

Relationship between Mother's Parenting Style and Stunting in Toddlers Aged 24-59 Months in the Working Area of the Kwandang Health Center Indonesia

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Abstract

Background: Stunting or stunting is a condition of failure to thrive in infants (0-11) months and toddlers (12-59) months due to chronic malnutrition, especially in the first 1,000 days of life so that children are too short for their age.. **Objective :** This study aims to determine the relationship between maternal parenting and the incidence of stunting in toddlers aged 24-59 months in the working area of the Kwandang Public Health Center, Gorontalo Regency, Indonesia. **Methodology :** This study used an analytic research design with a cross sectional approach. The sample in this study was 22 respondents, namely mothers under five aged 24-59 months. Data analysis using *Chi-Square*. **Results:** From research The results showed that there was a significant relationship between maternal parenting and the incidence of stunting in toddlers aged 24-59 months, where $X_{Count} 20,000 > X_{Table} 7,879$. Mother's parenting style is very influential on the growth of toddlers because good parenting and stimulation will make toddlers grow well too.

Keywords: Stunting, parenting, toddlers.

Background: Stunting or stunting is a condition of failure to thrive in infants (0-11) months and toddlers (12-59) months as a result of chronic malnutrition, especially in the first 1,000 days of life so that children are too short for their age. Malnutrition occurs since the baby is in the womb and in the early days after the baby is born, but stunting only appears representing around 125 million individuals, this requires a reduction of 3.9% per year (WHO, 2018). Toddlers are a group that is vulnerable to nutritional problems, one of which is stunting (Gibney et al, 2019). *stunt* (short) is a linear growth disorder caused by chronic nutrient intake malnutrition or chronic or recurrent infectious diseases as indicated by the Z-Score value of height by age (TB/A) less than -2 standard deviation (SD) below the median length or height of toddlers (Manary & Solomons, 2019). Riskesdas 2018 The prevalence of nutritional status in children aged 0-23 months is very short 12.8% short 17.1% and normal 70.1%. For stunted neonates birth length <48 cm was 23.1%. (Research and Development Agency Research and Development Agency Ministry of Health RI, 2018). *Global Nutrition* in a publication entitled *Equity Considerations For Achieving The Global Targets 2025* explain that incident *stunting* considered an irreversible growth disorder that is largely influenced by unhealthy nutritional intake and repeated infections during the first 1000 days of life (WHO, 2017). Stunting

after the child is 2 years old (Persagi 2014). Linear growth retardation in children is known as stunting which is a major problem in developing countries, it is estimated that the prevalence of stunting in children less than 5 years in African and Asian countries (excluding China) is 90%,

has a long-term impact on children under five, some of which can interfere with health, education and productivity in the future. Toddler *stunting* tend to be difficult to achieve optimal growth and development potential both physically and psychomotor (Adiyah et al, 2015).

Fulfillment of nutritional intake in toddlers is an important foundation in the process of child growth, because with the support of good nutrition, the survival of children in the future will be more secure. Parenting is a factor that is closely related to the growth and development of children under the age of five. The role of the family in this case is needed, especially the role of a mother. as a leader for their children, because in raising children the parenting style determines the growth and development of the child and also the child is still completely dependent on the care and upbringing of his mother. Educating, looking after, caring for and caring for children is a gift from a mother.

The results of a survey in Gorontalo Province regarding Nutrition Status Monitoring (PSG) in 2015, there were 14.1% of toddlers who were very short and 22.4% short. Very short 11.5% and

short 21.5% in 2016. Very short 11.2% and short 20.5% in 2017. In 2017 the highest District/City achievement was North Gorontalo Regency 13.7% and the lowest was Kab. Gorontalo 9.6% (Gorontalo Provincial Health Office, 2017). This is of course a reminder for local governments to pay more attention to the nutritional needs of good children. In macro and micro forms, because more specifically, malnutrition can cause delays in body growth, more importantly delays in brain development and can also lead to decreased or low body resistance to infectious diseases.

Based on initial data collection in the last 3 months of 2018 at the Kwandang Health Center starting in April (6 very short toddlers and 32 toddlers short) in May (8 very short toddlers and 8 short toddlers) in June (6 very short toddlers) and short 33 toddlers). The results of this description, the researcher is interested in researching the relationship between maternal parenting and the incidence of stunting in toddlers aged 24-59 months in the Kwandang Health Center Work Area.

Method : This research will be carried out in the working area of the Kwandang Public Health Center, Gorontalo Regency. This research is a type of quantitative research with a cross sectional approach.

The sample in this study were all stunted toddlers aged 24-59

months in the Working Area of the Kwandang Health Center in North Gorontalo Indonesia.

Results :

Table 1. Frequency Distribution of Respondents Based on Mother's Parenting Style

Category Mother's Parenting Pattern (Hoping, Fostering)	Mar k	Frequency	(%)
Good	50%- >50 %	2	10
Not good	<50 %	18	90
Total number	100 %	120	100

Based on Table 1, it was found that there were 2 mothers with a good parenting style with a percentage of 10%, while mothers with a bad parenting were 18 people with a percentage of 90%.

Table 2. Assessment of Nutritional Status Based on height/age according to male sex to female sex.

Age	<i>stunt</i> Short	Very short	Amount N %
24- 29	0	4	4 50%
>29	0	4	4 50%
Total	0	8	8 100%

Based on Table 2, it was found that the respondents aged 24-29 months who were short were 4 toddlers and very short were 4 toddlers, while those aged >29 months who were short were 0 toddlers and very short were 4 toddlers.

Table 2. Assessment of nutritional status based on height/age according

Age	<i>stunt</i>		Amount	
	Short	Very short	N	%
24-29	1	2	3	67,7
>29	1	8	9	89.9

Table 3. Relationship between Mother's Parenting and Stunting in Toddlers Age 24 .

Parenting Pattern for Toddler Mothers (Hones, Loves, Fosters)	<i>stunt</i>				Total		<i>P-values</i>	<i>X2 Count</i>	<i>X2 Table</i>
	Very short		Short		N	%			
	n	%	N	%	N	%			
Not enough	1	10	0	0	18	10			
	8	0				0			
Good	0	0	2	10	2	10	0.000	20.00	7,879
			0		0				
Total	1	90	2	10	2	10			
	8				0	0			

Based on Table 2. Cross-tabulation test "Chi-Square Statistics" Relationship between Mother's Parenting and Stunting Incidence in Toddlers Age 24-59 Months, that the obtained XCount value is 20,000 > XTable 7,879 so that H_0 is rejected and H_a is accepted with a P-Value of 0,000 > ($\alpha = 0.05$) which means that there is a significant relationship between parenting styles and the incidence of stunting in toddlers aged 24-59 months.

Discussion

Univariate analysis explains descriptively the research variables which consist of parenting pattern data obtained from 20 mothers who have stunting toddlers in the working area of the Kwandang Health Center.

Based on the results of the Chi-Square test analysis, it was found that the relationship between maternal parenting and stunting was 0.000 > ($\alpha=0.05$) which indicated that there was a significant relationship between maternal parenting and stunting in infants aged 24-59 months. So it can be said that mothers who give more attention/support to their children in terms of providing Sharpening, Loving, and especially Fostering patterns of feeding will have a positive effect on the state of the child's nutritional status, which is illustrated in the results of this study which are included in the good category in the sharpening, caring and caring pattern questionnaire shows as much as 10% and the unfavorable category shows as much as 90%, this shows that poor parenting is one of the factors causing children to experience stunting in the very short category.

The results of the study show that parents do not fulfill the needs for fostering, nurturing, and caring for children. This is supported by the results of research that most of the needs of children are not met. Poor quality ANC and ANC visits also have a 6 times greater risk of giving birth to low birth weight babies because LBW is a factor that plays a role in the incidence of stunting. ANC visits during pregnancy that are carried out by a mother regularly can detect early risks of pregnancy, especially those related to nutritional problems.

The non-standard ANC visits were seen from the MCH handbook and the results of interviews with mothers who had stunted toddlers conducted during the study, that there were still mothers who during their pregnancies came to check their pregnancies with health workers after four or seven months of pregnancy. Types of pregnancy services provided at non-standard visits that were not obtained by mothers during pregnancy were that more information was not examined on nutrition, chronic and communicable diseases, information on mother's class, HIV/AIDS and information on violence against women.

The three needs above must be provided simultaneously from the fetus to the child's birth, because the three needs above influence each other. Failure to fulfill one of the above needs will cause the child's growth and development to be suboptimal (Soedjatmiko, 2009). The process of growth and development of children is different, so that the basic needs of children must be met optimally. The process of growth and development can run slowly or quickly depending on the internal individual and the environment (Hidayat, 2016).

Fostering needs are basic needs that function to increase brain growth and tissue growth in the body, examples of foster needs include the need for food, shelter, health care, personal hygiene, and recreation (Soetjningsih and Roesli in Sulistiyani, 2010). Sharpening needs are needs that can increase the stimulation of children's intelligence, such as providing educational game tools so that children are smarter by playing (Soetjningsih and Roesli in Sulistiyani, 2010). The need for love is the child's

need to get love from parents and the environment, the child's independence, the child's need for security and comfort (Soetjiningsih and Roesli in Sulistiyani, 2010).

PeWerdiningsih's research (2022) found a relationship between the mother's role in fulfilling children's basic needs consisting of nurturing, sharpening, and loving care for the development of fine motor, gross motor, and personal social pre-school children aged 3-6 years at the Setia Bakti Baptist Kindergarten, Kediri. Fulfillment of children's basic needs (fostering, nurturing, and caring) is assumed to be influenced by several factors including the caregiver's job. Work in the family determines the economic status of the family. High family economic status indicates family needs that can be fully met (Sujono and Sukarmin, 2019). The results of research conducted by Dewi (2018) revealed that the caregiver's work affects the fulfillment of children's needs, which consist of the need for growth and stimulation.

The results of this study are in line with the research that was conducted by Fanny Hadju on "The relationship between maternal parenting and the incidence of stunting in children aged 6-23 months in the coastal area of Tallo sub-district, Makassar city," concluding that maternal parenting has a major contribution in the child's growth process where the parenting pattern is Parenting shows a significant relationship with the incidence of stunting and the behavior of the mother in breastfeeding or providing food, a healthy way of eating, providing nutritious food and controlling the amount of food spent will improve the nutritional status of children. Toddlers who are not exclusively breastfed have a 4.9 times the risk of experiencing stunting compared to toddlers who are exclusively breastfed. Toddlers who get inappropriate MPASI have a risk of 6.3 times compared to toddlers who get appropriate MPASI.

Mother's parenting style is very influential on the growth of toddlers because good parenting and stimulation will make toddlers grow well too. Toddler age is the age when children absorb information faster in their environment, so good or bad depends on the role of parents in providing good parenting and stimulation. During the growth of toddlers, they begin to want to know a lot about their surroundings, and they don't even know the dangers that threaten them. To prevent stunting, it can be done by giving exclusive breastfeeding to infants aged 0-6 months to meet the nutritional needs of infants. In addition to killing nutrients, breastfeeding can also reduce the occurrence of infectious diseases.

Conclusion

Based on the research and discussion of the study of Stunting Incidents in Toddlers Aged 24-59 Months in the Work Area of the Kwandang Health Center in 2018, the following conclusions can be drawn:

There are 2 mothers with good parenting patterns for stunting toddlers with a presentation of 10%, while 18 other mothers with a percentage of 90% have poor parenting styles for stunting toddlers.

Based on the results of the Chi-Square test analysis, the parenting style is $0.000 > (\alpha=0.05)$ which indicates a significant relationship between maternal parenting and stunting in children aged 24-59 months.

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