



## THE RELATIONSHIP OF MOTHER'S KNOWLEDGE AND PARENTING PATTERNS WITH THE STUNTING INCIDENT IN TODDLERS IN THE LOANG LEMBATA REGENCY PUBLIC HEALTH CENTRE WORKING AREA

Katharina Laurentia Monika Nago Adja, Lilik Djuari, Ahmad Suryawan, Woro Setia Ningtyas

Airlangga University, Indonesia

Email: katharina.laurentia.monika-2022@fk.unair.ac.id, lilik-d@fk.unair.ac.id,  
ahmad.suryawan@fk.unair.ac.id, woro.setia@fk.unair.ac.id

### ABSTRACT

#### Keywords:

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**Background:** According to The World Health Organization (WHO) states that there are nutritional problems in toddlers, one of which is stunting, and lots of it found in a country one of them is developing in Indonesia, and still is becoming the main problem. The national prevalence of stunting amounts to 26.9% and in 2021 it will be 24.4%. It is known that knowledge of the mother and the pattern of foster care also becomes the reason for the occurrence of stunting.

**Purpose:** To analyze the relationship between mothers' knowledge and parenting patterns on the incidence of stunting in toddlers in the Loang Public Health Centre working area, Lembata Regency.

**Method:** The type of research used is Observational Analytical. All mothers with toddlers aged 12 – 59 months who live in the Loang Public Health Centre working area are 690 toddlers, a sample totaling 87 people. Taking samples using a cluster sampling technique. The analysis used in research is chi-square analysis.

**Results:** Based on the chi-square analysis test, it shows that there is a relationship between the level of maternal knowledge and the incidence of stunting among toddlers at the Loang Public Health Centre, Lembata Regency,  $p=0.001$ . Whereas for maternal parenting patterns variable found there is a relationship between maternal parenting patterns and the incidence of stunting among toddlers at the Loang Public Health Centre, Lembata Regency is  $p=0.008$

**Conclusion:** Based on the results research above concluded lower there was a connection between mother knowledge and maternal parenting patterns with stunting incidents.

### INTRODUCTION

The World Health Organization (WHO) mentions there are three types of nutritional problems in toddlers, one of which is stunting. Stunting is a condition of failure to thrive in children under five (babies under five years old) resulting from lack of nutrition, chronic so that a child is too short for his age.

The prevalence of stunting in Indonesia has decreased by around 7.2% from 37.2% of stunting prevalence nationally in 2017 based on Riskesdas in 2018. However, the target is set by

the World Health Organization (WHO), namely less than 20%. If the prevalence of stunting is exceeded, the public health problem can be considered chronic and very focused in effort prevention more over again there is a number of provinces with a prevalence exceeding the numbers national.

Results of the Indonesian Nutrition Status Survey (2021) Prevalence of stunting overall Nationally, this decreased by 2.5% from 26.9% in 2020 to 24.4 % in 2021. The big parts from 34 provinces show a decline compared to the year 2020 And only 5 provinces show an increase. This shows that the implementation of the policy government push acceleration decline stunting in Indonesia has given quite good results. Currently, the prevalence of stunting in Indonesia is better than in Myanmar (35%), but still higher than in Vietnam (23%), Malaysia (17%), Thailand (16%), and Singapore (4%).

According to the province, the prevalence of toddler stunting in year 2021 is most tall located in East Nusa Tenggara, ie 37.8%. After that followed by West Sulawesi with a prevalence of stunted toddlers of 33.8%. Aceh is in the next position with a prevalence of stunted children under five 33.2%. Then, the prevalence of toddler stunting in Nusa Southeast West was as big as 31.4%. Prevalence of toddler stunting in Sulawesi Southeast and Kalimantan South each as big as 30.2% And 30%. (Body Study and Development Health Ministry Health, 2021).

Regency is one of the districts located in East Nusa Tenggara province where the prevalence of stunted toddlers is still high. There was a decrease of 3.5% in stunting data in 2020, namely 25.7% to 22.2% in 2021. Meanwhile for Loang Public Health Centre on year 2020 prevalence stunting was as big as 41.5 % And year 2021 decrease become 32.2 %. Number This is Still in on target Which has been determined by WHO, namely less than 20% (District Health Profile Lembata 2021).

Stunting caused by several factors is good in a way directly or indirectly. According to Trihono, the direct factors are lack of nutritional intake and the presence of infectious diseases. While factors do not directly consist of factors such as family food security, parenting patterns and patterns Eat family as well as health environment and service health. The most basic causes are education, poverty, disparities, socio-cultural, government policy and politics. According to Agustina, Utami, & Asriwati, (2020) knowledge of mother and parenting patterns become the reason for the occurrence of stunting. The parenting pattern in question consists of the practice of feeding children (Yudianti & Saeni, 2017). One of the dominant factors in parenting style with the incidence of stunting is the mother's level of knowledge (Rita et al., 2022).

According to PUTRI, (2021), the mother's knowledge and actions are very influential on the incidence of stunting. Mothers who have insufficient knowledge regarding nutrition can increase the incidence of stunting in toddlers (Maulidah, Rohmawati, & Sulistiyani, 2019). The mother's education level will influence the mother's psychological attitude towards her child's food intake. This affects the food intake and nutritional status of toddlers (Devriany & Wulandari, 2021; Hidayah et al., 2019).

Based on data and consideration, so researchers want to research connection knowledge and parenting patterns with stunting incidents in the region of Work Public Health Centre Loang Regency Lembata Province Nusa Southeast East. The results of this research are the expected level of mother's knowledge the incidence of stunting becomes better and can change parenting patterns which can prevent stunting on a toddler.

## **METHODS**

This type of research uses an observational research design with a cross-sectional approach and data collection methods using questionnaires. Population of all mothers who have toddlers aged 12 – 59 months old who live in the Loang Public Health Centre working area is 690 toddlers. The sample in this research is some mothers who own a toddler 12- 59 months in Region Work Public health Centre Loang Regency Lembata totalling 87 people. Taking samples done using Cluster

Technique Sampling. The inclusion criteria in this study were respondents who had boys and girls aged 12-59 months. Respondent located stay in region Work Public health Centre Loang, Respondent which willing. Analysis of the data used is chi test square.

## **RESULTS AND DISCUSSION**

The Distribution Frequency Based on Toddlers Mothers age o at Loang Public Health Centre, Lembata Regency

**Table 1 Frequency Distribution Based on Toddlers Mothers age o at Loang Public Health Centre, Lembata Regency**

<b>Mother's Age</b>	<b>f</b>	<b>%</b>
< 20 Years	4	4.60
21 – 35 Years	58	66.66
>36 Years	25	28.74
<b>Total</b>	<b>87</b>	<b>100</b>

Based on the table above it is known that the highest mothers age is the group age 21-35 years with a total of 58 mothers (66.66%).

The Distribution Frequency Based on the mother education at the Loang Public Health Centre, Lembata Regency

**Table 2. Frequency Distribution of mother education for at the Loang Public Health Centre, Lembata Regency**

<b>Mother's Education</b>	<b>f</b>	<b>%</b>
elementary school	38	43.67
Junior High School	16	18.40
Senior High School	32	36.78
University	1	1.15
<b>Total</b>	<b>87</b>	<b>100</b>

Based on table 2, it can be explained that the highest level of education was those whose last education was elementary school, as many as 38 people (43.67%).

The Distribution Frequency Based on the Occupation of the Toddlers Mothers at the Loang Public Health Centre, Lembata Regency

**Table 3. Frequency Distribution of Employment Levels of the Toddlers Mothers at the Loang Public Health Centre, Lembata Regency**

<b>Work</b>	<b>F</b>	<b>%</b>
Housewife	86	98.85
Teacher	1	1.15
<b>Total</b>	<b>87</b>	<b>100</b>

Based on Table 3, it is known that 86 people (98.85%) of mothers under five works as Housewives (IRT),

The Distribution Frequency Based on the number of Family Members of Toddlers at the Loang Public Health Centre, Lembata Regency

**Table 4. Frequency Distribution of the Number of Family Members of Toddlers in the Loang Public Health Centre, Lembata Regency from April to August 2023**

<b>Number of Members Family</b>	<b>F</b>	<b>%</b>
3	23	26.44
4	16	18.39
5	28	32.18
> 5	20	22.99
<b>Total</b>	<b>87</b>	<b>100</b>

Table 4 explains that 32.18% of respondents had 5 family members.

The Distribution Frequency Based on Mother's Knowledge at Loang Public Health Centre, Lembata Regency

**Table 5. Frequency distribution of knowledge levels of mothers at Loang Public Health Centre, Lembata Regency.**

<b>Knowledge level</b>	<b>F</b>	<b>%</b>
Good	33	37.9
Enough	36	41.4
Not enough	18	20.7
<b>Total</b>	<b>87</b>	<b>100</b>

Table 5 shows that the majority of mothers of toddlers have sufficient knowledge, namely 36 respondents or 41.1%.

The Distribution Frequency Based on maternal parenting patterns at the Loang Health Centre, Lembata Regency

**Table 6 Frequency distribution of parenting patterns for mothers at the Loang Public Health Centre, Lembata Regency.**

<b>Parenting</b>	<b>F</b>	<b>%</b>
Permissive	46	52.9
Authoritarian	7	8.0
Democracy	34	39.1
<b>Total</b>	<b>87</b>	<b>100</b>

Table 6 shows that almost half of the respondents, mothers of toddlers, apply a permissive parenting style, 46 respondents (52.9%).

The Distribution Frequency of stunting incidents among toddlers at the Loang Public Health Centre, Lembata Regency

**Table 7 Frequency distribution of stunting incidents among toddlers at the Loang Public Health Centre, Lembata Regency, from April to August 2023**

<b>Stunting incidents</b>	<b>F</b>	<b>%</b>
Normal/not stunted	40	46.0
Stunting	47	54.0
<b>Total</b>	<b>87</b>	<b>100</b>

Table 7 shows that there are still *stunting incidents* among toddlers at the Loang Public Health Centre, Lembata Regency, around 47 respondents or 54.0%

The Relationship between Mother's Knowledge and Stunting Incident in Toddlers at the Loang Public Health Centre, Lembata Regency

**Table 8 Relationship between Mother's Knowledge and *Stunting Incidents* in Toddlers at the Loang Public Health Centre, Lembata Regency**

Mother's Knowledge	<i>Stunting</i>				Total	
	Normal		<i>Stunting</i>		f	%
	f	%	f	%		
Good	22	66.67	11	33.33	33	100.0
Enough	16	44.44	20	55.56	36	100.0
Not enough	2	11,11	16	88.89	18	100.0
<b>Total</b>	<b>40</b>	<b>45.98</b>	<b>47</b>	<b>54.02</b>	<b>87</b>	<b>100</b>

***p-value = 0.001***

Based on statistical analysis tests using the Chi-Square test, the result was  $p=0.001$ , which means there is a relationship between the level of maternal knowledge and the incidence of stunting in toddlers at the Loang Health Centre, Lembata Regency.

The Relationship between Maternal Parenting Patterns and *Stunting Incidents* in Toddlers at the Loang Public Health Centre, Lembata Regency

**Table 9 Relationship between Mother's Parenting Patterns and Stunting Incidents in Toddlers at the Loang Public Health Centre, Lembata Regency from April to August 2023**

Mother's Parenting Style	<i>Stunting</i>				Total	
	Normal		<i>Stunting</i>		f	%
	f	%	f	%		
Permissive	14	30.43	32	69.57	46	100.0
Authoritarian	4	57.14	3	42.86	7	100.0
Democracy	22	64.71	12	35.29	34	100.0
<b>Total</b>	<b>40</b>	<b>45.98</b>	<b>47</b>	<b>54.02</b>	<b>87</b>	<b>100</b>

***p-value=0.008***

Based on statistical analysis tests using the Chi-Square test, the result was  $p=0.008$ , which means there is a relationship between maternal parenting patterns and the incidence of stunting in toddlers at the Loang Public Health Centre, Lembata Regency.

**The relationship between maternal knowledge and stunting incidence in toddlers at Loang Public Health Centre working area, Lembata Regency**

Knowledge is the result of knowing and this occurs after someone senses a particular object, which involves the five human senses, namely sight, smell, hearing, and touch. The more health information the mother obtains, either directly or indirectly, the greater the mother's knowledge will be (Notoatmodjo, 2010).

There is a relationship between maternal knowledge and stunting incidence in toddlers at Loang Public Health Centre Working Area, Lembata Regency with Most of the respondents having sufficient knowledge, namely 36 respondents or 41.4%. This is in line with research conducted by Utami, Setiawan, & Fitriyani, (2019) which states that knowledge is related to the incidence of stunting. Other research that also supports this research is research conducted by Farahdilla, 2018 with research results finding that maternal knowledge has a close relationship with the incidence of stunting.

Nutritional knowledge is the one of the factors that determines a person's food consumption. Mothers who have good nutritional knowledge will have the ability to apply nutritional knowledge in selecting and processing food so that food intake can be guaranteed and its nutritional value is high. Maternal knowledge is often linked to the incidence of stunting because maternal knowledge is one of the important things in fulfilling toddler nutrition so that toddlers grow and develop rapidly according to their age. Simanjuntak et al. 2019

The Mother's knowledge level really determines what and how she gives food according to the child's needs. High level of knowledge Mother there will be a lot about stunting help determine follow carry on in various problems like selecting and providing a variety of foods (Hayati, 2014).

Research conducted by Ni'mah and Nadhiroh in 2015 also stated that mothers with less and sufficient levels of knowledge had more children under five experiencing stunting. In line with research Pormes, Rompas, & Ismanto, (2014) where there is a significant or meaningful relationship between parental knowledge about nutrition and stunting. Low maternal knowledge about nutrition is a risk factor for stunting in toddlers (Hapsari & Ichsan, 2018). Mothers' knowledge about feeding children is still lacking so efforts are needed to increase mothers' knowledge which is expected to contribute to reducing the incidence of stunting (Yuliati & Dewi, 2019). The research results of AL, Hasanuddin, & Sulaeman, (2021) showed that there was a relationship between maternal knowledge and the incidence of stunting. Parental knowledge can help improve the nutritional status of children to achieve growth maturity. Inadequate knowledge, lack of understanding about good eating habits, and poor understanding of stunting determine the mother's attitude and behavior in providing food for her child, including the right type and amount so that the child can grow and develop optimally.

**The relationship between maternal parenting patterns and stunting in toddlers at Loang Public Health Centre working area, Lembata Regency**

Parenting style is the ability of the family (especially the mother/caregiver) to provide time, attention, and support for children so that they grow and develop as well as possible physically, mentally, and socially. Parenting is closely related to the growth and development of children under five years of age, because children are still very dependent on the care and nurturing of their mothers, especially in the first years of life (Apriyanto, Subagio, & Sawitri, 2017).



There is a relationship between maternal parenting patterns and the incidence of stunting among toddlers in the Loang Public Health Centre Working Area, Lembata Regency with the most common parenting style applied was permissive parenting, namely 46 respondents with permissive parenting or 53.9%.

This research is in line with research conducted by Nurmalasari and Septiyani 2019 with the results of the study finding that parental parenting patterns have a close relationship with the incidence of stunting. Parents who always accompany their children and pay attention, especially in providing food that contains good nutrition to children, so that it is hoped that children will have good nutritional status and prevent the risk of stunting. Other research that also supports this research is research conducted by Noorhasanah & Tauhidah, (2021) regarding the relationship between maternal parenting patterns and the incidence of stunting in children aged 12-59 months with the results of the research finding that there is a relationship between maternal parenting patterns and the incidence of stunting. This is because a mother's good parenting style will influence how the mother practices, acts, or behaves in caring for her child. The intended maternal behavior is how the mother behaves in providing nutritional intake, maintaining cleanliness or hygiene for the child, maintaining sanitation in the child's environment and how the mother utilizes health facilities and infrastructure related to her child's needs Yudianti and Saeni 2017. The role of the family, especially the mother, in nurturing and caring for children can have an impact on the child's growth and development (Loya & Nuryanto, 2017).

Nerawati, Sunanto, & Ekasari, (2023) stated that there is a relationship between patterns of care for parents with the nutritional status of toddlers. The researcher explained that status Toddler nutrition is influenced by the mother's parenting practices.

According to (Indra Budi Antari, 2020) put forward that there is a relationship between maternal parenting patterns and the incidence of stunting in toddlers aged 24-59 months. Parenting style plays a role in the incidence of *stunting* on toddler Because intake food on toddler fully arranged by her mother. Mothers with good parenting styles will tend to have toddlers with better nutritional status than mothers with poor parenting patterns. Matter This similar with Rahmayana, Ibrahim, & Damayati, (2014) Which show that There is a significant relationship between maternal parenting patterns in the form of practices feeding and the incidence of stunting in toddlers aged 24-59 months. Providing food to toddlers is an important foundation in growth process. Worldwide around 30% of children are under five years old who experience *stunting* is a consequence of the practice of giving Eat Which bad and infection Which repetitive

## **CONCLUSION**

Mother's knowledge and parenting patterns are related to the stunting incident in the Lembata District Community Health Centre. Stunting is caused by several factors, including maternal/parental knowledge and parenting patterns, so the Community Health Centre is expected to increase the dissemination of information about the importance of parental knowledge about child nutrition and stunting as well as implementing appropriate parenting patterns for the growth of toddlers. Parents are expected to understand more about children's nutrition and appropriate parenting patterns so that they can minimize the incidence of stunting. Because remembering that Stunting is an indicator of failure to thrive in toddlers due to chronic lack of nutritional intake in the first 1,000 days life.

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