

## Family Motivation In The Provision Of Nutrition With Stunting Events In Tons Of Together In Pujiharjo Village, Tirtoyudo District

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*Family motivation can be shown by efforts to prevent stunting. Family motivation is closely related to food security which can be illustrated by changes in food consumption that lead to a decrease in quantity and quality, including changes in the frequency of consumption of staple foods. The researcher aims to analyze the relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District. The analysis was carried out to analyze the relationship of family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District, using correlation analysis. The results of the analysis that has been carried out on 32 respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, it can be concluded that most of the respondents have family motivation in providing nutrition which is included in the high criteria. The results of the analysis of the incidence of stunting can be seen that most of them have children who are in the normal category. From the results of the analysis, it can also be seen that there is a significant relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District. This means that with increasing family motivation in providing nutrition, the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District will decrease.*

### Keywords:

Family Motivation,

Nutrition

Stunting

## PRELIMINARY

The risk of stunting increases in children who live with families with single parents compared to children who live in nuclear families or large families with complete parents (Gurmu & Etana, 2013). The results of research on the relationship between family role structure and stunting in children aged two to five years showed that the incidence of stunting was 10% higher in children living with nuclear families and 30% higher in children living with large families (Novak, B. & Muniagurria, 2017). Stunting occurs more often in children living in large families than children living in nuclear families with a ratio of 3: 1. The problem of stunting needs to be researched, especially from a family perspective, because these problems can damage development and have a negative impact on health in the long term such as susceptible to disease (UNICEF, 2012).

Efforts to overcome nutritional status problems that have an important role are individuals, families, and health services (UNICEF, 2012). The running of

health services is influenced by health workers, one of which is a nurse. Nurses have a role in improving the nutritional status of children under five with promotive and preventive efforts (Partini, S.; Sumantri; & Senssusiana, S., 2016). Prevention of malnutrition problems that have been carried out by nurses includes nursing care processes (routine weighing, measuring, and monitoring), health education in counseling or counseling, collaborating with other health workers, especially nutritionists, coordinating activities related to plans for implementing activities, discussing to solve status problems. nutrition, approach and provide understanding related to nutrition that is important for health (Partini, S.; Sumantri; & Senssusiana, S., 2016). However, when viewed from the prevalence of nutritional status problems in toddlers, it is still not resolved so that researchers are interested in examining whether there is a relationship between family motivation and nutritional status in toddlers who are at risk of stunting.

Family motivation can be shown by efforts to prevent stunting. Family motivation is closely related to food security which can be illustrated by changes in food consumption that lead to a decrease in quantity and quality, including changes in the frequency of consumption of staple foods. Family food security is closely related to food availability which is one of the indirect factors or causes that affect the nutritional status of children. Malnutrition causes stunted growth in toddlers, so that the child's height does not match his age or is called short toddlers or stunting. So family motivation has support in efforts to prevent stunting

## **METHOD**

This research is a type of analytic observational research/analytical survey research that tries to explore how and why health phenomena occur. Then analyze the dynamics of the correlation between phenomena or between risk factors and effect factors. The design of this study used a cross sectional design, which is a study to study the dynamics of the correlation between risk factors and effects, by means of an observational approach or data collection at one time. The population is a group of subjects who are the target of research (Nursalam 2011). The population in this study were mothers who had toddlers in Pujiharjo Village, Tirtoyudo District. The analysis was carried out to analyze the relationship of family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District, using correlation analysis. Correlation analysis is an analytical tool to prove whether or not there is a functional relationship or causal relationship between two or more independent variables with one dependent variable.

## **RESEARCH RESULT**

### **General data**

Based on the results of distributing questionnaires to 32 respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, the

distribution of respondents' characteristics based on age can be presented in Table 1

### Respondent Characteristics

**Table 1. Distribution of Respondents Characteristics**

Characteristics	Amount	%
<b>Usia:</b>		
17-21 Tahun	9	28,13%
22-26 Tahun	13	40,63%
27-31 Tahun	7	21,87%
32-36 Tahun	2	6,25%
>36 Tahun	1	3,12%
<b>Total</b>	<b>32</b>	<b>100</b>
<b>Pekerjaan:</b>		
Petani	11	34,38%
Ibu Rumah Tangga	16	50%
Pegawai Negeri/ ASN	2	6,25%
Wiraswasta	3	9,38%
<b>Total</b>	<b>32</b>	<b>100%</b>

(Sumber: Data primer diolah, Tahun 2021)

Based on Table 1, it can be seen that most of the respondents, namely 13 respondents or 40.63%, had an age of 22-26 years and the lowest was >36 years, namely 1 respondent or 3.12%. Characteristics of respondents based on occupation, it can be seen that the majority of research respondents' jobs are as household workers, namely as many as 16 respondents or 50% and the least, namely respondents working as civil servants / ASN as many as 2 respondents or 6.25%. As for the distribution of respondents based on family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District, it can be presented in Table 2.

### **Distribution of family motivation in providing nutrition and the incidence of stunting**

**Table 2 Distribution of family motivation in providing nutrition with the incidence of stunting**

Variabel	Jumlah	%
<b>Motivasi keluarga dalam pemberian nutrisi:</b>		
Sangat Tinggi	7	21,9%
Tinggi	19	59,4%
Rendah	6	18,8%
Sangat Rendah	0	0

Total	32	100%
<b>Kejadian <i>stunting</i>:</b>		
<i>Stunting</i>	8	25%
Normal	24	75%
Total	32	100%

(Sumber: Data primer diolah, Tahun 2021)

Based on Table 2, it can be seen that most of the respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, have family motivation in providing nutrition, which is included in the high criteria, namely as many as 19 respondents or 59.4%, as many as 7 respondents or 21.9% have high motivation. very high while those who have low motivation are 6 respondents or 18.8%. As for the incidence of *stunting*, it can be seen that most of them have children who fall into the normal category, namely as many as 24 respondents or 75% and as many as 8 respondents or 25% fall into the category of having *stunting* toddlers.

**The results of cross tabulation between family motivation in providing nutrition and the incidence of *stunting***

The results of the cross tabulation between family motivation in providing nutrition and the incidence of *stunting* can be presented in Table 3

Table 3 Cross-tabulation of family motivation in providing nutrition with the incidence of *stunting*

**Motivasi \* Kejadian *Stunting* Crosstabulation**

Count

		Kejadian <i>Stunting</i>		Total
		<i>stunting</i>	Normal	
Motivasi	Rendah	6	0	6
	Tinggi	2	17	19
	Sangat Tinggi	0	7	7
Total		8	24	32

(Sumber: Data primer diolah, Tahun 2021)

Based on the results of the cross tabulation analysis, it can be seen that most of the respondents have family motivation in providing nutrition that is included in the high criteria by having babies in normal conditions.

**Data Analysis Results**

The results of the analysis of the relationship between family motivation in providing nutrition and the incidence of *stunting* in toddlers in Pujiharjo Village, Tirtoyudo District, can be presented in Table 4.

Table 4. Correlation Analysis Results

		Motivasi	Kejadian Stunting
Motivasi	Pearson Correlation	1	,709**
	Sig. (2-tailed)		,000
	Sum of Squares and Cross-products	12,969	6,250
	Covariance	,418	,202
	N	32	32
Kejadian Stunting	Pearson Correlation	,709**	1
	Sig. (2-tailed)	,000	
	Sum of Squares and Cross-products	6,250	6,000
	Covariance	,202	,194
	N	32	32

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Based on Table 4, it can be seen that there is a significant relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District with a coefficient value of 0.709 with p value = 0.000. Based on the results of the analysis, it is shown that the hypothesis is proven to be accepted, which states that there is a relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District.

## DISCUSSION

### Family motivation in providing nutrition in Pujiharjo Village, Tirtoyudo District

Based on the results of research and data analysis conducted on 32 respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, it is known that most of the respondents have high family motivation in providing nutrition. The results of this study support the results of previous research conducted by Rahmawati (2019), Anisa Maulid (2018) and Indra dewi (2020) showing that most of them have families who have high motivation in providing nutrition to their children under five.

Toddlers or also known as preschoolers are children aged between one to five years. During this period, toddlers have a growth spurt that usually coincides with a period of increasing food intake and appetite (Sulistyoningsih, 2012). Growth and development in toddlerhood occurs very rapidly so that it requires a sufficient supply of food and nutrition. Physical growth is often used as an indicator to measure the nutritional status of both individuals and populations, so parents need to pay attention to aspects of the growth of their toddlers if they want to know their nutritional status (Khomsan, 2003) and this is one of the factors determined by the family's motivation to provide nutrition to families who need it. have toddlers.

Family motivation is the family's ability to provide time, attention and support for children so that they can grow and develop as well as possible. The

attitudes and behavior of mothers or other caregivers in terms of their proximity to children, providing food, maintaining cleanliness, and giving affection will affect the child's physical, mental and social (Zeitlin, 2000 in Rosmana, 2003). Family motivation is always related to feeding activities which will ultimately contribute to their nutritional status. The practice of feeding children has a very big role in children's nutritional intake. Feeding children and eating habits in the family becomes a very big influence. Children usually follow what their parents and siblings eat. Good nutritional knowledge from mothers is very necessary, as well as skills in preparing dishes for the family, according to tastes and economic conditions (Istiany, 2013). The motivation that the family has will affect the knowledge of maternal nutrition, which is lacking, will affect the nutritional status of their toddlers and it will be difficult to choose nutritious food for their children and their families.

Good nutrition is balanced nutrition, meaning that the intake of nutrients must be in accordance with the body's needs. Malnutrition in toddlers causes brain growth and intelligence levels to be disrupted, this is due to lack of protein consumption and lack of energy obtained from food (Nainggolan, 2011). In general, the problem of malnutrition that occurs in toddlers is closely related to the motivation of the family in fulfilling their child's nutrition.

The high motivation of families in providing nutrition in Pujiharjo Village, Tirtoyudo District shows the awareness of the family about the importance of nutrition for their toddlers. The motivation possessed by the family will support the fulfillment of the nutrition needed by the child so as to provide support in the growth and development of the child. Family motivation to meet the needs of balanced nutrition is very important, given the motivation that the family has directly as food managers. Mothers who do not know the nutrition of food, will serve food that is not nutritionally balanced. The more knowledge of nutrition, the more considered the type and amount of food chosen for consumption so as to support growth for children.

#### **Incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District**

Based on the results of research conducted on 32 respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, it can be seen that most of the respondents have toddlers who fall into the normal category. The results of this study support the results of previous research conducted by Indra Dewi (2020) and Anisa Maulid (2018) which showed that most of them had toddlers who were in the normal category.

Stunting is a condition where children experience delays in growth caused by lack of nutritional intake for a long time. Lack of nutritional intake usually occurs from the baby in the womb until after birth or the first 1,000 days of life (Riskseddas, 2018). Stunting has a big impact on the growth and development of children in the future. The impact of stunting that can be seen in children is generally an obstacle in their cognitive and motor development which will affect their productivity as adults. This is in accordance with the research

findings of Widanti (2013) which states that stunting results in low growth abilities in the next period, both physically and cognitively and will also affect productivity when children enter adulthood. In addition, stunting children also have a greater risk of suffering from non-communicable diseases such as diabetes, obesity, and heart disease as adults (Ministry of Health, 2018).

The low incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District shows the importance of the role of the family in preventing stunting problems in their toddlers. Families have an understanding of the problems that occur due to stunting, which will interfere with brain development, intelligence, disturbances in physical growth, and metabolic disorders. The long-term impact, stunting that is not handled properly as early as possible has an impact: lowering the cognitive development ability of the child's brain.

### **The relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District**

The results of the analysis show that there is a significant relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District. This means that with increasing family motivation in providing nutrition, the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District will decrease. Stunting is a chronic malnutrition problem caused by inadequate nutritional intake for a long time due to feeding that is not in accordance with nutritional needs (Millennium Challenge Account Indonesia, 2014). Stunting occurs when the fetus is still in the womb and only appears when the child is two years old. Malnutrition at an early age increases infant and child mortality, causes sufferers to get sick easily and have poor posture as adults. The cognitive abilities of the sufferers are also reduced, resulting in long-term economic losses for Indonesia (Millennium Challenge Account Indonesia, 2014)

The impact of stunting on toddlers needs special attention because it can hamper the physical and mental development of children (Kartikawati, 2011). Stunting is associated with an increased risk of morbidity and mortality as well as stunted growth of motor and mental abilities. Toddlers who experience stunting have a risk of decreased intellectual ability, productivity, and an increased risk of degenerative diseases in the future. This is because stunted children also tend to be more susceptible to infectious diseases, so they are at risk of decreasing the quality of learning in schools. Stunting also increases the risk of obesity, because people with short bodies have a low ideal weight. Weight gain of just a few kilograms can make the person's Body Mass Index (BMI) rise beyond normal limits. The state of overweight and obesity that continues for a long time will increase the risk of degenerative diseases (Purwandini K, 2013)

Nutritional intake is one of the factors that influence the occurrence of stunting (Kemenkes RI, 2015). Feeding patterns can provide an overview of nutritional intake which includes the type, amount, and schedule of meals. According to research conducted by Subarkah (2016), the right feeding pattern for

toddlers, most toddlers have normal nutrition. Mothers who have a good feeding pattern indicate that the mother has given the right food to toddlers, namely food that is given according to the child's age and to meet nutritional needs. Children with inadequate nutrition can cause problems of not achieving nutritional security as a result of poor family food security. If a family has difficulty providing food, the level of consumption will automatically decrease. If this happens continuously, it can trigger toddlers to experience chronic malnutrition which results in toddlers becoming short. In overcoming these problems, the motivation of families who must be aware of the importance of nutrition in determining the food menu and increase knowledge about the importance of balanced nutrition in daily fulfillment so that children avoid the risk of stunting (Suharyanto, 2011)

The results of this study support the results of previous research conducted by Umari Hasniah Rahmawati (2019) and Anisa Maulid (2018) which showed that there was a relationship between family motivation in providing nutrition and the incidence of stunting in toddlers. So if the nutritional adequacy is not fulfilled for children, the bad impact that can be caused by nutritional problems in that period, in the short term is disruption of brain development, intelligence, impaired physical growth, and metabolic disorders in the body. While in the long term the bad consequences that can be caused are decreased cognitive abilities and learning achievement, decreased immunity so that they are easy to get sick, and the risk of growth for children is one of the risks of stunting.

## **CONCLUSION**

The results of the analysis that has been carried out on 32 respondents, namely mothers who have toddlers in Pujiharjo Village, Tirtoyudo District, it can be concluded that most of the respondents have family motivation in providing nutrition which is included in the high criteria. The results of the analysis of the incidence of stunting can be seen that most of them have children who are in the normal category. From the results of the analysis, it can also be seen that there is a significant relationship between family motivation in providing nutrition with the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District. This means that with increasing family motivation in providing nutrition, the incidence of stunting in toddlers in Pujiharjo Village, Tirtoyudo District will decrease.

## **SUGGESTION**

Based on the results of the research and discussion conducted, the researchers provide the following suggestions

1. For Puskesmas, the results of this study can be used as a basis for developing a program to improve health promotion regarding nutrition for children under five to prevent stunting.
2. For families, it is expected that they always try to pay attention to the nutritional needs of toddlers, namely by seeking accurate information



related to efforts to prevent stunting, for example consulting with doctors or village midwives so that proper nutrition can be done.

3. For further researchers to develop the results of this study by using other variables related to the incidence of stunting and increasing the number of research samples.

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