

Factors Causing Stunting in Toddlers in Gunung Baran Village, Panyabungan District, Mandailing Natal Regency

Doriani Harahap¹, Nurkholidah²

¹ Department of Midwifery, Akademi Kebidanan Armina Center Panyabungan, Indonesia

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Corresponding Author:

Nurkholidah

Department of Midwifery,

Akademi Kebidanan Armina

Center Panyabungan, Indonesia

Email:

nurkholidah982@yahoo.com

ABSTRACT

Stunt on child reflect condition fail grow on child consequence from chronic malnutrition, so child be too short for especially her age in the first 1,000 days of life (HPK). This study aims to determine factors that cause stunting in toddlers based on a lack of caregivers well, health services are still limited including ANC services, lack of coverage nutritious food, lack of clean water and sanitation coverage, economic status, LBW. Type study This characteristic *descriptive* with technique *total sampling* with amount 30 respondent. From the results of research based on the knowledge of the majority of knowledgeable mothers Enough as much 20 respondent. based on nanny Which not enough Good majority good knowledge as many as 24 respondents (80%), based on limited service ANC majority knowledgeable Good as much 21 respondent (70%), based on lack of access family food nutritious majority knowledgeable Enough as much 19 respondents (63.33%), based on the family's lack of access to clean water and sanitation majority knowledgeable Good as much 13 respondent (43.33%), based on status the majority of the economy is knowledgeable enough as many as 15 respondents (50%), based on LBW majority have child normal as much 26 respondent (86.67%). Results From the analysis it can be concluded that mothers are knowledgeable enough, but do not use it enough knowledge the so from That Mother can Mother can clarify benefit Which important For health And to power health so that more maximum in give promotion health to Mother about factor reason happening stunting.

Keywords: Mother's Knowledge, Factors that Cause Stunting, ToddlersList

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1. INTRODUCTION

Stunting in children reflects a condition of failure to thrive in children as a result from chronic malnutrition, so that children become too short for their age especially on 1,000 day First life (HPK). stunt influence brain growth and development. Stunted children are also at greater risk tall suffer disease chronic in period mature. Problems stunting occurs starting from the womb and will only be seen when child already turning two years defines stunting as the percentage of children that age 0-59 months, with height below minus two (moderate and severe stunting) and minus three (coronary stunting) as measured using growth standards Which issued by world health organization [13]

Stunting is a picture of disruption to the social economy that will resulting in low birth weight below 2500 grams. Malnutrition in toddlerhood resulted child fail grow at his age [12]. According to WHO, stunting is a developmental disorder that is experienced children due to malnutrition, repeated infections, and inappropriate psychosocial stimulation adequate. Children are defined as nutritionally retarded if their height for age more than two standard deviations below the median growth standard WHO child (WHO).

Based on results SSGI year 2021 number stunting in a manner national decreased by 1.6% per year from 27.7% in 2019 to 24.4% year 2021. Almost part big from 34 province show a decrease compared to 2019 and only 5 provinces showed increase. Currently, the prevalence of stunting in Indonesia is better than Myanmar (35%), but Still more tall from Vietnamese (23%), Malaysia (17%), Thailand (16%) and Singapore (4%). ([https://sehat my country .kemkes.go.id](https://sehat.mycountry.kemkes.go.id)).

The Asian region is 55% and the African region is 39% while the rest distributed in North America, Latin America and Oceania. In Southeast Asia the prevalence of stunting until 2017 reached 25.7% reports [9]

Problem growth stunting often not realized by public due to the absence of 'instant' indications such as disease. Stunting effects in children can be predisposing to the occurrence of other health problems until the child becomes an adult, therefore stunting prevention must begin long before a child is born (100 HPK period) and even from the mother's youth to be able to break the chain of stunting in the life cycle (Aryastami and Tarigan 2017).

Based on the results of the 2021 Indonesian Nutritional Status Survey (SSGI). According to the Ministry of Health, the stunting prevalence rate in Indonesia in 2021 is big 24.4% or decrease 6.4% from number 30.8% on 2018. [3]. Based on data from the Madina Health Service, in 2020, sufferers of stunting there are 20 villages or locus of stunting. Locus of stunting is a failed condition of growth in children under five due to chronic malnutrition, especially within 1,000 days of first life (HPK).

To 20 villages there is in seven sub-district, namely: district Pakantan (4 village), Muarasipongi (2 village), Mine (3 village), Hutabargot (2 village), Ulupungkut (1 village), Stem Christmas (5 village), And Batang Estuary Girl (3 village). In 2021, stunting sufferers will be found in 20 villages from three sub-districts, namely: Ulupungkut (7 villages), Kotanopan (2 villages), Mining (11 villages). Whereas year 2022, suffering of stunting in eight sub-district includes: Kotanopan (1 village), Hutabargot (4 village), Pakantan (7 village), Panyabungan (1 village), Muara Batang Girl (1 village), Rantobaek (1 village), Batang Christmas (1 village), and Siabu (1 village) (<http://startfmmadina.com>).

Factors Which Influence Reason Incident Stunt

Stunting is caused by multi-dimensional factors and not only caused by factors of nutrition bad which experienced mother pregnant nor child toddler. Intervention which is most decisive to be able to reduce the prevalence of stunting therefore needs to be done on 1000 day First Life (HPK) from child toddler. A number of factors that cause stunting can be described as following (Ministry of Health and the World Bank 2017).

1. Nanny Which Not enough Good

Error pattern foster which applied person old, however also including lack of knowledge of mother about health nutrition on period pregnancy, or after the mother gave birth. Some facts and information. The existing data shows that 60% of children aged 0-6 months do not get exclusive breastfeeding, and 2 out of 3 children aged 0-24 months do not receive food companion or (MP-ASI).

The role of the family, especially the mother in raising children, will determine this child development. Mothers who provide psychosocial stimulation the good one have a great chance for children to have height normal. Meanwhile, poor psychosocial stimulation has opportunities. Most children experience malnutrition which can cause toddlers to become malnourished stunting (Rahmayana et al 2014).

2. Still Limited Service Health Including Service Ante Christmas Care

ANC is a health service for mothers during pregnancy. Post Natal Care is a maternal health service after pregnancy. Wrong an effort to improve processes and communication between midwives and pregnant women to get knowledge about ANC and Post Natal Care.

3. Lack of Coverage Food Nutritious

Indonesia is experiencing very high inequality. It means rich the richer the poorer the poorer, this situation is very detrimental to public which the economy under average, for they price nutritious food in Indonesia is still relatively expensive. Lack of access to nutritious food will certainly affect the health of mothers and babies causing 1 in 3 pregnant women to experience anemia. Lack of access to nutritious food is also influenced by the habits of the people who want it all practical.

4. Lack of Scope Water Clean And sanitation

Data which obtained from field point that 1 from 5 households in Indonesia still defecate (BAB) in open spaces, and 1 out of 5 households do not have access to clean drinking water. Besides nutrition bad condition water and sanitation which bad also cause height number stunting on child in Indonesia.

5. Status Economy

Status is position somebody or family in public based on income each month. Status economy can be seen from income adjusted for the price of basic goods. Economic status forms a family lifestyle. The family income adequate

to support the growth and development of children. Because parents can provide all need child, Good primary nor secondary (Son, 2016).

Poverty as the main cause of malnutrition occupies the first position under general conditions. This matter should receive serious attention because of the circumstances economy relatively easy measured and influential big on consumption food.

The highest prevalence of stunting is in the poor group, as well as in the rich group high, with a ratio of 1:5. The poor use most of it from income For make ends meet food [1]. This is in accordance with research in Semarang that the economic status of the family Low is a significant risk factor for stunting in toddlers 2-3 years. Children with lower family economic status are more risky 4/13 times experiencing stunting [5]

6. LBW

Heavy Body Born Low (LBW) defined by World Health Organization (WHO) as the baby's weight less than at birth 2500 Baby with LBW have risk death, lateness development and growth is greater than the baby who born with heavy body normal [12]. According to research results done in 2015, factor prediction that affects the incidence of stunting in toddlers is LBW. Baby with LBW own risk more tall For experience stunting compared to with child Which born with heavy body normal [8].

Effort Prevention stunt

Age 0-2 year or age in lower three year is period gold For growth And development child, Because on period the happen growth Which very rapidly. Fail grow on period This will affect nutritional status and health in adulthood. Therefore it is necessary done efforts prevention problem stunting This remember height prevalence stunting in Indonesia. Government has set policy prevention stunting, through decision president No 42 year 2013 about The national movement to increase the acceleration of nutrition with a focus on age groups first 1000 day of life, ie as following: [11]. As for matter important in prevention stunting on toddler that is as following

1. Get over it stunt with Drink Milk Every Day

Stunting is a condition of failure to thrive in toddlers due to deficiency chronic nutrition. One of the beneficial nutritional needs to overcome stunting is milk because it has essential nutrients for growth physique and other growth.

2. Pattern Eat And nutrition balanced

Staple foods that contain lots of carbohydrates, protein sources, fiber And vitamin also can help development toddler.

3. Fill my plate

Fill plate Which Healthy with menu balanced stunt is disturbance grow flower child Which caused lacka intake nutrition, attacked infection, And stimulation Which adequate. Lack of nutritional intake in pregnant women can also trigger stunting. As the solution, following is program prevention stunting ministry of health Which Can done:

a. Inspection pregnancy routine

Activities to prevent stunting can be started with routine checks content doctor. Mother pregnant should do examination pregnancy in a manner regular until 1000 day First, ie period since baby is at in content to age two years.

b. Fulfil need nutrition Mother pregnant

No only on baby, prevention stunting the ministry of health must be in start from providing adequate nutrition For candidate Mother.

Giving nutrition Which appropriate And Enough on Mother pregnant, can increase the baby's weight at birth up to 41 grams. Besides, mother Pregnant women who consume enough nutrients can reduce the risk of the baby being born dead by 40 percent. Pregnant women must meet the needs of the needs nutrition start from proteins, calcium, substance iron, until sour folate, so that growth fetus can going well.

c. Giving ASI exclusive

Exclusive breastfeeding is one way to prevent stunting. Initiation of early breastfeeding and exclusive breastfeeding for six months can reduce the risk of children getting gastrointestinal infections. This is very important for children because of the infection can make the absorption of nutrients in the child's body not optimal, and eventually lead to stunting. Breast milk is also very important for children who have had an infection. The benefits will be even greater, if given ASI next until child enter age two year. Because, ASI can help complete nutritional deficiencies, when consuming children's MPASI No able enough nutritional needs daily.

d. Create environment Which clean

Not only around gift nutrition, create environment Which Cleanliness is also an important step in preventing stunting. Wrong one cause of stunting is infection. Meanwhile, the risk of infection will increase rapidly if the baby is in a less clean environment. Infection The one that is most at risk of causing a child to experience stunting is diarrhea. Because, disease Which One This potentially cause disturbance absorption of nutrients and reduce appetite. Diarrhea can be prevented with clean water for drinking, cooking and bathing. Besides That wash hand with soap, management rubbish And management waste household the good one, it's also step prevention important stunting done.

e. Giving MPASI Which Healthy

Giving MPASI Which Healthy very important in method prevent stunting. Especially adding food ingredients from animal protein to help the physical growth and intelligence of children. Besides giving one egg every day is also believed to reduce the risk of children experiencing stunting up to 47 percent. Other feedings that have been fortified with nutrients, such as iron, folate, and vitamin B12, too important for development child.

f. Consistent monitor grow flower child

How to prevent stunting must also be done by consistently monitoring grow flower child. Because, matter This can help person old understand the conditions that occur in children. Pay attention to height and weight the child's body on a regular basis to ensure there is an increase or not, as well as ideal like children his age or not. Other than that, take it Posyandu children or special children's clinics on a regular basis to detect exists disturbance growth or problem health Which Possible happen so handling can be done as early as Possible.

g. Giving immunization complete

Prevent stunting by giving immunizations. Immunizations can keep away children from the risk of infection with dangerous diseases. Because, more often If the child has an infection, the more vulnerable they are to stunting. By Therefore, give the baby complete basic immunization before the age of 1 year consisting of, 1 dose of hepatitis B, 1 dose of BCG (tuberculosis), 3 doses of DPT (diphtheria, pertussis, And tetanus)-Hepatitis B, 4 dose polio, etc 1 dose measles. Awareness of stunting prevention and treatment need to be socialized to women of reproductive age, both those who are planning have or have had children. The reason is, these conditions are related with the future of her baby. That way, nutrition fulfillment plan for mothers and babies can run well according to recommendations [9].

2. METHOD

Type Study

This type of research is *descriptive*, namely a research method which is done with the main objective to describe about something situation objectively. Thus this research was conducted to Knowing the factors that cause stunting in toddlers in the village Mountain Barani Subdistrict connection, Regency mandailing Christmas,

Population

Population is whole object study or object Which will studied [11]. The population in this study is all Mothers who have children 1-6 years in Gunung Barani Village, District Connection Regency Mandailing Christmas as much 30 person.

Sample

Sample is part taken from the whole object Which researched considered representative of the whole population [11]. Sample in study This use *technique total sampling* Which where all population to be sample

3. RESULTS AND DISCUSSION

**Frequency of Respondents' Knowledge Based on Causal Factors
stunting occurs On Toddler In Village Mount Barani
District of Panyabung Regency
Mandailing Christmas On
Year 2022**

No	Knowledge Mother	Frequency	Percentage
1.	Good	6	20%
2.	Enough	20	66.67%
3.	Not enough	4	13.33%
Amount		30	100%

Based on table on can is known that from 30 respondent majority respondent knowledgeable not enough as much 4 respondent (13.3%) And minority Enough as much 20 respondent (66.6%).

**Distribution Frequency factors Reason Happening stunt
Based onNanny Which Not good
In the Mountain Village Barani District Panyabungan
Mandailing Natal DistrictYear 2022**

No	Nanny Whichnot enough Good	Knowledge						amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Good	5	20,83	18	75	1	4,17	24	80
2	Not enough Good	1	16,67	2	33,33	3	50	6	20
Total		6	20	20	66,67	4	13,33	30	100

From the research distribution of respondents' knowledge about the causes of stuntingbased on a good nanny the majority are knowledgeable enough as many as 18 respondents (75%) and a minority of less knowledgeable 1 respondent (4.17%), knowledge of respondents with caregivers who are not good the majority are 3 respondents (50%) and a minority knowledgeable good as much as 1 respondent (16.67%).

**Distribution Frequency factors Reason Happening stuntOn Toddler
Based on Limited Services ANC
In Village Mountain Barani Subdistrict Connection
Regency Mandailing Christmas
Year 2022.**

No	Limited service ANC	Knowledge						Amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Fulfilled	6	28.54	14	66,67	1	4,8	21	70
2	Not fulfilled	-	-	6	66,67	3	33,33	9	30
Total		6	20	20	66,67	4	13,33	30	100

From table in on can is known that from 30 respondent Which know limited service ANC Which Good majority knowledgeable Enough as much 14 respondents (66.67%) and knowledgeable minority less than 1 respondent (4.8%). And the majority of respondents' knowledge about the limited ANC services is sufficient as much as 6 respondent (66.67%) and minorities knowledgeable less ie 3 respondents (33.33%).

**Distribution Frequency factors Reason Happening stunt On ToddlerBased on Lack of coverage Food
Nutritious In the village
Mount Barani, Panyabungan District
Regency Mandailing Christmas
Year 2022**

No	Lack of scope food nutritious	Knowledge						Amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Enough	6	31,57	12	63,17	1	5,26	19	63,33
2	Not enough	-	-	8	72,73	3	27,27	11	36,67
Total		6	20	20	66,67	4	13,33	30	100

From the table above it can be seen that of the 30 respondents who know the factors factor happening stunting based on lack of scope food nutritious Which Enough majority Enough as much 12 respondent (63.17%) And minority not enough 1 respondent (5.26%), the knowledge of respondents with a lack of family access to nutritious food not enough majority Enough as much 8 respondent (72.73%) And minority 3 respondent (27.27%).

**Frequency Distribution of Factors Causing Stunting in Toddlers
Based on Lack of Scope Water Clean And sanitation
In Gunung Barani Village, Panyabungan District
Regency mandailing Christmas Year 2021**

No	Lack of Water coverage Clean And sanitation	Knowledge						Amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Good	4	30,76	8	61,55	1	7,69	13	43,33
2	Enough	1	10	8	80	1	10	10	33,33
3	Not enough	1	14,57	4	57,29	2	28,14	7	23,33
Total		6	20	20	66,67	4	13,33	30	100

From the table above it can be seen that of the 13 respondents who lack coverage water clean And sanitation Which Good majority knowledgeable Enough that is 8 respondent (61.55%) and the less knowledgeable minority, namely 1 respondent (7.69), and less scope water clean And sanitation Which Enough majority knowledgeable Enough that is 8 respondents (80%) and minorities each 1 respondent (10%), and lack of coverage water clean And sanitation Which not enough majority knowledgeable Enough that is 4 respondent (57.29%) and minorities good knowledge that is 1 respondent (14.57%).

**Distribution Frequency factors Reason Happening stunt On ToddlerBased on Economic Status in Gunung
Barani Village District Connection Regency Christmas manailing
Year 2022**

No	Status Economy	Knowledge						Amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Tall	3	75	1	25	-	-	4	13,33
2	Enough	3	20	11	73,33	1	6,67	15	50
3	Not enough	-	-	8	72,73	3	27,27	11	36,67
Total		6	20	20	66,67	4	13,33	30	100

Based on the table above, it can be seen that 4 respondents are of economic status tall majority knowledgeable Good as much 3 respondent (75%) And minority knowledgeable enough that is 1 respondent (25%). And 15 respondents with economic status the majority are quite knowledgeable enough as many as 11 respondents (73.33%) and a minority less knowledgeable, namely 1 respondent (6.67%). And 11 respondents with economic status the majority who lack adequate knowledge are 8 respondents (72.73%) and a minority knowledgeable less, namely 3 respondents (27.27%).

Distribution Frequency factors Reason Happening stunt On Toddler Based on Low Birth Weight (LBW) in Gunung Barani Village Subdistrict Connection Regency mandailing Christmas Year 2022

No	LBW	Frequency						Amount	%
		Good		Enough		Not enough			
		F	%	F	%	F	%		
1	Normal	6	23,1	18	69,27	2	7,63	26	86,67
2	Abnormal	-	-	2	50	2	50	4	13,33
Total		6	20	20	66,67	4	13,33	30	100

From the distribution table above, 26 respondents had babies born normal or not LBW majority knowledgeable enough 18 respondent (69.27%) and minorities less knowledgeable, namely 2 respondents (7.63%), while those who had babies were not normal or LBW as many as 4 respondents each knowledgeable enough that is 2 respondent (50%) and less too 2 respondents (50%).

4. CONCLUSION

After done study about “Factors Reason Happening stunt On Toddler In Village Mountain Barani Subdistrict Connection Regency mandailing Christmas Year 2022” so writer can make conclusion as follows :

- a. From results study Which obtained about factors Reason Happening stunt On Toddler In Village Mountain Barani district Connection Regency mandailing Christmas Year 2022 majority respondent Which knowledgeable Enough as much 20 respondents (66.67%).
- b. From results study Which obtained about factors reason the occurrence of stunting in toddlers based on poor caregivers majority well knowledgeable as much 24 respondents (80%).
- c. From results study Which obtained about factors reason the occurrence of stunting in toddlers based on limited health services including service ANC majority knowledgeable Good as much 21 respondents (70%).
- d. From results study Which obtained about factors reason happening stunting based on lack of access family to food nutritious majority knowledgeable Enough as much 19 respondent From results study Which obtained about factors reason the occurrence of stunting based on the family's lack of access to clean water and sanitation majority knowledgeable Good as much 13 respondent (43.33%).
- e. From results study Which obtained about factors reason happening stunting on toddler based on status economy majority knowledgeable enough as many as 15 respondents (50%).
- f. From results study Which obtained about factors reason happening stunting on toddler based on heavy body born low (LBW) the majority have children born normal as many as 26 respondents (86.67%).

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