

The Relationship Between Maternal Knowledge Parenting Patterns and Exclusive Breastfeeding with The Incidence of Stunting in Toddlers in The Work Area of The Urban Health Center Tanjung Priok North Jakarta.

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ABSTRACT

Stunting is a condition in which babies are shorter than their peers, With a prevalence of 36.4%, Indonesia ranks third among Southeast Asian nations. The aim is to determine the relationship between the level of mother's knowledge, exclusive breastfeeding and parenting style with the incidence of stunting in toddlers . This study used a descriptive analytic method with a cross-sectional approach, a sample of 81 toddlers stunted and non-stunted toddlers. The sample technique uses a purposive sampling technique. The instrument used is scale likert questionnaire. The results of the study showed that there was a relationship between the mother's knowledge level p value = 0.000, exclusive breastfeeding p value = 0.003 and parenting style p value = 0.000 to the incidence of stunting in toddlers. There is a significant relationship between the level of mother's knowledge, exclusive breastfeeding and parenting style with the incidence of stunting. Monitoring and assessing program implementation is necessary, as is periodically treating nutrition cases. Outreach initiatives and support for moms of young children are also important ways to raise awareness of the value of exclusive breastfeeding.

Keyword: Maternal Knowledge Level, Exclusive Breastfeeding, Parenting, Incidence of Stunting

ABSTRAK

Stunting adalah suatu kondisi dimana bayi lebih pendek dibandingkan bayi seusianya. Dengan prevalensi sebesar 36,4%, Indonesia menempati peringkat ketiga di antara negara-negara Asia Tenggara. Tujuannya adalah untuk mengetahui hubungan tingkat pengetahuan ibu, pemberian ASI eksklusif dan pola asuh dengan kejadian stunting pada balita di wilayah kerja puskesmas kelurahan tanjung priok. Penelitian ini menggunakan metode deskriptif analitik dengan pendekatan cross-sectional, sampel berjumlah 81 balita stunting dan balita non stunting. Teknik sampelnya menggunakan teknik purposive sampling. Instrumen yang digunakan adalah angket skala likert. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara tingkat pengetahuan ibu p value = 0,000, ASI Eksklusif p value = 0,003 dan pola asuh p value = 0,000 terhadap kejadian stunting pada balita. Terdapat hubungan yang signifikan antara tingkat pengetahuan ibu, ASI Eksklusif dan pola asuh dengan kejadian stunting. Perlu adanya monitoring dan evaluasi implementasi program penanganan kasus gizi secara berkala, selain itu meningkatkan pengetahuan pentingnya pemberian ASI Eksklusif melalui kegiatan sosialisasi dan pendampingan kepada ibu balita

Kata Kunci: Tingkat pengetahuan ibu, ASI Eksklusif, Pola asuh, Kejadian stunting

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Introduction:

Stunting is a condition where infants are shorter than other children their age. Stunting under the age of 5 years is a chronic nutritional problem and will persist for life due to various factors including economic factors, maternal nutrition during pregnancy, and malnutrition in infants (Sumardi sudarman 2021)

The World Health Organization (WHO) ranks Indonesia as one of the three Southeast Asian/Southeast Asian (SEAR) nations with the greatest prevalence. In Indonesia, the average prevalence of stunting among children under the age of five from 2015 to 2017 was 36.4%. Up to 17.9 million infants in Southeast Asia are stunted or underweight, 5.4 million have birth abnormalities, and 4.5 million are overweight or malnourished, according to ASEAN data from 2017.

The results of basic health research (Riskasdas 2018), found that the prevalence of stunting under 5 years old in DKI Jakarta reached 17.7% and the Indonesian Toddler Nutrition Status Survey (SSGBI) showed that there was a decrease in the stunting rate at 27.67 percent in 2019. In early 2021, the Indonesian government targets the stunting rate to drop to 14 percent. Although this stunting rate is decreasing, this figure is still considered high, considering that WHO targets the stunting rate to be no more than 20 percent while from the records of the North Jakarta Health Office, it was found that 3.35% or around 1,389 children in North Jakarta suffered from stunting in 2021. From the results of the survey of the Tanjung Priok sub- district health center, it was found that the results of stunting toddlers amounted to 2012 in 2022 (4.42%) with stunting.

The causes of stunting in toddlers are influenced by two things, namely direct and indirect. The direct causes of stunting are food consumption and infection, while indirect causes include family food security, parenting, environmental sanitation, and utilization of health services (Purnamasari in Olii, 2019).

The level of knowledge of a mother affects the mother's behavior about the nutrition given to the child (Tasya et al. in Grace KL Langi et al., 2019). A 2019 study by Septamarini published in

the Journal of Nutrition College concluded that mothers with little knowledge have a 10.2 times higher risk of stunting children than mothers with sufficient knowledge.

Unbalanced food consumption is one of the causes of stunting in toddlers, according to the Unicef Framework. Unbalanced food intake is listed in exclusive breastfeeding that is not given for 6 months (Wiyogowati, 2012 in Fitri, 2018). Breast milk (Mother's Milk) is milk produced by mothers and has nutrients needed by toddlers for the needs and growth of toddlers. Babies are given only breast milk, without the addition of other liquids such as prescription milk, orange juice, honey, tea water, plain water and without the bonus of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge and equash, for 6 months (Mufdlilah,2017).

Research Purposes Analyzing the Relationship between Maternal Knowledge Level, Parenting Patterns and Exclusive Breastfeeding on the Incidence of Stunting in the Working Area of Puskesmas Tanjung Priok North Jakarta.

Methods:

The method used in this study is descriptive analytic method with a crosssectional approach, the following are the inclusion criteria; toddlers under the care of their biological parents and toddlers attending the Tanjung Priok TB/U Health Center between the ages of 2 and 5. Criteria for excluding children with co-occurring immune system, abnormalities and chronic illnesses, like diarrhea, toddlers suffering from mental impairment and autism young children with specific dietary sensitivities. The population in this study were stunted and non-stunted toddlers in the working area of the Tanjung Priok Village Health Center. The sample technique used in this study was a purposive sampling technique. Data were collected using a questionnaire. Respondents in this study were 81 out of a total population of 102 stunting toddlers.

Results:

In this study, univariate analysis is used to analyze demographic data from respondents, such as the age, occupation, gender, and height and weight of the parents and the toddlers. The results

of this study, which included 81 respondents, including normal and stunting toddlers from the Tanjung Priok sub-district health center, would be analyzed and presented as a frequency table. The study was conducted from December 6 to December 15.

Table 4.1 Frequency Distribution and Percentage of Respondent

Characteristic Respondent	Frequency (n)	Percentage (%)
Parent's Age		
≤ 25 tahun	8	9,9
26-35 tahun	55	67,9
36-40 tahun	16	19,8
41-45 tahun	1	1,2
46-50 tahun	1	1,2
Parent's Occupation		
Housewife	65	80,2
Online ojek	4	4,9
Employees	4	4,9
Teacher	2	2,5
Office	6	7,4
Gender of Toddlers		
Female	40	49,4
Male	41	50,6
Toddler Age		
≤ 3 tahun	56	69,1
4-5 tahun	25	30,9
Toddler Weight		
5-16 kg	74	91,4
17-35 kg	7	8,6
Toddler Height		
≤ 70	11	13,6
≥ 71	70	86,4

Soures Primary Data 2022

From the table above, it can be seen that the majority of respondents in this study were male

totaling 41 (50.6%) with the majority of age ≤ 3 years and under 56 (69.1%) with more weight 5-16 kg totaling 74 toddlers (91.4%) and the highest height of toddlers is ≥ 71 kg with the number of respondents 70 toddlers (86,4%).

Table 4.2 Percentage Frequency Distribution of Maternal Knowledge Level in the Working Area of Puskesmas Tanjung Priok Village, North Jakarta.

Knowledge Level	Frequency (n)	Percentage %
Lack of Knowledge	14	17,3
Good Knowledge	67	82,7
Total	81	100%

Considering table 4.2 Tanjung Priok Village Health Center toddlers' average degree of parental knowledge is as follows: 14 (17.3%) out of 67 (82.7%) parents have good knowledge. The mother's level of understanding regarding stunting is the indication that is being measured.

Table 4.4 Percentage Frequency Distribution of Parenting Pattern in the Working Area of the Puskesmas of Tanjung Priok, North Jakarta.

Parenting Patterns	Frequency (n)	Percentage %
Less	69	85,2
Good	12	14,8
Total	81	100%

Table 4.5 displays the research findings, which indicate that less than 69 (85.2%) parents in Tanjung Priok Subdistrict Health Center Working Area had certain parenting styles. Mothers' understanding of stunting, whether excellent or bad, accounted for 12 (14.8%) of the markers of good parenting practices that were measured.

Table 4.5 Percentage Frequency Distribution of Parenting in the Region Work of Puskesmas Kelurahan Tanjung Priok North Jakarta

Stunting	Frequency (n)	Percentage %
Stunting	37	45,7
Not Stunting	44	54,3
Total	81	100 %

Table 4.5 It can be seen in the table that stunting toddlers in the work area of the Tanjung Priok Village Health Center are 37 (45.7%) and those who are not stunted are 44 (54.3 %).

Table 4.7 Relationship between Maternal Knowledge Level and Incidence of Stunting

Knowledge Level	Stunting				Total		P Value
	Stunting	Not stunting	N	%	N	%	
Good Knowledge	23	44	67	100	0,00	0	
Lack of Knowledge	14	0	14	100			
Total	37	44	81	100			

Table 4.7 In this study, there were 23 (34.3 %) good knowledgeable mothers with stunted toddlers and 44 (65.7%) nonstunted toddlers and 14 (100%) less knowledgeable mothers with stunted toddlers and 0 (0.0%) less knowledgeable mothers with nonstunted toddlers. From the table above it can be concluded that there is a relationship between the level of maternal knowledge and the incidence of stunting with p value = 0.000 (p value <0.05) which means Ha is accepted and HO is rejected.

Table 4.8 Relationship between exclusive breastfeeding and the incidence of stunting

Exclusive breastfeeding	Stunting				Total		P Value
	Yes	No	N	%	N	%	
Exclusive	22	12	34	100			
Not exclusive	15	32	47	100	0,003		
Total	37	44	81	100			

table 4.8 bivariate results obtained respondents who provide exclusive breastfeeding with stunting toddlers amounted to 22 (64.7%) not stunting amounted to 12 (35.3%) not exclusive with stunting toddlers 15 (31.9%) and toddlers who are not stunting 32 (68.1%). From the above results, it was found that the p value = 0.003 (p value <0.05), it was concluded that there was a relationship between exclusive breastfeeding and the incidence of stunting, which means that H0 is rejected and Ha is accepted.

Table 4.9 Relationship between Parenting (eating) and Incidence Stunting

Parenting	Stunting				Total		P Value
	Yes	No	N	%	N	%	
Good	12	0	12	100			
Less	25	44	69	100	0,000		
Total	37	44	81	100			

Thei reisluts of thei analysis correlation of tablei 4.9, thei reisluts of reispndeints with good pareinting (eiating) with stumting toddleirs totaleid 12 (100%) reispndeints with good pareinting with non-stunting toddleirs totaleid 0 (0.0%) and reispndeints with poor pareinting with stunting toddleirs totaleid 25 (36.2%) reispndeints with poor pareinting with non-stunting toddleirs totaleid 44 (63.8%). From theisei reisluts it can bei concludeid that theirei is a reilationship beitweein pareinting patteirns and

the incidence of stunting with p value = 0.000 (p value < 0.05) then H_0 is rejected and H_a is accepted.

Discussion:

Based on the results of table 4.1 of 81 it can be seen that the majority of respondents are mothers with ages above 26-35 years as many as 55 respondents (67.9%). The majority of mothers have jobs as housewives as many as 65 respondents (80.2%). Age is one of the factors that can affect human actions. Age is the age of the individual from the time of birth to the time of the birthday. The more age, the level of maturity and strength of a person will result in the process of working and thinking, from the existing beliefs of society, someone who has a more mature age is trusted than someone who is not mature. This is because of the maturity factor and mental experience (Lagut et al., 2017).

The majority of toddlers are male, totaling 41 (50.6%) most of the toddlers are in the age category ≤ 3 years (69.1%) and 4-4 years totaling 25 toddlers (30.9%) average body weight 5-16 kg totaling 74 toddlers (91.4%) and the majority of height in toddlers ≥ 71 cm totaling 70 toddlers (86.4%).

Table 4.2 shows that there are 14 (100%) mothers who have less knowledge out of 81 people studied and 67 (82.7%) mothers who have good knowledge. The level of maternal nutritional knowledge affects attitudes and behavior in food selection. Mothers who are aware of nutrition and nutritional disorders such as stunting have a major impact on the health of toddlers and will have difficulty in choosing nutritious foods for toddlers.

Table 4.3, the results showed that the distribution of exclusive breastfeeding was that some mothers did not provide exclusive breastfeeding, namely 47 people (58.0%). While mothers who provide exclusive breastfeeding were 34 people (42.0%). This illustrates the majority of respondents are lacking in providing exclusive breastfeeding to toddlers.

Based on the results in table 4.4, the results showed that good parenting patterns

were 12 respondents (14.8%) and poor parenting patterns were 69 respondents (85.2%). Parenting is all forms and processes of interaction that occur between parents and children that can influence the development of children's personalities (Banjarmasin & Asuh, 2021).

In table 4.5 it can be seen that toddlers who are stunted are 37 (45.7%) and toddlers who are not stunted are 44 (54.3%). Stunting is a form of failure in growth due to insufficient nutritional intake that lasts from pregnancy to 24 months or 2 years of age (Martin Bloem, Marie Ruel, 2014).

4.2.1 Relationship between Knowledge Level, exclusive breastfeeding, Parenting Patterns and Incidence of stunting

The results of the bivariate test on the analysis of the relationship between Knowledge Level and the Incidence of stunting in the work area of the Tanjung Priok urban health center from the above analysis found the results of respondents who had good knowledge with stunted children totaling 23 (34.3%) who were not stunted with exclusive breastfeeding totaling 44 (65.7%). In the category of lack of knowledge with stunted toddlers, there were 14 (100%) and those who were not stunted amounted to 0 (0.0%). using the Chi square test obtained the results of the p -value = 0.000 which means the value ($p < 0.05$) so it can be concluded that there is a significant relationship between the level of maternal knowledge and the incidence of stunting.

The issue of stunting in infants is a result of chronic undernutrition over a comparatively extended period of time. The stunting problem is linked to infants whose mothers are empathetic and compassionate but do not grasp knowledge, particularly when it comes to nutritional health. Additionally as a result, illnesses and infections can potentially contribute to child stunting by limiting parents' ability to provide a healthy, balanced nutrition.

Because a mother's knowledge can improve her child's nutritional status and help them reach their maximal growth, researchers assume that mother knowledge influences toddler episodes of stunting. Little expertise, ignorance of healthful

eating practices, as well as stunting described poorly validates the mother's actions and mindset. Provide the proper kind and quantity of food while giving it to kids so they can grow and develop to their full potential. It was discovered that most moms have good knowledge of it, as demonstrated by the analysis's findings.

From the analysis above, it was found that the results of respondents who gave exclusive breastfeeding with stunted children amounted to 22 (64.7%) who were not stunted with exclusive breastfeeding amounted to 12 (35.3%). In the non-exclusive category with stunted toddlers, there were 15 (31.9%) and those who were not stunted amounted to 32 (68.1%). Based on the value of the chi square test, the p value is 0.003 ($p < 0.05$). So it is concluded that there is a significant relationship between exclusive breastfeeding and the incidence of stunting in toddlers.

Unbalanced nutrition is one of the things that contributes to chronic malnutrition in children. Breast milk boosts immunity, lowers the risk of illness infection, and aids in a toddler's growth and development. the decreased likelihood of stunting in toddlers. Exclusive breastfeeding has an impact on the incidence of stunting because breast milk includes antibodies that strengthen a baby's immune system and prevent illnesses like diarrhea from occurring. A balanced danger of malnutrition will arise from the disruption of nutrition fulfillment, which can impact the baby's growth and potentially lead to stunting. Breast milk has a high bioavailability and contains calcium, which allows for adequate absorption, particularly in the function of bone development. If a baby is nursed exclusively, their growth will also be ideal.

Based on the study's findings, researchers believe that exclusive breastfeeding is vital for babies since it meets their demands both nutritionally and emotionally. Knowledge will rise because maternal features in satisfying their children's nutritional demands will be influenced by their level of education and age, which will make the mother think more maturely and absorb more information.

From the analysis conducted, it shows that mothers of toddlers with stunted children are greater in the category of poor parenting, totaling 25 (35.2%) than in the category of good parenting 12 (100%). Based on the test value, the p value of 0.000 means that parenting has a significant relationship with the incidence of stunting.

The mother's attitudes impact the way that children eat. toddlers' dietary circumstances. This is because toddlers' levels of health are influenced by the amount and type of food and beverages they consume. Parents closely monitor their methods of raising their children to ensure that toddlers don't experience the effects of chronic malnutrition, including stunting.

Based on studies, this researcher's findings are consistent with those of Nurmalarasi (2019), who found that chronic nutritional events and parental parenting styles both had an impact. Parents who consistently accompany their children and provide them with the utmost care are the ones who ensure that children receive a healthy diet. Researchers believe that youngsters develop and thrive at their best. Because the parent has it, the parent plays the primary role. When children of good parenting practices are matched with parents of poor parenting styles, the former has a more positive impact on the nutritional status of the latter. parenting style in relation to long-term dietary events and their concern for their kids.

Conclusions:

Based on the research's findings, it can be said that there is a strong correlation between toddler stuttering occurrence and parenting styles, education, and material knowledge. For the first six months of a toddler's life, moms should provide them just attention and breast milk in order to lower the child's risk of stunting.

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