

The Relationship Between Parenting and Feeding Patterns On The Incidence Of Stunting

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ABSTRACT

Stunting is a significant highlight in Indonesia because it is continually rising. Factor pattern of bad parenting and inappropriate infant feeding is a risk cause of stunting. The purpose of this research is to analyze the connection pattern parenting and patterns of provision of food to the incidence of stunting in infants. This research is a quantitative study with a cross-sectional design. This research was conducted in the Health Center Banajrmasin working area in January- March 2022. The research population is mothers with toddlers. A sample of 84 respondents was taken randomly. The instruments used are a measuring tool height and a questionnaire. Data analysis used the chi-square test. The research showed that pattern parenting ($p=0.045$) and pattern feeding ($p=0.014$) are associated with stunting. Parenting and patterns of feeding are related to the incidence of stunting. Good maternal parenting can prevent children from experiencing stunting and feeding; if mothers provide the right food for their children, then children can be spared from stunting.

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1. INTRODUCTION

Currently, stunting is one of the problems currently being faced by the world, in particular occurs in poor countries and developing countries one of them Indonesia. Child mortality in the world is also related to the problem of stunting or nutrition not enough. There are about a third of cases of death resulting in malnutrition for each person the year. Nutritional problems in toddlers have serious effects, which will happen failure to thrive as well as having delays in both development and intelligence, which is even worse can lead to death [1]. Based on data from Riskesdas [2] as well It can be seen that the prevalence of stunting is high in various provinces either. The prevalence of stunting under five in DKI Jakarta from the results of the Riskesdas reached 17.7%. This figure is almost reached prevalence threshold with high category WHO set it at 20%. DKI Jakarta Province is the national capital who have sufficient food supplies and diverse, access to facility services health, and socio-economic community quite high compared to other provinces with the highest Provincial Minimum Wage compared to other provinces. In addition, in this province access to information on nutrition education and health is also very easy. The stunting problem that occurs depicts a chronic nutritional problem, influenced by condition of the mother or prospective mother, fetal period and period infants/toddlers, including diseases suffered during infancy. Like other nutritional problems, it is not only related to health problems, but also influenced by various other conditions that indirectly affect health. Impact Stunting can also interfere with mental and intelligence development during adulthood, This impact can be seen from the physical size not optimal and the quality of work is not competitive which results in low economic productivity. Malnourished toddlers will experience a decrease in intelligence, decline immunity and productivity, health problems mental and emotional, as well as growth failure.

Health problems are happening worldwide, one of which is a nutritional problem. Children's growth process can be hampered if intake lacks nutrition [3]. Increasing Better nutrition can be done by ending all types of malnutrition. It is recorded that in 2025 the international target to reduce stunting is one indicator of health success in the SDGs by 2030. In 2019, there were 149 million children under five in the world who were stunted, or around 21.9%. Stunting in Indonesia is considered a severe problem more prevalence of stunting of 20%. Stunting is one of the priority issues that need to be

handled because stunting can cause a decline in productivity and quality source of Power for humans in Indonesia in the future, and impact will prone to catching various diseases [4].

Nutritional status is the condition balance the body needs for the growth and development process that includes intake and need for substance nutrition. Period gold, or the first 1000 days of life, needs fulfillment and adequate nutrition [5]. In short, stunting has a harmful impact that is not just related to a growing child's development. However, it can cause the disturbance of development brain reduced intelligence and disrupted metabolism in the body [6]. Efforts made by the government to overcome stunting cases by fulfilling intervention nutrition Specific covers nutrition macro and micro supplementation by giving iron tablets to pregnant women and teenagers Putri, Vitamin A, and tabula (Priyono, 2020). The factor influencing the risk directly against stunting is the level of intake of substance nutrition. Adequacy level substance nutrition, macro nor micro, is an essential component that plays a role in children's growth. Children with low energy and protein risk are more likely to experience stunting than children with sufficient energy and protein [4]; [6]. A survey conducted at the Health Center Cipadung in January 2022, based on information from health workers, that caused the high incidence of stunting some factors include height, the number of breastfeeding mothers who do not give exclusive breastfeeding to their babies and the lack of attention to the food given to their children. It becomes the reason for a Still high incidence of stunting. Previous research mentions a stunting incident due to stopping breastfeeding in her child within the range age under two [7]. Other studies mention that the most dominant factor influencing the incidence of stunting is pattern foster care and feeding [8]. A mother is vital in supporting efforts to overcome nutritional problems, especially regarding family intake, from food preparation and selection of ingredients to the menu [9]. The purpose of this research is to analyze the connection pattern parenting and patterns of provision of food to the incidence of stunting in infants.

2. METHODS

This research is quantitative with a descriptive research design analytics with a cross-sectional approach [10]. The research location is in the Health Center Peat working area from January to March 2022. In this study, what becomes variable independent is pattern parenting and patterns feeding, meanwhile variable dependent is stunting. The population of this study is mothers who have toddlers in the working area of the Puskesmas Peat in 2021, with as many as 2,842 people. The sample was taken from 84 respondents. They were taking samples by simple random sampling technique using a random number generator to include the total population of as many as 2,842 and taking numbers 84 times. The instrument used in this study is a measuring instrument height and composed questionnaire from data on maternal characteristics (education, employment, and income family), 16 questions about pattern foster care consisting of breastfeeding, giving food, giving rewards to children, and arranging food so that more enjoyable. The feeding pattern consists of 30 questions _about the type of food, amount, and frequency of eating. Data analysis used the chi-square test with degrees of 95% confidence ($\alpha=0.05$).

Instruments using questionnaire, especially formerly validity and reliability tests, were carried out in the work area of the Puskesmas, considering that this region has demographics and characteristics of the same population as the study site. Test the validity and reliability carried out on 20 mothers who have toddlers (r table = 0.444), and the validity test results were obtained of 16 questions pattern foster mother, all valid. As for variables, the pattern feeding of 30 questions is all valid. Reliability test results pattern maternal care is obtained mark Cronbach alpha = 0.951 > 0.7 which means all questions reliable. Reliability test results pattern feeding is obtained mark Cronbach alpha = 0.971 > 0.7 which means all questions are reliable. All participants in this study agreed with the protocol and approved it in writing.

3. RESULTS AND DISCUSSION

This research was carried out in the working area of the UPT Puskesmas Gambut, located in two sub-districts, viz Ward Gambut. The results of the research that has been done Then described with the data that has been collected from as many as 84 respondents. Obtained data covers the education mother, the mother's occupation, income family, pattern of parenting, patterns of feeding, and the incidence of stunting in the UPT Puskesmas Peat working area. Data from the results of the study were later analyzed in a manner univariate and bivariate and presented in the form table as follows:

Table 1 Patternless Care For Mothers And Their Children Suffered From Stunting

Factor Risk	Stunting events				Total	P Value	
	Yes		No				
	n	%	n	%			
Mother is upbringing							
Not enough	16	64.0	9	36.0	25	100	0.045
Good	22	37.3	37	62.7	59	100	
Feeding Patterns							
Not right	26	59.1	18	40.9	44	100	0.014
Appropriate	12	30.0	28	70.0	40	100	

Table 1 shows that patternless care for mothers and their children suffered from stunting as much as 64%, while those who were not stunted were as much as 36%. If it got a p-value of 0.045, there is a significant connection between the pattern care of mothers with stunting incidents. POR analysis was obtained, which means the mother owns its pattern of poor parenting to toddlers times more likely to have stunted toddlers. Mothers with a pattern of inappropriate feeding and their child experiencing stunting by 59.1% and not stunting by 40.9%. If it got a p-value of 0.014, There is a significant connection between pattern feeding and stunting. POR analysis obtained means that the mother gave an inappropriate diet for toddlers times more likely to have to stunt toddlers. The mother's character is the most important in giving intake nutrition for children is giving attention, support, and good behavior, especially in complete filling nutrition. If pattern parenting is good, then the incidence of children with stunting will Keep going decreases; otherwise, if the pattern of alarming mothering increases, the incidence of stunting children increases. A mother's parenting style is a mother's caring attitude, not protecting children. Mother's attitude plays a role in giving breast milk or provision of complementary food, notifying the proper way of eating, giving food of value nutrition high skill, arranging many portions of food consumed, preparing clean food, and having a proper diet so that content nutrition can be well received by children[12].

This research proves that pattern fostering relates significantly to the incidence of stunting in toddlers. Based on the results of observations made, most of the respondents own a pattern of good parenting, such as giving children exclusive breastfeeding, always accompanying children when eating, and allowing children to choose the food they like so that children want to eat. In addition, deliver understanding so that the child wants to eat again if the child does not want to eat, and once in a while, give presents and praise when the child spends the food. Good parenting is a significant factor in guaranteeing optimal growth and development. Mother's parenting style is the mother's practices in health care, feeding, emotional support, and gift stimulation that children need in the growing period flower [13]. This research is in line with previous research, which states There is a connection between pattern foster care and stunting [14]. So it can be interpreted that if the pattern foster mother is in a suitable category, more stunting categories are low. Suppose the pattern of the foster mother is in the category wrong. In that case, the stunting category will be In this study found a pattern of less maternal care, possibly caused Because the mother's education or occupation, which has an impact on the occurrence of stunting.

This study also found part Most mothers have a high school education. A mother's education can affect the incidence of stunting. The possibility of stunting is higher in parents with low education compared to educated parents high [15]. The results of this study also show a connection between pattern feeding and the incidence of stunting in toddlers. The feeding pattern is a way to make the most of available food as a reaction to the pressure experienced economy. There is a diet-related to eating habits. A diet suitable for toddlers should fulfill adequate energy and protein. Diet can change according to the development economy family. Families can modify the food given to toddlers according to the ability economy family [17]. This research is in line with previous research, which states that There is a significant relationship between pattern feeding with stunting [15]). Other research states that granting Inappropriate eating patterns can give a chance 5 to five times experiencing stunting compared to giving a proper diet [18]. Based on research, most respondents own a pattern of improper feeding. The results

of interviews with several respondents found Still Lots respondents who do not know the food that can fulfill standard nutrition toddlers with a balanced diet. This means the food must have the right portion, not be excessive, and be adjusted to the needs body toddler. Knowledge is essential in preventing stunting, both about knowledge of patterns feeding children and how to prevent stunting [19]. A lack of knowledge will cause the mother to pay less attention to the intake of the nutrition provided when the child is under two years old. Lack of mothers' knowledge about stunting is also caused by low education; research results show that most mothers are educated low [20]. Besides, pattern feeding is also a socially dependent economy family [20]. In this study, more than half of the respondents have low economic status. The low social economy is related to the ability family to meet intake child nutrition. Families with social economy tall related to the ability to use better health facilities such as access to health nursing and medicines to prevent stunting [5]; [20].

4. CONCLUSION

This research shows that pattern parenting ($p=0.045$) and pattern feeding ($p=0.014$) are associated with stunting. that pattern parenting and patterns feeding is a factor risk stunting in toddlers. An unfavorable mother's upbringing pattern has a chance of times five experiencing stunting, and patterns of improper feeding have a chance of times toddler experiencing stunting. It is recommended that health workers be able to educate the public, especially pregnant women and mothers who have babies and toddlers, about the importance of understanding pattern parenting and patterns of feeding the child as effort stunting prevention.

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