Nutra: Jurnal Gizi Dan Kesehatan
https://saintifypublish.com/index.php/nutra
Volume 01 | Number 02 | January |2024
e-ISSN: 3025-9886

# PARENTING AND MATERNAL KNOWLEDGE FACTORS ON THE INCIDENCE OF STUNTING IN TODDLERS IN BONTO SALAMA VILLAGE, WEST SINJAI

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**Article History**
Received 27 Dec 2023
Accepted 21 Jan 2024

**Keyword**
Parenting
Mother's knowledge
Stunting
Toddlers

**DOI**
xxxxxxxx

**Abstract**
**Background:** According to the height-for-age index (TB/U), short and extremely short toddlers (stunting) are a nutritional status issue in children; 144 million children under five worldwide suffer from stunting. Maternal parenting styles and maternal expertise are significant factors that may be connected to toddler stunting. **Objective:** The purpose of this study is to ascertain the role that parenting styles and mother awareness play in the prevalence of stunting in toddlers in the Bonto Salama West Sinjai community. **Methods:** This study used a cross-sectional design and an analytical research methodology. In September and October of 2023, a study was carried out in the West Sinjai Bonto Salama Village Health Center. The study's participants consisted of 26 toddlers who exhibit stunting**. Results:** The study's chi-square test results indicated that the frequency of stunting in Bonto Salama Village, West Sinjai, was correlated with mother knowledge ($p=0.000 <0.05$) but not with maternal parenting ($p=0.725 >0.05$). **Conclusion:** At the Tangngalembang Community Health Center in Bonto Salama Village, West Sinjai, there is a correlation between mother knowledge and the frequency of stunting, but not between maternal parenting and the same.



## Introduction

The most reliable measure of children's overall health and a true representation of social inequality is childhood stunting. The most common type of malnutrition in children is stunting, with an estimated 161 million children globally in 2013 falling below −2 SD from the median of the World Health Organization's Child Growth Standards for length for age and height for age. The entire length-for-age/height-for-age z-score distribution is pushed to the left, showing that all children, not just those falling below a specified cutoff, are affected, and many more millions experience some degree of growth halting (1).

UNICEF reports that there has been a decrease in the prevalence of stunting in 1 developing countries from 40% to 29% since 1990-2008, but the rate of this reduction is not evenly distributed. UNICEF again reported that the prevalence of stunting in Africa and Sub-

Saharan Asia reached 40% and 39% respectively. In Indonesia, the proportion of short toddlers is relatively constant. According to the 2007 Indonesian Basic Health Survey, 36.8% of Indonesians were stunted. There was a minor decline to 35.6% in 2010. Still, the percentage of stunted children rose to 37.2% in 2013. According to the survey conducted in 2018, 29.9% of children under two had stunting. In toddlers, 30.8% of them (2).

There were 60,183 total cases of stunting under five in South Sulawesi Province in 2020, which was higher than in 2019 (53,421), with an average of 2,508 which was also higher than in 2019 (2,226), a median of 2,782, and a standard deviation of 1,240.65. In 2016, Enrekang and Bone districts were in the high stunting category based on data from the South Sulawesi Provincial Health Service with a prevalence in Enrekang District of 45.8% and Bone 40.1%. The stunting prevalence rate in Sinjai Regency in 2019-2021 was 8.44% (3).

One factor contributing to issues with dietary requirements is inadequate parenting within the family. A family's capacity to give time, care, and support to meet the physical, emotional, and social requirements of its growing children is referred to as parenting (4). The consumption of breast milk, complementary foods, psychosocial stimulation, hygiene and environmental sanitation practices, taking care of sick children at home, and patterns of seeking medical attention are all examples of parenting patterns in the family (5). The prevalence of stunting in children between the ages of 24 and 59 months is significantly correlated with these parenting style characteristics. This demonstrates the critical influence that family caregiving plays in a child's nutritional status (6).

Mothers who lack appropriate information are 10.2 times more likely to have children who are stunted than mothers who do. "Knowing" is the outcome of human experience with an object. The five senses of humans sight, hearing, smell, taste, and touch are used for sensing. The majority of human information is gathered via sight and hearing (7)

## Materials and Methods

This study employed an analytical research design using a cross-sectional methodology, namely research that analyzes two or more relationships/influences or differences between variables, and the data is collected simultaneously (point time). This research was carried out in September- October 2023 in Bonto Salama Village, West Sinjai. The population in this study was 26 stunted toddlers who were examined and had their data recorded in Bonto Salama Village, West Sinjai. Total Sampling is the sampling method employed in this study. The data obtained and collected were then processed using computer software using the SPSS Windows version 26 program.

## Results

Table 1 shows that most of the samples were aged 3 - 5 years, namely 17 people (69.4%), while the fewest were <1 year old (3.8%). Most of the children were short, 16

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(61.5%) and 10 (38.5%) very short. Most mothers had good parenting patterns as many as 22 people (84.8%) and most mothers had less knowledge as many as 25 people (96.2%)

**Table 1. Characteristics of Respondent**

| Characteristics | n | % |
|---|---|---|
| **Age** | | |
| <1 years | 1 | 3.8 |
| 1 – 2 years | 8 | 26.8 |
| 3 – 5 years | 17 | 69.4 |
| **Stunting** | | |
| Normal | 16 | 61.5 |
| Stunting | 10 | 38.5 |
| **Parenting patterns** | | |
| Good | 22 | 84.8 |
| Less | 4 | 15.2 |
| **Knowledge** | | |
| Good | 1 | 3.8 |
| Less | 25 | 96.2 |
| **Total** | **26** | **100.0** |

Table 2 shows that relationship between maternal parenting patterns and the incidence of stunting, it shows that of the 26 respondents, 22 people had good parenting patterns (84.8%), while 4 people had bad parenting patterns (15.2%). The findings of the statistical tests indicate that there is no significant correlation between the incidence of stunting in Bonto Salama Village, West Sinjai, and mother parenting practices. Therefore, H0 is accepted and Ha is rejected. The value of $p = 0.725 > 0.05$ is achieved. The correlation between the incidence of stunting and maternal knowledge reveals that, out of the 26 respondents, 0 had high knowledge, 1 had sufficient knowledge (3.8%), and 25 had low knowledge (96.2%). Based on the results of statistical tests, the value of $p = 0.000 < 0.05$ is obtained, so H0 is accepted and Ha is rejected, meaning that there is a meaningful relationship between maternal knowledge and the incidence of stunting in Bonto Salama Village, West Sinjai

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**Table 2. The Relationship Between Parenting and The Incidence of Stunting in Bonto Salama Village, West Sinjai**

| Variable | Stunting | | | | Total | | P-Value |
|---|---|---|---|---|---|---|---|
| | Normal | | Stunting | | | | |
| | n | % | n | % | n | % | |
| **parenting patterns** | | | | | | | |
| Good | 0 | 0% | 22 | 84.8% | 22 | 84.9% | **0.725** |
| Less | 0 | 0% | 4 | 15.2% | 4 | 15.2% | |
| | 0 | 0% | 26 | 100% | 26 | 100% | |
| **Knowledge** | | | | | | | |
| Good | 0 | 0% | 1 | 3.8% | 1 | 3.8% | **0,000** |
| Less | 0 | 0% | 25 | 96.2% | 25 | 96.2% | |
| **Total** | **0** | **0%** | **26** | **66.7%** | **26** | **100%** | |

## DISCUSSION

Effective parenting has a significant impact on a mother's conduct and how she raises her children. The conduct that the mother refers to is how mothers take care of their children's dietary needs, how they maintain their environment clean and hygienic, and how they use health facilities in relation to their children's demands (8). According to this study, there is no discernible relationship between good maternal parenting and the prevalence of stunting. This contradicts study by Yudianti (2016), which demonstrates a link between the prevalence of toddler stunting and mother parenting habits, particularly with regard to feeding practices and personal hygiene (9).

Knowledge about nutrition is the basis for parents in preparing food for their toddlers. Lack of parental understanding of toddlers can cause toddlers' nutritional intake to be inadequate, which ultimately results in stunting. Mother's knowledge has a statistically significant and direct impact on stunting. Stunting in toddlers can be more common among mothers who are ignorant about nutrition (10). The findings of this study indicate a strong correlation between toddler stunting incidence and mothers' nutritional expertise. Compared to mothers with superior nutritional understanding, mothers with worse knowledge are 4.8 times more likely to witness delays in their child's growth and development. According to studies by Kupang, Doni (2023), there is no connection between maternal knowledge and the incidence of stunting in toddlers (p value: 0.126 (>0.05)). This study does not support that finding (11).

Researchers hypothesize that parents' nutrition education enhances toddlers' nutritional status and helps them reach growth maturity. Toddlers with stunting easily develop physical and psychological health problems. Therefore, not all children can grow

and develop according to their age, there are toddlers who experience obstacles and abnormalities. Because stunting has multiple negative effects, including stunted growth, impaired cognitive and motor development that affects brain development and academic ability, inadequate physical body size, and metabolic issues, it must be prevented and treated as soon as possible. It deteriorates intellectual capacity over time, permanently altering the structure and function of nerves and brain cells, and impairs learning retention, which lowers adult productivity and may eventually lead to a reduction in the caliber of human resources. A mother must be well-versed in stunting because a mother's ignorance of the condition can put her toddler at risk for stunting (12).

## Conclusion

According to a study conducted in Bonto Salama Village, West Sinjai, on parenting style characteristics and maternal knowledge related toddler stunting incidences, 22 people (84.8%) had good maternal parenting patterns, while 4 people (15.2%) had poor parenting patterns. The statistical test findings show that there is no significant correlation between the incidence of stunting in Bonto Salama Village, West Sinjai, and mother parenting practices. Therefore, H0 is accepted and Ha is rejected. The value of $p = 0.725 > 0.05$ is achieved. There were 25 moms (96.2%) with inadequate knowledge, 1 mother (3.8%) with acceptable knowledge, and 0 mothers with strong knowledge. The statistical tests yielded a value of $p = 0.000 < 0.05$, which indicates that there is a significant link between maternal knowledge and the incidence of stunting in Bonto Salama Sin-jai Barat Village. As a result, H0 is rejected and Ha is approved.

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