

Relationship Between Education Of Toddler Mother And Stunting Events In Posyandu Arumdalu VIII Ngronggah Baru In 2019

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Abstract— Stunting is a condition of failure to grow to achieve normal growth due to malnutrition in a long period of time. Mother's education is one of the factors causing stunting. The initial preliminary survey revealed that there were 9 respondents out of 15 respondents who were stunted under-five children with a low education in Posyandu Arumdalu VIII Ngronggah Baru. The purpose of this study was to determine the relationship between the education of mothers of children under five with the incidence of stunting in Posyandu Arumdalu VIII Ngronggah Baru. This research was conducted using a descriptive survey with a quantitative method with a cross sectional study approach. The variables of this study are maternal education and the incidence of stunting. The research instrument used questionnaires and respondent identification forms. The population and sample of this study were 36 respondents. The sample technique used is the total sample. Quantitative data analysis uses the chi-square relationship test. The results of this study are based on the results of the Chi-Square test of significance of p between the educational variables of mothers of children under five with the incidence of stunting of 0.004 ($p < 0.05$) then H_0 is rejected and there is a relationship. The conclusion is that there is a relationship between the education of mothers of children under five with the incidence of stunting in Posyandu Arumdalu VIII Ngronggah Baru. Suggestions should provide education and knowledge with training and seminars related to stunting through village midwives.

Keywords— Toddler Mother Education, Stunting

I. INTRODUCTION

Stunting is a condition of failure to grow to achieve normal growth due to malnutrition in a long period of time. One of the causes of stunting is the knowledge of toddlers' mothers. Mother's knowledge about stunting is also influenced by the level of mother's education[1].

Mother's education influences parental care in preventing stunting[2]. Mothers with good education will have children with good nutritional status. A good and adequate nutritional status of children will prevent toddlers from stunting

In the preliminary survey it was found that the number of children under five and mothers under five in Posyandu Arumdalu VIII was 36 people. In the Arumdalu VIII Posyandu it was found there were 15 toddlers declared stunting. There were 6 respondents out of 15 respondents who were stunted toddlers with a low education at Posyandu Arumdalu VIII Ngronggah Baru.

From this description the authors are interested in conducting research on "The Relationship Between Mother Toddler Education with Stunting Events in Posyandu Arumdalu VIII Ngronggah Baru".

II. METHOD

This research was conducted analytically using a quantitative method with a cross sectional study design approach[3]. The study population was 36 respondents with a sample of 36 respondents under five and mothers under five in Posyandu Arumdalu VIII Ngronggah Baru. The sampling technique used in this study is the total sampling technique[4]. The variables measured in this study for the independent variable are the education of toddler mothers and the dependent variable is the incidence of stunting toddlers[5]. Analysis of the data used is univariate analysis to describe the characteristics of respondents and bivariate analysis to test the relationship with the chi-square correlation statistical test[3].

III. RESULT

A. Univariate Analysis

Table 1. Stunting Events in Toddlers in Posyandu Arumdalu VIII Ngronggah Baru

No	Stunting Incident	Frequency	Percentage (%)
1	Stunting	15	41,67
2	No Stunting	21	58,33
	Total	36	100

In table 1 above, it was found that there were found 15 respondents under-five (41.67%) stunting occurred. There were 21 toddler respondents (58.33%) not suffering from stunting.

Table 2. Toddler Mother's Education in Posyandu Arumdalu VIII Ngronggah Baru

No	Toddler Mother's Education	Frequency	Percentage (%)
1	High	13	36,11
2	Low	23	63,89
	Total	36	100

In table 2 above it is known that the majority of mothers of under-educated children are 23 respondents (63,89%). While there are a small proportion of respondents mothers with high education are 13 respondents (36,11%).

B. Bivariate Analysis The Relationship between Mother's Education and Stunting Event at Posyandu Arumdalu VIII Ngronggah Baru

Table 3. Relationship between Mother's Education and Stunting Event at Posyandu Arumdalu VIII Ngronggah Baru

No	Variable	Stunting Incident		Total	P Value
		Stunting	No Stunting		
1.	Toddler Mother's Education				
	a. High	6	7	13	0,004
	b. Low	9	14	23	
	Total	15	21	36	

In table 3 above, it can be seen that the majority of respondents with low-educated mothers of toddlers are 21 respondents with 9 respondents are stunted mothers of toddlers. The results of this study of 36 respondents based on the Chi-Square test the significance of p between the education variables of mothers of children under five with stunting incidences of $0.004 < \alpha (0.05)$ then H_0 was rejected and it was stated there was a relationship between maternal education of children with stunting in Posyandu Arumdalu VIII Ngronggah Baru.

In this study most of the education of mothers of children under five with a low category that is as many as 20 people. There are 6 mothers of toddlers out of 20 mothers of toddlers with low education in Posyandu Arumdalu VIII have stunting toddlers. Theoretically, maternal education is one of the factors that cause toddlers suffering from stunting [2].

The results of this study are in line with Hizni's research in Cirebon City which shows that mothers who have low education are at greater risk of having stunting children than mothers with higher education [7]. In addition, mothers who have higher education tend to be better in parenting as well as better in the choice of children's food. This is because mothers with tertiary education have greater opportunities to access information about the nutritional status and health of children so that their knowledge increases. Then the information is practiced in the process of child care which will impact on the nutritional status and better health of children [8].

This research is in line with Astari's research which shows that the level of education is related to the incidence of stunting. The level of parental education that is the father in the group of stunting children is relatively lower than the level of education of the father in the normal child group [9].

The mother's education level influences the degree of health, especially the incidence of stunting. Mothers have the most role in the formation of children's eating habits. Mothers preparing food began to arrange menus, shop, cook, prepare food, and distribute food [10].

Research conducted by Arnelia found a positive relationship between mother's education level with knowledge of nutrition and family health. This is supported by this research, that although it does not show a meaningful relationship between the level of maternal nutritional knowledge and the incidence of stunting, 24 patients (92.3%)

of stunted children have a mother with a low level of nutritional knowledge [11].

Mother's education and knowledge play a role in determining the child's growth and development as seen from the nutritional status of children. Mother's education is a factor related to the incidence of stunting in infants [3]. Mother's education is significantly related to the incidence of stunting in infants. This could be due to the greater role of caregiving performed by mothers while fathers worked more so that the time with their children would be reduced [8].

The level of education of the mother also determines whether or not a mother is easy to absorb and understand the nutritional knowledge gained. Education is needed so that people, especially mothers, are more responsive to nutritional problems in the family and are expected to take appropriate action as soon as possible. Mother's knowledge is a risk factor for stunting in infants [12].

Mother's nutritional knowledge plays a role in determining the growth and development of children as seen from the nutritional status of children. Although the results of this study did not obtain a significant relationship between maternal nutrition knowledge with the incidence of stunting, but at least the knowledge can also be obtained through formal education [13]. Good nutritional knowledge will cause someone to be able to compile a good menu for consumption. The more knowledge a person has of nutrition, the more he will calculate the type and amount of food he gets for consumption [2].

The provision of appropriate ingredients and diet for toddlers in an effort to improve nutritional status will be realized if the mother has a good level of nutritional knowledge. Ignorance of information about nutrition can cause a lack of quality or nutritional quality of family food, especially food consumed by infants. One cause of nutritional disorders is a lack of nutritional knowledge and one's ability to apply information about nutrition in daily life. The level of mother's nutritional knowledge influences attitudes and behaviors in choosing food ingredients, which will further affect the nutritional situation of her family [3].

IV. CONCLUSION

The conclusion of this study is that there is a relationship between maternal education and the incidence of stunting in Posyandu Arumdalu VIII Ngronggah Baru.

It is better to break the chain of stunting by increasing the formal education of expectant mothers, because education is a practical way so that mothers more easily obtain health information, especially stunting.

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