RESEARCH ARTICLE

"Sahabat Ibu Balita" Program to Improve Mother's Knowledge and Skills in Monitoring The Growth of Infants Aged 0-6 Months

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ABSTRACT

The first 6 months of infant life is a golden opportunity for early detection, as well as a growth assessment. Special forms of growth and development are stimulation. Stimulation should be done routinely, continuously at every opportunity and in all infants and toddlers. Based on the fact that there are many mothers who do not know how to perform good stimulation and unskilled in stimulating the result is still found the existence of parents who do not provide stimulation of the baby with routine. The purpose of this study was to determine "differences in mother's knowledge and skills in monitoring of growth and development infants aged 0-6 months among mothers who applied "Sahabat Ibu Balita" and those who did not apply the "Sahabat Ibu Balita". The design of this research was quasi-experiment with pre-posttest with control group. The samples used were parents who had babies aged 0-6 months in the work area of Babakansari Community Health Center. Sample sizw was 66, then divided into 2 groups that was intervention group and control group. They were selected by multistage sampling and executed in December 2016 to January 2017. Result of research by Chi square test there was a significant difference of intervention group and control group on the knowledge and skills. The application of "Sahabat Ibu Balita" as a strategy to support the use of "KIA book" for mother's knowledge and skill in monitoring the growth and development was more optimal.

Keywords: Infant, Growth, Knowledge, Skills, "Sahabat Ibu Balita" program

INTRODUCTION

Background

Early detection of growth and developmental deviations is essential for early detection required so that the child's growth and development can be optimized. The first 6 months of infant life are a golden opportunity for early detection, as well as a child's growth and development assessment (Andayani & Soetjiningsih, 2001). this is a period of rapid growth of the body and brain in the achievement of its function optimization. Growth and development of the baby is important to be the mother's special attention. If the child grows without the direction and assistance and attention of parents, the child's growth cannot be maximal (Palasari, et al., 2012). The concept is underlying detection as early as possible before the age of 6 months. Therefore required knowledge and skills of parents in early detection and stimulation of growth and development baby.

Early detection of growth disorders and development means that is to screen or detect early infant growth disorders, stimulation means to provide stimulation to children who are about language, motoric rough, fine motor and independence, but the various obstacles that are often encountered in the field that the monitoring growth and development of infants is less than optimal due to ignorance of parents, incompetence of health workers and lack of parenting skills. In a study conducted in Padang in 2015 it was found that the incidence of nutritional status based on BB / TB was 2.8% of lean infants and skinny nutritional status was 1.9% of total 107 infants at 0-6 months of age who received exclusive breastfeeding (Andayani & Soetjiningsih, 2001; Purwanti, et al., 2012).

Several studies have shown that child development issues, such as delayed motor development, gross motor, language, and personal social are increasing, the incidence rate in the United States is 12-16%, Argentina 20%, Thailand 37.1%, and in Indonesia between 13-18% (Mustofiyah, 2011; Narendra, 2002). The results of

infant development screening in 30 provinces showed 45.12% of infants experienced developmental disorders in 2013 (Depkes RI, 2010). The prevalence of developmental disorder was highest in language disorder (13.8%) and followed by fine motor disturbance (12.2%) (Ditjen Bina Gizi KIA, 2013). If developmental disorders are not addressed, these disorders may continue into adulthood and may persist (Jahari, 2008).

A special form of developmental attention in order for children to develop optimally with the stimulation. This stimulation should be done routinely, continuously on every occasion and in all infants and toddlers, not infant infants with disruption only. Health services for children under five to monitor growth of weight and height are done every month or 8 times a year, while for early detection and intervention the development of infants aged 0-6 months is done every 3 months. In order to record the development of infants and toddlers, the integrated service post provides a healthy card (KMS) contained in the KIA book for all infants and toddlers, but in fact the ownership of KMS (Card Towards Healthy Toddler) found only 30.5% of children under five. As a result information on the importance of early stimulation and early detection of growth and development is not shared with the baby's parents.

The desire to improve the performance and service by incorporating technological element in service process the integrated service post, especially KMS used by mother of infant and also the integrated service post cadre in monitoring growth and development of baby, besides also role of expert in this case is health worker also very reliable to detect the existence of deviations of growth and development of children. An alternative bulk strategy is required as a promotional medium that has the potential to provide health information to the community about the problem of growth and development of children to be detected early by performing periodic screening with monitoring tools that can be done easily and can describe the condition of growth and development (Ryan, et al., 2013) that is with utilizing mobile health application technology contained in mobile cellular.

The opportunity to use mobile cellular technology as a health promotion strategy is expected to improve the health status of the community especially when the growth of infants. This technology is able to facilitate the delivery of information more closely, reaching healthy individuals but not regular contacts to health services. Based on data compiled by the Association of Indonesian Cellular Telecommunications (ATSI), until the end of 2011 mobile users in Indonesia penetrate approximately 250 million or 10% of the total population of Indonesia (Widodo & Boedijanto, 2014). In this research the researcher made an application for monitoring the growth of infant and toddler under the name " Sahabat Ibu Balita" which was used on Android smartphone as a tool for lay people especially parents of children in order to help detect any growth disorder of child development regularly. A similar type of mobile health application that aims to monitor the growth and development of many already on the market, among others Mother care, Mommychi and Prima. The different applications of "Sahabat Ibu Balita" with other similar applications are in this application aimed at mothers and midwives as well. In this system stimulation is formed in a simple guide or guide in the form of images that can move so as to facilitate parents to stimulate growth in children according to the stage as an effort to optimize growth and development.

Purpose

The purpose of this study was to determine "differences in mother's knowledge and skills in monitoring of growth and development infants aged 0-6 months among mothers who applied "Sahabat Ibu Balita" and those who did not apply the "Sahabat Ibu Balita".

METHODS

The design of this research was Quasi Experiment with Pretest – Posttest study with control group design. The data used were primary data where the primary data was taken from the questionnaires, checklists, and self-evaluation sheets distributed to parents who had babies 0-6 months, consisting of 2 groups i.e. treatment group and control group.

The primary data collection using the questionnaire included baby's parent knowledge consisting of 20 items with correct answers incorrectly. Measurement of mother skill in monitoring growth and development used check list consisting of wrong answer wrong with total item 44. Measurement of treatment group was by looking at server data, while in control group was by using KIA Book. The result of validity test with the item-total correlation technique through Pearson correlation coefficient indicated that all tested items were valid with value range 0.496-0.649. The reliability test using Alpha-Cronbach technique had a reliability coefficient value of 0.99. The results of questionnaires were analyzed using chi-squared and mann-Whitney test while bivariable analysis used Chi-Square Test.

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RESULTS

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Table 1. Differences in mother knowledge, skills, and interactions in the control and treatment group

Component	Group		The value of p *
(Scale100)	Treatment (n=33)	Control (n=33)	
1. Knowledge			
a. Pretest			
Low	30(91%)	31 (94%)	0.642
High	3 (9%)	2 (6%)	
b. Posttest			
Low			
High	3 (9%)	23 (70%)	
	30 (91%)	10 (30%)	0.000
2. Skills			
a. Pre-Test			
Less	19 (58%)	20 (61%)	
Good	14 (42%)	13 (39%)	0.802
b. Post-Test			
Less		18 (54%)	
Good	4 (12%)	15 (45%)	
	29 (88%)		0.000

Note: * Chi-Square Test Test

It was found that in the treatment group there was a higher frequency of pre-knowledge (3) (9%) and (post) treatment to 30 respondents (91%), there was an increase in skill frequency both before 14 (42%) and after treatment to 29 of respondents (88%), there was an increase in interaction both before 4 (12%) and after treatment to 30 respondents (91%). There were significant differences in both treatment and control groups

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DISCUSSION

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Application of Shabat Ibu Balita's application shows the result of improving mother's knowledge about growth monitoring on infat, increasing adherence of parent in performing baby growth and development. it is in need of parental compliance in the development of stimulation and growth detection so that growth disorders of children is optimal.

Improved adherence in the parent to stimulate growth and development of children proved to increase knowledge and skills of mothers in monitoring growth and improve interaction between parents with health workers. Parents who obediently do the stimulation every opportunity to children then it will make a habit that routinely done. The more days parents will understand and understand the stimulation activities that he did so that the knowledge is the knowledge and the automatic mother will be increased.

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Child growth is more influenced by environmental factors and diseases experienced by children. Appropriate interventions to optimize the quality of child development furthermore (Agho, et al., 2009). In the control group even though for 4 weeks were not exposed to the Application of Infant Motherhood Toddler but given a self-evaluation sheet containing child growth stimulation. Knowledge and skills were equally elevated in both groups after treatment, despite better improvement in the treatment group. Based on research conducted Staton in 2007 mentions knowledge or knowledge is the individual knows what will be done and how to do it. Knowledge is one aspect of behavior that shows a person's ability to understand and use his ability with the thought of everything he has learned. Parents, who do not know the benefits of

stimulation in an attempt to prevent the failure of growth, cause them not interested and reluctant to stimulate the child (Ryan, et al., 2013).

Level of knowledge of a woman closely related to the level of formal education, the higher the level of a person's formal education the easier the person understands about matters relating to health. Knowledge or cognitive is a very important domain in shaping one's actions. Experience and research prove that knowledge-based behavior will be more lasting than behavior that is not based on knowledge. So the application of "Sahabat Ibu Balita" is assumed to improve the growth of children.

In theory, skills (Practice) are an act (overt behavior), mother's skills about child growth and play an important role in monitoring child health. Lack of knowledge and parenting skills in the stimulation of child growth, especially in mothers can lead to more and more mothers who are less concerned with child growth. Lack of knowledge and parenting skills about child growth can lead to child development disorders in the form of deviations of growth and development. In an effort to improve the parenting skills, especially the mother needed care that can help the child grow for example information and care about stimulation. Maternal skills are influenced by the mother's role in accepting the child's condition, managing the child's condition and meeting the child's growing needs. Child growth will be optimal if the interaction is done in accordance with the needs of children at various stages of growth. Parenting skills about child growth will be a very valuable provision for parents in caring for and raising their children (Sidhu, et al., 2013).

Every parent would crave a baby with optimal growth. Optimal growth can be realized by parents, especially mothers by watching, watching and nurturing children naturally, but the process is very dependent on the parents. Application "Sahabat Ibu Balita" is designed with the utilization of technology in accordance with the needs of everyone is expected to help grow the development of the next generation of the nation.

The applications contained on the smartphone have a high appeal because it was deliberately designed to assist patients in improving compliance. Providing specific information and equipped with moving images (animation) contained in the application can increase the knowledge and awareness of mothers associated with health improvement.

CONCLUSION

From this research can be drawn conclusion, there is difference of knowledge and skills of mother in monitoring growth of infant 0-6 months old between applying "Sahabat Ibu Balita" and who do not apply application of "Sahabat Ibu Balita" at Babakan Sari Bandung Public Health Center.

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