

Original Research

Parenting Culture on The Role of Father in Prevention of Stunting in Toddler



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Article Info	Abstract
Article history: Received: 08 January 2020 Accepted: 10 May 2020	<i>Introduction:</i> Prevention of stunting in toddler is one of the roles of fathers in protecting against danger. However, most fathers still play a passive role in this regard. Madura culture sees the role of father only as head of families and breadwinner in the family. The purpose of the research is to analyze the effect of parenting culture on the role of fathers in prevention of stunting in toddler.
Keywords: parenting culture, father's role, prevention, stunting, toddler	<i>Methods:</i> The research design is observational with cross sectional approach. Exogenous variables are parenting culture while the endogenous variables are the role of fathers and prevention of stunting in toddler. The research population is 230 fathers with a sample of 132 fathers using the cluster sampling method. The research instrument used is a research questionnaire. This research uses statistical test Binary Logistic Regression. <i>Results:</i> The results of the research with the Binary Logistic Regression test showed that the role of father significantly affected the prevention of stunting with the result of sig 0.001 <math>< \alpha 0.05</math>. Parenting culture significantly influences the prevention of stunting in toddler with the result of sig 0.019 <math>< \alpha 0.05</math>. This shows that the role of father will increase the prevention of stunting in toddler, parenting culture will increase the role of father and parenting culture will increase prevention of stunting in toddlers. <i>Conclusion:</i> Parenting culture is beneficial for father in increasing their roles in preventing stunting in toddlers and it is important for nurses to understand their culture before understanding transcultural nursing applied to society.

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INTRODUCTION

The toddler's growth and development period is fast-paced and will never be repeated. The important thing that parents should know is nutritional status in toddlers. Nutrition is an important factor to support child development. Growth and development of children are influenced by parenting by parents. If poor nutritional status happened, it will cause stunting [1]. Stunting is a chronic malnutrition problem that causes growth disorders in children such as the child's height is lower or shorter (dwarf) than the standard age [2].

Stunting is an incident that occurs globally, estimated to be around 171 million to 314 million children under the age of five experience stunting and 90% of them are in countries of the African and Asian continents. Global nutrition report shows that Indonesia is included in 17 countries among 117 countries, which have three nutritional problems, stunting, wasting and overweight in toddlers. In Indonesia, estimated to be around 7.8 million children under the age of five are stunted, this data is based on a report released by UNICEF. Indonesia is in the top 5 countries with a high number of children under five experiencing stunting. The prevalence of stunting children under five in Indonesia according to the Ministry of Health (2018) reached 37.2% and ranked 24th out of 32 Provinces in Indonesia. Based on data from the Indonesian Ministry of Health (2018), there are 100 districts in Indonesia that have quite high stunting rates, 11 of them is in East Java [2]. Nutrition Status Monitoring Data (PSG) of East Java Province in 2015 showed the prevalence of stunting in Bangkalan was

the highest in East Java, which is 53.2% with details of the prevalence of very short toddlers at 27.4% and short toddlers at 25.8% [3].

Factors causing stunting which is a reflection of the problem of growth disturbance at an early age due to nutritional and non-nutritional factors. Factors causing stunting are: 1) nutrient deficiency (energy, macronutrients and micronutrients), 2) infections (injuries to the gastrointestinal mucosa, systemic effects and immunizations), and 3) mother-child interactions (maternal nutrition and reserve at birth, and behavior in interaction) which is influenced by socioeconomic / family education level [4]. Several other factors of causing stunting, i.e. maternal knowledge, diet, health services, and food security. According to the United Nations Children's Fund (UNICEF) parenting is one of the indirect factors related to the nutritional status of children including stunting. Stunting problems, especially those that occur in toddler, are considered serious problem because they can result in delays in motor development and decreased in intelligence. The short-term impact of cases of malnutrition is children become apathetic, speech disorders and other developmental disorders, while long-term effects are decreased in IQ scores, decreased in cognitive development, impaired concentration of attention and decreased in self-confidence as well as at risk of obesity, glucose tolerance, coronary heart disease, hypertension, osteoporosis, decreased in performance and productivity [5]. The family plays an important role in all forms of prevention [6].

There is a formal and informal role in a family. The formal role of the family is divided into role as father, role as mother, and role as child [7]. The important role of mothers in most families are health leaders and caregivers [6]. According to the research of Jannah, et al. (2016) mothers have poor prevention of stunting. Therefore, the role of fathers, who become secondary roles, or supporters of the role of mothers, is needed [6].

The role of father in the common family as the head of the family, additionally, the other role is as decision making. Decision making in the family emphasizes more on the interactions between family members as an effort in negotiations or decision making. The role of fathers in the family can be measured by how fathers play a role in decision making, breadwinners, protection from risks / dangers, providers of support and motivation, and health care providers [8]. The research of Setyowati et al. (2013) shows that most fathers have an active role in their family as decision makers, protection from danger or risk, as well as providing motivational support to their wife, while some fathers have a passive role in the family such as not performing their roles in protection from danger or risk and the father who play a passive role does not participate in caring for children when their children are sick [8].

Factors that influence the weak role of father in preventing stunting in toddler consist of two factors, internal factors and external factors. Internal factors consist of age, education, occupation and previous experience. External factors come from the physical environment, health workers, care

culture and socioeconomic [8]. Based on cultural aspects of parenting, the cause of the weak role of fathers in preventing stunting under five is because in Madura culture the role of fathers as heads of families and breadwinners in the family [9]. Besides that, the role of Madura's father as a decision maker. While the role of mothers as child care [10].

The impact of the weak role of fathers in stunting prevention will affect the development of toddlers [10]. Stunting will cause an increase in stunting in infants. If the stunting is not detected and prevented quickly and appropriately, it can cause delays in motor development and decreased intelligence [11]. The second effect is adding to the burden on the mother because it is considered as the primary caregiver and full responsibility for all household matters [10].

Culture is the most important thing in family health counseling and education. So, in order to prevent stunting in toddler, the Madurese family needs an understanding of the father's parenting culture. Strategies to prevent stunting in toddler according to the transcultural nursing theory Leininger (2001) in Fitriyah (2016), nurses can help fathers by maintaining a culture of care (culture care preservation) if the parenting culture is beneficial in preventing stunting in toddler. But it does not rule out the possibility of negotiations on cultural care (culture care accommodation) even the reconstruction of family culture (culture care restructuring) if the adoption of a culture of care from fathers provides less favorable opportunities in preventing stunting in toddler [12].

METHODS

The research design used observational with Cross Sectional approach that research conducted by taking a relatively short period of time and a certain place. The population in this study is the father who toddler age (1-5 years) in the work area of the Kwanyar Health Center in Bangkalan Regency as many as 230 people. The sample size used in this study was 132 people with a sampling method using the cluster sampling technique. The research instrument used a research questionnaire. Statistical analysis was obtained by using a computerized statistical test using Binary Logistic Regression with a significance level of $p < \alpha$ (0.05).

This study has passed the ethical review conducted by research Ethics Commission of STIKes Ngudia Husada Madura with number 428 KEPK dated December 10, 2019.

RESULTS

The results shown there was an influence the characteristics of the father on the father's role, the influence of characteristics of father on the prevention of toddler stunting, the influence of role of the father on the prevention of toddler stunting, the influence of parenting culture on the role of father, the influence of parenting culture on the prevention of toddler stunting. The results of statistical test analysis using Binary Logistic Regression can be seen in tables 1, 2, and 3.

Based on data from the results of the study in table 1 found that the role of fathers significantly influence the prevention of stunting of toddlers with sig results of 0.001 $< \alpha$ 0.05 so that H_a is accepted. Based on the research data in table 2, it was found that the father's role significantly affected the father's role with a sig result of 0.001 $< \alpha$ 0.05 so that H_a was accepted. Based on the research data in Table 3 it was found that the role of fathers significantly influences the prevention of stunting with sig results of 0.001 $< \alpha$ 0.05 so that H_a is accepted.

Table 1

Binary Logistic Regression Test results role of fathers against prevention of toddler stunting

	Variables in the Equation					
	B	S.E.	Wald	Df	Sig.	Exp(B)
Role of Fathers against Prevention of Toddler Stunting	2,468	,847	8,496	1	,001	11,800
Binary Logistic Regression Test					α : 0,05	

Table 2

Results of Binary Logistic Regression of parenting culture against the role of father

Variables in the Equation						
	B	S.E.	Wald	Df	Sig.	Exp(B)
Parenting Culture against the Role of Father	3,481	1,329	6,865	1	,009	32,500
Binary Logistic Regression Test					α : 0,05	

Table 3

Binary Logistic Regression Test Results of Cultural Care for Preventing Stunting Toddlers

Variables in the Equation						
	B	S.E.	Wald	Df	Sig.	Exp(B)
Cultural Care for Preventing Stunting Toddlers	3,045	1,297	5,509	1	,019	21,000
Binary Logistic Regression Test					α : 0,05	

DISCUSSION

Role of Fathers towards Prevention of Toddler Stunting

The role of fathers formed by the constructs of caregivers, educators, supervisors and disciplinarians, protectors and supporters significantly influence the prevention of toddler stunting formed by constructs of knowledge, attitudes, and actions with results of $0.001 < \alpha < 0.05$ (Table 1). This shows that the role of fathers increases the prevention of toddler stunting.

The role of fathers will be a motivator that gives rise to health behaviors. The role of fathers in the family is to protect the family from health threats / risks. When the father's role is good, it will encourage the father to produce good toddler stunting prevention behavior as well.

The revised Pender Health Promotion Model (2002) emphasizes the importance of

cognition, and specific behavioral effects as primary motivators of toddler stunting prevention behaviours. Six specific behavioral cognitions and behaviors that are considered to be the main motivations in encouraging individuals to engage in health promotion are identified in the model as: Benefits of action, barriers to action, and perceived self-proficiency, effects related to activities, interpersonal influences, and situational influences. Cognition and specific behavioral effects, namely the role of the hypothesized father directly related to health promotion actions including positive perceptions of expected and expected outcomes, obstacles to acting minimally, effective and skilled feelings, positive feelings about healthy behavior, the existence of family social support and peers, positive role models, and the availability of appropriate, safe and fun environmental contexts [13].

The family plays an important role in all forms of prevention [6]. Family role divided into a formal and informal. The formal role of the family is divided into roles as father, role as mother, and role as child [7]. The research of Setyowati et al (2013) shows that most fathers have an active role in their family, namely as a decision maker, protection from danger or risk, as well as providing motivational support to their wives, while some fathers have a passive role in their family that is not performing their role in protection from danger or risk, other than that the father who plays a passive role does not participate in caring for children when their children are sick [8].

In the Pender model (2002), the final outcome of a behavior is influenced by one's sense of commitment to the action plan with the specific strategy identified, and one's capacity to suppress competition between demands and choices in this case the role of the father. Health promotion behavior is the end result of action in the model. Pender and colleagues emphasize that health promotion behavior, namely prevention of stunting, is ultimately aimed at achieving positive health outcomes for clients that must produce positive health experience for toddlers [13].

The role of fathers increases the prevention of toddler stunting. Cognition and specific effects of behavior that are hypothesized to be directly related to health promotion actions include positive perceptions of expected and expected outcomes, barriers to acting minimally, effective and skilled feelings, positive feelings about healthy behavior, family social support and peers, a positive role model that is the role

of the father, and the availability of an appropriate, safe and pleasant environment context [13].

According to Joventino, Ximenes, Almeida, & Oria, (2012) in Astuti and Elfi (2018), the key to reducing morbidity and mortality due to stunting is to prevent stunting [8]. Prevention of stunting fewer than five has 3 levels, namely, primary prevention, secondary prevention, tertiary prevention [14].

Primary prevention is health promotion and preventive measures taken to maintain a longer healthy condition and prevent the arrival of a disease, secondary prevention is early diagnosis and appropriate treatment, while tertiary prevention is the recovery phase of a sick condition with the aim of reducing the impact of complications of the disease suffered by means of improve the quality of health and daily activities.

The role of fathers includes caregivers, educators and role models, supervisors and disciplinarians, protectors, and supporters. These five roles will shape the role of fathers in preventing toddler stunting. The role of fathers is a motivator of specific cognitive effects in the interpersonal influence put forward by Pender (2002) which will influence health promotion behaviors to prevent toddler stunting [13].

Parenting culture on the role of fathers

Parenting culture shaped by the construct of task and time significantly influences the role of fathers formed by the constructs of caregivers, educators and modelers, supervisors and disciplinarians, protectors,

and supporters with the result of $\text{sig } 0.009 < \alpha 0.05$ (Table 2). This shows that nurturing culture increases the role of fathers.

A good care culture will also result in the role of a good father in caring for toddlers. Culture is hereditary as a learning process to create one's behavior. Culture is the basis of the family to determine its behavior. Culture becomes one of the characteristics of fathers who will determine the primary motivator in carrying out the role of fathers.

Family cultural orientation or background can be the most related variable in understanding family behavior, value systems and family functions. Because culture permeates and surrounds individual, family and social actions, the consequences are pervasive and the implications for practice become widespread [6].

Leininger (2001) defines the transcultural nursing paradigm as perspectives, beliefs, values, concepts in the implementation of nursing care in accordance with the cultural background of the four central concepts of nursing, namely: humans, the healthy component of illness, the environment and nursing [13].

According to Pender (2002), culture is a personal factor that is related to specific cognitive affect on interpersonal influence that is the role of the father so that it results in the final behavior of health promotion to prevent toddler stunting [13]. Own culture according to Sunrise Model Leininger (2001), nurses can help fathers by maintaining a culture of care (culture care preservation) if the culture of care is profitable. But it does not rule out the possibility of negotiations on cultural care (culture care accommodation)

and even the reconstruction of family culture (culture care restructuring) if the adoption of a culture of care from fathers presents unfavorable opportunities [13].

Culture of Care for Prevention of Toddler Stunting

Parenting culture formed by the task and time construct significantly influences the prevention of toddler stunting which is formed by the construct of knowledge, attitudes, and actions with a result of $\text{sig } 0.019 < \alpha 0.05$ (Table 3). This shows that parenting culture increases prevention of toddler stunting.

Culture is the basis of a person in shaping his behavior. The father's culture is inherited from generation to generation so that it can cover father's behavior. The father's behavior will then be passed down later to his child so that it will continuously shape the child's behavior as well. But culture can change according to the times. In this study, the father had used one of the interventions offered by Leininger so that the original of Madurese parenting culture was not fully utilized.

The revised Pender health promotion model (2002) directly revealed that personal factors could influence the final process of health promotion behavior. Personal factors discussed here include a culture of care that can directly influence health promotion behaviors to prevent toddler stunting [13]. However, this culture can change over time with the concept offered by Leininger (2001), namely maintenance of culture (culture care preservation), cultural negotiations (culture care accommodation) and restructuring culture (culture care restructuring) [13].

Culture of Care for Father's Role in Preventing Toddler Stunting

The results of the study showed that the direct effect on preventing stunting for toddlers was stronger than the indirect effect. So that the influence of parenting culture directly influences the prevention of toddler stunting compared to the indirect effect of parenting culture on the prevention of toddler stunting through the role of fathers.

This shows that parenting culture is more influential in increasing the role of fathers directly compared to the influence of parenting culture in increasing prevention of toddler stunting. In addition, the role of fathers directly influences the prevention of toddler stunting. So it can be concluded that parenting culture has a strong direct influence in increasing the role of fathers to achieve prevention of toddler stunting and the role of fathers directly influencing prevention of toddler stunting.

Parenting culture will increase the role of fathers. These personal factors are directly related to increasing the role of fathers. Culture is the basis for shaping one's behavior so that fathers can carry out their roles properly. Parenting culture can shape the role of fathers through well-done tasks and free time. With the tasks and time carried out well, then the role carried out by the father will be good [15].

The role of the father is all of his involvement in the child. Fathers can nurture, educate and set an example, supervise and be disciplined, protect, and support all the needs of children. In the Madurese parenting culture, the duties and times of fathers are only used in making a living so that the role of

fathers in caring for children is not fulfilled. However, Madura's parenting culture has shifted, so that father's duties and time are oriented to the needs of the child so that the role of the father in caring for the child is fulfilled. Madura's cultural shift shows that today's sophisticated technology with various digital information and fathers is also involved in the care of children. The role of fathers in parenting six month baby who have fathers involved in their care have better grades in motor development. Numerous studies show that fathers who are involved, caring for, and joking with their babies have children with higher IQs, and better language and cognitive capacity [16].

Parenting culture is very necessary to increase the role of fathers in preventing toddler stunting. Personal factors will influence the specific cognitive affect of behavior which will influence the promotion of health prevention of toddler stunting [13]. The results also concluded that there was a positive and significant relationship between the role of fathers and prevention of toddler stunting. If the role of the father increases, it will also increase prevention of toddler stunting.

Parenting culture has a significant relationship with the role of fathers, positive health behaviors in preventing toddler stunting and greatly helping toddlers to reduce the risk of stunting under five. Parenting culture can increase the role of fathers and prevent toddler stunting. Fathers with good parenting culture will make fathers have a good role so that fathers can prevent toddler stunting.

CONCLUSION

The role of father is influential as the primary motivator for stunting prevention of toddler health behavior. A good nurturing culture can enhance and change the role of fathers for the better. Nurturing culture influences how fathers behave in their environment for their personal and children's health. The influence of parenting culture directly affects the prevention of toddler stunting compared to the indirect effect of parenting culture on the prevention of toddler stunting through the role of fathers.

This research can be used as a basis for developing research related to parenting culture. Some of the problems can be investigated including factors that influence the culture of care, and are expected to use a longer period of research and different types of research methods to evaluate the effect of parenting culture on the role of fathers in stunting prevention.

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