

Relationship Between Mothers Level of Knowledge About Stunting Prevention and the Nutritional Status of Toddler

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Abstract

Stunting is a serious problem if not addressed, causing the quality of human resources to decline. Stunting prevention is influenced by the mother's level of knowledge about stunting. To find out the nutritional status of toddlers, it is necessary to measure the nutritional status of toddlers every month at the Posyandu. This research is descriptive correlation to determine the relationship between the level of maternal knowledge about preventing stunting and the nutritional status of toddlers. The sample in this study was 39 mothers who had toddlers and whose toddlers were weighed at Posyandu Wijaya Kusuma Nyamplung Lor Balecatur Gamping Sleman. The mother's level of knowledge about stunting was measured using a questionnaire distributed after the mother weighed her toddler. The results of the study showed that the majority of mothers had secondary education, had a good level of stunting prevention, the nutritional status of the toddlers was mostly good and there was a significant relationship between the mother's level of knowledge of stunting prevention and the nutritional status of the toddlers, p value <0.05 .

Keywords: Stunting; Nutritional Status

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1. Introduction

The relationship between maternal knowledge about stunting and the nutritional status of toddlers can be very significant. Mothers' knowledge about stunting, including their understanding of the importance of good nutrition, healthy eating patterns, and appropriate child care practices, can have a direct impact on the nutritional status of their children. In many cases, mothers who have good knowledge about stunting are more likely to adopt healthy feeding practices and ensure that their children receive sufficient nutrition for optimal growth and development. Conversely, a lack of knowledge about stunting or misperceptions about proper nutrition can lead to inadequate eating practices or malnutrition in children (Komala, 2023).

Stunting is a serious problem that can occur when children do not get enough nutrition during their growth period, usually in the first two years of life. As a result, children may not reach optimal height and may experience long-term impacts on their physical and cognitive health and development (Achmad, 2022).

The prevalence of stunting in Indonesia is 24.4% in 2021, in other words, almost a quarter of children under five are stunted. Even though the incidence of stunting continues to decline,

preventing stunting is very important because preventing stunting incidents will improve the quality of resources in the future (Suyana, 2023). The incidence of stunting in Yogyakarta was 17.3% in 2021, which is the 3rd lowest. In Sleman Regency, the incidence of stunting was 7.24% in 2020. Cases of stunted toddlers in Sleman Regency have decreased by 0.04% in 2022, however, the incidence of stunting is still quite high, namely 6.88% of the 50.677 toddlers whose height was measured (Siswati, 2022). At Posyandu Wijaya Kusuma Nyamplung Lor, Balecatur, Gamping, Sleman there are no incidents of stunting, but there are toddlers who need special attention to prevent stunting

Increasing mothers' knowledge about stunting and the importance of good nutrition can be an effective strategy in preventing stunting and improving the nutritional status of children under five. Extension campaigns, educational programs, and community support aimed at increasing maternal knowledge about child nutrition and health can play an important role in achieving this goal (Erlyn, 2021).

2. Methode

This research was conducted in September 2023 at Posyandu Wijaya Kusuma Nyamplung Lor

Balecatur Gamping Sleman. The research sample was 39 mothers who had toddlers and their toddlers were weighed during the implementation of the Posyandu. The level of knowledge about stunting prevention was taken using a questionnaire after the toddler's height and weight were measured. Nutritional status was measured using Z score. Data analysis used spearman rank.

3. The result and discussion

Most of the mothers who have toddlers at Posyandu Wijaya Kusuma have secondary education, 87.17%, only 2.57% have higher education. Formal education does not guarantee that someone will get a lot of information about stunting prevention. High education level and secondary education level will influence mothers in accessing information from social media, health workers. Mothers with secondary education are able to access information about stunting through various sources such as television, social media.

Table 1. Frequency Distribution of Education level of mothers with toddlers at Posyandu Wijaya Kusuma

Education level	Frequency (f)	Percentage (%)
Basic Education	4	10.26
Middle Education	34	87.17
High Education	1	2.57
Total	39	100

The mother's ability to access information from mass media can influence the mother's knowledge about stunting prevention and good nutritional intake for toddlers. There are 4 mothers who have a basic education level, but they are also able to access information about stunting prevention from social media and health information from health cadres at Posyandu. The mother's education level plays an important role in providing balanced nutrition to toddlers to prevent stunting (Pillai,2019).

Table 2. Frequency distribution of mothers' knowledge levels about stunting prevention, mostly good, 79.49% and sufficient knowledge level, 20.51%. The high level of knowledge about preventing stunting possessed by mothers is shown by all mothers also having their pregnancies checked at health services, and consuming iron tablets. This study was related that parental knowledge about nutrition with stunting in children aged 4-5 years shows that the prevalence of stunting children is influenced by parents' nutritional knowledge on children under five.

Most mothers have a good level of knowledge about preventing stunting, which means that mothers will provide good nutrition according to the age of their toddler. Mothers who have a

sufficient level of stunting prevention are also able to provide adequate nutrition for their toddlers so that malnutrition does not occur. All mothers realize the importance of providing good nutrition to their children. The growth and development of toddlers will be greatly influenced by nutrition. Nutritional status will greatly influence a child's growth and development both physically, cognitively and psychologically (Gannika, 2023).

Table 2. Frequency distribution of mothers' level of knowledge about stunting prevention at Posyandu Wijaya Kusuma

Level of knowledge about stunting prevention	Frequency (f)	Percentage (%)
Good level	31	79.49
Sufficient level	8	20.51
Total	39	100

The balanced nutrition that toddlers need for growth and development includes carbohydrates, protein, fat, vitamins and minerals. Lack of nutritional intake in children can be caused by a limited amount of food consumed or food that does not meet the elements needed by the body. A deficiency in one nutrient can cause a deficiency in other nutrients, for example a deficiency in iron, magnesium and zinc can cause anorexia which results in a lack of other nutrients such as protein (Puspasari, 2017). There are 20.51 % have sufficient level knowledge about stunting prevention, this is because mothers give formula milk before the child is 6 months old, there are mothers who do not always take their children to Posyandu.

Table 3. Frequency distribution of nutritional status of toddlers based on body weight/age

Nutritional status	Frequency (f)	Percentage (%)
Normal	37	94,88
Risk to Obese	2	5,22
Total	39	100

The majority of toddlers' nutritional status is normal, 94.88%, only 5.22% of toddlers have obese nutritional status. Normal nutritional status means that the toddler has sufficient nutritional intake. Adequate nutrition is not just sufficient intake, but also complete nutrition, which includes carbohydrates, protein, fat, vitamins and minerals.

Most of the nutritional status of children under five is normal, 94.88%, and only 5.25% suffer from the risk of obesity, this is because the majority of mothers who have children under five have a secondary education level. The client's secondary education level is able to understand health education about stunting prevention through leaflets,

so that mothers are able to choose good quality food for their toddlers. Parents have an important role in fulfilling toddler nutrition because toddlers still need special attention in their development, more specifically the role of parents as the figures who are most often with toddlers (Erfina, 2021). If parents are able to absorb information about preventing stunting, they will provide balanced nutritional intake to prevent stunting, so that children grow up with normal nutrition. There are 2 children or 5.22% who are at risk of obesity, this could be due to high nutritional intake and not following through with activities.

Table 4. Relationship between mother's level of knowledge about preventing stunting and nutritional status of toddlers

Level of knowledge about stunting prevention	Nutritional status		Risk to Obesity		P Value
	Normal (f)	(%)	Obese (f)	(%)	
Good	30	76.93	1	2.56	0.01
Sufficient	7	17.95	1	2.56	

There is relationship between mother's level of knowledge about preventing stunting and nutritional status of toddlers p value 0.01. Mothers who have a good level of knowledge about stunting prevention, their toddlers have a normal nutritional status. Those mother who have sufficient level of knowledge the children had risk of obesity are. This shows that mothers who have a good level of knowledge about stunting prevention indicate that mothers have a high level of concern. on the nutritional intake of their children, so that the nutritional intake provided in daily food is balanced nutrition. The balanced nutritional intake provided by the mother is shown by the child's normal nutritional status, even mothers who have a sufficient level of knowledge about stunting, the mother is also able to provide adequate nutritional intake by showing the child's normal nutritional status. This research is in line with research that there is a significant relationship between the mother's level of knowledge about balanced nutritional status and the incidence of stunting. Mothers who have a good level of knowledge about balanced nutrition have children who are not stunted (Sitorus, 2024).

4. Conclusion

Based on the research above, it can be concluded that the majority of mothers have a

secondary education level, with a good level of knowledge about stunting prevention and the nutritional status of children under five is normal.

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