

Overview of Mothers' Knowledge of Stunting in Toddlers in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency

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ABSTRACT

Stunting is a chronic malnutrition problem caused by a lack of nutritional intake over a long period of time, this causes future disorders, namely experiencing difficulties in achieving optimal physical and cognitive development. Stunting children have a lower Intelligence Quotient (IQ) compared to the average IQ of normal children (Ministry of Health of the Republic of Indonesia, 2018). Based on a preliminary study of data obtained from the Pengadang Health Center, the number of stunted toddlers was 31.3% in 2020, and the number of stunted toddlers was 28.6% in 2021. While the target to be achieved by the Pengadang Health Center is 27% in 2021. (Pengadang Health Center, 2022). Research Objective: To determine the Description of Mother's Knowledge About Stunting in Toddlers in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency in 2022. Study Method: The type and design of the research used in this study is a descriptive method. The population in this study were all mothers who had toddlers in Bunut Bireng Hamlet, Pengadang Village, totaling 42 people using total sampling technique with a sample size of 42 people. Data collection methods were primary data and secondary data. The research was conducted in September 2022. Data analysis used in this study was univariate analysis by collecting data using a questionnaire containing 20 questions regarding the variables studied, namely knowledge about stunting. Research results: Based on the results of the study, it was found that the level of knowledge was lacking by 24 respondents (57%), followed by a level of knowledge sufficient by 11 respondents (26%), and a level of knowledge good by 7 respondents (17%). Conclusion: It can be concluded that the level of knowledge of mothers about stunting in toddlers was mostly at the level of knowledge less by 24 respondents (57%).

Keywords: Knowledge, Stunting, Toddlers.

1. BACKGROUND

Stunting is a chronic malnutrition problem caused by a lack of nutritional intake over a long period of time, this causes future disorders, namely experiencing difficulties in achieving optimal physical and cognitive development. Stunting children have a lower Intelligence Quotient (IQ) than the average IQ of normal children [13]. Stunting is one of the nutritional problems experienced by toddlers in the world today. In 2017, 22.2% or around 150.8 million toddlers in the world

experienced stunting, more than half of the world's stunted toddlers came from Asia (55%) while more than a third (39%) lived in Africa.

Of the 83.6 million stunted toddlers in Asia, the largest proportion comes from South Asia (58.7%) and the smallest proportion from Central Asia (0.9%). [1]

According to data on the prevalence of stunting in toddlers collected by the World Health Organization (WHO), Indonesia is among the third countries with the highest prevalence in

Southeast Asia, with the average prevalence of stunting in Indonesia from 2005 to 2017 being 36.4% [7].

The stunting prevalence rate in Indonesia decreased by 6.4% from 30.8% in 2018, down 1.6% from 27.7% in 2019, and down 0.75% from 26.92% in 2020. The results of the 2021 Indonesian Toddler Nutritional Status Survey (SSGBI) showed a stunting prevalence of 24.4% [14].

These figures indicate that Indonesia is still above the WHO target of reducing stunting prevalence below 20%. Thus, programs from ministries and institutions are still needed to achieve the stunting reduction target of 14% in 2024. The stunting rate in NTB ranks 7th lowest in Indonesia [13]. In December 2018, the average number of stunting cases in NTB was approximately 37.2% (approximately 150,000 children). Of the 10 regencies/cities in NTB, the most stunting cases were found in Sumbawa Regency, reaching 41.8%. Then followed by Central Lombok 39.1%, Dompu 38.3%, North Lombok 37.6%, Mataram City 37.5%. Bima 36.7%. West Lombok 36.1%, East Lombok 35.1% and West Sumbawa 32.6% (Risksdas, 2018). In 2021, the average prevalence of stunting in West Nusa Tenggara (NTB) was 31.4% [4]. The number of stunting cases in Central Lombok, where in 2013, the stunting rate in Central Lombok was around 47.8%. This figure dropped sharply to 31.05% in 2018 and 29% in 2019. In 2020, stunting cases fell again to 27.79 percent, and 21.81% in 2021. [31]

Stunting is the worst impact of malnutrition experienced during pregnancy or the first two years of a child's life, the window of opportunity,

and can result in permanent damage to brain development [3].

The negative impacts of nutritional problems in the short term include increased morbidity or mortality, suboptimal cognitive and motor development, and increased healthcare costs. Long-term consequences include suboptimal posture in adulthood, an increased risk of obesity and other health problems, and suboptimal learning capacity [14].

One factor that can influence stunting is maternal knowledge. This knowledge influences attitudes and behaviors regarding food choices and, consequently, the child's nutritional status, thus influencing stunting in toddlers [9]. Mothers with adequate nutritional knowledge will pay attention to their children's nutritional needs for optimal growth and development, thus preventing stunting in toddlers. [2]

This is supported by research by Indah Pebri et al. (2022), which states that there is a relationship between maternal knowledge and the incidence of stunting in toddlers aged 12-59 months in the Lawawoi Community Health Center, Sidrap Regency. [10]

Based on interviews conducted by researchers with five mothers of toddlers in Bunut Bireng Hamlet, three said they knew nothing about stunting, while two others said they only knew about it and were unaware of its causes or prevention methods.

The purpose of this study was to determine the overview of maternal knowledge about stunting in toddlers in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency in 2022.

2. RESEARCH METHODS

The type of research used in this study is a descriptive method. A descriptive method is a study conducted to describe or illustrate a phenomenon occurring in society (Notoatmodjo, 2018).

In this study, the researcher sought to determine the overview of mothers' knowledge about stunting in toddlers in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency in 2022. The population is a generalized area consisting of objects that possess certain qualities and characteristics, determined by the researcher to be studied and conclusions drawn [27].

The population in this study was all 42 mothers of toddlers in Bunut Bireng Hamlet. The sampling technique used in this study was total sampling. The instrument used in this study was a questionnaire.

The data collection methods used were primary data and secondary data. In this study, primary data was obtained directly from the research object by taking data from the results of questionnaires filled out by respondents, while secondary data was data obtained from the toddler cohort record book at the Pengadang Health Center, namely the number of toddlers in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency. The location of this research was in Bunut Bireng Hamlet, Pengadang Village, located in Pengadang, Praya Tengah District, Central Lombok Regency. The data analysis used in this study was univariate analysis.

3. RESULTS AND DISCUSSIO

3.1. Results

a. Age

Table 1. Distribution of respondents by age in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, 2022.

No.	Age	Frequency	Percentage %
1.	<20 years	4	10%
2.	20-35 years	35	83%
3.	>35 years	3	7%
Total		42	100%

Table 1 shows that the largest number of respondents were in the 20-35 age range (35 respondents (83%)), followed by respondents aged <20 years (4 respondents (10%)), and the fewest respondents were aged >35 years (3 respondents (7%)).

b. Education

Table 2. Distribution of respondents by education in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, 2022.

No.	Education	Frequenc y	Percentage %
1.	Elementary School	9	21%
2.	Junior High School	15	36%
3.	Senior High School/Equivalent	12	29%
4.	College	6	14%
Total		42	100%

Table 2 shows that the largest number of respondents had a junior high school education, with 15 respondents (36%), followed by high school/equivalent respondents with 12 respondents (29%),

and elementary school education with 9 respondents (21%). The fewest respondents had a college education, with 6 respondents (14%).

c. Attendance at the Integrated Health Post (Posyandu)

Table 3. Distribution of respondents based on attendance at Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, 2022.

No.	Attendance at the Integrated Health Post (	Frequency	Percentage %
1.	. Always	31	74%
2.	Sometimes	11	26%
Total		42	100%

Table 3 shows that of the 42 respondents who attended the integrated health post (Posyandu), 31 respondents (74%) always attended the Posyandu, followed by 11 respondents (29%) who sometimes attended the Posyandu.

d. Occupation

Table 4. Distribution of respondents based on employment status at Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, 2022.

Table 4 shows that of the 42 respondents, the majority were unemployed (housewives) at 29 respondents (69%), and employed respondents at 13 respondents (31%).

e. Mothers' Knowledge Level About Stunting.

Table 5. Distribution of Mothers' Knowledge Level About Stunting.

No.	Knowledge Level	Frequency
1.	Poor	24
2.	Adequate	11
3.	Good	7
Total		42

Table 5 shows that of the 42 respondents, 24 (57%) had poor knowledge, followed by 11 (26%) with adequate knowledge and 7 (17%) with good knowledge.

3.2. Results

Table 5 shows that respondents with a low level of knowledge (57%) accounted for the highest percentage, at 24. This aligns with Notoatmodjo's theory (2012), which states that knowledge is the lowest level, as a person can only remember previously learned material. This finding is supported by research conducted by Febri Indah Cahyo in 2022, which examined the knowledge of mothers with toddlers regarding stunting in the Mondokan Sragen Community Health Center work area. The majority of respondents (52.0%) had low knowledge. Respondents with low knowledge predominated because most mothers were elementary or junior high school graduates. [10]

This aligns with Notoatmodjo's theory, as cited in the PPSDMK Research Methodology book (2018), which states

No.	Employment Status	Frequency	Percentage %
1.	Unemployed (Housewife)	29	69%
2.	Employed	13	31%
Total		42	100%

that one factor influencing knowledge is

education. Education encompasses the entire life process experienced by each individual, encompassing interactions between individuals and their environment, both formal and informal, involving both individual and group behavior. [5] It can be concluded that the higher a person's education, the easier it is for them to receive information. A person with a higher education also has a broader knowledge base. Table 5 shows that 11 respondents (26%) had sufficient knowledge. [18] This aligns with Notoatmodjo's (2012) definition of understanding as the ability to correctly explain a known object and correctly interpret the material. [20]

This is supported by research conducted by Nur Sholichah and Ni'matul 'Ulya in 2020, which found the results of the study, "A Description of Mothers' Knowledge Levels Regarding Stunting at Aisyiyah Bustanul Atfal 1 Kindergarten, Baledono, Purworejo District, Purworejo Regency." Of the 48 respondents, 8 (31.3%) had sufficient knowledge. Respondents with sufficient knowledge dominated, as most mothers were aged 20-35. [24]

According to Notoatmodjo's theory, as quoted from the PPSDMK Research Methodology book, 2018, age is the span of time a person experiences, starting from birth to their birthday. If someone is old enough, they will have a mature mindset and experience. It can be concluded that age is a factor that influences a person's level of knowledge. As a person gets older, their thinking will develop according to what they have learned. With increasing age, a person will be more able to think

actively and understand what they learn, both directly and indirectly. [5]

Table 5 shows that 7 respondents (17%) had good knowledge. This aligns with Notoatmodjo's (2012) theory, which defines application as the ability to use learned material in real-life situations. This is supported by research conducted by Jeni Charis Nirwanti Lase, which found the results of a study on the Overview of Mothers' Knowledge of Stunting in Toddlers in Idanotae Village, Gunungsitoli District, Gunungsitoli City, in 2021. Of 55 respondents, 13 (23.6%) had good knowledge. Respondents with good knowledge predominated due to the large number of mothers attending integrated health posts (Posyandu). [8]

This aligns with Notoatmodjo's theory, as cited in the 2018 book "PPSDMK Research Methodology." One factor influencing knowledge is experience and environment. The environment influences the process of knowledge transfer among individuals within that environment. This occurs due to reciprocal or indirect interactions, which are responded to as knowledge by each individual. It can be concluded that the environment can influence a person's knowledge. [5]

Overall, the majority of respondents in this study had poor knowledge (24 respondents (57%)), followed by sufficient knowledge (11 respondents (26%)), and good knowledge (7 respondents (17%)). This aligns with research conducted by three previous researchers, including Febri Indah Cahyo (2022), which found a study on the Overview of Mothers' Knowledge of Stunting in the Mondokan Sragen Community Health Center Work Area,

comprising 350 respondents. Based on their knowledge level, the majority of respondents (182 respondents) had poor knowledge, while 168 (48%) had good knowledge. [29]

Nur Sholichah, Ni'matul 'Ulya, conducted a study on the Overview of Mothers' Knowledge Levels Regarding Stunting at Aisyiyah Bustanul Atfal 1 Kindergarten in Baledono, Purworejo District, Purworejo Regency, comprising 48 respondents. 33 respondents (54.1%) had insufficient knowledge, 8 respondents (31.3%) had sufficient knowledge, and 7 respondents (14.6%) had good knowledge. [24]

Furthermore, a study conducted by Jeni Charis Nirwanti Lase examined the Overview of Mothers' Knowledge Levels Regarding Stunting in Toddlers in Idanotae Village, Gunungsitoli District, Gunungsitoli City, in 2021. Of the 55 respondents, the majority (28%) had insufficient knowledge, 14 (25.4%) had sufficient knowledge, and 13 (23.6%) had good knowledge.

From the research results above, it can be concluded that the lower a mother's knowledge, the higher the incidence of stunting because it is influenced by the mother's low level of education. [8]

4. CONCLUSION

Based on the results of research conducted in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, it can be concluded that: Respondent characteristics based on age with the majority of 20-35 years old as many as 35 (83%) respondents, the most education is junior high school as many as 15 (36%) respondents, the most

employment status is not working (housewife) as many as 29 (60%) respondents, the most mothers come to the posyandu is 31 respondents (74%) who always come to the posyandu. The level of knowledge of mothers about stunting in Bunut Bireng Hamlet, Pengadang Village, Praya Tengah District, Central Lombok Regency, the majority have less knowledge as many as 24 (57%).

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