


## Analysis Mother Knowledge with Risk Stunting Events in the Region Work Public health center Portibi

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Article Info	ABSTRACT
<p><b>Article history:</b> Received July 06, 2023 Revised July 17, 2023 Accepted August 02, 2023</p> <hr/> <p><b>Corresponding Author:</b> Ratna Wulandari STIKES Paluta Husada Gunungtua, Indonesia Email: <a href="mailto:wulansurb@yahoo.co.id">wulansurb@yahoo.co.id</a></p>	<p>Based on SSGI (2019), several district / city with the highest prevalence of stunting in Indonesia, one of them is North Padang Lawas district with figure 53.3%, with case the most happen in the region Work Public health center Portibi (20.8%). stunting can be prevented with increase knowledge Mother about stunting prevention. Research objectives This For analyze connection knowledge Mother about nutrition with stunting in toddlers ages 24-36 months . Study This use method quantitative and cross sectional design . Population study This is mother who has toddler age 24-36 months in place stay in the region Work Public health center Cipadung . Amount sample in study This as many as 108 respondents . Taking sample use technique sample random simple . Statistical test used in study This is the chi square test. There are 32.4% of toddlers who experience stunting, and some big Mother own knowledge tall about nutrition that is by 62%. There is a relationship between knowledge Mother about nutrition with stunting incidence (<math>p=0.027</math>, and <math>OR=2.7</math>). Mother who has knowledge low about nutrition 2.7 times the chance of his son experiencing stunting compared with mother who has knowledge tall about nutrition.</p> <p><b>Keywords:</b> Knowledge, Risk, Stunting Incident.</p> <p>This article is licensed under a <a href="https://creativecommons.org/licenses/by-sa/4.0/">Creative Commons Attribution 4.0 International License</a> .</p> 

### 1. INTRODUCTION

Stunting is a description of an incident of not enough nutrition in toddlers that lasts for a long time. Stunts have an impact on life, among them the enhancement of the risk of morbidity and mortality caused by infection. In addition, stunting can cause cognitive and behavioral disturbances. Children with stunting at two years of age tend to enter school more slowly compared to children his age and earn less compared to children who don't experience stunting. Furthermore, maturation can increase the risk of metabolic syndromes such as hypertension, cardiovascular disease, and diabetes mellitus. Children with stunting tend to have lower social status and lower productivity later in life.

The problem of stunting (child shortness) is one nutrition problem facing the world, especially in poor and developing countries. Stunting is a form of failure growth (growth failing) as a result of accumulation insufficiency nutrition that lasts a long time, from pregnancy until 24 months old. circumstances This aggravated with no balance, it chased adequate catch-up growth. SSGI data (2019) shows some districts and cities with the highest prevalence of stunting in Indonesia; one of them is North Padang Lawas district with a figure of 53.3%, with the most cases happening in the region of Work Public Health Center Portibi (20.8%). Factors that can affect stunting are one of them, and knowledge is one of them. Knowledge about stunting is really needed for a mother because knowledge of stunting can cause a child to experience stunting. One effort made by the government to lower stunting events was to join Scaling Up Nutrition (SUN). The SUN movement is an effort made by various countries to strengthen plan action acceleration repair nutrition, in particular handling nutrition for 1,000 days from gestation until the child is 2 years old. In the SUN movement, intervention Specific is carried out, which is intended activities special for 1000-day group First life (HPK) and character period short. In addition, the interventions carried out on the SUN movement, namely intervention sensitive activities, which are various activities outside the development sector, addressed for the public in general.

Based on the results of literature studies, stunting is a consequence of problem nutrition, which is less prevalent at the moment. This is partly due to the insufficiency of food and substances for nutrition, but it is also affected by poverty, poor sanitation, a poor environment, disease infection, and ignorance about nutrition [13]-[7]. Knowledge level about nutrition influences ability and family For sufficient nutrition in toddlers [10], besides those circumstances, social The economy also has an effect on type of food (extra, time-gifted food), as well as habitual healthy living [7].

This is very influential on the incidence of stunting in toddlers. Previous studies also mention that stunting prevention can be done with the enhanced knowledge of his mother [4]-[7]. A number of studies have been conducted about knowledge about stunting prevention.

In order to accelerate the decline in government stunting figures, the area has made various efforts in the hope that the stunting problem will be resolved, but stunting still occurs. Enough tall for researchers to be interested in studying this with the goal of knowing the factors that contribute to the risk of stunting in children in the work area. Public Health Center Portibi Year 2023

## 2. METHODS

Study This method uses quantitative and cross-sectional design. This design was used to investigate the relationship between maternal knowledge and nutrition and stunting in toddlers aged 24-36 months. Study This was done from January to August 2023 in the working area of the Public Health Center Portibi, North Padang Lawas Regency. Population study This is a mother who has a toddler aged 24–36 months who is staying in the region's public health center, Portibi, which amounted to 108 people. Amount of sample in study This was determined using the total population sampling technique with as many as 108 respondents. In research, this is what it becomes: a variable independent of a factor. Mother's knowledge and risks Stunting is variable and dependent. Where did it happen? Stunting is categorized as either stunting or not stunting. Saturation data was obtained from Card Towards Healthy (KMS). Categorized toddlers with criteria if the Z score is not enough from -2 SD/sstandard deviation and less from -3 SD. Variable knowledge Mother is categorized as knowledge low. If score acquired knowledge mother > 75%, knowledge high if score acquired knowledge mother > 75%. Instruments used in the study This is a questionnaire. Where are the questionnaire items started with the characteristics of the respondent (age mother, education mother, and knowledge mother)? Furthermore, questions about consisting knowledge of 15 questions about knowledge Mother about factor risk incidence of stunting in children, next results research in analysis use analysis univariate and bivariate with the chi square test.

**Table 1.** Implementation Time Activity

No	Activity Name	Month												
		1	2	3	4	5	6	7	8	9	10	11	12	
1	Situation analysis about stunting incidents and hearings with secretariat acceleration reduction of stunting in North Padang Lawas	√												
2	Preparation plan activities and instrument testing that will be used		√	√										
3	Determine Respondent , and carry out secondary data collection through studies literature				√									
4	Implementation data collection with observation direct to respondents who have determined					√	√							
5	Processing and Analysis							√						
8	Publication journal scientific results research									√				

## 3. RESULTS AND DISCUSSION

Obtained data from study This served in form table distribution frequency and table tabulation cross . Researcher serve characteristics Mother show distribution frequency age, education, occupation (Table 1).

**Table 2. Characteristics Respondents**

Characteristics Respondents	Frequency	Percentage
<b>Age</b>		
< 20 years	4	3,7
20-29 years	56	51,9
30-39 years	36	33,3
40-49 years	12	11,1
<b>Education</b>		
Not completed in primary school	8	7,4
Graduated from elementary school	18	16,7
Middle school graduate	24	22,2
Graduated from high school	47	43,5
College Graduate	11	10,2
<b>Work</b>		
IRT	9	8,3
civil servant	14	13
Employee Private	34	31,5
Self-employed	51	47,2

Characteristics respondents presented in table 1, see that more from half respondent in study This aged between 20-29 years that is as much as 51.9%. Most education is high school graduation ie as much as 43.5%, and jobs mother to be respondent in study this is barely half is Mother House ladder (IRT) ie as much as 47.2%.

**Table 2. Distribution Frequency Stunting Incidents and Knowledge Respondents**

Variable Study	Frequency	Percentage
<b>Stunting events</b>		
stunt	35	32,4
Not Stunting	73	67,6
<b>Knowledge</b>		
Low	41	38
Tall	67	62

Based on table 2 above, shows that there are 32.4% of toddlers who are stunted and toddlers who are not suffered from stunting as much as 67.6%. A small portion mother who has knowledge about risk stunting events namely by 38% and in part big Mother own knowledge tall about risk stunting events namely by 62%.

**Table 3. Distribution Cross Tabulation and Chi-Square Test**

Knowledge	Stunting events				Total		p-values	OR
	stunt		Not Stunting		n	%		
	n	%	n	%				
Low	19	46,3	22	53,7	41	100	0.027	2,753 (1,198-6,326)
Tall	16	23,9	51	76,1	67	100		
<b>Total</b>	<b>35</b>	<b>32,4</b>	<b>73</b>	<b>67,6</b>	<b>108</b>	<b>100</b>		

Based on table 3 above, which shows that the results of the chi square test obtained a p value of 0.027, there is a significant connection between knowledge of the mother about risk of stunting in toddlers aged 24-36 years.

Stunting is a problem-related health issue with increasing risk of morbidity and mortality and inhibition of growth, both motor and mentally. Stunting is caused by a variety of factors, the most important of which is nutrition. So that knowledge is very necessary in efforts toward stunting prevention. Of the 108 samples studied, 32.4% of toddlers were found to be stunted. This caused growth to slow and no possible can down, then to identify stunting, we can use index more anthropometry (TB/U). describe past nutritional status. Besides that, that index (TB/U) also has advantages and disadvantages. The factors that influence stunting are divided into two categories: direct and indirect. direct factor, i.e., intake of food and infection, whereas factor no direct factor, i.e., knowledge about risk of stunting incidence, parents' education, parental income, distribution of food, great family in research, this part is big on mother's own knowledge and good risk stunting incidents. Knowledge about risk the incidence of stunting is influenced by several factors, one of which is age, where the older someone is, the slower the development process mentally becomes OK, intelligence, or ability. For study and thinking abstractly, use, adjust self in a new situation, then environment. Where somebody can learn things good and bad depending on the nature of the group and the culture that holds importance in knowledge, education is a basic thing. For develop Knowledge and experience are the best teachers for honing knowledge.

Research results This study found a link between nutrition knowledge and stunting in toddlers with an OR value of 2.7, implying that if a mother is knowledgeable about nutrition, her son has a 2.7-fold chance of avoiding stunting. Research results This is in line with a number of studies before, which stated that for a big stunted toddler, his mother does not yet know signs of toddler problem nutrition or the impact that will be generated if the child experiences stunting. Lack of knowledge is the cause. Mother does not notice the intake of substances in the nutrition provided when the child is still young, not enough from 2 years. Mother's lack of knowledge about stunting is also caused by her low education, according to the study's findings.

Research [7] also states that parental knowledge about nutrition and risk stunting incidents is one factor in stunting in children. This caused Mother's knowledge to be low about risk stunting and intake of nutritious food for toddlers. This is because mothers still seldom hear about or are exposed to information related to stunting incidents from cadre or midwives. Follow the activities of the Integrated Healthcare Center monthly. One knowledge about risk necessary stunting events is knowledge about nutrition, which is the ability of a mother to understand all related information with material containing food substance nutrition for toddlers. Knowledge given to children can influence their behavior. Mothers who give food to their children can influence their behavior due to the formation process. Behavior is evolution from knowledge that can form attitudes and then influence creation behavior.

Knowledge of good nutrition for mothers expected to be capable of providing food of the right type and amount in accordance with the child's age and growth so that the child can grow optimally and not experience problems in its infancy

#### 4. CONCLUSION

Research conclusion This is part of why big stunted children are children from mothers with low knowledge about risk stunting incidence and statistical test results (Chi-Square) show There is a significant relationship between mother's knowledge and the risk of stunting in children, where a mother who has low knowledge about risk stunting has a 2.7 times higher chance of their child experiencing stunting compared with a mother who has high knowledge. Recommended to power health: give education to mothers who are pregnant as well as mothers who have babies and toddlers about risk stunting incidents so mothers can be independent in their efforts to prevent early stunting through repair nutrition.

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