





Original Article

Stunting Training For Women With Toddlers

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ARTICLE INFO	ABSTRACT
<p>Article History: Submit : March 31, 2023 Revised : April 11, 2023 Accepted : June 7, 2023</p> <p>Keywords: Counselling, Stunting, Training, Mothers, Toddlers</p>	<p>Background: Stunting, a prevalent nutritional issue in Indonesia, significantly affects cognitive abilities and long-term productivity. Age, defined as the duration of a person's existence, is essential in assessing anatomical and physiological development. In this context, rheumatic gymnastics aids in the healing process.</p> <p>Methods: The practice of body movement in rheumatic gymnastics serves as an effective measure in lowering the likelihood of developing rheumatism. Moreover, it is a therapeutic approach to alleviate symptoms like stiffness and joint pain experienced by individuals with rheumatism. Another approach to tackling stunting in toddlers is counselling on proper nutrition and enhancing feeding skills. Empowering mothers with toddlers encourages the community to take independent action to prevent health issues. This community empowerment is crucial in promoting proactive measures for maintaining good health.</p> <p>Results: These results showed that before the training was carried out, there were 20 mothers who had toddlers who did not know about stunting. After counselling and training on stunting, as many as 20 elderly people were able to practice additional food processing skills for toddlers.</p> <p>Conclusion: Stunting training is very useful, and the training model needs to be developed for parents, especially mothers</p>

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Introduction

According to the Ministry of Villages, Development of Disadvantaged Regions, and Transmigration (2017), stunting refers to a condition where an individual's height is shorter than others of the same age. This condition is primarily caused by chronic malnutrition and recurrent infections during the critical first 1,000 days of life, known as the HPK period.

Stunting in toddlers demands special attention due to its adverse effects on physical growth, mental development, and overall health. Recent studies have highlighted the long-term consequences of stunting, revealing a correlation between stunted children and poor school performance, low educational attainment, and reduced income during adulthood. Moreover, children who experience stunting are more likely to face health challenges and



socioeconomic disadvantages later in life ([Fadilah et al., 2020](#); [Yuniarti et al., 2019](#)).

These vulnerable individuals are at an increased risk of both infectious and non-communicable diseases (PTM). Furthermore, stunted toddlers are also more prone to being overweight or obese. Several factors contribute to the incidence of stunting, including a lack of exclusive breastfeeding history, lower family income, limited maternal education, and inadequate maternal nutrition knowledge ([Halim, 2021](#); [Humphrey et al., 2019](#)).

To effectively reduce the prevalence of stunting, integrated and multi-sectoral programs are needed. These programs should focus on enhancing family income, improving maternal education levels, promoting maternal nutrition knowledge, and encouraging exclusive breastfeeding practices. By addressing these key factors, the aim is to mitigate the occurrence of stunting and ensure healthier outcomes for children in their early years.

Methods

The research method employed in this study aims to address the issues faced by mothers with toddlers and health cadres, enhancing their knowledge and skills in preventing stunting among toddlers. Community service initiatives were conducted in the village of Lubuk Sepang, Pulau Pinang District, Lahat Regency, on three separate occasions: 11-12 August 2022, 12-13 September 2022, and 12-13 October 2022. The primary targets of these activities were mothers with toddlers and health cadres, with the active involvement of three lecturers and five DIII Nursing students.

Throughout the project, the students were responsible for assisting in the preparation of tools and materials used

during the mental health cadres' training sessions. Additionally, they were involved in the administration of attendance records and provided refreshments to the participants of the community service activities. The counselling aspect of the project was carried out by the PKM team, aiming to provide guidance and support to the participants involved in the program. The stages of implementing activities are focused on 3 activities, namely:

- a. The first stage is the planning stage of the activities to be carried out. The planning process includes field surveys and coordination meetings with partners and health workers, including identification of problem needs, characteristics of partners, training venues, and agreements on place and time for training which are arranged together with village officials, community leaders and cadres in the working area of the Pulau Pinang Health Center.
- b. The second stage is the stage of implementing community service activities carried out by the team involved in counselling and training, namely lecturers, students, health workers and health cadres.
- c. The third stage is the monitoring and evaluation of activities. This process was carried out by the Community Service Team for the training participants themselves. The form of monitoring carried out is direct questioning in order to determine the level of achievement of abilities

Results

This program is a community service that focuses more on public health promotion activities in overcoming the problem of malnutrition/stunting in toddlers. Apart from that, it also improves

the skills of mothers who have toddlers and health centre staff in processing additional food in Posnyandu activities for toddlers. Health introduction and promotion activities regarding the prevention of stunting in toddlers is an important issue in providing services for the prevention and management of stunting in toddlers to improve their health status of toddlers.

Table 1 Characteristics of Mothers Who Have Toddlers in Lubuk Sepang Village

Age	Frequency	Persentase
20-≤ 35 years	15	75
≥ 35 years	5	25
Total	20	100,0

Table 1 based on the highest age with age 20 -≤ 35 years a number of 15 people (75%)

Table 2. Distribution Before and After Stunting Health Education to Mothers with Toddlers

No	Before Counseling	Σ	%	After Counseling	Σ	%
1.	Less	18	90	Enough	1	5
2.	Enough	2	10	Good	19	95
		20			20	

Table 2 Before health counselling on stunting issues was held, the knowledge of mothers who had the most toddlers was 90% less

Table 3. Distribution of Mothers Having Toddlers Based on Education

No	Mother's Education	Σ	%
1.	Elementary School	8	40
2.	Junior High School	7	35
3.	Senior High School	5	25
		20	100

Table 3 shows that the age of the mothers having the most toddlers is 8 people, or 40% of elementary school education

Discussion

According to Yu, S.H., et al. (2016), relatively young maternal age is closely related to growth failure in infants 0-11 months. Other research shows results that are in line with this study, where the age is too young (<20 years) too old (> 35 years) has a significant relationship with the incidence of stunting and is at 4 times higher risk of having stunted offspring compared to ideal age mothers (20-35 years) (Manggala, AK, et al. 2018). Physical growth in teenage mothers is still ongoing, resulting in competition for nutrition between mother and fetus (Mistry et al., 2019; Sriwiyanti et al., 2022). As a result, the mother is at risk of carrying a fetus *Intrauterine Growth Restriction* (IUGR) and giving birth to LBW and short children. If, in the first 2 years, there is no improvement in height (*catch-up growth*) on baduta, then the baduta will grow into a short child. In addition, psychologically, young mothers are immature in terms of mindset, so the nutritional care for children in teenage mothers is not as good as older mothers. In addition, young mothers do not necessarily have bad parenting styles because, in this technological era, young people are more adept at finding information than older people.

Mother's knowledge about nutrition is the mother's ability to understand all information related to food ingredients that contain nutrients for toddlers. Knowledge of feeding children can influence the behavior of mothers in feeding their children because the process of forming behavior is an evolution of knowledge that can shape attitudes and then can influence the creation of behavior. Knowledge of good nutrition in mothers is expected to be able to provide food with the right type and amount according to the needs of the child's growth age so that children can grow optimally and



not experience problems during their growth period ([Hasan & Kadarusman, 2019](#); [Kim et al., 2019](#))

Knowledge about nutrition is influenced by several factors, including age, where the older a person is, the process of mental development becomes better, intelligence or the ability to learn and think to adapt in new situations, then the environment where one can learn good things as well as bad things depends on the nature of the group, culture plays an important role in knowledge, and education is fundamental to developing knowledge and experience and is also the best teacher in honing knowledge ([Notoadmojo, 2018](#); [Notoatmodjo, 2010](#))

Fulfilment of nutrition must be known by mothers. It is important to adapt to the different nutritional needs of children. Apart from that, the fulfilment of nutrition that mothers need to know is important to adapt to the different nutritional needs of children. Some aspects that are still lacking in knowledge regarding the definition of nutritional status in children, factors that influence nutritional status and the impact caused by malnutrition. The impact of lack of knowledge on child nutrition greatly influences children's growth and development ([Sari, 2022](#); [Titaley et al., 2019](#))

Short toddlers (stunting) are toddlers with nutritional status based on the Body Height for Age (TB/U) index, wherein the standard anthropometric assessment of children's nutritional status, the measurement results are at the threshold (*Z-Score*) < -2 SD to -3 SD (short/stunted) and < -3 SD (very short/severely stunted). Stunting occurs due to failure in the process of growth and development of a child due to health conditions and nutritional intake that is not optimal (Infodatin, 2016). Stunting that occurs in children under five is often not realized by parents because the difference

between stunted and non-stunting children at that age is not very visible ([Margawati, 2018](#)). Stunted children still have a proportional body like normal children in general, so parents are not aware of stunting events that are at risk for children. There are several factors that cause stunting in toddlers, one of which is the mother's knowledge of nutrition which is very influential in the practice of providing nutritional intake to children during their growth and development period. So that with good nutritional knowledge, it is hoped that mothers can prepare nutritious and balanced food for the child's growth process.

Stunting is closely related to the level of education. According to Riskesdas (2013), it shows that the incidence of stunting is heavily influenced by the low income and education of parents, especially mothers (3). Mothers have an important role in caring for children, from purchasing to serving food. If the mother's education and knowledge about nutrition are low, the result is that she is unable to choose and serve food for families that meet balanced nutritional requirements (Soekirman, 2000). The level of education has an influence on the level of good knowledge and sufficient income. A good level of knowledge helps to choose food wisely and appropriately, as well as treat health problems properly so that you have a greater chance of knowing a healthy lifestyle and how to keep your body fit which is reflected in implementing a healthy lifestyle such as consuming a nutritious diet. Sufficient income allows for a better quality of life (Setiawan, et al., 2018). The higher the education level of a housewife, the higher her ability to make household consumption decisions, especially to meet the nutritional needs of all family members ([Kemenkes, 2018](#))

According to Nurmala, et al (2020), Mothers who have low education have more

toddlers who experience stunting because, in the wider community, they still have an understanding that education is not too important, also because support from families is still not optimal for taking higher education. Mothers' knowledge about health, especially regarding nutrition, indirectly affects Mothers with higher education who have broader knowledge about child care practices and are able to maintain and care for their environment to keep it clean (Taguri, et al., 2007). Parents, especially mothers who get higher education, can do better in child care than parents with low education. Parents with lower education come from families with lower socioeconomic levels, so it is hoped that the government will increase access to education for families with less socioeconomic status (Ikeda, et al., 2013). A mother's education level also determines whether or not it is easy for a mother to absorb and understand the nutrition knowledge she gets. Education is needed so that someone, especially mothers, is more responsive to nutritional problems in the family and is expected to be able to take it. This result is in line with the research by Nasikhah and Margawati (2012) in East Semarang, which stated that a mother's knowledge is a risk factor for stunting in toddlers. Information about stunting prevention is really crucial for cadres so that counselling for posyandu mothers can be given, and the hope is that stunting can decrease (Maywita, 2018). Information that has been obtained from parents about stunting must be digested and remembered by parents so that stunting prevention can be carried out (Rahmawati, et al 2019).

Conclusion

Community service can be carried out in Lubuk Sepang Village, Pulau Pinang District, mothers with toddlers and health

cadres are very enthusiastic and enthusiastic in asking questions about the training material. It is hoped that after participating in community service activities in the form of counselling and training stunting training, mothers who have toddlers prevent and overcome stunting in toddlers, which can be handled with health cadres and health workers at the Pulau Pinang Health Center.

Authors Contributions

The author carries out tasks from data collection, data analysis, making discussions to making manuscripts

Conflicts of Interest

All research teams agree with the final results of this study, and there is no conflict of interest in this study.

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