O-15

OVERVIEW OF PARENTS' KNOWLEDGE ABOUT STUNTING USING THE "BERAKSI APPLICATION" (TOGETHER WITH CADRES TO OVERCOME STUNTING)

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ABSTRACT

Parental knowledge is very important because parenting patterns and providing nutrition for yourself and your children will affect the child's growth and development. However, mothers' low knowledge about parenting patterns and lack of knowledge about fulfilling nutrition can cause children to be malnourished and cause children to become stunted. According to the World Health Organization (WHO), in 2017 Indonesia was included in the third country with the highest prevalence in the Southeast Asia region (SEAR). The average prevalence of stunted toddlers in Indonesia in 2005-2017 was 36.4% (WHO, 2017).

Height is a type of anthropometric examination and shows a person's nutritional status. The presence of stunting indicates poor nutritional status (malnutrition) over a long period of time (chronic). The problem of malnutrition in Indonesia is a health problem that the government has not been able to fully overcome. The aim of the research is to find out the description of parents' knowledge about stunting using the BERAKSI application (together with cadres to overcome stunting). **The method**: This type of research is descriptive. The sampling technique used in this research was total sampling, namely all mothers of toddlers who attended Integrated Service Post Lestari A and Integrated Service Post Rose B, namely 44 people. **The research results** showed that from the 44 samples studied, 10 respondents (22.7%) had not enough knowledge about stunting, 16 respondents (36.4%) had enough knowledge about stunting and 18 respondents (40.9%) had good knowledge about stunting. **The conclusion** was that the majority of 22.7% of respondents had a low level of knowledge, 63,8% of mothers' jobs were housewives, and 74.5% of mothers' education was up to senior high school.

Keywords: Stunting, toddlers, knowledge, Application, Parents

INTRODUCTION

Parental knowledge is very important because parenting patterns and providing nutrition for yourself and your children will affect the child's growth and development. However, low maternal knowledge about parenting patterns and a lack of knowledge about nutritional requirements can cause children to be malnourished and cause children to become stunted. On the other hand, parents who have high nutritional knowledge will have children with good nutritional status, so that the mother's level of knowledge influences eating habits. children (Ministry of Health of the Republic of Indonesia, 2018).

Some people still don't know the term stunting. Stunting is a condition in which a person has less length or height compared to his age. (Oktavia, 2020) Stunting is a condition where a person's height is shorter than the height of other people in general or those of the same age (Atikah, Rahayu, 2018). Stunting is a form of growth failure (growth faltering) due to the accumulation of inadequate nutrition that lasts for a long time starting from pregnancy until the age of 24 months (Mustika & Syamsul, 2018).

Based on the results of Riskesda data, the prevalence of stunting in children under five was from 37.2% (Riskesdas 2013) down to 30.8% (Riskesdas 2018) and 21.6% (SSGBI 2022). According to the World Health Organization (WHO), in 2017 Indonesia was included in the

third country with the highest prevalence in the Southeast Asia region (SEAR). The average prevalence of stunted toddlers in Indonesia in 2005-2017 was 36.4% (WHO, 2017). From the results of the Indonesian Nutritional Status Study (SSGI) carried out in 2021, the prevalence of stunting in Indonesia was 24.4%, decreasing to 21.6% in 2022. Meanwhile in West Java Province it was 20.2% and if you look at the percentage of stunting in Java Province West in 2022 is 4.3%, the percentage in Sumedang district (27.60%), Sukabumi (27.50%), West Bandung (27.30%), Tasikmalaya (27.20%), Bandung (25%). Bogor (24.90%). Majalengka (24.30%), Garut (23.60%), Tasikmalaya City (22.40%), Purwakarta (21.80%), Indramayu (21.10%), Pangandaran (20.00%), Kuningan (19.40%), Bandung City (19.40%), Banjar City (19.30%), Sukabumi City (19.20%), Bogor City (18.70%), Cirebon (18.60%), Ciamis (18.60%), Bekasi (17.80%), Cirebon City (17.00%), Cimahi City (16.40%), Subang (15.70%), Karawang (14.00%), Cianjur (13.60%), Depok City (12.60%), Bekasi City (6.00%). The percentage of stunting in West Java province has decreased when compared to the results of the 2018 Riskesdas and the 2021 Indonesian Nutritional Status Study (SSGI) (West Java Province, 2021).

Height is a type of anthropometric examination and shows a person's nutritional status. The presence of stunting indicates poor nutritional status (malnutrition) over a long period of time (chronic). The problem of malnutrition in Indonesia is a health problem that the government has not been able to fully overcome. Efforts to increase mothers' knowledge regarding the importance of preventing stunting in the first 1000 days of life are not only the responsibility of the government, especially the Ministry of Health. The mass media and the surrounding environment are also responsible for providing knowledge to mothers. Several studies show that there is a strong influence of maternal knowledge on children's nutritional status.

Research conducted by the PEW Research Center (2018) revealed that one of the media most accessed by mothers is mobile devices or cellphones, therefore efforts to increase knowledge through Android-based cellphone applications are quite effective in providing knowledge and also preventing stunting in toddlers. Globally there is an increase in the use of applications on mobile phones, not only for sending messages but also for downloading personal health intervention applications on their mobile phones.

METHOD

The location of this research is the Posyandu Lestari and Posyandu Rose B, Cimahi West Java. This research was conducted from September 2023. This research is descriptive. The sample in this study were mother who had toddlers who made repeated visits to the Posyandu. As many as 44 respondents using total sampling technique.

RESULT

Based on the research that has been done, it aims to identify How is the description of mother's knowledge about stunting in toddlers at the Posyandu Lestari 10 and Rose B, Cimahi city in 2023, To find out the characteristics of Mothers who have Toddlers based on Age, Education, Occupation, Parity in 2023. Based on the knowledge of the respondents as many as 44 people, the results of the study can be described in the distribution table below.

Table 1. Frequency Distribution of Mother's Knowledge About Stunting with Application BERAKSI

Knowledge	Frequency	Percent
Well	18	40,9
Enough	16	36,4
Not enough	10	22,7
Total	**44**	**100,0**

Table 2: Frequency Distribution of Mother's characteristic about Stunting with Application BERAKSI

Characteristics	Frequency	Percent
Age		
<20 years	4	9,1
20-35 years old	36	81,8
>35 years old	4	9,1
Total	**44**	**100,0**
Education	3	6,8
Junior High School	35	79,5
Senior High School	6	13,6
College	**44**	**100,0**
Total		
	30	68,2
Work	6	13,6
IRT	1	2,3
Teacher	7	15,9
Leacture	**44**	**100,0**
Self Employed		
Total	21	47,7
	23	52,3
Parity	**44**	**100,0**
Primipara		
Multipara		
Total		

DISCUSSION

After conducting research on the description of parents' knowledge about stunting using the BERAKSI application (together with cadres to overcome stunting) at Posyandu Lestari 10 and Posyandu Ros B with 44 respondents, the results will be discussed using the following theory:

Frequency of respondent characteristics Knowledge of Mothers of Toddlers about stunting at Posyandu Lestari 10 and Posyandu Rose B.

It can be seen that the characteristics of respondents aged less than 20 years were 4 people (9.1%), respondents aged 20-35 years were 36 people (81.8%), respondents over 35 were 4 people (9.1%), Based on education Lastly, there were 3 junior high school respondents (6.8%), then 35 respondents with a high school education (79.5%) and 6 respondents with a tertiary education (13.6%). Based on the occupation, 30 respondents worked as housewives (68.2%), 6 respondents worked as teachers (13.6%), 1 person worked as a lecturer (2.3%) , and respondents who worked as entrepreneurs were 7 people (15.9%), based on parity, respondents with primiparous parity were 21 people (47.7%) and respondents with multipara were 23 people (52.3%). Based on the research results, it can be seen that there is a picture of parents' knowledge about stunting using the BERAKSI application (Together with Cadres to Overcome Stunting), most of the respondents had insufficient knowledge, 10 people (22.7%), 16 people (36.4%) had sufficient knowledge. and those who had good knowledge were 18 people (40.9%). With good knowledge and understanding, a person will easily receive all information, especially all the needs that children need to develop optimally.

From the educational characteristics of the respondents, it was found that most had a high school education and none had an elementary school education, some even went to college. Higher education will make it easier for someone to absorb information and implement it in daily behavior and lifestyle. That the education factor is a factor in the formation of parental knowledge about stunting. The learning process carried out at the educational level will produce understanding and gain something so that someone can think critically. Higher education will make it easier for someone to absorb information and implement it in daily behavior and lifestyle (Putri Kasih, 2022).

Based on the researchers' assumptions, the research results show that the level of knowledge of respondents about stunting using the BERAKSI application is good, and in the application there is a way to monitor the growth and development and nutrition of toddlers. Mothers' knowledge can have an influence on toddlers' eating patterns which can later influence toddlers' nutritional status. The knowledge a person has cannot be separated from the experience and education he has obtained.

CONCLUSION AND SUGGESTIONS

The conclusion from the results of this research is that the description of mothers' knowledge about stunting at Posyandu Lestari 10 and Rose B in 2023 is a general description of mothers' knowledge about stunting using the BERAKSI application for toddlers. It can be concluded that the majority of respondents have good knowledge. General description of maternal knowledge regarding maternal characteristics based on age, occupational education, and parity regarding stunting in toddlers. It can be concluded that the majority of respondents have sufficient knowledge.

ACKNOWLEDGEMENTS

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