


## The Studies Qualitative about Incident *Stunting* in Toddlers Age 0 – 6 in Medan Belawan District

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Article Info	ABSTRACT
<p><b>Article history:</b></p> <p>Received October 12, 2022 Revised November 05, 2022 Accepted November 25, 2022</p> <hr/> <p><b>Corresponding Author:</b></p> <p>Wilda Yunita Sekolah Tinggi Ilmu Kesehatan Flora, Medan, Indonesia Email: wildayunita0306@gmail.com</p>	<p>Study this conducted for describe about incident <i>stunting</i> in toddlers aged 0-6 years in Medan Belawan District, Medan City, North Sumatra Province. Problem child short ( <i>stunting</i> ) is one problem nutrition faced in the world, especially in poor and developing countries . Based on results and discussion research, then could concluded that many experienced child <i>stunting</i> in Medan Belawan sub -district, Medan City, North Sumatra Province because a number of factor that is lack of deep parental knowledge Thing this is mothers and cadres Integrated Healthcare Center about issue <i>stunting</i> that alone. Society especially moms reluctant for attend counseling about issue <i>stunting</i> with reason busy. So that they no understand about MP-ASI because a number of mother already introduce child with MP-ASI even at a very old age early. Besides because lack of knowledge, height number <i>stunting</i> is also caused by conditions economy society that can said low so that not enough capable for Fulfill all needs nutrition child and mother.</p> <p><b>Keywords:</b></p> <p>Study, Staunting, Toddlers</p> <p>This article is licensed under a <a href="https://creativecommons.org/licenses/by-sa/4.0/">Creative Commons Attribution-ShareAlike 4.0 International License</a>.</p> 

### 1. INTRODUCTION

The number of children who experience *stunting* in Indonesia is very high. Terrain is one city with number Enough *stunts* high. Medan City Health Office data states that until February 2022 recorded as many as 550 toddlers sufferer *stunt* spread across 63 sub-districts and 20 sub -districts. Medan Belawan district is area with contribution highest in number the. Sufferer *stunting* in the data 20 % is child over 2 years old.

Problem child short ( *stunting* ) is one problem nutrition faced in the world, especially in poor and developing countries [8]. *stunt* Becomes problem because relate with increasing risk happening morbidity and mortality, development suboptimal brain so development motor late and delayed mental [7]

Factor reason *stunting* could grouped Becomes reason direct and not direct. Practice gift colostrum and exclusive breastfeeding, pattern consumption children and disease infection suffered child Becomes factor reason directly affect nutritional status child and can impact on *stunting*. Whereas reason no direct is access and availability ingredient food as well as sanitation and health environment [3].

*Stunt* rated still Becomes problem seriously in Indonesia because number prevalence is still above 20 %. because that, *stunting* still Becomes serious and urgent problem quick addressed in order of numbers *stunting* can experience decrease and match with WHO recommendations [1]. Besides that, *stunting* impact on development cognitive , motor , and verbal children Becomes not optimal. In Century future , kids *stunting* have more risk tall for experience obesity and disease other . Besides that is, capacity learning and performance child as well as productivity and capacity work too Becomes not optimal. Impact bad *stunting* also has an impact on health reproduction [2].

Based on the description above , then study this conducted for describe about incident *stunting* in toddlers aged 0-6 years in Medan Belawan District , Medan City , North Sumatra Province .

## Literature Review

### 1.1 Definition *stunt*

*Stunt* is disturbance grow experienced flowers child consequence nutrition bad , infection repetition , and stimulation psychosocial who do not adequate [4]. *Stunting* is also deficiency substance nutrition that lasts a long time even could occur since child still in content . *Stunting* becomes indicator malnutrition describing chronicles history not enough nutrition child in period long time . As many as 39% children age under five years in developing countries estimated experience *stunting*. this because *stunting* is disturbance ongoing linear growth quite a while, even since child still in content up to 1000 days first birth. Whereas toddler is one vulnerable group to problem health, especially problem nutrition . [11].

*Stunt* is form failure growth ( *growth failing* ) as a result accumulation insufficiency Long lasting nutrition begins from pregnancy until 24 months of age [9]. According to study Septiana (2009) problem disturbance grow flowers in infants and children age under 2 years is necessary problem overcome with seriously, because is a very important time also a critical period in the process of growth. Breast-feed is a physiological process for give nutrition to baby optimally. Not there is thing more \_ worth in life a child besides obtain quality nutrition since beginning his life. Mother's Milk (ASI) is ideal nutrition for support health, growth and development baby optimally.

### 1.2 Factor Reason *stunt*

Factor reason *stunting* could grouped Becomes reason direct and not direct. Practice gift colostrum and exclusive breastfeeding, patterns consumption children and disease infection suffered child. Becomes factor reason directly affect nutritional status child and can impact on *stunting*. Whereas reason no direct is access and availability ingredient food as well as sanitation and health environment [3]. One influential factor in a manner directly on toddlers *stunting* is low intake substance nutrition especially energy, protein, *iron* , *zinc* and calcium . intake substance nutrition the obtained from Mother's Milk (ASI) and Food Companion -Mother's Milk (MP-ASI). Study show that duration breastfeeding and exclusive breastfeeding relate in a manner significant with nutritional status child especially for *zscore* TB/U. Accuracy giving MP-ASI also has significant effect on improvement child 's height 624 months old so that could reduce risk *stunting*. [5]

Many factors cause height incident *stunting* in toddlers . Reason direct is lack of intake food and availability disease infection ( Unicef , 1990; Hoffman, 2000; Umeta , 2003). Factor other is knowledge less mother, pattern wrong parenting , sanitation and poor and low hygiene service health [8]. Besides that Public not yet realize child short is something problem , because child short in society seen as children with normal activity , no like skinny kid to be quick overcome . Thereby also the case nutrition mother time pregnant, society not yet realize importance nutrition During pregnancy contribute to circumstances nutrition baby to be he was born later [7].

## 2. METHOD

Method research used is study qualitative with approach purposeful phenomenology for knowing phenomenon about incident *stunting* in toddlers aged 0-6 months in Medan Belawan District, Medan City, North Sumatra Province. Population in study this is amount the respondent to be subject study this as many as 12 respondents with use method *purposive sampling*.

## 3. RESULTS AND DISCUSSION

The number of children who experience *stunting* in Indonesia is very high. Terrain is one city with number Enough *stunts* high. Medan City Health Office data states that until February 2022 recorded as many as 550 toddlers sufferer *stunt* spread across 63 sub -districts and 20 sub -districts. Medan Belawan District is area with contribution highest in number the . Sufferer *stunting* in the data 20 % is child over 2 years old Referring to the data above , then study This was carried out in Medan Belawan District , Medan City , North Sumatra Province . Research conducted with method interviewed 12 people from 6 villages in the Medan Belawan sub -district. Interview conducted for knowing how much in knowledge moms or cadre Integrated Healthcare Center about a number of Thing that is knowledge about fulfillment nutrition moment pregnant, exclusive breastfeeding as well as attitude and demeanor in exclusive breastfeeding , age and type Introduction to MP – ASI.

Interview results the summarized in bullet points following :

### 1. Descriptive incident *Stunting* in toddlers ages 0-6 years

The most decisive age that can reduce possibility *stunting* is at a thousandday first life (HPK) of child toddler. Proven actions effective he asked is gift eat children and fulfillment nutrition mother. Fulfillment nutrition the mother in question is Fulfill nutrition mother since pregnant, for nutrition the fetus inside stomach is also full. pregnant women must truly guard his health with method notice pattern eat, style life and activity physical. pregnant women must Fulfill needs nutrition for support the growth process pregnancy, the process of metabolism of substances nutrition, and so on.

Pregnant women who experience deficiency nutrition will impact on the unborn child. Fetus it will too experience deficiency nutrition. Due to shortage nutrition, then could cause born baby with low weight or premature bleeding Post partum, milk production is reduced even end with death, as well disturbance strength uterus. *Stunting* is caused by factor multidimensional, among others practice parenting deficient nutrition well, incl lack of knowledge mother about health and nutrition before and during pregnancy as well as after mother give birth.

Based on results interview, from all respondent no anyone experiencing BBR, however frequent problem occur is when child already start introduced with MP-ASI mothers start no notice food child. mothers start negligent with fulfillment needs nutrition child. Frequent thing conducted is let child consuming snacks or food made \_ with dye food, containing MSG, as well drinks that don't healthy.

About problem *stunting* in the area research, society nor cadre Integrated Healthcare Center in fact not yet know the *stunting* alone. For lack knowledge such, then difficult for prevent or handle case *stunting* the . For lack knowledge such , then cadre posyandu and also mothers only focus child 's weight, no too ignore child 's height. Besides that's a problem *stunting* is also caused by conditions economy relatively low society . because it 's hard for Fulfill needs the required nutrition cost.

### 2. Analysis Incident *Stunting* in toddlers ages 0-6 years

#### a. Analysis incident *stunting* from facet knowledge

one factor reason happening *stunting* is because no deep parental knowledge Thing this mother to issue *stunting*. Therefore ,research this conducted for know attainment mother against issue the Knowledge is very important factor in formation action someone ( experience ) because from experience and research it turns out knowledge - based behavior will more last longer than behavior that does not based on knowledge . Knowledge level could seen from how source person answer given question concerns problem related destination researcher .

Knowledge is known seen from answer source person start from question simple and basic . Like question about exclusive breastfeeding as well as *stunting* , understanding and explanation from much needed informants for knowing as far as knowledge source person about *stunting* .

Besides about breastfeeding the informants were also analyzed level his knowledge about consuming food nutritious moment currently pregnant . From the results study obtained that moms has knowing about breastfeeding and food nutritious. However many complaining mother not capable Fulfill all needs nutritious food because circumstances less economy.

Mothers and cadres Integrated Healthcare Center understand about breastfeeding and fulfillment nutritious food for son , however not a little mothers who give MP-ASI to child too beginning or too early so that Thing this could cause happening *stunting*

#### b. Analysis Incident *stunts* from Attitude

Attitude is reaction or response closed to something object . Attitude not yet is something action or activity , will but constitutes a ' predisposition ' to action or behavior . Attitude to problem in study this interpreted as something behavior Public in respond problem nutrition experienced by their children [14].

Attitude Public to issue *stunting* this inclined ache consequence lack of knowledge about issue it . Symptom nor consequence *stunting* no is known in a manner detailed so that no there is clearing or treatment for affected child *stunting*. Many deep parents Thing this mother , tend no attend socialization about *stunting* because with reason busy. this naturally will make no you know they will issue *stunting* cause happening *stunting* in children them.

### 4. CONCLUSION

Based on results and discussion research, then could concluded that many experienced child *stunting* in Medan Belawan sub -district, Medan City, North Sumatra Province because a number of factor that is lack of deep parental knowledge Thing this is mothers and cadres Integrated Healthcare Center about issue *stunting* that alone. Society especially moms reluctant for attend counseling about issue *stunting* with reason busy. So that they no understand about MP-ASI because a number of mother already introduce child with MP-ASI even at a very old age early. Besides because lack of knowledge, height number *stunting* is also caused by conditions economy society that can said low so that not enough capable for Fulfill all needs nutrition child and mother.

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