0	6	100
Total		28	31	43	47	20	22	91	100

Based on the research results, it was found that less than half (42%) of mothers of toddlers did not... working have sufficient knowledge and a small

proportion (17%) of mothers of toddlers who work as civil servants each knowledgeable enough.

DISCUSSION

1. Knowledge Mother about giving food on toddler For prevent stunting in Health CenterSidoarjo Sidoarjo Regency

Based on results study can known that almost half of it (47%) Mother own sufficient knowledge, less than half (31%) of mothers have good knowledge, and somesmall (22%) mothers have knowledge that not enough.

According to Yuliana (2017), a person's knowledge can be influenced by several factors. Factors that... influence knowledge Wrong the only one is education And information Where the more tall education somebody so the more fast accept And understand a information so that the knowledge possessed is also getting better, conversely if someone has a high level of education Which low so will hinder somebody in receiving information so that cause lack of knowledge.

The results of this study are in line with research conducted by Ina, et al., (2021) which was conducted in Subdistrict Depok, Sleman, Yogyakarta. In study the show that almostHalf of the respondents (41%) have

sufficient knowledge and a small number of respondents (27%) have sufficient knowledge. Good.

Results study This show that only part small Mother Which own knowledgeable and most mothers have sufficient knowledge. This is proven by the results questionnaire, from 30 statements there is 16 statements Which flat - flat answered wrong by Mother toddler.

Based on the description above, researchers assess that mothers of toddlers need to be more active in seeking information. regarding providing food to toddlers to prevent stunting, either through health workers, media social like youtube Health Center and also Ministry of Health. Health Center Also can give health education in the form of counseling in a way routine. Counseling can be containing explanation about

feeding toddlers especially to prevent stunting. The aim of this effort is so that mothers know how to provide food and are able to prevent stunting independently so that can minimize toddler risk stunting.

2. Knowledge Mother about giving food on toddler For prevent stunting in Health Center Sidoarjo Sidoarjo Regency by age.

Based on the research results, it was found that almost half of mothers of toddlers aged 20-35 years (47%) have sufficient knowledge and mothers of toddlers aged <20 years are less than half (33%) knowledgeable not enough.

Wrong One factor Which related with knowledge somebody is age. Age influence Power catch and a person's mindset. Increasing age will increasingly developing patterns think And Power catch somebody so that knowledge Which obtained will more and more (Yuliana, 2017)

The results of this study are similar to research conducted by Edwin Danie, et al., (2017) which found that most mothers of toddlers were in the 20-35 year age group and almost half of it (47%) knowledgeable enough. According to researchers, a person who is older too not necessarily having higher knowledge compared to someone younger Because a number of Mother toddler own facility Which support For add information like television, Internet so that it can increase knowledge.

Based on the description above, it is hoped that all mothers of toddlers will increase their knowledge about giving food to prevent stunting with initiative way searching for information either through officer health, social, listen to when given education health and implement it.

3. Knowledge Mother about giving food on toddler For prevent stunting in Health Center Sidoarjo Sidoarjo Regency based on education.

Based on results study obtained that more from half of it (58%) Mother toddler Which high school education has sufficient knowledge and a small proportion (50%) of mothers of toddlers who are educated SD each knowledgeable enough and less.

This is in line with the theory put forward by Yuliana (2017) which explains that Education influences the learning process, the higher a person's education, the more easy somebody the For receive a information.

The results of this study are also in line with research conducted by Edwin Danie, et

al., (2017) that all mothers of toddlers who have sufficient knowledge (56%) have graduated from high school and mothers who have sufficient knowledge not enough fraction (25%) graduated from elementary school.

Based on description on, Mother toddler who own level elementary school education up to SENIOR HIGH SCHOOL can increase knowledge outside education formal. Mother toddler can look for information about provision of food to prevent stunting 49 in various sources such as health workers, media social because information obtained from formal and non-formal education can provide influence so that it produces change or improvement knowledge (Yuliana, 2017).

4. Knowledge Mother about giving food on toddler For prevent stunting in Health Center Sidoarjo Sidoarjo Regency based on employment.

Based on the research results, it was found that less than half (42%) of mothers of toddlers did not... working have sufficient knowledge and a small proportion (17%) of mothers of toddlers who work as civil servants each knowledgeable enough.

The results of this study are in accordance with the theory which states that work is a factor that... influence knowledge. Judging from the type of work that often interacts with other people the knowledge possessed will be greater when compared to people who do not interact with person other. Experience Study in Work Which developed will give knowledge And skills professional as well as experience in Work can develop the ability to make decisions that are an integration of scientific and ethical reasoning (Wati, 2018).

The results of this study are also in line with research conducted by Edwin Danie, et al., (2017) that the majority (75%) of mothers of toddlers who are knowledgeable work and are knowledgeable not enough fraction (25%) no Work.

Based on description above, researchers evaluate Mother Which Work own environment Which more critical And require Mother own knowledge Good so that can finish his job. Meanwhile, a small number of mothers who do not work and have less knowledge can be caused by because the mother does not have the experience and knowledge that comes from her work environment and does not Can utilise technology and also facility health For to obtain information about health. Mother do not have environment which can to educate

How giving food to prevent stunting. However, mothers who do not work still have the opportunity to increase knowledge, especially now that it is very easy to get sources of information about Topic Which wanted including information about giving food For prevent stunting.

CONCLUSION

From the results of the research that has been carried out, it can be concluded that mothers of toddlers at the Community Health Center Sidoarjo Regency, Sidoarjo Regency, almost half have sufficient knowledge about providing food for toddlers to prevent stunting, almost half of the mothers of toddlers aged 20-35 years have sufficient knowledge about feeding toddlers to prevent stunting, more Of the half of mothers of toddlers who have a high school education, they have sufficient knowledge about giving food for toddlers to prevent stunting and half of the mothers of toddlers with elementary school education have knowledge Which not enough about giving food on toddler For prevent stunting, almost Half of the mothers of toddlers who work as housewives/do not work have sufficient knowledge about feeding toddlers to prevent stunting. It is hoped that mothers of toddlers will seek information about giving food on toddler For prevent stunting Good through officer health, media social like account media social Health Center And Ministry of Health, listen to moment given education health Andapply it in life a day – day as effort minimize risk stunting.

REFERENCES

1. Sole ML, Klein DG, Moseley MJ. Introduction to critical care nursing6: Introduction to Critical Care Nursing. Elsevier Health Sciences. Missouri: Elsevier; 2013
2. Bahrudin M, Dari TW. Model of patient's family needs in intensive care units in the General Hospital Typed B. Indian J Pub Health Res Dev. 2020; 11(7)
3. Bahrudin M, Sudiwati NLPE, Wulandari T. Development of diagnosis determination model in nursing process based on patient centered theory. Indian J Forensic Med Toxicol. 2019; 13(4): 1596- 1599.
4. Bahrudin M, Sutomo S, Purwanto H. Service agencies policy and nurse

- motivation as determinants of information for family patients in critical care unit. Health Notions. 2017; 1(3): 201- 203. 5
5. Bahrudin M, Suwandi T, Yusuf A. Hopelessness experience patients of traumatic spinal cord injury (sci) survivorsin java tribe, a study of phenomonology. J Applied Sci Res. 2017; 4(3): 1-9.
6. Poncet MC, Toullic P, Papazian L, Kentish-Barnes N, Timsit JF, Pochard F, Chevret S, Schlemmer B, Azoulay E. Burnout syndrome in critical care nursing staff. American J Respi Crit Care Med. 2007; 175(7): 698-704.
7. Titler MG, Bombei C, Schutte DL. Developing family-focused care. Crit Care Nurs Clin North Am. 1995; 7(2): 375-86.
8. Heyland DK, Rocker GM, Dodek PM, Kutsogiannis DJ, Konopad E, Cook DJ, Peters S, Tranmer JE, O'Callaghan CJ. Family satisfaction with care in the intensive care unit: Results of a multiple center study. Crit Care Med. 2002; 30(7): 1413-8
9. Edwin, D. *et a.* 2017. Relationship Attitude and Mother's Knowledge Regarding the Granting Food In Incident Stunting. *Journal Health Andalas*, 6 (3), 10-15.
10. Beautiful Budiastutik and Muhammad Zen Rahfiludin (2019) 'Factor Risk Stunting on child in CountryDevelop ', *Amerta Nutrition*, 3(3), pp. 122–129.
11. Ina, K. *et a.* 2021. Connection Knowledge Mother About Fulfillment Food With Behavior Prevention Stunting. *Journal Health Stickers Yogyakarta*, 13(1) , 17-21.
12. Wati, R. 2018. The Influence of Extension To Improvement Knowledge. *Journal UNS*, 11 (1), 33-40.