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THE RELATIONSHIP OF MATERNAL KNOWLEDGE AND ATTITUDE TO STUNTING

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ABSTRAK HUBUNGAN PENGETAHUAN DAN SIKAP IBU TERHADAP STUNTING

Latar belakang: Stunting adalah kondisi dimana anak mengalami gangguan pertumbuhan sehingga menyebabkan tubuhnya lebih pendek dimana penyebab utamanya adalah kekurangan nutrisi. Menurut Kementerian Kesehatan (Kemenkes), defisit stunting adalah anak balita dengan nilai z-scorenya kurang dari -2SD (pendek) dan kurang dari -3SD (sangat pendek) (TNP2K, 2017). Berdasarkan data BPS tahun 2023 angka kejadian stunting tahun 2022 dan 2021 di Kabupaten Kupang adalah 22% dan 20%. Selanjutnya berdasarkan data dinas kabupaten kupang, angka kejadian stunting Kecamatan Nekamese sebesar 26,7% pada periode February 2023. Hal ini menunjukkan bahwa kejadian stunting di kecamatan nekamese masih tinggi berdasarkan cut of Kementerian Kesehatan adalah >20%.

Tujuan: untuk Mengetahui hubungan Hubungan Pengetahuan Dan Sikap Ibu Terhadap Stunting Di Desa Oben Kecamatan Nekamese tahun 2023.

Metode: *cross sectional* yaitu menekankan waktu pengukuran atau observasi data kedua variable pada saat waktu pengkajian data.

Hasil: Hasil dari penelitian ini yaitu nilai signifikansi melalui uji Chi-Square Test untuk variable pengetahuan dengan variabel stunting adalah sebesar (0.004). Nilai signifikansi tersebut lebih kecil dari (0.05), artinya ada hubungan yang signifikan antara pengetahuan dengan kejadian stunting. Untuk variable sikap dengan variabel stunting adalah sebesar (0.018). Nilai signifikansi tersebut lebih kecil dari (0.05), artinya ada hubungan yang signifikan antara sikap dengan kejadian stunting.K

Simpulan: dari penelitan menunjukkan adanya hubungan signifikan pada pengetahuan dan sikap ibu terhadap kejadian stunting di desa oben kecamatan nekamese kabupaten kupang.

Saran: Diharapkan bagi petugas kesehatan untuk bisa memberikan edukasi kepada masyarakat tentang makanan bergizi yang dibutuhkan

Kata kunci: Pengetahuan, Sikap, Stunting

ABSTRACT

Background: Stunting is a condition where children experience growth disorders that cause their bodies to be shorter where the main cause is nutritional deficiencies. According to the Ministry of Health (Kemenkes), the stunting deficit is children under five with a z-score of less than -2SD (short) and less than -3SD (very short) (TNP2K, 2017). Based on BPS data in 2023, the incidence of stunting in 2022 and 2021 in Kupang Regency is 22% and 20%. Furthermore, based on data from the Kupang Regency Office, the stunting rate of Nekamese District is 26.7% in the February 2023 period. This shows that the incidence of stunting in Nekamese sub-district is still high based on the cut of the Ministry of Health is >20%.

Objective: to determine the relationship between knowledge and maternal attitudes towards stunting in Oben Village, Nekamese District in 2023.

Method: *cross sectional*, which emphasizes the time of measurement or observation of data of both variables at the time of data review.

Results: The result of this study is the significance value through the Chi-Square Test test for knowledge variables with stunting variables is (0.004). The significance value is smaller than (0.05), meaning that there is a significant relationship between knowledge and the incidence of stunting. For the attitude variable with the stunting variable is (0.018). The significance value is smaller than (0.05), meaning that there is a significant relationship between attitudes and the incidence of stunting.K

Conclusion: from research shows a significant relationship on the knowledge and attitudes of mothers towards stunting in Oben Village, Nekamese District, Kupang Regency.

Suggestion: It is expected for health workers to be able to educate the public about the nutritious food needed

Keywords: Knowledge, Attitude, Stunting

INTRODUCTION

Stunting is a condition in which a child experiences growth disorders that cause his body to be shorter where the main cause is lack of nutrients. According to the Ministry of Health, the definition of stunting is a child under five with a z-score of less than-2SD (short) and less than-3sd (very short)(Tobing et al., 2021). The prevalence of stunted toddlers in the world in 2019 shows that there are about 21.3% or 144 million children under five who are still stunted (WHO, UNICEF, & Group, 2018). Indonesia sendiri, memiliki prevalensi anak dibawah lima tahun yang mengalami stunting sebanyak 27,7%(Kemenkes, 2023)'; . Although the prevalence of stunting has decreased from the previous year, the stunting prevalence target specified in the National Medium-Term Development Plan (RPJMN) for 2020-2024 is 14% (Presidential Regulation, 2020). the prevalence of stunting in East Nusa Tenggara (NTT) province again occupies the top position with a stunted toddler rate*stunting*of 35.3% in 2022. Although still at the top position, the prevalence*of stunted toddlers*in NTT decreased from 2021 which was 37.8%. Based on BPS data in 2023, the stunting incidence rate in 2022 and 2021 in Kupang regency is 22% and 20%. Furthermore, based on data from the kupang regency office, the incidence of stunting in Nekamese district was 26.7,7% in the February 2023 period. This shows that the incidence of stunting in nekamese district is still high based on the cut of the Ministry of Health is >20%.

One of the keys to the success of stunting prevention is public health behavior itself (Kemenkes RI, 2018). According to the Health Promotion Model theory, a person's behavior is influenced by his characteristics and experiences. Meanwhile, Lawrence Green's theory mentions three factors that have an influence on behavior in health, namely predisposing, supporting and motivating factors. Predisposisi Behavioral predisposition is a factor of knowledge, beliefs, attitudes, values and beliefs (Asmuji & Faridah, 2018). Based on the problems mentioned above, the author is interested toknow more about the relationship of knowledge and attitude of mothers with kejadianstunting in oben village, nekamese district, kupang regency.

RESEARCH METHODS

This type of research is quantitative research using correlative descriptive method with *retrospective cross sectional design*retrospektif. Population Research in this study are all mothers who have children aged 6 months to 3 years in the village of oben nekamese District of 125 people. The number of samples in this study 95 mothers with sampling technique is*purposive sampling*.The Instrument used in this study is a questionnaire. The questionnaire countains the mother's knowledge and attitudes towards stunting. The analysis was done using bivariate and univariate analysis with ada chi squareanalysis test.

RESEARCH RESULTS
Characteristics Of Respondents
General Data
Characteristics of respondents based on the age of the mother

Table 1
Frequency distribution of respondents based on Mother's age in Oben Village, Nekamese Sub-District

Maternal Age	Frequency	Percentage (%)
21-25	16	16,8
26-30	34	35,8
31-35	23	24,2
36-40	22	23,2

Source: primary data 2023

Based on Table 1 shows that most of the respondents are aged 26-30 mothers as many as 34 respondents (35.8%).

Characteristics of respondents based on the age of the child

Table 2
Frequency distribution of respondents by age of children in Oben Village, Nekamese Sub-District

Child Age	Frequency	Percentage (%)
6 Months-1 Year	33	34.8
1 Year - 2 years	42	44.2
2 years – 3 years	20	21.0

Source: primary data 2023

Based on Table 2 shows that most of the respondents are children aged 1-2 years as many as 42 respondents (35.8,8%).

Characteristics of respondents by sex of the child
Table 3
Frequency distribution of respondents by child sex in Oben Village, Nekamese Sub-District

Gender Child	Frequency	Percentage (%)
Male	54	56.9
Female	41	43.1

Source: primary data 2023

Based on Table 3 shows that most of the respondents are boys, namely as many as 54 respondents (56.9,9%)

Characteristics of respondents by level of Education
Table 4
frequency distribution of respondents based on education level in Oben Village, Nekamese Sub-District

Gender Child	Frequency	Percentage (%)
Elementary	12	12.6
Junior	0	0
High School	76	80
College	7	7.4

Source: primary data 2023

Based on Table 4 shows that most respondents are high school level of education as many as 76 respondents (80%)

Characteristics of respondents by occupation
Table 5
Frequency distribution of respondents by occupation in Oben Village, Nekamese Sub-District

Child Gender	Frequency	Percentage (%)
IRT	38	40
private	22	23.2
farmers	30	31.5
civil servants	5	5.3

Source: primary data 2023

Based on Table 5 shows that most of the respondents are IRT work as many as 38 respondents (80%)

Special Data
Incidence of stunting in toddlers 6 Months-3 years

Table 6
Frequency distribution of stunting in toddlers 6 Months – 3 years the Oben Village Nekamese District

Variable	Category	Frequency	Percentage (%)
Stunting	Stunting	54	56.8
	Not Stunting	41	43.2

Source: primary data 2023

Based on Table 6 shows that most of the respondents are stunting as many as 54 respondents (56.8,8%).

Mother's Knowledge
Based on Table 7 shows that the majority of respondents maternal knowledge is less as many as 54 respondents (56.8,8%).

Table 7
Frequency distribution of respondents based on maternal knowledge in Oben Village, Nekamese Sub-District

Variable	Category	Frequency	Percentage (%)
Knowledge (X1)	Good	12	12.6
	Enough	29	30.6
	Less	54	56.8

Source: primary data 2023

Mother's Attitude

Table 8
Frequency distribution of respondents based on maternal attitudes in Oben Village, Nekamese Sub-District

Variable	Category	Frequency	Percentage (%)
Attitude (X2)	Agree	41	43.2
	Disagree	54	56.8

Source: primary data 2023

Based on Table 8 shows that the majority of respondents agree with the attitude of mothers as many as 54 respondents (56.8,8%).

Relationship of maternal knowledge and maternal attitude towards stunting

The results of the analysis of the relationship of knowledge, and the attitude of the mother terdap stunting performed using *chi square test* are as follows

Table 9
Relationship between maternal knowledge and maternal attitudes towards stunting in Oben Village, Nekamese Sub-District

Variable	Category	Stunting		not Stunting		Total		*p* value
		n	%	n	%	n	%	
knowledge	good	4	50	4	50	8	100	
	enough	14	78	4	22	18	100	0,004
	less	24	35	45	65	69	100	
attitude	agree	21	35	39	65	60	100	0,018
	disagree	21	60	14	60	35	100	

The table above shows that the significance value through The Chi Square Test for knowledge variables with stunting variables is equal to (0.004). The significance value is smaller than (0.05), so it can be concluded that knowledge has a relationship with stunting.

The table above shows that the value of significance through The Chi Square Test for attitude variables with stunting variables is equal to (0.018). The significance value is less than (0.05), so it can be concluded that the attitude has a relationship with stunting.

DISCUSSION
The relationship of maternal knowledge with Stunting
The results of statistical tests with *Spearman rho* showed the value of kemaknaanṣ = 0.04,04 with a significant level of 0.01 (③<0.05) which means there is a relationship between maternal knowledge with stunting in Oben Village, Nekamese District. Based on the results of the questionnaire, there are sev eral questions on the maternal knowledge questionnaire about stunting that cannot be answered correctly by mothers. The majority of mothers are still mistaken in answering the grating question about nutritional status. Mothers do not

know the definition of malnutrition and normal height of children aged four to five years. On the grid about maternal stunting also can not be answered correctly, mothers do not know the meaning of the first 1000 days of child birth and what happens to children when stunting. In addition, the mother could not answer the grid of questions about balanced nutrition, namely the definition of balanced nutrition, the benefits of a healthy towards card and three types of nutrients. Judging from the questionnaire score of maternal knowledge about stunting is the middle value of eight (less than the minimum score for the good category so that it can describe the mother's understanding is very lacking. Stunting cases are said to be influenced by one factor, namely knowledge.(Handayani et al., 2019) Knowledge of parents can help improve nutritional status in children to reach maturity growth. Inadequate knowledge, lack of understanding of good eating habits, and lack of understanding of stunting determine the attitude and behavior of mothers in providing food for their children, including the right type and amount so that children can grow and develop optimally.

Knowledge related to parenting such as the importance of coming to monitor children's growth and development to the posyandu, if they do not

come to the posyandu, mothers lack knowledge about their children (Paramita et al., 2021)Stunting in children can affect their intelligence level and health status as adults (Kemenkes RI, 2018). Children who suffer from stunting can suffer physical and cognitive damage and cause stunted growth(WHO, UNICEF, & Group, 2018) This condition that continues to reduce the quality and future productivity of Indonesian citizens (Harikatang et al., 2020). Therefore, in an effort to prevent this, efforts are needed to overcome the problem of stunting. Stunting mitigation includes prevention and handling efforts.

The relationship of maternal attitudes to Stunting

The results of statistical tests with *Spearman rho* showed a meanness of 0.018 with a significant level of 0.01 (③> 0.05) which means there is a relationship between maternal attitudes with stunting in Oben Village, Nekamese District. Attitude is a form of readiness or willingness to act and is not the implementation of a particular motive. The Output of attitudes in each individual can be different, if you like or agree with an object, you will approach, find out and join, on the contrary, if you don't like or disagree, you will avoid or stay away. Azwar (2011)(Kamilia, 2019) said that there are several factors that influence the formation of a person's attitude, including personal experience, the influence of others, culture, mass media and emotional factors.

Human attitudes are not formed from the moment man is born. Human attitudes are formed through social processes that occur during life, where individuals get information and experience. The process can take place within the family, school or community. When social processes occur, there is a mutual connection between the individual and his surroundings.The interaction and relationship then forms a pattern of individual attitudes with the surrounding.(Ayu, D., Rosyida, C., & Latifah, 2020) Azwar (2010) describes the attitude-forming factors are : strong experience, the influence of others who are considered important, the influence of culture, mass media, educational institutions and religious institutions, the influence of emotional factors. The results of this study are in line with the research of Ikhwah Mu'minah with the title the relationship of knowledge and attitudes of parents about early weaning to the incidence of stunting in toddlers at the Kedung Banteng District Health Center.Banyumas. The results of knowledge of respondents who have high knowledge as many as 87 mothers (87%) and a positive attitude as many as 49 (49%). The p-values are 0.001 and 0.035. This shows that the p-value is less than the significant level of 0.05 so it can be concluded that there is a relationship between knowledge and attitudes of parents about early weaning to the incidence of stunting in toddlers. (Ayu, D., Rosyida, C., & Latifah, 2020)The results of this study indicate that knowledge can affect changes in attitudes in mothers towards the incidence of stunting in toddlers.

Good knowledge will change the attitude of mothers in overcoming stunting in toddlers. Attitude is a reaction or response of someone who is still closed to a certain stimulus or object, which already involves factors of opinion and emotion concerned (happy-not happy, agree-disagree, good-not good, like-do not like, and so on. (Notoatmodjo, 2010). Attitudes are formed because of the social interaction experienced by individuals. Where in the interaction in social interaction, individuals react to form a certain pattern of attitude towards the object they face. According to Anwar (2013) there are several factors that can influence the formation of attitudes such as personal experience, the influence of others who are considered important, the mass media, educational institutions and religious institutions.

CONCLUSION

The research showed a significant relationship between knowledge and attitudes towards stunting in obeN Village, nekamese sub-district, upaten kupangdistrict.

SUGGESTIONS

It is expected for health workers to be able to educate the public about the nutritious food needed and It is hoped that there will be further improvement in health promotion in the form of education related to the causes and prevention of stunting in order to increase maternal knowledge regarding stunting and prevention related to infectious diseases in reducing morbidity rates which can result in stunting

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