

Description Of Mother's Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022

Putri Kasih Simarmata ¹, Anita Veronika ², Aprilita Br Sitepu ³, Merlina Sinabariba ⁴

¹ STIKes Santa Elisabeth Medan , Medan ,Indonesia

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ABSTRACT

Toddler period is the most important period in the life cycle, because at the age of 0 to 5 years, toddlers experience physical, mental and behavioral development. Stunting is a condition in which children experience growth disorders, so that the child's height does not match his age, as a result of chronic nutritional problems, namely lack of nutritional intake for a long time. Based on a preliminary study in May at the Talia Pratama Clinic, it was found that most mothers did not know for sure about stunting in toddlers. **Research Objectives:** To find out the description of maternal knowledge about stunting in toddlers aged 25-59 months at the Talia Pancur Batu Pratama Clinic, Deli Serdang Regency in 2022. **Research Methods:** This type of research is descriptive. The sampling technique used was accidental sampling. The location of this research was at the Talia Pratama Clinic in May 2022. With 30 respondents the measuring instrument used was a questionnaire. **Research Results:** The results showed that of the 30 respondents at the Talia Pratama Clinic, there were 2 respondents in the category who had good knowledge (6.67%), the category with sufficient knowledge is 10 respondents (33.33%), and the category with less knowledge is 18 respondents (60%). Conclusion: Based on the results of the study, it shows that most of the respondents have less knowledge (60%). Health workers are expected to increase counseling in polyclinics so that mothers' knowledge about stunting in toddlers increases and invites mothers to seek information from health workers.

Email :

Bidanputrikasih@gmail.com
anitaveronika09@gmail.com
aprilitasitepu6@gmail.com
merlina.sinabariba@yahoo.com

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1. INTRODUCTION

Toddler period is the most important period in the life cycle, because at the age of 0 to 5 years, toddlers experience physical, mental and behavioral development. Stunting is a condition where children experience growth disorders, so that the child's height does not match his age, as a result of chronic nutritional problems, namely lack of nutritional intake for a long time (Ministry of Health, 2018) . The period of 1000 HPK is the period of growth from the fetus to the child aged 24 months. Children are categorized as stunted if their height is below minus two standard deviations in length or the height of children their age (Ministry of Health, 2018)

According to the Regulation of the Minister of Health of the Republic of Indonesia Number 29 of 2019 as stated in Article 1 number 6, malnutrition is nutrition. a toddler's condition characterized by being very thin, with or without oedema on the instep, weight for length or body weight compared to height less than -3 standard deviations and/or upper arm circumference less than 11.5 in children ages 6-59 months .

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One of the factors that most influence the incidence of stunting in toddlers is mother's knowledge (Supariasa & Purwaningsih, 2019). Mothers who have the ability in themselves will increase good and sufficient knowledge to know the prevention of stunting in toddlers (Arsyati, 2019). Mother's knowledge about nutrition is one of the factors that can affect food consumption and nutritional status of children under five. Mothers who have sufficient nutritional knowledge will pay attention to the nutritional needs of their children so that they can grow and develop optimally so as to prevent stunting in toddlers.

Likewise, research by Khoirun Ni'mah (2015) states that mother's knowledge is a factor related to the incidence of stunting in toddlers. This is in line with Putri et al's research (2019) at the Rejosari Health Center, Tenayan Raya District, Pekanbaru City that the majority of mothers' knowledge about stunting about stunting is in the less category, namely 37 people (52.9%)

Globally, in 2020 there were 149.2 million or around 22.0% of children under five experiencing stunting. This figure has shown a decline when compared to 2000 which reached 33.1% (Gebreyohanes & Dessie, 2022). Based on data from the World Health Organization (WHO) in 2020, the stunting rate in the world reached 149 million or around 22.0%. The prevalence of stunting in Toddlers in Indonesia in 2019 was 27.7% (SSGBI, 2021). In 2020, with the presence of COVID-19 elevates worldwide, including in Indonesia, anthropometric measurements cannot be carried out so that the 2020 stunting prevalence rate is not available (Ministry of Health of the Republic of Indonesia, 2021). Based on the results of the SSGI 2021, the stunting rate nationally has decreased again by 1.6 percent or 24.4% per year from 27.7%. Based on the results of the study data on the nutritional status of Indonesia (2021), the five provinces with the highest prevalence of stunting were East Nusa Tenggara 37.8%, West Sulawesi 33.8%, Aceh 33.2%, West Nusa Tenggara 31.4%, Southeast Sulawesi 30.2% and North Sumatra Province in 2021 is in 17th position with a stunting rate of 25.8%, and Deli Serdang Regency is 12.5% (SSGI, 2021b).

Stunting has an impact on the quality of human resources (HR), which in turn will reduce the productivity of human resources and the demographic bonus (large increase in the number of productive population) is not utilized properly (Jonie, 2021). The impacts caused by stunting can be divided into short-term and long-term impacts. Long-Term Impacts, namely Posture that is not optimal as an adult (shorter than in general), Increased risk of obesity and other diseases, Decreased reproductive health, Less than optimal learning capacity and performance during school years and Productivity and work capacity that is not optimal (Ministry of Health) RI, 2018). Efforts to overcome stunting in Indonesia are by improving parenting, diet and environmental sanitation. Parenting consists of providing knowledge about health, nutrition, & Early Breastfeeding Initiation (IMD), to reduce the risk of stunting to toddlers, it is necessary to support the success of a program in tackling stunting problems in each particular area starting from empowering human resources (HR), funds, facilities, and infrastructure provided by the local government, which is one of the facilities at the Puskesmas with Posyandu activities running every month (Nisa, 2018).

Based on the above background, the authors are interested in researching "The Description of Mother's Knowledge About Stunting in Toddlers Age 25-59 Months at the Talia Pancur Batu Primary Clinic, Deli Serdang Regency in 2022".

2. METHOD

The location of this research is the Talia Pancur Batu Primary 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 25-59 months who made repeated visits to the Posyandu at the Kasih Bunda Clinic as many as 30 respondents using total sampling technique.

3. RESULT AND DISCUSSION

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata, Anita Veronika, Aprilita Br Sitepu, Merlina Sinabariba

Based on the research that has been done, it aims to identify How is the description of mother's knowledge about stunting in toddlers aged 25-59 months at the Talia Pancur Batu Pratama Clinic, Deli Serdang Regency in 2022, To find out the characteristics of Mothers who have Toddlers Age 25-59 Months based on Age, Education, Occupation, Parity and Sources of Information at the Clinic Primary Talia Pancur Batu Deli Serdang Regency in 2022. Based on the knowledge of the respondents as many as 30 people who have toddlers aged 25-59 months , the results of the study can be described in the distribution table below .

Table 1. Frequency Distribution of Mother's Knowledge About Stunting Toddlers Age 25-59 Months at Talia Pratama Clinic Medan

Table 2. Frequency Respondents	Knowledge	F	%	Distribution Characteristics of
	Well	2	6.7	
Enough	10	33.3		
Not enough	18	60		
Total	30	100		

No	Characteristics	Amount	
		N	%
1.	Age		
	<20 years	0	0
	20-35 years old	30	100
	>35 years old	0	0
2.	Education		
	SD	2	6.7
	JUNIOR HIGH SCHOOL	4	13.3
	SENIOR HIGH SCHOOL	19	63.3
	PT	5	16.7
	Total	30	100
3	Work		
	IRT	16	53.3
	Farmer	3	10
	Laborer	0	0
	Self-employed	11	36.7
	Total	30	100
4	parity		
	Primipara	9	30
	Multipara	21	70
	Total	30	100
5	Resources		
	Book	0	0
	Social media	0	0
	Ling. Around	0	0
	Health workers	30	100
	Total	30	100

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata , Anita Veronika, Aprilita Br Sitepu ,Merlina Sinabariba

Table 3. Frequency Distribution of Mother's Knowledge about stunting in toddlers aged 25-59 months by age at Talia Pratama Clinic Medan

No	Age	Knowledge						Total	
		Well		Enough		Not enough			
		f	%	f	%	f	%	f	%
1.	<20 years	0	0	0	0	0	0		
2.	20-35 years old	2	6.7	9	30	19	63.3	30	100
3.	>35 years old	0	0	0	0	0	0		

Table 4. Frequency Distribution of Mother's Knowledge about stunting in under-fives 25-59 months Based on education at Talia Clinic Pratama Medan

No	Education	Knowledge						Total	
		Well		Enough		Not enough			
		f	%	f	%	f	%	f	%
1.	SD	0	0	0	0	2	100	2	100
2.	JUNIOR HIGH SCHOOL	0	0	2	50	2	50	4	100
3.	SENIOR HIGH SCHOOL	2	10.2	5	26.2	12	63.6	19	100
4.	PT	0	0	3	60	2	40	5	100

Table 5. Frequency Distribution of Mother's Knowledge about stunting in under-fives 25-59 months Based on job at Talia Clinic Pratama Medan

No	Work	Knowledge						Total	
		Well		Enough		Not enough			
		f	%	f	%	f	%	f	%
1.	Irt	1	6.2	5	31.2	10	62.6	16	100
2.	Farmer	0	0	1	33.3	2	66.7	3	100
3.	Laborer	0	0	0	0	0	0		
4.	Self-employed	1	9.10	4	36.4	6	54.5	11	100
5.	Pns	0	0	0	0	0	0		

Table 6. Frequency Distribution of Mother's Knowledge about stunting in under-fives 25-59 months Based on parity at Talia Clinic Pratama Medan

No	parity	Knowledge						Total	
		Well		Enough		Not enough			
		f	%	f	%	f	%	f	%
1.	Primipara	2	22.2	6	66.7	1	11.1	9	100
2.	Multipara	0	0	4	19.5	17	80.5	21	100
3.	Grande	0	0	0	0	0	0		

Table 7. Frequency Distribution of Mother's Knowledge about stunting in under-fives 25-59 months Based on information sources at Talia Clinic Pratama Medan

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata , Anita Veronika, Aprilita Br Sitepu ,Merlina Sinabariba

No	Resources	Knowledge						Total	
		Well		Enough		Not enough			
		f	%	f	%	f	%	f	%
1.	Book	0	0	0	0	0	0		
2.	Social Media	0	0	0	0	0	0		
3.	Environment	0	0	0	0	0	0		
4.	Health workers	2	6.7	10	33.3	18	60	30	100

Discussion

After conducting research on the Description of Mother's Knowledge about stunting in toddlers aged 25-59 months at the Talia Pratama Clinic, Medan with 30 respondents, the results have been obtained. These results will be discussed with the following theory:

4.1. Frequency Distribution of Respondents Characteristics Mother's Knowledge About Stunting in Toddlers Age 25-59 Months At Talia Clinic Pratama Medan

It can be seen that the characteristics of all respondents aged 20-35 years amounted to 30 people (100%). Based on the education of the last respondent elementary school as many as 2 people (6.7%), the last education of junior high school respondents as many as 4 people (13.3%), the last education of high school respondents as many as 19 people (63.3%) and the last education of university respondents as many as 5 people (16.7%). Based on occupation, respondents who work as housewives (IRT) are 16 people (53.3%), respondents who work as farmers are 3 people (10%) and respondents who work as entrepreneurs are 11 people (36.7%). Based on parity, respondents with primiparous parity were 9 people (30%) and respondents with multipara parity were 21 people (70%). Based on the sources of information obtained, all respondents who received information from health workers were 30 people (100%).

4.2 Distribution of Respondents Knowledge of Mothers About Stunting in Toddlers Age 25-59 Months at Talia Clinic Pratama Medan

Based on the results of the study, it can be seen that the frequency distribution of mother's knowledge about stunting in toddlers aged 25-59 months, most of the respondents have less knowledge as many as 18 people (60%), who have sufficient knowledge as many as 10 people (33.3%) and 2 people with good knowledge (6.7%). With good knowledge and understanding, a person will easily receive all information, especially all the needs needed by children to be able to develop optimally. The information includes how to take good care of children, maintain children's health, and stimulate child development.

This is in line with the research of Putri Wulandini, et al (2020) regarding the knowledge of mothers who have toddlers about stunting at the Rejo Sari Health Center, Kec. Tenayan Raya Pekanbaru in 2019 where the respondents studied still had a poor category, as many as 49 people (70.0%) found respondents with less categories because there were several factors that influenced the knowledge of respondents, namely age and education factors as well as respondents as well as sources of information and technological advances in Indonesia. Rejo Sari Health Center, Kec. Tenayan Raya Pekanbaru is still lacking so that information about stunting is still minimal so that respondents at the Rejo Sari Health Center, Kec. Tenayan Raya Pekanbaru there are still those who have less knowledge.

This is supported by research (Kusumawati et al., 2015) at the Kedung Banteng Health Center, Banyumas Regency. The results of this study indicate that the knowledge of mothers about stunting is less than 160 people (66.1%), which states that there is a relationship between the incidence of stunting and knowledge of stunting. mother. Mothers with poor knowledge are at risk of increasing 3.27 times greater incidence of stunting when compared to mothers with good knowledge. It can be concluded that the knowledge of mothers at the Kedung Banteng Health Center, Banyumas Regency is influenced by

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata , Anita Veronika, Aprilita Br Sitepu ,Merlina Sinabariba

several internal and external factors. Internal factors that influence are education, work, age, while external factors are environmental and socio-cultural.

According to the researcher's assumptions, the results of the study indicate that the level of knowledge of the respondents is mostly less knowledgeable, this shows that mothers still lack knowledge of what stunting is and how to monitor the growth and development of toddlers to prevent stunting in toddlers. Mother's knowledge can have an influence on toddlers' eating patterns which can later affect the nutritional status of toddlers, the knowledge possessed by someone cannot be separated from the experience that has been obtained, especially stunting, because many research respondents do not know about stunting in depth. Stunting in childhood is associated with delays in elevis development and lower levels of intelligence, stunting can also cause depression of immune function, changes in elevis, decreased development of elevis, low cognitive scores and low academic scores.

4.3 Mother's Knowledge About Stunting in Toddlers Age 25-59 months based on age at Talia Pratama Clinic Medan

Based on the results of the study, it can be seen that the distribution of the frequency of knowledge of respondents based on the age of 20-35 years, most of the respondents have less knowledge as many as 19 people (63.3%) and respondents who have good knowledge are 2 people (6.7%). A person is counted from his birth to his birthday. The more mature a person is in terms of maturity and strength, the more mature he will be in thinking and working. In terms of elevis trust, more mature people are more trusted than less mature people. Early adulthood is also a productive age to form a household where a woman is ready to accept the responsibility of being a mother and taking care of the household.

Research conducted by Ramlah (2014), the characteristics of the respondents studied were on average >25-35 years old. The results of this study indicate that most respondents have a low level of knowledge, namely as many as 26 respondents (70.2%) from a total of 37 respondents. This is because young mothers mostly live in slums who lack the resources and experience to meet their children's needs including nutrition and health care.

However, this is not in line with the research of Kusumawati et al (2015) regarding the relationship between mother's knowledge of stunting in Hegarmanah Village, Jatinangor District, Sumedang Regency based on age, where the age group with less knowledge turns out to be the most vulnerable in the age group of 20-35 (71.0%). The results of the Chi Square test on age characteristics show that there is no relationship between age and mother's knowledge about stunting.

According to the researcher's assumptions, this shows that mothers who have children under five aged 20-35 years are still many respondents who do not understand what stunting is and how stunting can occur in mothers who have toddlers. According to researchers, age really determines how a person's level of knowledge is in making a decision. Along with the age of a person, the more mature a person in thinking. Age will affect a person's capture power and elev pattern. The older the respondent, the more experience and information obtained, so that the respondent will have a better level of knowledge. The researcher believes that the respondents used in this study are more early adulthood so that a person will be wiser in making a decision in raising toddlers.

4.4 Mother's Knowledge About Stunting in Toddlers Age 25-59 months based on Education at Talia Pratama Clinic Medan

Based on the results of the study, it can be seen that the frequency distribution of respondents' knowledge based on education is that most of the respondents who have less knowledge, namely SMA as many as 12 people (63.6%) and respondents who have sufficient knowledge, namely SMP as much as 2 people (50%). Education is an effort to improve competence inside and outside school that occurs throughout his life. Education can be taken by someone starting from elementary school education (SD), junior high school (SMP), high school (SMA) and up to college (PT). Education can have a big influence on a person's learning activities where the higher a person's education, the easier it is for someone to absorb or get information from other people and the media (Prillia et al., 2019).

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata, Anita Veronika, Aprilita Br Sitepu, Merlina Sinabariba

Research conducted by Tri Herlina (2021) on the description of the level of knowledge of mothers about stunting in toddlers in Kedawung Village, Susukan District, Banjarnegara Regency. Susukan Subdistrict has educational facilities such as SD Negeri 1 Kedawung and MTS Kedawung, with these facilities, the residents of Kedawung village have been provided with education up to the level of basic education because of the availability of these educational facilities. However, even though the community has been provided with learning facilities in Kedawung Village, Susukan District, it is still found from the results of the study that many respondents with high school education still lack knowledge.

According to (Rahmawati et al., 2019) in his research, it was explained that mothers who had children with stunting had a high school education level (65%). According to the researcher (Rahmawati, et al 2019) explains that a person's knowledge is influenced by the level of education. Higher education will make it easier for someone to absorb information and implement it in daily behavior and lifestyle. That the education factor is a factor in the formation of parental knowledge about stunting. The learning process carried out at the educational level will produce understanding and gain something so that someone can think critically. Higher education will make it easier for someone to absorb information and implement it in daily behavior and lifestyle.

The researcher's assumption regarding the research found based on education is in line with the reason because, the higher a person's education, the easier it is for a person to understand the information received so that the knowledge is better. there are respondents with undergraduate education who have less knowledge as well, one of the other factors of lack of knowledge is the lack of information from health worker counseling so that there is minimal information obtained by someone about stunting in toddlers.

4.5 Mother's Knowledge About Stunting in Toddlers Age 25-59 months based on Work at Talia Medan Pratama Clinic

Based on the results of the study, it can be seen that the distribution of the frequency of respondents' knowledge based on occupation, most of the respondents who have less knowledge, namely IRT as many as 10 people (62.6%) and respondents who have sufficient knowledge, namely Farmers 1 person (33.3%). According to (Idam Topic Yoga, 2020) the professional status of the mother greatly influences the mother's attitude when providing nutrition to her child. Working mothers have an impact on the lack of time to pay attention to their toddlers. Mothers with heavy professions will easily feel physically tired which causes a mother to prefer to rest rather than take care of her child so that children's food is not paid attention to and cannot be fulfilled properly.

The results of the study (Suharmianti, Mentari. & Hermansyah, 2018) explained in the results of their research that stunting status was more common in toddlers who had mothers with housewife status, namely 47 people (52.8 %). Even though housewives have more time to take care of their children, if the parenting pattern given is still not good, for example, the eating pattern that is not observed by the mother can cause problems regarding nutrition in toddlers. Therefore, mothers who work and mothers who do not work must be able to share time with their children, so that food patterns are fulfilled and child development is increasing.

The assumption of the researcher based on the results of the study was found that respondents had less knowledge whose status was as IRT. This is because they are more busy with a lot of homework and are supported by their lack of attention seeking information from health workers. Mothers with heavy work will easily feel physically tired which causes a mother to prefer to rest rather than take care of her child so that children's food is not paid attention to and cannot be fulfilled properly and healthily. Therefore, mothers who work and mothers who do not work must be able to share time with their children, so that food patterns are fulfilled and child development is increasing.

4.6 Mother's Knowledge About Stunting in Toddlers Age 25-59 months based on Parity at Talia Pratama Clinic Medan

Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata , Anita Veronika, Aprilita Br Sitepu ,Merlina Sinabariba

frequency distribution of maternal knowledge based on parity shows that the majority of respondents have less knowledge, namely 17 people (80.5%) and a minority of respondents who have good knowledge, namely 2 primiparas (22.2%). Parity is the number of children born to a mother. A mother with her first baby can be a problem when the child is 2 years old if the mother does not understand about stunting.

The results of the study (Rahmandiani et al., 2018) explained that mothers' knowledge based on parity characteristics, mothers with less knowledge turned out to have the most 2-3 children, namely 92 people (65.2%). However, the results of the Chi Square test on parity characteristics showed that there was no significant parity relationship with mother's knowledge, ($p > 0.05$). This is not in accordance with the theory which states that parity is very influential on a person's acceptance of knowledge, the more experience a mother has, the easier it will be to accept knowledge.

The researcher's assumption is based on the results of the study that mothers with more multiparous parity have less knowledge. According to researchers, mothers who have given birth more than 2 times do not guarantee to have good knowledge experience in parenting compared to mothers who have just given birth 1 time, from the results of the study it has been proven that mother's knowledge about stunting in toddlers based on parity is multiparous, where the majority of them are less knowledgeable.

4.7 Mother's Knowledge About Stunting in Toddlers Age 25-59 months based on Information Sources at the Talia Pratama Clinic Medan

Based on the results of the study, it can be seen that the frequency distribution of mother's knowledge based on information sources shows that the majority of respondents have less knowledge, namely 18 health workers (60%) and a minority of respondents who have good knowledge of 2 people (6.7%). A person's knowledge can be obtained from various sources, such as mass media or electronics. Then the more a person interacts with other people, the more information he gets. Sources of information greatly affect a person's knowledge, especially in the health sector.

Based on the researcher's assumptions, it was found that the respondents who received information lacked knowledge, namely from health workers. Sources of information greatly affect a person's knowledge, especially in the health sector. It is evident from the data above that information about stunting is only obtained by respondents through health workers. Sources of information can be obtained by someone through various technological advances today, such as television, radio, newspapers, counseling, and others. So the results of this study are in accordance with the theory of information sources, namely the notification process that can make someone know information by hearing or seeing something directly or indirectly and the more information obtained which has a major influence on the formation of opinions and beliefs of one's knowledge. According to the researcher, the source of information obtained by mothers will also be better if health workers can be more active in providing health education to mothers and cooperate well with each other.

5. CONCLUSION

The conclusion from the results of this study is that the description of mother's knowledge about stunting in toddlers aged 25-59 months at the Talia Pancur Batu Pratama Clinic, Deli Serdang Regency in 2022 is Overview Mother's knowledge about stunting in toddlers can be concluded that most of the respondents have less knowledge. Overview Mother's knowledge of maternal characteristics based on age, occupational education, parity and sources of information about stunting in toddlers can be concluded that most respondents have less knowledge.

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Description Of Mothers Knowledge About Stunting In Toddlers Aged 25-59 Months At The Pratama Talia Pancur Batu Clinic, Deli Serdang Regency In 2022- Putri Kasih Simarmata , Anita Veronika, Aprilita Br Sitepu ,Merlina Sinabariba

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