

## THE RELATIONSHIP BETWEEN MATERNAL KNOWLEDGE ABOUT NUTRITION IN TODDLERS WITH THE PREVENTION OF STUNTING IN KABANJAHE

Henny Fransis Karnova Br Purba<sup>1</sup>, EkaPurnamasari<sup>2</sup>, Rosmani Sinaga<sup>3</sup>, Yasrida Nadeak<sup>4</sup>,  
Helmiati Peranginangin<sup>5</sup>, Nadya Nabilla<sup>6</sup>

STIKes Mitra Husada Medan

[Henny.fransis@gmail.com](mailto:Henny.fransis@gmail.com), [ekapurnamaa36@gmail.com](mailto:ekapurnamaa36@gmail.com), [rosmanisinaga11@gmail.com](mailto:rosmanisinaga11@gmail.com),  
[yasrida.nadeak@gmail.com](mailto:yasrida.nadeak@gmail.com), [helmiatiperanginangin@gmail.com](mailto:helmiatiperanginangin@gmail.com), [nadyanabilla552@gmail.com](mailto:nadyanabilla552@gmail.com)

### ABSTRACT

Background: Stunting is a condition of growth failure caused by malnutrition and other health problems that result from long-term malnutrition. World Health Organization (WHO). It is estimated that 54% of child deaths in the world are caused by poor nutrition. In Indonesia, nutrition causes more than 80% of child deaths. Globally, Indonesia has the third highest prevalence of stunting in children under five after Timor Leste (50.2%) and India (38.4%). Indonesia (24.4%).

Research design: This type of research is a survey type with a cross sectional design or where the data collection process is carried out at the same time between the independent variables.

Objective: To determine the relationship between maternal knowledge about nutrition in toddlers with stunting prevention at PMB HelmiatiKabanjahe in 2023

Research result: .From the results of 41 respondents, the majority of respondents were found to have good knowledge, namely 20 people (48.8%) and the majority of toddlers were prevented from stunting as many as 34 toddlers (82.9%).

Result: There is a relationship between maternal knowledge about nutrition in toddlers with the prevention of stunting at PMB Helmiati, with p-value = 0.01. There is a relationship between nutritional knowledge in toddlers and stunting prevention.

Suggestion: It is important for mothers of children under five to continuously improve their knowledge on nutrition and good parenting for their children.

**Keywords:** *knowledge, mother, toddler nutrition, stunting*

### INTRODUCTION

Nutritional status is a problem that is often faced by countries in the world, especially

developing countries. Nutrition problems, such as malnutrition and undernutrition, are one of the causes of high infant and child mortality

rates in developing countries including Indonesia. World Health Organization (WHO).

Estimates suggest that 54% of child deaths in the world are caused by poor nutrition. In Indonesia, nutrition causes more than 80% of child deaths.

The problem of undernutrition is generally caused by poverty, inadequate food supply, poor environmental quality (sanitation), lack of public knowledge about nutrition, balanced menus and health, and the existence of nutrient-poor areas (iodine). From the diet given by the mother every day, where the diet depends on the nutritional knowledge possessed by the mother as a food organizer for toddlers. Therefore it is mandatory for mothers to have good knowledge about the nutritional needs of toddlers and feeding patterns for toddlers. Globally, Indonesia has the third highest prevalence of stunting in children under five after Timor Leste (50.2%) and India (38.4%). Indonesia (24.4%) North Sumatra (21.1%) Karo District (24.9%) PMB Helmiati (32.1%). Children are the next generation and the spearhead of advancing this nation so it is important to prepare their lives very well even from the mother's womb.

## METHOD

This study is included in observational research, which does not carry out treatment on research subjects in order to provide a clearer picture of the problem in the subject.

This type of research is a type of survey with a cross sectional design or where the data collection process is carried out at the same time between the independent variable and the dependent variable.

## RESULT AND DISCUSSION

No.	Respondent Characteristics	F	%
	Education		
	-SD	7	17,1
	-SMP	7	17,1
	-SMA	19	46,3
	-PT	8	19,5
	TOTAL	41	100
	Jobs		
	Self-employed	7	17,1
	Farmers	3	7,3
	IRT	20	48,8
	BHL	7	17,1
	MIDWIFE	4	9,7
	TOTAL	41	100
	AGE		
	<25 Years	7	17,1
	>= 25 years	34	82,9

Based on the table above, it can be seen that the mother's knowledge about nutrition in toddlers is mostly good knowledge, namely 20 respondents (48.8%). And based on the prevention of stunting, the majority of stunting events can be prevented, namely 34 toddlers (82.9%).

### Univariate Analysis Results

No.	Variable	F	%
	Mother's knowledge		
	-Good	20	48,8 %
	-Enough	16	39
	-Lack	5	12,2
	Total	41	100
	Stunting Prevention		
	-Preventable	34	82,9
	-Not preventable	7	17,1
	Total	41	100

Based on the table above, there is a relationship between maternal knowledge maternal knowledge has a 2 times chance for someone to prevent stunting compared to mothers with the majority of sufficient or less knowledge

#### . Bivariate Analysis Results

The Correlation Between Knowledge Of Mothers With Prevention Of Stunting

Maternal knowled ge	Stunting Prevention					P- Valu e
	Preventabl e		Unpreventab le			
	f	%	f	%	0,01	
Good	18	44	2	4,8		
Enough	11	26,8	5	12,2		
Lack	5	12,2	0	0		

The relationship between maternal knowledge based on the results of the study showed that most respondents (48.8%) had good knowledge about nutrition in toddlers. This presentation is higher when compared to the percentage of mothers with sufficient knowledge (39%) and mothers with poor knowledge (12.2%). Where we already know that maternal knowledge about nutrition in toddlers has a close relationship in reducing the prevalence of stunting as well as being a government target in making an accelerated program to reduce the prevalence of stunting, especially in the Karo Regency area to 14% by 2024. Toddlers are children aged 0-60 months. Toddlerhood is an important period in child development. This period is

about nutrition in toddlers with a prevention of stunting with a-p value of 0.01. where good

characterized by a very rapid growth and development process, accompanied by changes that require more nutrients with high quality. Basic growth in toddlers will affect and determine further development. Therefore, it is important to apply the toddler diet as known as the "FOUR STARS". Below are what four stars mean :

**CARBOHYDRATES:** staple food **PROTEIN:** vegetable source (nuts) and animal sources (meat, fish, and fresh dairy products and their derivatives)

**VEGETABLES & FRUIT:** **FAT, SPICES AND WATER:** cooking oil, traditional spices, drinks and sauces. And continue to improve the mother's knowledge about toddler nutrition as the closest parent to their child because a healthy life and optimal growth and development are the rights of all children.

#### CONCLUSION

Based on the results of research and discussion regarding the relationship between maternal knowledge of nutrition in toddlers with the prevention of stunting, there is a significant relationship between maternal knowledge of nutrition in toddlers with the prevention of stunting with a p-value of = 0.01 which is smaller than 0.05.

#### REFERENCES

- AstriaBunga. 2020. Nutrition for Mother and Child. Yogyakarta. Publisher: PT. NEW LIBRARY
- Winarsih.2019. Introduction to Nutrition Science in Midwifery. Yogyakarta. Publisher: NEW LIBRARY PRESS

Praborini Asti.2021. Anti-hassle complementary food. Jakarta. Publisher: PT KawanPustaka

Yosephin Betty.2022. Microbes vs Stunting in Children. Yogyakarta. Publisher: Rapha Publishing

(tuntasonline.id/wabupkaro).

(garuda.kemdikbud.go.id)).

(wellness.journalpress.id/wellness/article/view/v1i230wh/33).

<http://download.garuda.kemdikbud.go.id/article.php?article=3249977&val=28501&title=Fakto->

Faktor%20Yang%20Mempengaruhi%20Kejadian%20Gizi%20Kurang%20di%20Pos%20Gizi%20Pada%20Balita%200-59%20Bulan). Garuda Journal

.<http://download.garuda.kemdikbud.go.id/article.php?article=3249977&val=28501&title=>

Faktor%20Yang%20Mempengaruhi%20Kejadian%20Gizi%20Kurang%20di%20Pos%20Gizi%20Pada%20Balita%200-59%20Bulan). Garuda Journal

<https://www.idai.or.id> WHO-IDAI growth curve

Imani Nurul. 2020. Stunting in Children. Yogyakarta. Publisher: HIJAZ INDEPENDENT LIBRARY

<http://repository.umsida.ac.id/bitstream/handle/123456789/2514/BABIII.pdf?sequence=7&isAllowed=y>.