

## The Role of Family Care in Providing Nutrition for Children with Stunting: Literature Review

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### ARTICLE INFO

#### Keywords:

Family Care,  
Nutrition, Stunting

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### ABSTRACT

Child malnutrition remains a significant public health challenge in Indonesia, with anemia, protein-energy malnutrition (PEM), obesity, and stunting among the most frequent concerns. Stunting, a chronic form of undernutrition, particularly affects children in developing nations. This study, employing a literature review methodology guided by the PICO framework, identified six articles examining the influence of family care on stunting prevention. Similar to previous research, these studies strongly emphasize the critical role of families in successful stunting interventions. Notably, all articles highlight the family's multifaceted role, which encompasses tasks, responsibilities, relationships, and functions within the household unit. Addressing stunting necessitates a holistic approach, as its causes extend beyond purely health-related factors and are often intertwined with economic instability in developing countries.

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## 1. INTRODUCTION

Nutritional issues commonly encountered in children in Indonesia include anemia or iron deficiency, Protein Energy Malnutrition (PEM), obesity, and stunting. Stunting or short stature in children, is one of the nutritional problems faced globally, particularly in poor and developing countries (Paramashanti, 2019). Data released by the World Health Organization (WHO) indicates that the prevalence of stunting in children aged 5 and above in Indonesia was around 36.4% in 2018 (WHO, 2018). Based on data from the Indonesian Basic Health Research (Riskesdas) in 2018, it is reported that the nutritional status of Indonesian toddlers classified as very short and short is 30.8%, while infants classified as very short and short are 29.9%. (Kemenkes RI, 2018b).

A child whose height is not optimal is referred to as short or very short (stunting). Short or very short stature in children is caused by insufficient nutritional intake for an extended period. A child who lacks adequate nutrition from birth to toddlerhood is guaranteed to have a low or short stature (Kemenkes RI, 2017). Nutritional problems, broadly speaking, are caused by two factors: direct factors and indirect factors. Direct factors related to nutritional status issues include food intake and coexisting diseases, while indirect factors include the level of knowledge, educational attainment, income level, parenting practices, food availability, healthcare services, and environmental factors (Kemenkes RI, 2017).

The family role is an expected behavior within a family where the status or position of individuals serves as the main support system for issues that arise within the family. In order to achieve health goals, the family has responsibilities for the health maintenance of its members and mutual care for family health, as well as ensuring adequate nutrition. A family role that neglects the dietary patterns of its toddlers, resulting in providing food that does not meet the nutritional needs of the child (Aminah & Dewi, 2016).

## 2. METHOD

This study utilizes a literature review as its research method. In searching for and selecting the literature used, the author employs the PICO strategy (PICO framework) with inclusion criteria,

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including articles from national and international journals closely related to the research topic, which is the role of family care in providing nutrition for children with stunting (and other influencing variables). The findings consist of articles/journals presenting data on the family care role in providing nutrition for children with stunting, using a Cross-Sectional study design, published from 2019 to 2023, and written in Indonesian. Literature selection involves databases such as Google Scholar, Mendeley Search, Portal Garuda, DOAJ, and Science Direct, using keywords "family," "nutrition," and "stunting." Subsequently, identified literature is screened, tested for eligibility, resulting in 6 articles that meet the inclusion criteria.

### 3. RESULT AND DISCUSSION

The article selection process using the PICO framework resulted in 6 selected articles that meet the established selection criteria. All of these 6 articles are studies focusing on the role of family care in providing nutrition for children with stunting.

| No | Writer   | Title (year)   | Method   | Instrument                  | Results  |
|----|--|--|--|-----------------------------|--|
| 1  | Anisa Maulid, Supriyadi, Sofia Rhosma Dewi   | The Relationship Between Family Role and the Occurrence of Stunting in Toddler-Aged Children in the Working Area of Jelbuk Community Health Center, Jember Regency. (2019) | The research design employs a correlation with a cross-sectional design. The population consists of 70 respondents, and the sampling technique used is probability sampling with a cluster sampling approach. The statistical test used is Spearman's Rho. | Questionnaire               | The research results indicate that the majority of family roles are good, amounting to 55 individuals (78.6%), and toddlers with normal growth and development are 54 individuals (77.1%). The statistical test results using Spearman's Rho test yielded a result (p-value: $0.000 < 0.05$ ), indicating that $H_0$ is rejected, which means there is a relationship between Family Role and the Occurrence of Stunting in Toddler-Aged Children in the Working Area of Jelbuk Community Health Center, Jember. |
| 2  | Novi Gabriella Haria, Jasri Fanny Humairah, Delsy Arya Putri, Vina Oktaviani, Nikodemus Niko | Dysfunction of Family Roles: A Study on Stunting in Toddlers in East Tanjungpinang, Tanjungpinang City, Riau Islands (2023)  | This research employs a descriptive qualitative design.  | Interviews and observations | The research results indicate that there is a dysfunction in family roles, consisting of an inability to provide attention and support to the child, an inability to meet the  |

| No | Writer   | Title (year)  | Method  | Instrument    | Results  |
|----|--|---|---|---------------|--|
|    |  |   |   |               | nutritional and health needs of the child, and an inability to provide age-appropriate stimulation and interaction.  |
| 3  | Maulana Ainul Yaqin, Muhammad Hadi                       | Family Role in Preventing Stunting in Toddlers at the Integrated Health Post (Posyandu) Batu Putih, RW 05, Pantai Harapan Jaya Village, Muara Gembong District, Bekasi Regency, 2020 (2020) | The type of research is analytical descriptive with a cross-sectional design approach conducted on 52 toddler's parents. Data analysis was performed using the chi-square statistical test. | Questionnaire | The research results revealed a significant relationship between the motivator role and stunting prevention with a (p-value: 0.013). There is a relationship between the coordinator role and stunting prevention with a (p-value: 0.030), as well as a relationship between the caregiver role and stunting prevention with a (p-value: 0.031).   |
| 4  | Ulva Noviana, M. Hasinuddin, Heni Ekawati, Mustofa Haris | Analysis of Family Independence Factors in Preventing Stunting in the First 1000 Days of Life in Madura Children Based on Transcultural Nursing Theory (2023)                               | The research design used is non-experimental research: analytical with a retrospective approach.  | Questionnaire | The statistical test results indicate that (p-value: 0.029) is less than $\alpha$ : 0.05, meaning that the null hypothesis (H <sub>0</sub> ) is rejected, indicating a relationship between Cultural Values and Family Independence in preventing stunting in the first 1000 days of life. The statistical test results also show that (p-value: 0.007) is less than $\alpha$ : 0.05, indicating a relationship between family fundamental values and family independence in preventing stunting. Furthermore, the |

| No | Writer   | Title (year)  | Method  | Instrument    | Results   |
|----|--|---|---|---------------|---|
|    |  |   |   |               | statistical test results reveal that (p-value: 0.000) is less than $\alpha$ : 0.05, indicating a relationship between family roles and family independence in preventing stunting.  |
| 5  | Puti Aini Qolbi, Madinah Munawaroh, Irma Jayatmi | The Relationship Between Nutritional Status, Dietary Patterns, and Family Roles in Preventing Stunting in Children Aged 24–59 Months (2020) | This research is of a quantitative nature, utilizing a cross-sectional study design   | Questionnaire | The analysis results indicate that nutritional status (P: 0.001), dietary patterns (P: 0.000), and family roles (P: 0.000) show that the null hypothesis (H <sub>0</sub> ) is rejected because the three independent variables have values (p-value < 0.005), meaning there is a relationship between nutritional status, dietary patterns, and family roles in preventing stunting in children aged 24–59 months at Jatiasih Community Health Center, Jatimekar Village, Bekasi City, in 2020. |
| 6  | Riska Hidayattullah, Rokhaidah                   | Mother's Knowledge and Family Support as Efforts in Preventing Stunting in Toddlers (2022)  | The research design employed is Cross-Sectional, and the sample is selected using proportional stratified simple random sampling. | Kuesioner     | The statistical analysis test yielded results indicating a relationship between maternal knowledge (P=0.004) and family support (P=0.031) with efforts to prevent stunting in toddlers.   |

In general, the reviewed articles conclude that there is a strong relationship between the active family role and the prevention of stunting in children. However, stunting itself is not solely influenced by the active family role. Various other factors contribute to stunting, such as family financial stability, parental education or knowledge level, ease of access to information and healthcare facilities, and so on.

### **Factors that influence stunting in children**

Several factors play a role in preventing stunting, based on the six studies reviewed above. These factors include the family role (Maulid, Supriyadi & Dewi, 2019; Yaqin & Hadi, 2020; Qolbi, Munawaroh & Jayatmi, 2020; Hidayatullah & Rokhaidah, 2022), family independence (Noviana, Hasinuddin Ekawati & Haris, 2023), nutritional status (Qolbi, Munawaroh & Jayatmi, 2020), dietary patterns (Qolbi, Munawaroh & Jayatmi, 2020), and maternal knowledge (Hidayatullah & Rokhaidah, 2022). Conversely, the dysfunctional family function is closely related to the occurrence of stunting in children (Haria, et al, 2023).

Proper nutritional frequency for children with stunting: For children not receiving breastfeeding aged 6-23 months, the nutritional frequency is adjusted to the age group and supplemented with 1-2 extra meals (Krisnatuti 2008, as cited in Septikasari 2018). The influence of the family role on the occurrence of stunting: Factors that play a role in shaping a good family role include family support and the mother's experience with toddlers. Mothers with low education may have experience in caring for toddlers, enabling them to use available information to prevent stunting in children. The family's role significantly impacts the eating patterns of toddlers experiencing stunting, indicating that monitoring a toddler's eating pattern is crucial, especially concerning health perceptions. Family income also influences the quality of the diet for stunted children. Family income can meet family needs; lower income levels tend to result in nutritional needs being met with consideration for more affordable prices and less varied menu options;

Types of family roles in the occurrence of stunting: The family's role in the eating patterns of stunted toddlers can be categorized as motivator, educator, and facilitator (Wiliyanarti et al., 2020). The role as a motivator involves motivating or providing support in the health sector to have a better influence on the eating patterns of stunted toddlers. The second role is the family's role as an educator, which is the head of the family's effort to provide explanations and knowledge to the family about the eating patterns of stunted toddlers. The last role is the family's role as a facilitator, where the family is capable of providing a clean environment when the toddler eats and can provide funds for the toddler's food fulfillment.

The family role is the most frequently mentioned factor in the reviewed articles. Family role, in simple terms, refers to a series of tasks, responsibilities, relationships, and functions performed by each individual within the family. This role determines how each individual engages, contributes, and collaborates in meeting diverse needs within the family while avoiding negative impacts. Stunting in children is one of the many health issues within the family that requires serious attention. Family members can and should play a role in preventing stunting through measures such as providing good nutrition and a healthy diet, offering moral and financial support, educating themselves and family members with sufficient health information and knowledge, and taking other steps according to the capacity and proportion of each family member.

### **4. CONCLUSION**

This study once again confirms many findings from similar studies that have been conducted previously, specifically regarding the influence of the family care role in preventing stunting in children. All studies found a strong correlation between the high involvement of the family and the success of stunting prevention efforts in children. Stunting remains one of the challenges for all parties in the field of health. The issue of stunting is quite complex, considering that stunting is not merely a health problem. Various factors contribute to the high prevalence of stunting, especially in developing countries that are not yet economically stable. Beyond all these, the most pressing action to be taken is the strengthening of the family's role as the closest factor. All parties, from parents, families, the community, and the government, must work together if efforts to reduce the stunting rate are to be successful. Mothers and immediate families should have sufficient knowledge about nutrition, dietary patterns, and general health knowledge. The community should provide support, and the government should continue its serious efforts to improve the well-being of the population,

especially in terms of overall welfare. Prosperous communities mean communities that are free from various issues, whether they be social, economic, or health-related.

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