

## The Relationship between the Level of Knowledge and Attitude of Mother Toward the Incidence of Stunting in Liwuto Village, Kokalukuna Subdistrict, Baubau City

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### ABSTRACT

Stunting is a condition of growth failure that occurs in children under five due to chronic malnutrition so that children look short at their age. There are many factors that cause stunting, including maternal knowledge and attitudes. The purpose of this study was to determine the relationship between maternal knowledge and attitudes with the incidence of stunting in toddlers. The method used in this study was a cross sectional study with the research subjects were mothers who had babies 1-5 years old in Liwuto Village, Kokalukuna Subdistrict, Baubau City. Data analysis used chi-square for knowledge variables and Fisher's Exact for attitude variables. The results of this study showed that the incidence of stunting among toddlers was 64.3%. Based on bivariate analysis of the relationship between maternal knowledge and the incidence of stunting, the value of  $p < 0.05$  ( $p = 0.024$ ) and bivariate analysis of the relationship between maternal attitudes and the incidence of stunting, the value of  $p < 0.05$  ( $p = 0.019$ ). The results of this study indicate that there is a significant relationship between the level of knowledge and attitudes of mothers with the incidence of stunting in toddlers in Liwuto Village, Kokalukuna Subdistrict, Baubau City.

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### 1. INTRODUCTION

Stunting is a nutritional problem experienced by toddlers in the world today due to malnutrition, especially in the period of growth and development in early life. The United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) suggest that there are three types of nutritional problems in toddlers, one of which is stunting. The problem of stunting in toddlers is the most critical malnutrition problem globally because the global level shows that more than 2 million toddlers experience death worldwide due to stunting. Globally in 2018 the prevalence of stunting occurred in approximately 149 million children under the age of five or around 21.9%. In 2018, data on the prevalence of stunting among children under five years old based on WHO states that Indonesia is included in the third country in the Southeast Asia region with the highest prevalence of stunting, which is 30.8% after Timor Leste and India [1].

According to the results of the Indonesian Nutrition Status Study of the Ministry of Health, the prevalence of stunted toddlers in Indonesia was 24.4% in 2021. This number has decreased from the 2018 prevalence of 6.4% from 30.8%. The prevalence of stunting in Southeast Sulawesi Province reached 30.02%, this figure is still above the national average. When viewed from data per district / city in Southeast Sulawesi, the highest stunting data is in South Buton District with 45.2%, followed by Central Buton (42.7%) and Buton (33.9%). Baubau City ranks tenth with a percentage of 27.6% (BKKBN Sultra, 2021).

Stunting in toddlers will have a negative impact if it is not addressed. Some of the short-term impacts that can be caused by stunting include an increase in morbidity and mortality rates, development in toddlers is not optimal, decreased cognitive function (intelligence), decreased immune function, obesity and more susceptibility to infectious diseases. While sustainable consequences can

include a less perfect body shape at a mature age (shorter than usual), less massively activity / ability, degenerative diseases will be a high risk and when old age will experience limitations [2], [3].

Stunting is not only caused by one factor but is caused by many factors that are interconnected with one another. Among the factors that influence the incidence of stunting, poor maternal knowledge and attitudes will greatly affect the incidence of stunting in children. One of the factors that influence the incidence of stunting is maternal knowledge. Knowledge about stunting is very necessary for a mother because a mother's lack of knowledge about stunting can cause children to be at risk of stunting [4].

Efforts to prevent stunting must be started by mothers from pregnancy, especially in the first 1,000 days of life, one of which is with maternal knowledge and attitudes about stunting prevention. Strengthening interventions to improve mothers' knowledge and attitudes about health and nutrition, the need for nutrition packages (Supplementary Feeding, Vitamin A, Blood Addition Tablets) for pregnant women and toddlers, understanding parenting and fostering child growth and development [3].

Baubau City's stunting data in 2021 was 27.6%, making Baubau City one of the stunting loci out of 17 districts/cities in Southeast Sulawesi Province. Of the 43 villages in Baubau City, 15 of them are prioritized for preventing and reducing stunting, one of which is Liwuto Village, Kokalukuna Subdistrict.

## 2. METHOD

This research design uses a correlation analytic design with a cross sectional study approach to measure or observe data on independent and dependent variables assessed simultaneously at a time, so there is no follow-up. The sampling technique in this study used a non-probability sampling technique using purposive sampling on mothers who had babies 1-5 years old in Liwuto Village, Kokalukuna Subdistrict, Baubau City in December 2022 to February 2023 according to the inclusion criteria of the study. The instruments used in this study were demographic questionnaire, knowledge questionnaire and attitude questionnaire. Data were analyzed by Chi-Square and Fisher's Exact test, which was considered statistically significant if the p-value <0.05.

## 3. RESULTS AND DISCUSSION

Table 1. Mother's knowledge

Knowledge	Total	%
Good	14	33,3
Enough	14	33,3
Less	14	33,3
<b>Total</b>	<b>42</b>	<b>100</b>

Table 1 shows that mothers' knowledge about stunting is relatively equal between good, enough and less, 33.3% each.

Table 2. Mother's attitude

Attitude	Total	%
Support	12	28,6
Not Support	30	71,4
<b>Total</b>	<b>42</b>	<b>100</b>

Table 2 shows that the mother's attitude supports 28.6% and the mother's attitude does not support stunting as much as 71.4%.

Table 3. Nutritional Status of Children Based on Height Index / Age

Nutrition Status	Total	%
Stunted	27	64,3
Normal	15	35,7
<b>Total</b>	<b>42</b>	<b>100</b>

Table 3 shows that the distribution of nutritional status of stunted children is 64.3%, while normal nutritional status is 35.7%.

Table 4. Analysis of the Relationship between Mother's Knowledge and Stunting Incidents

Mother's Knowledge	Stunting				Total		$\alpha$	P Value
	Yes		No		n	%		
	n	%	n	%				
Good	5	18,6	9	60	14	33,3	0,05	0,024
Enough	11	40,7	3	20	14	33,3		
Less	11	40,7	3	20	14	33,3		
<b>Total</b>	<b>27</b>	<b>100</b>	<b>15</b>	<b>100</b>	<b>42</b>	<b>100</b>		

Table 4 shows the results of bivariate analysis of 42 respondents, some mothers with less knowledge and have stunting toddlers are 11 respondents (40.7%), some mothers with enough level of knowledge and have stunting toddlers are 11 respondents (40.7%), and some mothers with good level of knowledge and have toddlers who are not stunted as many as 9 respondents (60%). The statistical test results obtained a p value = 0.024 (p.value  $\leq$   $\alpha$ =0.05), which means there is a relationship between the level of mother's knowledge and the incidence of stunting.

Table 5. Analysis of the Relationship between Mother's Attitude and Stunting Incidents

Mother's attitude	Stunting				Total		$\alpha$	P Value
	Yes		No		n	%		
	n	%	n	%				
Support	11	40,7	1	6,6	12	28,6	0,05	0,019
Not Support	16	59,3	14	93,3	30	71,4		
<b>Total</b>	<b>27</b>	<b>100</b>	<b>15</b>	<b>100</b>	<b>42</b>	<b>100</b>		

Table 5 shows the results of bivariate analysis of 42 respondents, mothers who have an unsupportive attitude and have stunting toddlers are 16 respondents (59.3%) while the attitude of mothers who support and have stunting toddlers are 11 respondents (40.7%). The statistical test results obtained a p value = 0.019 (p.value  $\leq$   $\alpha$ =0.05), which means there is a relationship between mother's attitude and stunting incidents.

Stunting or stunted growth in childhood can be associated with delays in cognitive development due to chronic malnutrition, exposure to repeated infections, and poor stimulation early in a child's life [5]. The causes of stunting can be influenced by several factors such as environmental sanitation, food processing and also the lack of maternal knowledge about stunting. Unhealthy environmental sanitation will affect the health of children under five so that it affects the nutritional status of toddlers [6].

Knowledge is a result of sensing through the five human senses, namely sight, hearing, smell, taste and touch. The results of sensing, especially the eye and ear senses, mostly affect attention and perception of an object. Knowledge is something related to the learning process. The learning process is influenced by internal factors, such as support and external factors in the form of information facilities and socio-cultural conditions. Knowledge is information that is known and realized by someone [7].

The results of research on 42 mothers who became respondents in Liwuto Village showed that some mothers with poor knowledge and had stunting toddlers were 11 respondents (40.7%), some mothers with a fairly good level of knowledge and had stunting toddlers were 11 respondents (40.7%), and some mothers with a good level of knowledge and had toddlers who were not stunted as many as 9 respondents (60%). The statistical test results obtained a p value = 0.024 (p value  $\leq$   $\alpha$ =0.05), which means that there is a relationship between the level of maternal knowledge and the incidence of stunting in Liwuto village, Kokalukuna sub-district.

This study is in line with research conducted by Olsa, et al (2017) which shows that there is a significant relationship between maternal knowledge and the incidence of stunting [8]. In another

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study conducted by Harikatang et al, (2020) also showed that there was a relationship between maternal attitudes and the incidence of stunting [9]. Knowledge is closely related to education, where it can be assumed that with higher education, the person will have more knowledge. Low education does not guarantee that a mother does not have sufficient knowledge about her family's nutrition. High curiosity can influence mothers in getting information about the right food for children. Increased knowledge is not absolutely obtained from formal education alone, but can be obtained through non-formal education. A person's knowledge about an object contains two aspects, namely positive aspects and negative aspects [7].

Attitude is a response that arises when someone is given a stimulus / stimulus. A person's attitude towards an object can be in the form of feelings of support or favor (favorable) or feelings that do not support or favor (unfavorable). Attitude is a closed reaction in the form of a person's readiness and willingness to act, if the reaction is open it is called a behavior [7].

The results of research on 42 mothers who became respondents in Liwuto Village showed that mothers who had an unsupportive attitude and had stunting toddlers were 16 respondents (59.3%) while the attitude of mothers who supported and had stunting toddlers was 11 respondents (40.7%). The statistical test results obtained a p value = 0.019 (p.value  $\leq \alpha=0.05$ ), which means that there is a relationship between maternal attitudes and the incidence of stunting. This study is in line with research conducted by Arnita et al (2020) which shows that there is a significant relationship between maternal attitudes and the incidence of stunting in toddlers. However, this is different from research conducted by Ningsih et al (2015) whose results showed that there was no relationship between maternal attitudes and the incidence of stunting. According to Ningsih et al, attitude is a response that is still not open to a stimulus and the desire to behave or act on something. However, attitudes do not always result in action because they are influenced by how much experience a person has [10].

#### 4. CONCLUSION

Based on research conducted on 42 respondents in Liwuto village, Kokalukuna sub-district, Baubau city, it can be concluded that there is a significant relationship between the level of knowledge and attitudes of mothers with the incidence of stunting in toddlers, where the results of statistical tests on the dependent variable of knowledge obtained a p value = 0.024 (p value  $\leq \alpha=0.05$ ), while the attitude variable obtained a p value = 0.019 (p.value  $\leq \alpha=0.05$ ), which means that there is a relationship between knowledge and mother's attitude towards the incidence of stunting. Based on the results of the study and statistical tests obtained, the researcher suggests that families including parents of toddlers can make this research a motivation in increasing knowledge and attitudes in preventing stunting in toddlers.

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