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***Case Study Mother's behavior in detecting stunting at RW 02 Bogo Village,  
Nganjuk***

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**ABSTRACT**

Stunting refers that children having failed to reach their growth potential as a result of disease, poor health, and malnutrition. A child is defined as 'stunted' if they are too short for their age. The study aims to investigate the mothers' behavior in detecting stunting. This is a descriptive study conducted in RT 02 Bogo Village Nganjuk. The study uses a population study of thirty mothers at the research site. The research variable is the mothers' behavior in detecting stunting. The data were collected using questionnaires and descriptively analyzed, displayed in the tables of frequency. The data analysis shows that 96.5% of mothers possess good knowledge of stunting prevention. Moreover, all mothers have a positive attitude and practices to tackle the growing problem among their children. The study resumes that the mother's behavior in detecting stunting is workable to prevent the health issue. It is suggested that mothers to maintaining this positive behavior to reduce their children getting stunted.

**Keywords: Behavior, mothers, stunting, detection**

**BACKGROUND**

The problem of malnutrition and stunting is still a big problem that needs to be addressed immediately. Failure to carry out early initiation of breastfeeding (IMD), failure to provide exclusive breastfeeding (ASI), and early weaning can be one of the factors for stunting. (Kementerian Kesehatan, 2018)

Data on the prevalence of stunting under five collected by the World Health Organization (WHO), Indonesia is included in the third country with the highest prevalence in the Southeast Asia region. The 2013 Basic Health Research (Riskesdas) data shows that one in three children under five in Indonesia experiences stunting. The average prevalence of stunting under five in Indonesia in 2005-2017 was 36.4%. East Java is one of the provinces that has a high prevalence of stunting in 2015 which is 34.8% (East Java Health Office, 2016). One of the districts in East Java that has a stunting prevalence of more than 20% in 2015 is Nganjuk Regency, which is 20.66%. Meanwhile, in RW 02 Bogo Village, Nganjuk, there are 4 or 12% children aged 15 months who are stunted in 2021.

Stunting (dwarf) is a condition where toddlers have a length or height that is less than their age. This condition is measured by a length or height that is more than minus two standard deviations of the median standard deviation of child growth from the World Health Organization (WHO).

Maternal health and nutrition conditions before and during pregnancy and after delivery affect fetal growth and the risk of stunting. The factors that cause stunting do not just happen right away, but stunting is a condition of malnutrition problems that occurred in the past starting from adolescence who were already malnourished, continued during pregnancy with insufficient intake, until when giving birth to a baby experiencing malnutrition. and continues to the next life cycle. Other factors affecting the mother are the mother's body

posture (short), the distance between pregnancies is too close, the mother is still a teenager, and the intake of nutrients is lacking during pregnancy.

Monitoring the growth of children under five at the posyandu is a very strategic effort to detect early growth disorders. Early prevention is one of the best ways to reduce the prevalence of stunting, the most important procedure of early prevention is routine screening and persistent follow-up of toddler height. The Posyandu program created by the government has been very good and has become a concrete solution to reach all levels of society. The routine screening process for height/age should be a mandatory agenda in every activity carried out at the posyandu (Setyowati&Retno, 2015). The Directorate of Community Nutrition has implemented a community nutrition improvement program in accordance with the 2013 Lancet recommendations, namely specific nutrition interventions that directly target the 1000 HPK group, namely micronutrient supplementation for pregnant women, supplementary feeding for pregnant women with nutritional problems, counseling and promotion of PMBA (Feeding Feeding). Infants and Children), micronutrient supplementation for toddlers, handling of children with acute nutritional problems (malnutrition). Sensitive nutrition intervention activities carried out by the non-health sector are aimed at addressing indirect problems from nutritional problems, including increasing household food security (agriculture), increasing access to sanitation and clean water (PUPR and Health), social protection (social), increased participation in learning, especially for women (education). (Ministry of Health, 2020)

## RESEARCH METHODS

This research design uses descriptive research with a case study approach. The study was conducted in RW 02 Bogo Village, Nganjuk Regency in 2021, using questionnaires and the number of presentations of each existing characteristic will be calculated. Then analyzed and discussed in the form of descriptions and presentations. The population in this study were all mothers who had children in RW 02 Bogo Village, Nganjuk with a total of 30 mothers. In this study, using samples from the entire population that had been determined as research respondents, namely 30 mothers.

## RESULTS AND DISCUSSION

### RESULT

#### 1. Frequency distribution of mother's knowledge

Table 4.3 Mother's knowledge about stunting prevention in children under five in Bogo Village RT 06 RW 02 Nganjuk in January 2022

Knowledge	Frequency	Percentage (%)
Good	29	96,6
Enough	1	3,4
Not Good	0	0
Total	30	100

Based on table 4.3, it can be seen that the knowledge of mothers about stunting prevention in children under five, mothers have good knowledge of 29 with a percentage of 96.6%.

#### 2. Frequency distribution of mother's attitude

Table 4.4 Mothers' attitudes about preventing stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk in January 2022.

Attitude	Frequency	Percentage(%)
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Positive	30	100
Negative	0	0
Total	30	100

Based on table 4.4, it can be seen that the attitudes of mothers about preventing stunting in children under five as many as 30 mothers with a percentage of 100% have a positive attitude.

### 3. Distribution of the frequency of mother's actions

Table 4.5 Mother's actions on preventing stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk in January 2022.

Action	Frequency	Percentage(%)
Good	30	100
Not Good	0	0
Total	30	100

Based on table 4.5, it can be seen that the actions of mothers regarding stunting prevention in children under five, all mothers have good actions as many as 30 mothers with a percentage of 100%.

## DISCUSSION

### A. Mother's Knowledge About Stunting Prevention in Toddlers.

The results of the research that have been carried out are that the knowledge of mothers about early detection of stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk is almost entirely well-informed with a percentage of 96.6% and moderately knowledgeable with a percentage of 3.4%. The results of the research on mother's knowledge were mostly good and there were mothers with sufficient knowledge due to the factor that they had never received insight into stunting in children.

Previous research was also conducted by (Husnawati, SyamsaLatief, JumiarsihPurnama AL, 2020) the results obtained were mothers with more or less knowledge than those with good knowledge, namely as many as 20 mothers with a percentage of 70%. Husnawati, et al. assumed that mother's knowledge had an effect on the incidence of stunting in children aged 12-59 months. Parental knowledge can help improve the nutritional status of children to achieve growth maturity. Knowledge is one of the most important factors for the formation of one's actions. Knowledge based on understanding will foster a positive attitude in stunting prevention efforts.

Mothers who have good knowledge about early detection of stunting in children under five are because mothers understand stunting in children. The results of the analysis of knowledge can be concluded, mothers who have children under five are fairly good from the results of the questionnaires that have been answered correctly on the choice of questionnaires that are classified as important about the definition of stunting, the incidence of stunting, exclusive breastfeeding for children, and others. Another factor that affects knowledge is that there are still some mothers who have never even heard of and know about stunting in children, so that knowledge about stunting prevention is still lacking.

### B. Mothers' Attitudes about Prevention of Stunting in Toddlers

Data from the research that has been done, the attitude of mothers about preventing stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk, that all mothers have a positive attitude about preventing stunting in children under five, as many as 30 mothers (100%).

Previous research conducted by (Sri Anita, DwiYunita, Mila Triana, 2020) showed that most 56 (76.8%) mothers had positive attitudes and 16 mothers (51.6%) had negative attitudes towards stunting prevention efforts. Sri Anita, et al assumed that high knowledge supported by a good attitude would be reflected in positive behavior. So that it can be interpreted that high knowledge with a good attitude can be realized in good prevention efforts. The positive attitude shown by mothers who have toddlers in Bogo Village proves that mothers pay attention to how mothers behave in preventing stunting. Stunting prevention efforts are not only carried out by mothers but also must be supported by health workers. Stunting prevention efforts that can be carried out by health workers are specific protection and secondary prevention by conducting early detection to see stunting findings. As well as providing an understanding of stunting for mothers, so that there will be changes in attitudes that are expected to achieve optimal health levels. (Sri Anita, DwiYunita, Mila Triana, 2020).

The results of the attitude analysis can be concluded that mothers who have toddlers are fairly positive from questions about attitudes, all mothers answer questions correctly about stunting prevention attitudes, stimulate child growth and development, pregnancy checks in health workers such as midwives / doctors / health centers, and what to do. consumed and not consumed when the mother is pregnant. So from the results of the analysis, mothers in Bogo Village have an aware and positive attitude towards stunting in children so that it does not occur until the next generation.

#### C. Mother's Actions on Prevention of Stunting in Toddlers

It was found from the results of the research that was carried out in table 4.3 of the actions of mothers regarding stunting prevention in children under five in Bogo Village RT 06 RW 02 Nganjuk, that as many as 30 mothers had good actions with a percentage (100%) of early detection of stunting.

Mothers with good actions, because mothers understand and understand the actions taken to prevent stunting in their toddlers. Meanwhile, mothers with bad actions, because mothers lack sufficient knowledge about stunting, so to take preventive measures, mothers do not understand what actions can be taken to detect stunting in toddlers early. Actions are various tendencies to act from a practical point of view. Attitude does not necessarily manifest in the form of action. To turn attitude into action, an enabling condition is needed, such as facilities and infrastructure. (Wardiah, 2016)

The results of the action analysis can be concluded that most mothers have good actions regarding early detection of stunting in toddlers from action question items, most mothers answer correctly such as preventing early stunting in children through independent actions in daily life, for example providing food containing carbohydrates, fats, minerals, protein and vitamins for daily food, routinely giving deworming medicine every 6 months, getting used to washing hands from an early age, taking children to posyandu regularly and others. From Posyandu data in RW 02 Bogo Village, it was found that mothers routinely go to Posyandu once a month, so that from the KMS graphic data for children under five in RW 02 Bogo Nganjuk Village it looks like it is going up, nothing is decreasing unless the child is sick, but the graph is back up after the child recovers.

## CONCLUSION AND RECOMMENDATION

### A. Conclusion

The results of the research on maternal behavior regarding the prevention of stunting in toddlers in the village of Bogo RT 06 RW 02 Nganjuk obtained the following results:

1. Mother's knowledge about stunting prevention in under-five children in Bogo Village RT 06 RW 02 Nganjuk most of the mothers belong to the good category of knowledge level.
2. Mother's attitude about preventing stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk all mothers are classified as having an attitude with a positive category.
3. Mother's actions regarding prevention of stunting in children under five in Bogo Village RT 06 RW 02 Nganjuk most of the mothers are classified as having good actions.

#### B. Recommendation

From the results of the research that has been carried out, it is expected that mothers who have children under two years old, pregnant women, and newly married women who plan to have children in RW 02 Bogo Village become more aware of the risk of stunting that occurs in their respective children and also increase mother's knowledge more information about the actual incidence of stunting. Mothers can also conduct regular consultations with the Puskesmas/Faskes and be more active in seeking information about stunting.

It is hoped that the Nursing Profession, especially Puskesmas Nurses, will provide counseling in several village areas in Nganjuk about Stunting, so that all mothers in Nganjuk understand what and how to prevent Stunting. It is recommended for Bogo Village to provide facilities and infrastructure for Puskesmas Nurses for routine counseling about Stunting in Bogo Village. Further researchers are advised to add data on the results of measurements of TB and BB of children every month, children's charts in the KMS book so that the results of researchers better analyze the data so that research results can be more accurate and comprehensive.

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