

MOTHER'S BEHAVIOR: INFANT AND YOUNG CHILDREN FEEDING IN STUNTED CHILDREN

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Submission date: 19-Sep-2024 10:06AM (UTC+0700)

Submission ID: 2458567681

File name: ICISTECH_47_-_Apriyani_PH-_Template_1.pdf (340.92K)

Word count: 3466

Character count: 19231

MOTHER'S BEHAVIOR: INFANT AND YOUNG CHILDREN FEEDING IN STUNTED CHILDREN

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Abstract

Infant and Young Children Feeding (IYCF) are possible efforts used in prevention and reduction of stunting. Many children are deprived nutrition because food given too fast and inaccuracy responsive feeding. Level knowledge previous mother No know wrong way the right way appropriate. The aim of the study was mother knowledge about infant and young children feeding. For measure level of mother knowledge about infant and young children feeding and responsive feeding in toddlers and stunted children at the Public Health Center Sumbermanjing Kulon and Pagak in Malang Regency.

Desain of this study used descriptive survey with a total of 60 respondents selected use total sampling technique. Data is collected through questionnaire that includes aspect knowledge mother, preparation and processing food, complementary feeding, and responsive feeding.

Result of this study show that mother knowledge about infant and young children feeding in category good knowledge (67%), and less knowledge (33%). Based on every indicator from mother behavior show that preparation and processing food in category good (86%), complementary feeding in category good (100%), as well practice giving responsive feeding (80%). However, some mother is also lacking in responsive feeding (20%).

Although level knowledge from Mother Enough high, related with knowledge mother who became source main that is support family too. This matter show necessity intervention that is not only focus on education and exposure but also on level I want to know, mother For increase knowledge Mother to giving eating in toddlers and children For in the future For prevent the occurrence of stunting.

Keywords : complementary feeding, knowledge

1.Introduction

Stunting is problem grow flower marked child with low child height, temporary heavy his body maybe it's normal with his age. A child is said to be stunted if tall his body No increase significant in accordance with his age or when compared to with the child's height That get it moment new birth (Puspitasari, 2015). Mother is part member family who owns autonomy and role parenting in giving Eat babies and

children as well as capable take decision especially about health in children (Rahman, Saima and Goni, 2017; Anuarti, Abdillah and Priyanto, 2020; Li et al., 2020). Infant and Young Children Feeding (IYCF) requires exists diversity variation food, consistency of food and balanced proportions of macro - micro nutrients include vegetables, fruit, side dishes (sources of animal and vegetable protein) as well as food principal as source energy (Nair et al., 2017).

Stunting is one of them problem nutrition experienced by toddlers in the world today. WHO in 2021, said that number stunting incidents in the world have reached 22% or as many as 149.2 million in 2020. In In this case, Indonesia is a case country the stunting highest number 2nd Southeast Asia after Timor Leste with Stunting cases in Indonesia. Based on data from The 2022 Indonesian Nutritional Status Study (20GI), the prevalence of stunting in Indonesia is decreasing from 24.4% in 2021 to 21.6 Riskesdas (2018) show that the prevalence of stunting was 30.3% (very stunting 11.5% and stunting 19.3%), while in Malang Regency the prevalence incidence 27.10% (very short 14.27% and short 12.83%). Based on results studies preliminary work done from report results operation weigh month February 2021 out of 138,155 children in 39 Community Health Centers in Malang Regency, 15,055 children experienced stunting (10.9%). Case The highest in the Malang regency area includes Health Center Pagak as many as 506 children of 1,288 children (39.2%), Community Health Center Ngajum as many as 562 children of 2,122 children (26.4%), Community Health Center Pujon as many as 881 children of 3,451 children (25.5%), Community Health Center Sumberpucung as many as 389 children of 1,799 children (21.6%), and Community Health Center Tajin as many as 717 children of 3,705 children (19.4%). Efforts made by the Government Malang Regency below coordination of the Malang Regency Regional Planning Agency, in frame lower the incidence of stunting is with increase the area that becomes coverage integrated and cross stunting handling sectoral in each year. Locus There will be 22 stunting interventions in 2020, 32 loci in 2021 and 50 loci in 2022. Based on results monitoring The prevalence of stunting in Malang Regency is recorded that based on The Indonesian Nutrition Status Survey (SSGI) in Malang Regency in 2022 is at a percentage of 18 percent up to 19 percent. Amount This reduce Enough significant If compared to with 2021 is recorded the prevalence of stunting is still is at 25.7 percent. Temporary results measurements

made public through service posyandu in the period August 2021, the prevalence of stunting in Malang Regency was at 8.9 percent, decreasing in 2022 to 7.8 percent with amount toddlers being measured by 88 percent of the total amount recorded toddlers (Malang Regency Government 2022).

Impact bad that can be caused by problems nutrition in term short is disturbed development brain, growth physical and disorderly metabolism in body. Whereas in term in term long is decreasing ability cognitive and achievement learning, decline immunity body, and risks tall emergence diabetes, obesity, disease heart and vessels blood cancer, stroke, and disability with age old, as well quality work that doesn't competitive which results in low productivity economy (Ministry of Health, 2016).

Problems that occur Where ability Mother about practice giving feeding babies and children in matter election material food, menu preparation, frequency eating, pattern eating and giving food part big in category Enough. Besides that's, Giving Food Additional (PMT) that lasts This given not enough appropriate target Because consumed by members other families too condition PMT packaging is not saved with Good.

Nurse have role important in effort prevention case nutrition bad through effort promotional covers counseling to Mother toddlers and counseling to cadres posyandu. Preventive efforts covers weighing weight, measurements circumference arms and body height a month once at the posyandu, a gift package medicine and food For recovery nutrition (Dwijayanti and Setiadi, 2020).

Knowledge Mother about nutrition is one possible factors influential to consumption food and nutritional status in toddlers. Enough mother knowledge the nutrition will notice need nutritio¹⁸is son so he can grow and develop optimally so prevent the incidence of stunting in toddlers, this is supported study Megalea (2020).

Based on background behind problem on so researcher interested for stage study with title Description of Mother's Level of Knowledge About Giving Eating and Children Suffering from Stunting in Health Center Sumbermanjing Kulon Subdistrict Pagak Malang Regency

2. Materials and Methods

The research study used descriptive study. ¹¹ research design was used to analyze knowledge behavior about infant and young children feeding. This study was conducted among IYCF in stunted children in Public Health Ce¹¹ Sumbermanjing Kulon and Pagak Malang Regency. The sampling technique in this research used non-probability sampling (purposive sampling).

The variable in this study was infant and young children feeding in stunted children, with indicator preparedness and hygiene of food, complementary feeding and responsive feeding. Retrieval¹ of research data used questionnaire Summary of IYCF where the instrument has been tested for validity and reliability.

¹ Descriptive analysis for categorical data used the frequency distribution and for numerical data used the mean, standard deviation (SD), minimum (min) and maximum (max) values.

Ethical Considerations

¹ Respondents were given informed consent by signing a consent letter as research subject for interviews and filling out IYCF questionnaire, discussion and observations. Research delivered informed consent and explained the research objective, voluntarism and the ability to understand the information. This study ¹ is approved by the Health Research Ethics, Committee Institute Technology Science and Health RS dr Soepraen Malang no 2573 in 2023.

3. Results

Research and discussion regarding the description of the mother's level of knowledge about Giving Eat Toddlers and Children Suffering from Stunting at the Community Health Center Sumbermanjing Kulon Subdistrict Pagak Malang Regency. Data collection was carried out on July 12 2024 using questionnaire given to Mother. From the data available at the community health center, there are: not enough more than 40 children with stunting and the data obtained For study there are 30 mothers. For activities carried out by the health center including counseling about Infant and Young Children Feeding and Denver Development Screening Test (DDST) activity inspection for find deviation grow flower toddlers and children. For every public health center in each area, implement activity like classes toddler. Besides that, from Public Health-Office giving supplementary feeding to toddlers and children, so anticipate exists sign symptoms of stunting. Every lacking family or in financial assistance from PKH village every month. For team health from village assign nurse for become Family Support Team (TPK) for toddlers and stunted⁷ children a week one visit, for anticipate undesirable e⁷at. The aim of this study for identify a description of the mother's level of knowledge⁷ about Infant and Young Children Feeding from Stunting at the Public Health Center Sumbermanjing Kulon and Pagak Malang Regency.

Research Locations

Service center health public or Language other community health center in the village Sumbermanjing Kulon, District Pagak, Malang Regency. Located in a quite area easy for access to center health from various area. Public Health Center Sumbermanjing Kulon have the facilities especially on the health of mothers and children.

Characteristic data displayed consists from: age, education, employment, history childbirth, number of children, activeness in visit public health center, child's weight, and child's height.

Table 1. Characteristic Data of Mother who have Stunted Children Public Health Center Sumbermanjing Kulon and Pagak

Characteristics	f (person)	Percentage (%)
Age		
19-25 years	22	37
26-35 years old	26	43
16-40 years old	12	20
Education		
elementary school	6	10
Junior High School	40	67
Senior High School	14	23
Work		
Laborer	32	53
Farmer	4	7
IRT	24	40
Childbirth History		
Normal	26	43
Action	34	57
What order do you come in your family		
1	38	63
2	22	37
Active in Public Health Center		
Active	60	100
No Active	0	0
Children Weight		
< 5 kg	40	67
6- 20 kg	8	13
> 20 kg	12	20
Children Height		
<50cm	54	90
50-70 cm	6	10
>70 cm	0	0

Based on table 1 above, in age data almost half respondents aged 26-35 years 43%, in the respondent data 36-40 years old 37%, and in the respondent data lowest aged 15-25 years 37%. On education data almost half respondents junior high school education 67%, according to employment data almost half respondents Work as Self-employed 53%, of the respondents who were housewives 40%, and respondents Work farmer 3%. History of Childbirth History data half respondents through medical procedures 57%.

For amount child part big Still child First with amount namely 63%, and total child second. In activity Public Health Center, everyone respondents always active follow activity with total of 100%. Child 's weight in the data above part large at < 5 kg with the number of 90%, and body weight >20 kg with the number of 10%. Whereas For most children 's height with height <50 cm 90%.

Table 2 Data Characteristic Mother's Level of Behaviour about Infant and Young Children Feeding in Public Health Center Sumbermanjing Kulon and Pagak Malang Regency

Indicator	Frequency (person)	Percentage (%)
Behaviour		
Good	40	67
Enough	0	0
Less	20	33

15 Based on table 2 is known that out of 30 obtained from part big respondents own Good knowledge that is with the number of 40 people (67%), and the respondents with Lack of knowledge with total of 33%

Table 3 Mother Level knowledge about IYCF

Indicator	Frequency (person)	Percentage (%)
Preparation and Processing Food		
Good	52	86
Less	8	13
Complementary Feeding		
Good	60	100
Less	0	0
Responsive Feeding		
Good	48	80
Less	12	20

From the table above, show that Preparation and Processing in category good 86%, complementary feeding were good 100% and responsive feeding were good 80%.

Discuss

13 Issue that occurs from chronic malnutrition in the first 1000 days of a child's life is stunting. Stunting are disturbance child's growth and development irreversible. Reducing child stunting is the first of global target and crucial component of the 4 sustainable development goal which aim to end hunger. Health education programs, which are described as an organized effort in the health sector to the behaviors of individuals, families, organizations and communities. Results from effective activities will include the target knowledge and changing the behavior of mother to give infant and young children feeding. Based on table 4.1 level knowledge Mother about giving Eat toddler The child gets all the data respondents 67% were categorized level knowledge Mother are good, and enough 33%. This data show that effort improvement knowledge Mother about giving Eat toddlers and children at Public Health Center Sumbermanjing Kulon and Pagak Malang Regency.

From table above Preparation and Processing food were good 52 people (86%). In Complementary Feeding efforts, respondents were good category 100%. Respondent understand method prepare food suitable companion for

children and toddlers. In indicator responsive feeding, in a good category 48 people (80%), and less category 12 respondents (20%). Infant and Young Children Feeding aims to increase knowledge and skills of mother to solve nutrition problem. IYCF knowledge and skills consist from recommendation best feeding include breastfeeding (Hidayat, 2022)

The scope of the IYCF program begins from education Giving Infant and Child Feeding (IYCF), complementary feeding, responsive feeding. Practice give IYCF the most important action for cared for by the family. Responsive feeding is method giving appropriate food with age and stage development child (Sutraningsih et al., 2021).

Stunting is a short stature caused by chronic malnutrition. Nutrient intake is one of the factors that directly influence to stunting. Other knowledge is the key in improving infant nutrition. Determining factor for the incidence of stunting in children under five years old was the knowledge. Knowledge is a fundamental domain for the formation of one's action. Knowledge supported in fostering self-confidence as well as attitudes and behavior every day that it could be said that supports one's action. Health knowledge will influence behaviour as a result of the medium-term (intermediate impact) of health education. Furthermore, health behaviour will affect increasing public health indicator.

Stunting usually caused by two factors that is its height aspergillus stress nutrition and factors disease infection. Besides primary factors, other factors include pattern foster child toddler, resilience food, and poor environment support. Access to related laws with health and condition politics and economics. Getting to know your parents is very important in raise child because moment this child No Can with sincere ask and get information about food. A study to child small in Surabaya shows delay development. This matter tightly connection with level knowledge nutrition Mother pregnant (Toddlers, 2021)

Good knowledge and behavior nutrition will fulfil need nutrition child age early so that can improve nutritional status. Minimal or knowledge nutrition low impact quality consumption nutrition, especially quality food For child age early (Safinatunnaja & Muliani, 2021).

Mother has role important in the fulfillment process optimal nutrition for his son, so it's very important knowledge Mother related to IYCF is necessary improved. Condition disturbance fulfillment nutrition in children can happen consequence lack knowledge, attitudes, motivation and skills mother / caregiver in prepare nutritious and appropriate food and drink with need child. One of influencing factors in giving eat right that is knowledge mother / caregiver related with information about benefits of breast milk, supplementary breastfeeding, and others. There is objective from activity This is give education to Mother in give feeding babies and children in accordance his age.

Based on results study from table 2 level knowledge Mother to infant and young children feeding (IYCF) aged 26 – 35 years were 33%. For level knowledge least at the age of From the level education very important in measure level

knowledge mother, results from assessment there is most education is junior high school 67% and level knowledge Good 40% and level knowledge not enough there are elementary and high school education 6%.

3. Conclusion

Based on results research conducted that infant and young children feeding generally in good category 67%. The mothers experience grows with age. Formal education is not determinant of knowledge related to infant and child feeding. Long-term protein deficiency in infants which can lead to Marasmus disease is well known. Besides that, from Infant and Young Children Feeding show that prepare or something suitable food companion for toddlers and children, complementary feeding and responsive feeding can know suitable food or make toddlers and children easy for interested in the food given by the mother.

Acknowledgments

We would like to thank respondents, heads and staff Public Health Center Sumbermanjing Kulon and Pagak, Institute Technology Science and Health Dr Soepraosen Malang.

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