



Relationship Between Mother's Parenting Patterns and the Incidence of Stunting in Children Aged 2-5 Years

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ABSTRACTS

Stunting is a posture that is not maximal and cognitive abilities are reduced due to chronic malnutrition conditions. The highest prevalence of stunting at 35% was South Asia followed by East and South Africa at 34.1% and West and Central Africa at 33.7%. The upbringing that parents give to the child becomes a very important point to pay attention to. Most likely the occurrence of stunting in the child is significantly influenced by the parenting of the parents. To find out the relationship between maternal parenting and stunting incidence in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City in 2023 This type of research This type of research is analytical observation research with case control design. Samples in this study are as many as Number of case samples and controls using a 1:1 ratio so that the number of case samples is equal to the number of control samples i.e. 30 case samples, 30 control samples, sampling is done by proportional stratified simple random sampling. There was a significant relationship between health care and stunting incidence in children aged 2-5 years ($p = 0.017$, $OR = 6,000$). This means that less health care would be at risk as many as 6,000 times of causing stunting events.

Keywords: Parenting, Stunting

INTRODUCTION

Children are stunted if they are significantly shorter than other children their age. A child is said to be stunted if his height or length is below the threshold of -2 (WHO), 2017). Riskesdas reported that in 2018, 30.8% of children experienced stunting (Kemenkes RI, 2018). Meanwhile, based on the Indonesian Toddler Nutrition Status Study (SSGI), the percentage of children born short according to their age will decrease from the previous year to 24.4% in 2021 (Riset et al., 2024). The causes of stunting consist of many factors. Some variables that contribute to stunting in children include a family history of LBW, exposure to infectious diseases, and dietary patterns such as limiting or not giving breast milk, limited access to healthy foods, and lack of socio-economic resources (Noorhasanah & Tauhidah, 2021).

Stunting conditions that occur in toddlers require special attention because they can inhibit the growth of both the child's physical and mental. Short stature or stunting has a close relationship with an increased risk of disease and death and delayed abilities in children both in terms of motor skills and mental (Rosmeilani et al., 2023).

A child needs good parenting in the form of treatment and attention from parents, especially for children who have special needs. (Aprianti, 2023). Some children who have special needs cannot live independently, they need more supervision and attention. (Putri et al., 2024)

Maternal factors and poor parenting patterns, especially in the behavior and practice of feeding children, are also causes of stunting in children if the mother does not provide sufficient and good nutritional intake. Mothers who were malnourished during their teenage years, even during pregnancy and lactation, will greatly affect the growth of the child's body and brain (Kemenkes RI, 2018).

Nutritional parenting patterns refer to food consumption patterns that aim to support the optimal and balanced physical and biological growth and development of toddlers (Femidio & Muniroh, 2020). All of this is related to the mother's health condition, both physically and mentally, including nutritional status, education level, income, knowledge and skills related to good child care (Hanum, 202 C.E.). In addition, this is also related to the role of mothers in the family or society, as well as other factors that influence the well-being of mothers and caregivers (Adha et al., 2021).

Based on a study entitled "Correlation Between Mother's Parenting Style and

Stunting Incidence in Children Aged 12-59 Months," conducted by students of Muhammadiyah University of Banjarmasin in 2021, Evy Noorhasanah and Nor Isna Tauhidah, it was revealed that most mothers apply parenting patterns that are categorized as less than good. The role of mothers has great significance, especially in terms of providing nutrition to children. Mothers are expected to be able to provide attention and support, as well as demonstrate positive behavior, especially in terms of providing nutrition (Pindiawati Nuraeni et al., 2022).

This includes providing guidance on how to eat properly, providing nutritious and healthy food, maintaining nutritional hygiene, maintaining personal and environmental hygiene when providing food, and utilizing health services effectively to improve or improve children's nutritional status (Noorhasanah & Tauhidah, 2021).

Study (Sastria Ahmad et al., 2021), concluded that stunted toddlers have poor eating patterns. The poor nutritional status of toddlers is due to poor eating patterns, namely the mother's habit of delaying feeding, not paying attention to the nutrients contained in food.

Stunting affects bodily functions such as cognitive and motor skills, and has long-term impacts not only on the individual but also on the national scale. (Gurang &

Widodo, 2023). Stunting is caused by inadequate nutritional intake from food over a long period of time. Stunting can be prevented by ensuring that children have access to basic needs. It is the responsibility of parents, and especially mothers, to ensure that their children get what they need to thrive. (Pindiawati Nuraeni et al., 2022). The role of parents, especially mothers, in the practice of caring for toddlers greatly influences the growth and development of toddlers. Fulfillment of children's basic needs properly influences the process of child growth and development which will reach an optimal stage so that stunting can be prevented. These basic needs are in the form of nurturing, loving and caring patterns (Novitasari & Wanda, 2020).

The aim of this study was to determine the relationship between maternal parenting patterns and the incidence of stunting in children aged 2-5 years, with the target of the study being children aged 2-5 years.

METHOD

This type of research is analytical observation research with case control design. Case control is a study conducted by comparing two groups, namely the case group and the control group. Case control studies are conducted by identifying groups of cases and control groups, then retrospectively examining risk factors that

may explain whether or not cases and controls were exposed. in this study using a comparison of the case group: control group, namely 1: 1 so that the number of case samples is the same as the number of case samples, namely 30 respondents/subjects, control samples are 30 respondents/research subjects, so the total sample in this study is 60 samples. The population in this study were children aged 2-5 years and mothers who had children aged 2-5 years. The sampling technique in this study was by using proportional stratified simple random sampling. Sample criteria: Subjects are children with a height that is appropriate for their age (normal) and the child has complete parents, a mother who cares for and lives with her child. For ordinal scale data using chi square statistical test. Precision Odds Ratio (OR) is expressed

with 95% confidence interval and significance level $p < 0.05$. Ratio scale data is tested for normality with Kolmogorov Smirnov test. If the data is not normally distributed, a mean difference test is performed using the Mann Whitney test.

RESULTS AND DISCUSSIONS

Results

This research was conducted from October 1 to November 15, 2023 in Kumbang Village, Blang Mangat District, Lhokseumawe City in 2023.

a) Relationship between parenting patterns and stunting incidents

The results of the study on the relationship between Parenting Patterns and Years in Kumbang Village, Blang Mangat District, Lhokseumawe City in 2023 can be seen in the table below:

Table 1. Relationship between parenting patterns and stunting incidence in children aged 2-5 years

Mother's Parenting Pattern	Incident <i>Stunting</i>	<i>Stunting</i>		OR (95%CI)	<i>P</i>		
		<i>Stunting</i>	Normal				
	n	%	n	%			
Parenting Eating Patterns	Not enough	18	60.0	7	23.3	4.929 (1.612-15.071)	0.009
	Good not	12	40.0	23	76.7		
Cleanliness Parenting Patterns	Not enough	16	53.3	7	23.3	3.755 (1.239-11.385)	0.034
	Good	14	46.7	23	76.7		
Health Parenting Patterns	Not enough	12	40.0	3	10.0	6.000 (1.278-21.237)	0.017
	Good	18	60.0	27	90.0		
Stimulation Parenting Pattern	Not enough	17	56.7	2	6.7	18.308 (3.674-91.229)	0.000
	Good	13	43.3	28	93.3		
Psychosocial Total		30	100	30	100		

The table above shows that the percentage of less than high parenting patterns is

owned by stunted children compared to normal children. There is a significant

relationship between parenting patterns and the incidence of stunting in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City where the p value <0.05 and OR = 4.929, which means that less parenting patterns can cause 4.929 times the risk of experiencing stunting compared to normal children.

Discussion

The percentage of poor hygiene parenting patterns is also higher in stunted children compared to normal children. There is a significant relationship between hygiene parenting patterns and the incidence of stunting in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City (p <0.05 and OR = 3.755). This means that poor hygiene parenting patterns will be 3.755 times more at risk of experiencing stunting than normal children.

The percentage of poor health parenting patterns is also higher in stunted children than in normal children, and there is a significant relationship between health parenting patterns and the incidence of stunting in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City (p <0.05 and OR = 6,000). The poor health parenting pattern will be at risk of 6,000 times causing stunting compared to normal children.

Most of the percentage of psychosocial stimulation parenting patterns in the category of more or less high are owned by stunted children compared to normal children. There is a significant relationship between psychosocial stimulation parenting patterns and the incidence of stunting in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City (p <0.05 and OR = 18.308). Lack of psychosocial stimulation parenting patterns has a risk of 18.308 times causing stunting compared to normal children.

In line with the results of research conducted by (Enny et al., 2017) The results showed that there was a relationship between parenting patterns and the nutritional status of Balinese. The results showed that there was a relationship between parenting patterns and the incidence of stunting in toddlers.

Strengthened by the results of research conducted by (Fatonah, 2020) with the title of the relationship between maternal parenting patterns in feeding and the incidence of stunting in children aged 24-59 months at the Leuwigajah Health Center, South Cimahi in 2019, stated that the majority of parenting patterns were in the good category, namely 58.4%. The results of the study were analyzed using the Chi-Square test showing a p value = 0.003 < α (0.05), so it can be concluded

that there is a significant relationship between parenting patterns and the incidence of stunting in children aged 24-59 months in the Leuwigajah Health Center work area, South Cimahi. Parents with poor or low parenting patterns have a greater chance of their children being stunted compared to parents with good parenting patterns. (Kusumawardani & Ashar, 2022).

Parenting patterns for children are divided into several things, namely providing breast milk and complementary foods, psychosocial stimulation, hygiene practices and environmental sanitation, caring for sick children in the form of health practices at home and patterns of seeking health services. (Yualita et al., 2019).

Habits within the family in the form of feeding practices, psychosocial stimulation, hygiene practices, environmental sanitation and utilization of health services have a significant relationship with the incidence of stunting in children aged 24 - 59 months. (Widyaningsih et al., 2018).

Poor psychosocial conditions can negatively affect the use of nutrients in the body, conversely good psychosocial conditions will stimulate growth hormones and stimulate children to train their developmental organs. Good psychosocial care is closely related to good nutritional

and health care so that it indirectly has a positive effect on nutritional status, growth and development.

The home Inventory method pioneered by them was used because of its strong component analysis principle, standardized normality, and the age used according to the research. For preschool children or children under 6 years old, they divided the psychosocial stimulus assessment using the Infant-Toddler HOME Inventory for ages 0-3 years and the Early Childhood HOME Inventory for ages 3-6 years. Engle and Ricciuti stated that psychosocial parenting refers to a child's skills and competencies in adapting to the environment.

psychosocial stimulation given to 1 year old children includes gross motor skills (playing ball, walking up stairs), fine motor skills (playing with blocks, boxes), speech and language skills (speaking, answering questions), socialization and independence skills (eating alone, taking off clothes).

CONCLUSION

Multivariate analysis was conducted to determine the most dominant parenting factor in causing stunting in Kumbang Village, Blang Mangat District, Lhokseumawe City. The results of the bivariate variable analysis between the independent and dependent variables that

produced $p < 0.25$ will be used as candidates, then the independent variables are entered into the multivariate analysis stage. Based on the results of the multivariate test of the Psychosocial Stimulation Parenting Pattern variable which is the dominant factor in the occurrence of stunting in children aged 2-5 years in Kumbang Village, Blang Mangat District, Lhokseumawe City. Lack of psychosocial stimulation parenting patterns will be at risk of 23,680 times causing stunting compared to normal children.

Parenting Patterns Psychosocial Stimulation is the dominant factor in the occurrence of stunting in children aged 2-5 years in kumbang District, blang mangat Regency. Parenting patterns lacking psychosocial stimulation will have a risk of 23,680 times causing stunting compared to normal children.

The results of the study showed that stunted children aged 2-3 years mostly received less stimulus in the elements of providing toys, organizing the child's environment, and variations in care compared to normal children. Mothers do not provide more complex hand-eye coordination toys, new toys in training new skills, and learning tools for writing, drawing and musical instruments. Only a few families provide play facilities for children such as having pets that can be

played with (cats, dogs, etc.), having their own books and a special place to store their toys. In terms of organization, most mothers do not have a regular schedule for visiting health facilities or workers in an effort to prevent a disease. Children also get less care from their fathers because they are busy with work and most mothers never tell stories to their children.

Most stunted children in the age group of more than 3 to 5 years do not receive psychosocial stimulation parenting in the elements of learning stimulation and academic stimulation compared to normal children. Few samples have toys to train fine hand movements and have 3 toys that have rules in the game and almost all children who are samples do not have their own books. There are still mothers who do not teach their children about letters and recognize the names of animals.

Poor psychosocial conditions can negatively affect the use of nutrients in the body, while good psychosocial conditions will stimulate growth hormones and stimulate children to train their developmental organs. Good psychosocial care is closely related to good nutritional and health care, so that it indirectly has a positive effect on nutritional status, growth and development.

SUGGESTION

1. It is expected that the government, especially the Lhokseumawe City Health Service, will facilitate supporting facilities and infrastructure for length/height examinations (Length Board and Microtoise), socialization, education and provision of leaflets regarding good parenting patterns for mothers/families, especially in the first 1000 days of a child's life.
2. Developing Posyandu cadres to provide education or counseling regarding nutritional knowledge, maternal care patterns including cleanliness, health, and psychosocial stimulation to mothers and families.
3. Carry out regular height measurements during monthly integrated health post activities to monitor the nutritional status of children's height/age regularly.

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