

THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDES WITH THE INCIDENCE OF STUNTING IN PRE-SCHOOL CHILDREN IN THE SUB-DISTRICT OF KOTA LAMA KUPANG CITY

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Abstract

Early childhood is a golden age for child development to obtain the educational process. Early childhood education in the form of providing stimulation by parents, teachers and the immediate environment is needed to optimize the ability and development of children to grow and develop according to their phase. This study aims to determine the relationship between knowledge and attitudes with the incidence of stunting in PAUD children in Kota Lama District, Kupang City. The type of research used is cross sectional research. Sampling in this study was done by total sampling method. The number of samples was 45 toddlers. The number of stunted toddlers in Kota Lama District amounted to 15 toddlers (46.7%), not stunted as many as 30 toddlers (53.3%) out of a total of 45 toddlers. The level of knowledge of mothers of toddlers with a good category was 7 people (15.6%), a moderate category of 15 people (33.3), and a category of less than 23 people (51.1). Maternal attitudes with positive categories were 17 people (37.8%), and negative categories were 28 people (62.2%). There is no relationship between maternal knowledge and the incidence of stunting in PUAD children in Kota Lama District with a p value of : 0,126> (0,05). There is no relationship between maternal attitudes and the incidence of stunting in PUAD children in Kota Lama District with a p value: 0.082> (0.05).



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Introduction

The World Health Organization (WHO) reports that Indonesia is the third country with the highest prevalence of stunting in the Southeast Asia region. In Indonesia, the prevalence of stunted toddlers decreased from 37.2% in 2013 to 30.8% in 2018. Based on the 2013 Riskesdas data, NTT Province is the province with the highest prevalence of stunting and is quite serious, the national rate is 37.2%, the highest (50%) in East Nusa Tenggara (8). According to the Ministry of Health, in 2018 East Nusa Tenggara (NTT) became the province with the highest presentation of stunted toddlers nationally at 46.2%. The high number of stunted toddlers in NTT is due to very poor nutritional factors (1).

Early childhood is a golden age for child development to obtain the educational process. Because in this period are valuable years for a child to recognize various kinds of facts in the environment as a stimulant to the development of personality, psychomotor, cognitive and social. For this reason, early childhood education in the form of providing stimuli by parents, teachers and the immediate environment is needed to optimize the ability and development of children to grow and develop according to their phase. Early childhood education is a form of education that focuses on laying the foundation towards physical growth and development, intelligence (thinking power, creative power, emotional intelligence, spiritual intelligence), social-emotional (attitudes and behavior and religion) language and communication, in accordance with the uniqueness and stages of development passed by early childhood (2).

Based on research by Ni'mah, Khoirun and Nadhiroh Siti Rahayu, 2015, several factors were found to be associated with the incidence of stunting including birth length, exclusive breastfeeding history, family income, maternal education, and maternal nutritional knowledge. Stunting is a health problem that is influenced by various factors. Low maternal knowledge, inappropriate parenting, poor nutritional status, LBW, and low family economic status have a significant relationship with the incidence of stunting in children (3). This is in accordance with Sulistyawati's research (2016) which found that Early Childhood Education (ECED) supports children's growth and development in accordance with its role in child development.

Materials and Methods

This study used a quantitative research design with a correlational research type and a cross-sectional approach. The sampling method used in this study was total sampling technique. The number of samples taken was 45 people, taken from 9 PAUD in Kota Lama sub-district. This study used a questionnaire as an instrument to measure the level of knowledge and attitude of mothers and a microtoice was used to measure children's height and then adjust it to the z-score table. Statistical test using Chi-Square test.

Results

Table 1 shows that most of the samples were male, namely 24 samples (53.3%), while those who were female were 21 samples (46.7%). As for father's education and mother's education, most of them have high school education status, namely 27 respondents (60.0%), family income is in the high category, namely 31 samples (68.9%).

Table-1. Characteristics of Respondents

Characteristics	n	%
Sex		
male	24	53.3
female	21	46.7
Father's Education		
No schooling	6	13.3
Elementary school	5	11.1
Junior high school	4	8.9
High school	27	60.0
University	3	6.7
Mother's Education		
No schooling	6	13.3
Elementary school	5	11.1
Junior high school	4	8.9
High school	27	60.0
University	3	6.7
Family Income		
Low	14	31.1
High	31	68.9
Total	45	100.0

Table 2 shows that the majority of samples have insufficient knowledge, with 23 samples (51.1%) having poor knowledge and 7 samples (15.6%) having good knowledge. As for attitude characteristics, the majority of them have a negative attitude, comprising 28 samples (62.2%).

Table-2. Knowledge, Attitude Nutritional Status of Respondents

Characteristics	n	%
Knowledge		
Good	7	15.6
Moderate	15	33.3
Less	23	51.1
Attitude		
Positive	17	37.8
Negative	28	62.2
Stunting Incident		
Stunting	15	46.7
Normal	30	53.3
Total	45	100.0

Table 3 shows that the knowledge variable is not associated with stunting incidence, indicated by the p-value < 0.126, and the attitude variable also shows no significant association, indicated by the p-value < 0.082

Table-3. The Relationship between Mother's Attitude and the Incidence of Stunting in PAUD Children in Kota Lama District

Variable	Stunting Incident				Total	P-Value
	Stunting		Normal			
	n	%	n	%		
Knowledge						
Good	0	0%	7	15.6%	7	15.6%
Moderate	6	13,3%	9	20.0%	15	33.3%
Less	9	20,0%	14	31.1%	23	51.1%
Attitude						
Positive	3	6.7%	14	31.1%	17	62.2%
Negative	12	26.7%	16	35.6%	12	26.7%
Total	15	33.3%	30	66.7%	45	100%

DISCUSSION

The Relationship between Mother's Knowledge and Stunting Incidence

Table 3 shows that most of the mothers have less knowledge (51.1%). Most respondents with less knowledge, have a nutritional status (TB/U) that is not stunted (30%). The Chi-Square test results show that there is no relationship between maternal knowledge and the incidence of stunting in toddlers with a p value: 0.126 (>0.05). This study is in line with research from Magalean, Rut Harikatan (2020) which says that there is no relationship between knowledge and the incidence of stunting in stunting toddlers in one Tangerang Village with a p value: $0.100 > (0.05)$ (4). There are 2 direct causes of nutritional problems, namely food intake and infectious diseases while knowledge is an indirect cause. If knowledge is lacking but supported by good food intake, it can help in preventing nutritional problems. In this study respondents who had a low level of education there were some who were able to answer questions correctly as well as those with a high level of education there were less able to answer questions correctly this proves that with high education does not always guarantee to have good knowledge. Knowledge is not only obtained from formal education but can also be obtained through non-formal education, such as personal experience, media, environment and health counseling (5).

The Relationship between Mother's Attitude and Stunting Incidence

Table 3 shows that most of mothers have a negative attitude (51.1%). Most respondents with a negative attitude have a normal nutritional status (30%). The Chi-Square test result indicates that there is no significant relationship between mother's attitude and the incidence of stunting in toddlers, with a p-value of $0.082 > 0.05$. This study is also in line with the research by Megalea Rut Harikatang, which found no significant relationship between mother's attitude and the occurrence of stunting in toddlers in one district in Tangerang with a p-value of 0.786 (4). Attitude is a reaction or response that is still hidden from someone towards a stimulus or object, and it cannot be directly observed but can only be inferred from covered behaviors. Attitude is not yet an action or activity but rather a predisposition to a behavior and a driver of someone's behavior. However, having a positive attitude alone without being supported by other factors does not necessarily ensure someone will take action. Therefore, supportive attitudes will be displayed by someone with good knowledge; the better the knowledge, the more supportive the attitude and the better the behavior (6). Looking at the results of this study, the level of knowledge is still inadequate, which is followed by negative attitudes. Attitudes do not always result in actions as they are influenced by a person's experiences. What someone has experienced and is experiencing will shape and influence their perception of social stimuli. Responses will be one of the bases for forming attitudes (7)

Conclusion

There is no significant relationship between mother's knowledge and the incidence of stunting in PAUD children in Kota Lama District, with a p-value of $0.126 > (0.05)$. There is no significant relationship between mother's attitude and the incidence of stunting in PAUD children in Kota Lama District, with a p-value of $0.082 > (0.05)$.

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