



Factors Affecting Mothers in Giving Vitamin A Capsules To Toddlers

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ABSTRACT

Vitamin A is one of the nutrients from the vitamin group that is needed by the body which is useful for eye health (so you can see well) and for body health (increasing the body's resistance to fight diseases such as measles, diarrhea and other infectious diseases). According to the World Health Organization (WHO), as many as 250 million preschool children experience vitamin A deficiency events, with an estimated annual incidence of blindness of 250,000 to 500,000 children (1% -2%), and within 12 months half of children died as a result of vitamin A deficiency (WHO, 2019). This study aims to determine the factors that influence mothers in giving vitamin A capsules to toddlers at UPT Puskesmas Bahorok, Langkat Regency in 2021. The type of research is an analytical survey with a cross sectional study approach. The population is all mothers who have toddlers UPT Puskesmas Bahorok Langkat Regency in 2021 totaling 248 people. The number of samples used was 62 people obtained by using the 25% Arikunto formula. Data analysis technique using chi square. The results showed that 62 respondents were mothers who had toddlers, the results showed that the majority of respondents had good knowledge, 37 respondents (59.7%) and a minority of respondents who had bad knowledge, 25 respondents (40.3%), had higher education, 34 respondents (54.8%)) and a minority of respondents with low education as many as 28 respondents (45.2%), a negative attitude as many as 32 respondents (51.6%) and a minority of respondents who had a positive attitude as many as 30 respondents (48.4%), and gave Vitamin A capsules as many as 32 respondents (51.6%) and a minority of respondents did not provide Vitamin A Capsules. As many as 30 respondents (48.4%) and there was a relationship between mother's knowledge (0.000), mother's education (0.003), attitude (0.01) in giving Vitamin A capsules In Toddlers. It is suggested to the public to be able to pay attention, add insight about giving vitamin A to toddlers so that the need for vitamin A can be fulfilled according to age.

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ABSTRACT

Vitamin A adalah salah satu zat gizi dari golongan vitamin yang sangat diperlukan oleh tubuh yang berguna untuk kesehatan mata (agar dapat melihat dengan baik) dan untuk kesehatan tubuh (meningkatkan daya tahan tubuh untuk melawan penyakit misalnya campak, diare dan penyakit infeksi lain). Menurut World Health Organization (WHO) sebanyak 250 juta anak pra-sekolah mengalami kejadian kekurangan vitamin A, dengan jumlah angka kejadian anak yang mengalami kebutaan setiap tahun diperkirakan 250.000 sampai 500.000 (1%-2%), serta dalam jangka waktu 12 bulan separuh anak meninggal akibat dari kekurangan vitamin A (WHO, 2019). Penelitian ini bertujuan untuk mengetahui Faktor-Faktor Yg Mempengaruhi Ibu Dalam Pemberian Kapsul Vitamin A Pada Balita di UPT Puskesmas Bahorok Kabupaten Langkat Tahun 2021. Jenis penelitian merupakan survey bersifat analitik dengan pendekatan cross sectional study. Populasi adalah seluruh ibu yang memiliki balita UPT Puskesmas Bahorok Kabupaten Langkat Tahun 2021 berjumlah 248 orang. Jumlah sampel yang digunakan adalah 62 orang yang diperoleh dengan menggunakan rumus arikunto 25%. Teknik analisis data menggunakan chi square. Hasil penelitian bahwa 62

responden ibu yang memiliki balita, didapatkan hasil mayoritas responden berpengetahuan Baik sebanyak 37 responden (59,7%) dan minoritas responden berpengetahuan tidak baik 25 responden (40,3%), berpendidikan tinggi sebanyak 34 responden (54,8%) dan minoritas responden berpendidikan rendah sebanyak 28 responden (45,2%), sikap negatif sebanyak 32 responden (51,6%) dan minoritas responden memiliki sikap positif sebanyak 30 responden (48,4%), dan memberikan kapsul Vitamin A sebanyak 32 responden (51,6%) dan minoritas responden tidak memberikan Kapsul Vitamin A Sebanyak 30 responden (48,4%) serta ada hubungan pengetahuan ibu (0,000), pendidikan ibu (0,003), sikap (0,01) dalam pemberian kapsul Vitamin A Pada Balita. Disarankan kepada masyarakat untuk dapat memperhatikan, menambah wawasan tentang pemberian vitamin A pada balita sehingga kebutuhan vitamin A dapat tercukupi sesuai dengan usia.

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INTRODUCTION

Vitamin A is one of the nutrients from the vitamin group that is needed by the body which is useful for eye health (so you can see well) and for body health (increasing the body's resistance to fight diseases such as measles, diarrhea and other infectious diseases) (Ministry of Health RI, 2016).

According to the World Health Organization (WHO) as many as 250 million pre-school children experience vitamin A deficiency events, with an estimated annual incidence of blindness of 250,000 to 500,000 children (1% -2%), and within 12 months half of children died as a result of vitamin A deficiency. The coverage of vitamin A administration to children in Indonesia increased by 4% in 2012, with the previous coverage of vitamin A administration being only 71.5% in 2007. In Indonesia, vitamin A administration was given in order to prevent blindness in children, with administration carried out in February and August, with a range of administration to children aged 6-59 months (Puspita, 2019). Based on the 2019 Indonesian Health Profile, the coverage for giving vitamin A to toddlers in Indonesia in 2019 was 76.68%. The province with the highest percentage of vitamin A coverage was DI Yogyakarta (100.00%), while the province with the lowest percentage was Papua (31.97%). There are two provinces that have not yet collected their data, namely North Maluku and West Papua.

According to WHO, if 15% of the toddler population suffers from a deficiency of vitamin A, then this is categorized as a problem, while in West Java, the incidence of toddlers with vitamin A deficiency is still quite high (19.4%). The coverage of vitamin A administration to toddlers in North Sumatra Province in the last 7 (seven) years has tended to increase. In 2017, the coverage of Vitamin A administration was 98.97%, and it has reached the set national target (ie 80%) (North Sumatra Health Profile 2017).

Efforts that can be made to increase the coverage of vitamin A administration, one of which is by promoting through the dissemination of information, especially about vitamin A and other integrated programs, this needs to be done before the capsule month (February and August) with the aim of increasing the coverage of vitamin A capsule administration. involve members of the community and family. For Tobasa Regency, the achievement level of Vitamin A administration has reached 88.98% and has exceeded the national limit set at 80%. Even so, the Tobasa government continues to make efforts so that the achievement of Vitamin A in Tobasa reaches 100%.

Based on an introductory survey conducted in Sei Musam Village through posyandu activities from 10 mothers interviewed regarding the provision of Vitamin A capsules,

there were 7 mothers of toddlers who said they did not get Vitamin A capsules according to the specified schedule, because the mothers did not come to weigh their infants at the health center and do not participate in posyandu activities. Based on this background, researchers are interested in conducting research on the factors that influence the administration of Vitamin A Capsules to Toddlers at UPT Puskesmas Bahorok, Langkat Regency in 2021.

METHOD

The type of research used is an analytical survey with a cross-sectional study approach, namely an analytical survey that includes the relationship between risk factors (exposure). This type of research is used to find out the factors that influence mothers in giving vitamin A capsules to toddlers at UPT Puskesmas Bahorok, Langkat Regency in 2021.

This research was conducted from March to June 2021. The population in this study were all mothers who had children under five at the UPT Puskesmas Bahorok Langkat Regency in 2021 as many as 62 toddlers

The sampling technique was carried out by Total Sampling. Primary data was collected through direct interviews with toddler mothers by visiting each respondent's house and secondary data was obtained from Sei Musam Village. Univariate analysis was used to obtain an overview of the distribution of frequencies or proportions based on the variables studied. Bivariate analysis is used to determine the relationship between the independent (free) variable and the dependent (dependent) variable. This analysis was carried out using the Chi-square test at the 95% level of confidence ($\alpha=0.05$), so that if the results of the statistical analysis were found to be $p < 0.05$, these variables were stated to be significantly related.

RESULTS AND DISCUSSION

The results of the study showed that of the 62 respondents, the majority who had toddlers who gave vitamin A capsules had good knowledge, namely 30 respondents (48.4%). Based on the table above, it can be seen that there is a significant relationship between mother's knowledge and giving vitamin A capsules to toddlers with a value of 0.000. The results of the analysis can be seen in table 1. below:

Table 1.
Frequency Distribution of the Relationship of Knowledge with the Administration of Vitamin A Capsules to Toddlers

| No | Knowledge | Administration of Vitamin A Capsules | | | | | | Sig. p |
|-------|-----------|--------------------------------------|------|-------|------|--------|------|--------|
| | | Not Given | | Given | | Amount | | |
| | | F | % | F | % | F | % | |
| 1. | Well | 7 | 11,3 | 30 | 48,4 | 37 | 59,6 | 0.000 |
| 2. | Not good | 22 | 35,4 | 3 | 4,9 | 25 | 40,4 | |
| Total | | 25 | 46,7 | 10 | 53,3 | 62 | 100 | |

The results showed that of the 62 respondents, the majority who had toddlers who gave vitamin A capsules had higher education, namely 24 respondents (38.8%). Based on the table above, it can be seen that there is a significant

relationship between mother's education and giving vitamin A capsules to toddlers with a p value of 0.003. The results of the analysis can be seen in table 2. The following:

Table 2.
Frequency Distribution of the Relationship between Mother's Education and Giving Vitamin A Capsules to Toddlers

| No | Education | Administration of Vitamin A Capsules | | | | | | Sig. p |
|-------|-----------|--------------------------------------|------|-------|------|--------|------|--------|
| | | Not Given | | Given | | Amount | | |
| | | F | % | F | % | F | % | |
| 1. | Tall | 10 | 16,1 | 24 | 38,8 | 34 | 54,8 | 0.003 |
| 2. | Low | 19 | 30,6 | 9 | 14,5 | 28 | 45,2 | |
| Total | | 29 | 46,7 | 33 | 53,3 | 62 | 100 | |

Based on the table above, it can be explained that of the 62 respondents, the majority who had toddlers who gave vitamin A capsules had a positive attitude, namely 21 respondents (33.9%). Based on the table above, it can be seen that there is

a significant relationship between mother's attitude and giving vitamin A capsules to toddlers with a p value of 0.01 <0.05. The results of the analysis can be seen in table 3 the following:

Table 3.
Frequency Distribution of the Relationship between Mother's Attitude and Giving Vitamin A Capsules to Toddlers

| No | Attitude | Administration of Vitamin A Capsules | | | | | | Sig. p |
|-------|----------|--------------------------------------|------|-------|------|--------|------|--------|
| | | Not Given | | Given | | Amount | | |
| | | F | % | f | % | F | % | |
| 1. | Positive | 9 | 14,5 | 21 | 33,9 | 30 | 48,3 | 0.01 |
| 2. | Negative | 20 | 32,2 | 12 | 19,3 | 32 | 51,7 | |
| Total | | 29 | 46,7 | 33 | 53,3 | 62 | 100 | |

DISCUSSION

Factors that can facilitate the occurrence of behavior in a person is one's knowledge of what will be done). Mother's behavior to give her toddler vitamin A will be facilitated if the mother knows about vitamin A, both the benefits, when and where to give vitamin A. Therefore, to change the behavior of mothers who are not good enough to become good behavior in giving vitamin A, health education efforts are needed which are given intensively and continuously because changing behavior through the learning process generally takes a long time and behavior based on knowledge will be more lasting than knowledge. which is not based on knowledge (Yuliarti, 2016)

This research is also in accordance with Puspita's research, 2019 which stated that the results showed that there was a significant relationship between the knowledge of parents of toddlers and the attitude of awareness of giving vitamin A. Based on statistical tests, the value obtained $Pvalue= 0.000$ (P

≤ 0.05) because $P-value \leq 0.05$ then H_0 is rejected and H_a is accepted, meaning that there is a significant relationship between the level of knowledge of parents of toddlers and the awareness attitude of parents of toddlers towards awareness of giving vitamin A, so it can be concluded there is a relationship between the knowledge of parents of toddlers about vitamin A and the attitude of awareness of giving vitamin A to toddlers at Posyandu, Cipedes District, Tasikmalaya City in 2019.

Education is a learning process which means that in education there is a process of growth, development or change towards a more mature, better and more mature individual, group or society. This is in line with research conducted by Hanafi in 2019 which found a relationship between administration of vitamin A by level of education. The results of the analysis showed a relationship between vitamin A administration and education. According to the author, this is because the higher a person's education level, the easier it is

for that person to get information. The results of this study, mothers with good knowledge and high education were 24 (68.6%), while those with less knowledge and low education were 7 (46.7%). The results of the chi-square test at $\alpha = 0.05$ obtained a value of $p = 0.037$ ($p < 0.05$) which means that statistically there is a relationship between education and mother's knowledge about giving vitamin A.

Attitude is a crucial issue in education. No matter how high the knowledge and skills that result from the learning process, it will not be meaningful if the person does not have good behavioral tendencies. Especially in the eyes of society, the success of education is generally measured by a person's attitude (Anjani, 2019). This is in line with research conducted by Anjani in 2019 which stated that there was a relationship between giving vitamin A and the mother's attitude

The results of this study are in line with the results of Wahyunita's research. (2019) with the title knowledge and attitudes of mothers who have toddlers about giving vitamin A at Posyandu Sayang Toddlers, Ujung Batu Village, working area of the Ujung Batu Health Center "with the results of the study that the attitudes of mothers who have toddlers about giving vitamins A majority are positive, totaling 86 people (78.89%) and those with a negative attitude were 23 people (21.10%). According to the assumptions based on the results of the study, there was a positive attitude towards giving vitamin A to toddlers, because the respondents knew the importance of consuming vitamin A for their toddlers, and thought that vitamin A could not be fulfilled by the food consumed by toddlers daily

In the results of Virgo's research (2020) in the Working Area of the Tapung Hilir Health Center, most mothers' attitudes were also positive (92.86%) regarding giving vitamin A to toddlers. Attitude is a reaction or response still close to a stimulus or object. Attitude is not yet an action or activity, but a predisposition to action.

CONCLUSIONS AND SUGGESTIONS

From the results of research on the factors that influence mothers in administering Vitamin A Capsules to Toddlers at UPT Puskesmas Bahorok Langkat Regency in 2021 with a total of 62 respondents, the following conclusions can be drawn: there is a significant relationship between mother's knowledge, education and mother's attitude with giving capsules vitamin A in toddlers at UPT Puskesmas Bahorok Langkat Regency in 2021. Hopefully the results of this study can add insight and knowledge to mothers regarding mother's knowledge and actions in giving vitamin A capsules to toddlers.

ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

No potential conflicts of interest have been reported regarding the submitted articles

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