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## Parenting Mothers with Stunting Toddlers at Banjarkaran II Community Health Center: A Qualitative Study

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### ABSTRACT

Stunting is an overview of stunted growth as a result of a lack of nutrient intake in the long term. According to the WHO Child Growth Standard, stunting is based on the index of body length for age (PB/U) or height for age (TB/U) with a limit (z-score) of less than -2 SD. This study will describe the pattern of parenting and the incidence of stunting in toddlers with UPTD. Banjarkaran II Community Health Center. This research is an observational study using a qualitative approach with a cross-sectional study design. This research was conducted on 8 mothers of stunting toddlers in the UPT working area. Banjarkaran II Community Health Center The instruments used in this study was an in-depth interview guide and observations on feeding habits, parenting habits, hygiene habits, and habits of receiving health services, as well as measuring children's height. In this study, it was found that the parenting pattern of mothers with stunting toddlers was still not good, seen in the habits of feeding, caregiving, hygiene, and getting health services. It is necessary to increase a mother's knowledge about parenting, both from feeding habits, caregiving, hygiene, and getting health services.

### 1. Introduction

Stunting is a picture of stunted growth as a result of a lack of nutrient intake for a long time.<sup>1</sup> According to the WHO Child Growth Standard for stunting based on the index of body length for age (PB/U) or height for age (TB/U) with a limit (z-score) of less than -2 SD.<sup>2</sup> It is known that optimal nutrient intake supports the growth and development of toddlers physically, psychologically and motorically or in other words, optimal nutrient intake at this time is a picture of optimal growth and development in the future.

One of the direct causes of stunting is nutritional intake. The intake itself is very much determined by the pattern of feeding the baby. Even though food is available in sufficient quantities, the wrong feeding

pattern can lead to a lack of nutrient intake received by toddlers. Parenting patterns of feeding babies that are not creative and varied are important things that need to be considered by mothers so that their child's nutritional needs are met. Another factor that is also a direct cause of stunting nutrition problems is infectious diseases. Intake and infectious diseases are two things that are related to each other that need special attention so that other nutritional problems do not occur. Inadequate intake of nutrients, both macronutrient intake and micronutrient intake, have an impact that can gradually inhibit the growth and development of toddlers.<sup>3,4</sup> The most common macronutrient that causes stunted growth is protein. Protein is a macronutrient that plays a role in various

processes of other nutrients, especially helping the absorption of micronutrients that support the growth and physical development of infants. Meanwhile, the micronutrients that are very influential on the incidence of stunting, according to research that has been carried out are zinc, iron, and folic acid. This affects cognitive development in toddlers.

Nutritional problems can be prevented by identifying the root causes of problems that occur in the community so that the handling of nutritional problems can be done fundamentally at the source of the problem. One approach that can be done with prevention and promotion in the community is the positive deviance approach. This approach is a model for changing people's behavior in improving nutritional status through positive behavior. Positive deviance is an approach to solving nutritional problems based on family and community by recognizing the habits of mothers of children with good nutrition and coming from poor families and being able to spread positive habits to mothers of children with malnutrition.<sup>5</sup> Positive habits in the family as the basis of the positive deviance approach are divided into 4 habit patterns, namely feeding, nurturing, cleaning, and getting health services. This study aims to describe the pattern of maternal parenting and the incidence of stunting in toddlers at Banjarangkan II Community Health Center.

## **2. Methods**

This research is an observational study using a qualitative approach with a cross-sectional study design. This research was conducted on 8 mothers of stunting toddlers in the UPT working area. Banjarangkan II Health Center. Sampling was carried out by total sampling using a total of mothers with stunting children in the period 2020. The type of primary data used was data taken from informants

regarding feeding habits, parenting habits, and habits to obtain health services obtained from interviews and observations. And the incidence of stunting in toddlers was obtained from the results of measuring children's height. The secondary data used include the total population and the description of the research location obtained from the Banjarangkan II Community Health Center.

The instruments used in this study were an in-depth interview guide and observations on feeding habits, parenting habits, hygiene habits, and habits of receiving health services, as well as measuring children's height. In-depth interviews were conducted by collecting data obtained from informants, recorded, then typed into a transcript for each informant, which was grouped according to the variables studied. In comparison, the observations were made by direct observation aimed at checking the suitability and completeness of the list of questions and the observed data so that conclusions were drawn. This research has received approval from the local ethical committee. Prior to data collection, participants signed informed consent and consent to conduct the study.

## **3. Results and Discussion**

### **Stunting incidents of toddlers**

Stunting data were obtained from program holders at Banjarangkan II Community Health Center with measurements using Z-score TB/U less than 2 elementary schools based on WHO-NHCS reference with guidelines in the Decree of the Minister of Health Number 1995/Menkes/SK/XII /2010 concerning Anthropometric Standards for Assessment of Child Nutritional Status. Table 1 shows data on stunting toddlers and its causes at Banjarangkan II Community Health Center.

Table 1. Data on stunting and causes at Banjarangkan II Community Health Center

No	Identity	Height	TB/U	Causes
Getakan Village				
1	MBS/3 years	78.5 cm	Very short	Impaired growth and development (microcephaly), malnutrition
2	KCD/2 years 6 months	75 cm	Very short	Genetics, parenting
3	KSW/3 years	74 cm	Very short	Genetics, parenting
Takmung Village				
4	NTA/2 years 6 months	72 cm	Very short	Parenting, malnutrition, unsanitary environment
5	KVM/4 years 10 months	95 cm	Short	Parenting, malnutrition, unsanitary environment
6	IMPW/3 years 9 months	91 cm	Short	Collapse Disorder (Down Syndrome), malnutrition, unsanitary environment
7	KRS/1 year 11 months	72 cm	Short	BBLR, collapse disorder, malnutrition
Tihingan Village				
8	KSSW/1 year 9 months	68.5 cm	Very short	Genetics, parenting

### Feeding habits

The results of the interview with the informant mother of a stunted toddler, showed the following feeding habits:

“Waktu lahir ASInya gak keluar, jadi tak campur sama susu formula sampe umur 3 bulan. Pas diketahui adiknya sakit (down syndrome) minumnya sedikit sampe sekarang” (Balinese)

(“When he was born, the breast milk didn't come out, so I mixed it with formula milk until he was 3 months old. When it was discovered that he was sick (down syndrome), he had been drinking a little until now.”)

Assistance in feeding is needed by toddlers and is very important in their growth process. This is done by providing a comfortable atmosphere for toddlers and assistance in the form of attention when giving food so that positive interactions occur between mothers and toddlers with the aim that children are expected to be

able to spend the portion of food given. Mothers who give more attention and support to feeding their children will have a positive effect on the nutritional status of children. Children need help when eating because if the child eats alone, the possibility of eating a little and eating disorders. If the child refuses to be helped, food assistance still needs to be done to ensure the quantity of the child's food. <sup>5,6</sup>

Good feeding habits can also be seen in the way the food is prepared for toddlers. Giving food to toddlers, both main meals and snacks cooked by the mother, has a positive effect on improving the nutritional status of children. This is because the mother knows for sure the content and food ingredients that will be given to her toddler. In another study that looked at the mother's behavior in providing food from snacks available in the surrounding environment, it was found that the feeding care carried out by the mother

herself could prevent disturbances to the child's health. The existence of these health problems can cause a decrease in the child's immune system due to a lack of balanced nutrition.<sup>7</sup>

Another important feeding habit is the regular feeding of children. Toddlers who are routinely given main meals and snacks every day have the potential to have good nutritional status. Several studies have stated that the parenting style of feeding carried out by mothers with stunting sufferers is mostly inappropriate. Mothers do not pay attention to the nutritional needs of toddlers. Mothers of stunting toddlers have a habit of delaying feeding their toddlers. This condition causes a lack of food intake for toddlers, both in quality and quantity, causing toddlers to experience stunting.<sup>7,8</sup>

### **Parenting habits**

The results of interviews with informants from mothers of stunting toddlers about parenting habits for toddlers can be seen as follows:

“Biasanya cuman tinggal di rumah, main diawasin ama neneknya. Kadang ibu juga yang nemenin atau bapaknya setelah pulang dari kerja. Kalau main cuman dirumah aja. Saudara saudaranya jauh di Denpasar ikut ngerantau” (Balinese)

(“Usually just stay at home, his grandmother's main follow-up. Sometimes the mother is also accompanying or the father after coming home from work. If only at home. His relatives far away in Denpasar also migrated”)

The parenting habit found in this study is the importance of stimulation in improving the nutritional status of toddlers. Stimulation of children's growth and development can also be done by providing games because of the consideration that by playing, children will learn from life. Play is one of the activities that provide stimulation to effective abilities. Stimulation is something that is needed and is important in the growth and development of children. Children who get directed and regular stimulation will develop faster than children who get less or no stimulation. Considering these activities are very important,

children's activities with peers will support children's growth and development. Stimulation given to children will cause growth hormone stimulation, energy metabolism to be normal, and immune response to be better. Parenting patterns that limit children in socializing and interacting with peers can hinder the child's growth and development process.<sup>9,10</sup>

### **Hygiene habits**

The results of interviews with informants of mothers of stunting toddlers obtained information about the daily hygiene habits of their toddlers with the following statement:

“adiknya sering main disekitar rumah, kadang kalau siang main air di depan. Kalau sudah selesai main kadang langsung tidur” (Balinese)

(“He often plays around the house, sometimes in the afternoon playing with water in front. When he finishes playing, sometimes directly goes to bed.”)

The role of the body, food, and environmental hygiene in maintaining health will prevent infectious diseases in children. The practice of personal hygiene in children will affect the linear growth of children by increasing their vulnerability to infectious diseases.<sup>11</sup>

Poor environmental hygiene, such as the cleanliness of the home environment, around the house, waste management, and inadequate clean water supply, has the potential to cause disease in children. In a study conducted in Bogor Regency, it was stated that there was a significant relationship between environmental sanitation practices and the morbidity of ARI and diarrhea. Mothers who pay attention to environmental hygiene conditions both in the home and the surrounding environment have a positive impact on the nutritional status of children.<sup>11</sup>

### **Habits of getting health services**

The results of interviews with informants of mothers of stunting toddlers about the habits of getting health services for their toddlers were obtained as follows:

“Imunisasinya lengkap, kadang ke banjar buat periksa di posyandu. Cuman gak ada yang nganterin

buat adiknya fisioterapi gak ada yang nganterin” (Balinese)

("The immunizations are complete. Sometimes go to the Banjar to check at the health centers, There's just no one to drop off for him, physiotherapy, no one to drop him off.")

Basic immunization is very important for toddlers to overcome immune disorders against infectious diseases because antibodies make it easier for diseases to enter the toddler's body. If toddlers do not have immunity to disease, toddlers will lose energy more quickly due to infectious diseases that inhibit immunological reactions. This affects the production of food digestive enzymes so that food cannot be digested properly, which causes nutrient absorption to be disrupted and worsens the nutritional state of children. The final impact is the failure of children's optimal growth according to increasing the incidence of stunting.<sup>12</sup>

The use of health services by mothers for their toddlers is regular visits to health centers in an effort to obtain information on the health of toddlers distributed by health workers. Mothers who monitor the growth of toddlers through health centers with weighing activities will get health information earlier about the growth and development of their toddlers. In addition, the use of health services is also marked by seeking treatment when a child is sick and professional health workers. The health of children should receive attention from parents by immediately bringing their sick child to the nearest health service. Pain that takes a long time and repeats itself will have an impact on the child's appetite, and consequently, the child's nutritional intake is low.<sup>13</sup> Mother's behavior in dealing with sick children and programmed health monitoring are parenting patterns that affect child development optimally. The search for treatment inappropriate health services such as health centers, doctor's practices, and midwife practices are related to the nutritional status of toddlers.

#### 4. Conclusion

In this study, it was found that the parenting pattern of mothers with stunted children was still not good in terms of feeding habits, parenting, hygiene, and getting health services. It is necessary to increase mothers' knowledge about parenting both from feeding habits, caregiving, hygiene, and obtaining health services through independent information seeking so that it is expected to improve the attitudes and behavior of mothers in maintaining the nutritional status of toddlers.

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