

An Overview of Mother's Knowledge about Prevention of Stunting on Toddlers at Kasih Bunda Clinic Sunggal, Deli Serdang Regency 2022

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ABSTRACT

Stunting is defined as the condition of the nutritional status of toddlers who have a length or height that is classified as less when compared to age. One of the factors that most influence the incidence of stunting in toddlers is mother's knowledge. Mother's knowledge is very important in preventing stunting in order to create actions or behaviors to avoid stunting in toddler. This study aims to describe the knowledge of mothers about stunting prevention on toddlers the Kasih Bunda Clinic Sunggal, Deli Serdang Regency 2022. This research uses a descriptive method. The sample in this study are mothers who had toddlers aged less than 2 years who make repeated visits to the posyandu at Kasih Bunda Clinic using accidental sampling technique. The location of this research is at Kasih Bunda Clinic on May 2022. With 30 respondents The measuring instrument used is the questionnaire. The results of the study are as follows: the majority of mothers' knowledge about exclusive breastfeeding aged 0-6 months had good knowledge as many as 13 people (43.33%), mother's knowledge about complementary foods according to the recommendation was sufficient knowledge 15 people (50%), mother's knowledge about Nutrition Intervention 7-23 months had good knowledge only 12 people (40%), Mother's knowledge about Growth and Development Monitoring has good knowledge of 13 people (43.33%), mother's knowledge of Environmental Hygiene has sufficient knowledge of 19 people (63.33%). The conclusion of the study is that some respondents have good knowledge about preventing stunting in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency. The research site is expected to provide counseling to mothers who have toddlers aged less than 2 years about stunting prevention. Respondents are expected to be able to apply the knowledge they already have in preventing stunting.

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1. INTRODUCTION

Stunting is a condition in which children experience growth disorders so that the child's body does not match his age. Children who experience stunting will experience decreased cognitive development, delays in gross and fine motor skills. In addition, children who are stunted as adults will also experience a shorter body posture than in general. If this happens to women as adults, they are at higher risk of having an obstructed labor compared to those of normal height, because women who have short height have the potential to have a narrow pelvis and this can cause abnormalities in the breech position and the baby's shoulders are blocked (cephalopelvic disproportion). fetus so that it is necessary to give birth with assistance, especially *caesarean section delivery*.

According to the Regulation of the Minister of Health of the Republic of Indonesia Number 29 of 2019 which is stated in Article 1 paragraph 6, malnutrition is a nutritional condition of toddlers which is characterized by a very thin condition, accompanied or not edema on the backs of the legs, *An Overview of Mother's Knowledge about Prevention of Stunting on Toddlers at Kasih Bunda Clinic Sunggal, Deli Serdang Regency 2022 - Rina Hutapea, Anita Veronika, Risda Mariana Manik, Desriati Sinaga*

body weight according to body length or body weight compared to height is less than -3 standard deviations and/or upper arm circumference is less than 11.5 in children aged 6-59 months.

Exclusive breastfeeding for babies up to 6 months, giving complementary foods as recommended, nutritional interventions for toddlers aged 7-23 months, keeping the environment clean, continuously monitoring child growth and development are effective measures to prevent stunting in toddlers.

One of the factors that most influence the incidence of stunting in toddlers is mother's knowledge. Mothers who have the ability in themselves will increase good and sufficient knowledge to know the prevention of stunting in toddlers.

Based on the results of Sri Arnita's research in 2020, mothers who have high knowledge in stunting prevention mostly have good stunting prevention efforts. Sri Arnita's research results are also in line with research from Septamarini in the Journal of Nutrition College in 2019 said that mothers with low knowledge had a 10.2 times greater risk of children experiencing stunting compared to mothers with sufficient knowledge. From some of the results of these studies, we can know that mother's knowledge is very important in preventing stunting in order to create actions or behaviors to avoid stunting in toddlers.

Stunting is still a major nutritional problem faced by both the world and Indonesia. Based on data from the *World Health Organization* (WHO) in 2020, the stunting rate in the world reached 149 million, while in Indonesia, based on data from the *Toddler Nutrition Study* (SSGI) in 2021, the prevalence of toddlers experiencing stunting is 24.4%, North Sumatra Province is 25.8%, and Deli Serdang Regency is 12.5%.

Based on the description above, the researcher is interested in conducting a study with the title "An Overview of Mother's Knowledge about Prevention of Stunting on Toddlers at Kasih Bunda Clinic Sunggal, Deli Serdang Regency 2022"

2. METHOD

The location of this research is the Kasih Bunda Sunggal Clinic, Deli Serdang Regency. This research was conducted from March to May 2022. This research is descriptive. The sample in this study were mothers who had toddlers aged less than 2 years who made repeated visits to the Posyandu at the Kasih Bunda Clinic as many as 30 respondents by using accidental sampling technique.

3. RESULTS AND DISCUSSION

Based on research that has been conducted aim for identify mother's knowledge about exclusive breastfeeding aged 0-6 months for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022, identify mother's knowledge about complementary feeding as recommended for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022, identify knowledge of mothers about Nutrition Interventions Age 7-23 months for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022, identify mother's knowledge about Growth and Development Monitoring for stunting prevention in toddlers at the Kasih Bunda Clinic, Sunggal Regency Deli Serdang in 2022, identified mother's knowledge about environmental hygiene for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency 2022:

Based on the knowledge of respondents as many as 30 people who have toddlers aged 2 years on knowledge about preventing stunting in toddlers, the results of the study can be described in the distribution table below

Table 1. Distribution of Mother's Knowledge about Exclusive Breastfeeding Age 0-6 months for Prevention of Stunting in Toddlers at the Kasih Bunda Sunggal Clinic, Deli Regency Serdang 2022

Knowledge	F	%
Well	13	43.33
Enough	11	36.67
Not enough	6	20.00
Total	30	100

Based on table 1 above, the results of the analysis of the frequency of respondents' answers as many as 30 people based on the criteria for the level of knowledge possessed by respondents on exclusive breastfeeding aged 0-6 months showed that in general the respondents had a good level of knowledge about exclusive breastfeeding, namely 13 respondents (43.33%).

This research is in line with that conducted by Polwandari and Wulandari at Pelamunan Village 2021 which said that the majority of mothers who gave exclusive breastfeeding were mothers who had good knowledge of exclusive breastfeeding, namely 40 people (79%) and it was found that at least 2 respondents had less knowledge with a percentage of 67%.

Early Initiation of Breastfeeding (IMD) is very beneficial because the baby will get colostrum contained in the mother's first breast milk drops which are rich in immune substances that can protect the baby from substances that can cause allergies and infections. This is in line with the research of Annisa et al in 2019 which said that colostrum contains immunoglobulin A which can provide protection for infants aged 6 months. Therefore, those who get IMD have more advantages than babies who do not do IMD because it can reduce the risk of experiencing stunting.

Breastfeeding after birth until the baby is 6 months old without other food has provided all the essential nutrients for the growth and immunity of the child in the first six months of life so as to offer a protective effect for the child's body and reduce the risk of contamination from food/drinks that can cause diarrhea. This is in line with Fitri's research (2018) that babies who receive breast milk in their feces will have antibodies against E.Coli bacteria in high concentrations, thereby reducing the risk of the baby developing infectious diseases.

The assumption of the researcher is that the results of the research obtained are that good knowledge of mothers is part of the success of midwives in giving IMD and providing information about the benefits of exclusive breastfeeding in preventing stunting. In addition, the role of midwives in providing support and direction is one of the keys to the success of exclusive breastfeeding.

Table 2 . Distribution of Mother's Knowledge about MPASI Appropriate Suggestion for Prevention Stunting in Toddlers at the Klinik Kasih Bunda Sunggal, Deli Regency Serdang 2022

Knowledge	F	%
Well	7	23.33
Enough	15	50.00
Not enough	8	26.67

Total	30	100
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Based on the table 2 above shows the results of the analysis of the frequency of respondents' answers as many as 30 people. The criteria for the level of knowledge that respondents have on MPASI according to the recommendation shows that respondents have a good level of knowledge only as many as 7 people (23.33%) and sufficient knowledge of 15 people 50%.

This study is in line with the results of research conducted by Saputri et al in 2019 which said that the majority of mothers' knowledge about complementary foods as recommended, namely 51 people (79.7%) and it was found that at least 13 respondents had good knowledge with a percentage of 20.3% (Saputri et al., 2019)

Children who receive complementary foods that are not in accordance with the time of starting complementary feeding have a risk of becoming stunted because they give complementary foods to breast milk early which results in toddlers experiencing diarrhea, infections and allergies in the digestive system.

Reporting from the research of Prihutama et al in 2018 said that children who received MP-ASI early had a 17.756 times risk of experiencing stunting compared to children who received MP-ASI aged more than 6 months. Complementary food for breast milk (MPASI) is food that is given to children along with breast milk, MPASI itself is to complement breast milk, not to replace breast milk. Breastfeeding should still be given until the age of 2 years followed by complementary feeding at the age of 6 months.

The assumption of the researcher states that the research results obtained are mothers who are sufficiently knowledgeable, this is due to the lack of promotive cadres about complementary foods as recommended to the community, especially to mothers who have toddlers less than 2 years old and the mother's lack of initiative in finding sources of information regarding appropriate complementary foods. recommendations for toddlers from the internet, social media or books such as KIA books.

The KIA book is a book that contains records of maternal health from pregnancy to toddlers, and as a record of children's health from newborns to toddlers, and contains various information on how to maintain maternal and child health, one of which contains complementary feeding as recommended. The provision of MP-ASI in the MCH handbook is very important to pay attention to, especially to increase knowledge for young mothers. MP-ASI is given when the baby is 6 months old, breast milk is given first and then MPASI is given.

Table 3 . Distribution of Mother's Knowledge about Intervention Nutrition 7-23 Months for Prevention Stunting in Toddlers at the Klinik Kasih Bunda Sunggal, Deli Regency Serdang 2022

Knowledge	F	%
Well	12	40.00
Enough	12	40.00
Not enough	6	20.00
Total	30	100

Based on the table 3 above shows the results of the analysis of the frequency of respondents' answers as many as 30 people based on the criteria for the level of knowledge possessed by the respondent to the 7-23 month nutrition intervention shows that respondents have a good level of knowledge only as many as 12 people (40%).

This study is not in line with the research of Nur Zilawati and Wahyuningsih at the Wonogiri Health Center who said that the criteria for mother's knowledge about nutrition in toddlers was very good, namely 85 people (88.54%).

Worm infections besides acting as a cause of malnutrition which then results in a decrease in the body's resistance to infection, it also acts as a factor that further worsens the body's resistance to various infections. Consuming worm medicine regularly, especially for children under five, is an effort to kill worms simultaneously and as an effort to prevent the transmission of worms.

Zinc supplementation is very effective in accelerating growth in toddlers. Toddlers who lack zinc intake can have a reduced appetite for toddlers, resulting in a lack of all other nutritional intake. Toddlers experiencing zinc deficiency can also cause impaired growth, so toddlers need more zinc for growth.

Iron is a mineral needed to make blood dye, if the daily diet contains less iron, the blood will turn pale and is called anemia. In addition, iron plays an important role in circulating oxygen to all body tissues, if oxygenation to bone tissue is reduced, the bones will not grow optimally so that the bone growth process becomes inhibited.

Complete basic immunization can prevent a weak toddler's immunity. If a toddler's immunity is weak, he or she will be susceptible to infection with infectious diseases. Toddlers who experience infection have symptoms, one of which is not feeling hungry, this can cause nutritional intake in children to be reduced so that it will affect the growth and development of children and can be at risk of stunting in toddlers.

Diarrhea is a disease in which sufferers experience constant stimulation of bowel movements and stools or feces that still have excessive water content. A person is said to have diarrhea when he has three or more bowel movements and contains water but does not bleed within 24 hours. Diarrhea can cause malabsorption and loss of nutrients for toddlers. Diarrhea that lasts >4 days can cause children to become increasingly deprived of nutrients in the body.

The assumption of the researcher stated that the research results obtained were only 12 people with good knowledge. This is due to the lack of mother's interest in finding information regarding nutritional fulfillment in children toddlers aged 7-23 months both from health workers and social media as well as health workers in general have not been maximal in providing counseling on the fulfillment of 1000 HPK nutrition.

Table 4 . Distribution of Mother's Knowledge about Monitoring Grow flower for Prevention Stunting in Toddlers at the Klinik Kasih Bunda Sunggal, Deli Regency Serdang year 2022

Knowledge	F	%
Well	13	43.33
Enough	12	40.00
Not enough	5	16.67
Total	30	100

Based on the table 4 above shows the results of the analysis of the frequency of respondents' answers as many as 30 people based on the criteria for the level of knowledge possessed by respondents towards Growth and Development Monitoring shows that in general the respondents have

a good level of knowledge, namely as many as 13 respondents (43.33%) and less knowledge as many as 5 people 16.67%.

This study is in line with Sukadana and Noviyanto's research in 2020, there is a good knowledge of 72.1% of mothers regarding child development in Yogyakarta . . Mothers who have a good level of knowledge about toddler growth and development will have a good understanding of early detection of abnormalities that occur in toddler growth and development.

Routine checks such as weighing and measuring children's height in health services are very necessary to monitor the development of children. With that growth faltering in toddlers can be detected early. Toddlers tend to find it difficult to achieve optimal growth and development potential. Measurement of stunting can be done by measuring body length (PB)/height (TB) and body weight (BB).

Body weight is used as the best indicator at this time to determine the nutritional status of children's growth. Measurement of stunted toddlers can be determined by their length or height, then compared with the standard deviation, and the results are below normal.

Development is the increase in the structure and function of the body which is more complex in the ability of gross motion, fine motion, speech and language as well as socialization and independence. Malnutrition causes the child's linear growth to be hampered which then simultaneously has an impact on the child's development. Nutritional status has an influence on children's development, if nutritional intake is not fulfilled then the achievement of growth and development of children, especially good motor development will be hampered.

Based on the research of Syahrudin 2022 et al, which shows that there is a relationship between the incidence of stunting and child development where the proportion of stunted children tends to have dubious development. Syahrudin's research is also in line with Zuraidah's research in 2018 that toddlers who are not monitored for their growth and development have a higher risk of stunting than toddlers whose growth and development is monitored.

The assumption of the researcher is that the research results obtained are well-informed, this is closely related to the success of empowering cadres in monitoring the growth and development of toddlers to the community as well as information obtained from health workers so that mothers can understand normal growth and development that occurs in toddlers.

Table 5 . Distribution of Mother's Knowledge about Hygiene Environment for Prevention Stunting in Toddlers at the Klinik Kasih Bunda Sunggal, Deli Regency Serdang year 2022

Knowledge	F	%
Well	8	26.67
Enough	19	63.33
Not enough	3	10.00
Total	30	100

Based on the table 5 above shows the results of the frequency analysis of respondents' answers as many as 30 people based on the criteria for the level of knowledge possessed by respondents on Environmental Hygiene shows that in general the respondents have a good level of knowledge only as many as 8 respondents (26.67%).

This research is in line with Sri Haryanto in Pamulang sub-district there are 53 people (53.3%) with sufficient knowledge, 40 people with good knowledge (40.4%). Lack of hygiene is one of the

causes of stunting because access to poor environmental sanitation can increase the incidence of infectious diseases that can make it difficult for the body to absorb nutrients so that growth is stunted.

A dirty environment can be a medium for flies or other insects to spread bacteria on household appliances, especially cutlery, so there is a risk of causing diarrhea. Repeated and frequent diarrhea in children can increase the likelihood of stunting due to the loss of nutrients that have entered and will be absorbed by the body and decreased function of the intestinal wall for nutrient absorption. In addition, children will be very vulnerable to disease attacks if the environment around them is dirty

The habit of people who use rivers, seas, and land as the final disposal activity of pollutant materials, both feces and urine, can cause children to contract vomiting. This is in line with research by Zahrawani et al in 2022 which stated that the use of latrines that pollute the environment such as clean water can be a source of infection such as diarrhea in toddlers and children who use unhealthy latrines have three times higher incidence of stunting.

The assumption of the researcher states that the results of the research obtained are good knowledge only 8 people (26.67%) this is because the programs contained in a village such as mutual cooperation are not running well and the lack of community leaders promoting environmental cleanliness in the form of leaflets and poster.

4. CONCLUSION

From the results of the research that has been done, it can be concluded that the knowledge of mothers about exclusive breastfeeding aged 0-6 months for the prevention of stunting in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022, the majority of respondents' knowledge of the most knowledgeable good as many as 13 people (43.33%), mother's knowledge about complementary foods as recommended for prevention of stunting in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022, the majority of respondents' knowledge of the most knowledgeable enough was 15 people (50%), mother's knowledge about nutritional interventions 7-23 months for stunting prevention For toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022 there was a majority of the most good and sufficient knowledge of 12 people each (40%), mother's knowledge about Monitoring growth and development for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022 has a majority of players the most knowledgeable respondents were 13 people (43.33%), mother's knowledge about environmental hygiene for stunting prevention in toddlers at the Kasih Bunda Sunggal Clinic, Deli Serdang Regency in 2022 there was the majority of respondents' knowledge of the most knowledgeable enough 19 people (63.33%).

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