

FACTORS OF STUNTING IN THE UPTD PUSKESMAS NISAM NORTH ACEH DISTRICT IN 2023

Marlina^{1*}, Serlis Mawarni¹

¹Aceh Ministry of Health Polytechnic
North Aceh Prokep, Lhokseumawe, Aceh - Indonesia

*E-mail: lynadanlyna@gmail.com

ABSTRACT

Stunting can happen to anyone, this disease is caused by chronic lack of nutrition over a long period. The risk of stunting arises from the first 1,000 days of life. This early period of life starts in the mother's womb until toddler age. According to a literature review of factors that influence the occurrence of stunting in children under five, it was found that a history of low birth weight has a risk of stunting nutritional status compared to normal birth weight, household and family factors influence the incidence of stunting status, and poor parenting patterns influence the occurrence of stunting, and exclusive breastfeeding also has an influence on the occurrence of stunting, which means that toddlers who are not exclusively breastfed have a risk of developing stunting status compared to toddlers who are exclusively breastfed. To find out the factors that cause stunting at the UPTD Nisam Health Center, North Aceh Regency in 2024. This research uses quantitative analytical research methods with a cross sectional approach. The sample in this study was 40 mothers of toddlers with univariate and bivariate analysis. With the chi square test. Statistical tests show that birth weight has a factor in the occurrence of stunting where the result is a p value of 0.001, exclusive breastfeeding has a factor in the occurrence of stunting with a p value of 0.008 and parenting patterns in feeding have a factor in the occurrence of stunting with a p value of 0.000 and the results of the multivariate analysis show that Parenting style is the most dominant factor in stunting. Based on these results, it is hoped that parents can increase their knowledge about parenting patterns for feeding toddlers and can implement good parenting patterns for toddlers so that children's health and growth and development improve.

Keywords: Birth weight, exclusive breastfeeding, parenting style, stunting

INTRODUCTION

Golden age is the age of a child in the early days of his life in the world. The toddler years are included in the golden period for children's growth and development. Good and balanced nutrition has an impact on physical growth and brain development. Providing insufficient or poor nutrition in the first thousand days of life can have irreversible consequences, namely a condition where the child experiences stunted growth (Auditta, 2020). Stunting can happen to anyone, this disease is caused by chronic lack of nutrition over a long period. The risk of stunting arises from the first 1,000 days of life. This early period of life starts in the mother's womb until toddler age (Nutrien Junior, 2022). You will be said to be stunted if your z-score for length or height is below

minus two standard deviations based on growth standards (Ministry of Health of the Republic of Indonesia, 2020).

According to data from the World Health Organization (WHO) in 2020, the Southeast Asia region had a stunting prevalence of 30.1% and the Eastern Mediterranean region with 26.2%. Meanwhile, Indonesia is the country with the second highest prevalence of stunting in Southeast Asia after Timor Leste. According to the results of the Indonesian Nutrition Status Study (SSGI) of the Ministry of Health (Kemenkes), the prevalence of toddlers experiencing stunting in Indonesia is 24.4% in 2021. From study data from the Indonesian Nutritional Status Study (2021), Aceh is in the third highest position after NTT and West Sulawesi, namely 24.4% away from the national average.

Data obtained from the working area of the UPTD Nisam Community Health Center, North Aceh Regency, the number of toddlers was 1877 toddlers with a total of 29 villages and it was found that around 45 toddlers were stunted, with the average age of those suffering from stunting being 2-3 in 2022. The bad impacts that stunting can cause can occur in the short term and long term, where in the short term it disrupts the development of the brain, intelligence, physical growth and metabolic disorders in the body, and in the long term what can be caused is decreased cognitive ability and learning achievement, decreased immunity. Resulting in easy disease and a high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke and disability in old age.

Factor that influence the incidence of stunting in early childhood in Indonesia. It was found that the factors influencing the incidence of stunting in early childhood were energy intake, birth weight, mother's education level, family income level, parenting patterns and food diversity. Interventions that can be carried out are providing adequate energy intake through supplementary food programs, providing nutritional intake and Fe tablets to pregnant women so that foetal development is optimal and births with normal weight, increasing mothers' knowledge about nutrition and health, opening employment opportunities so they can meet nutritional needs. Families, provide counselling about parenting styles and provide education about various foods and training on using the yard as a vegetable garden.

According to Pribadi (2019), the incidence of stunting in toddlers aged 2-5 years is related to the parenting style of feeding by mothers, where mothers mostly let their children or ignore their children to eat at any time and ignore their children if they don't want to eat. The neglect type of parenting is a combination of aspects of demandingness and low responsiveness, where low

demandingness indicates a lack of the mother's role in demanding that the child eat, while low responsiveness indicates that the mother is less responsive in meeting the child's needs regarding eating.

Based on a preliminary study with 3 mothers whose toddlers were stunted, the toddlers were found to have a weight that did not correspond to their height (TB/BB) and an age that did not correspond to their height (U/TB) and one child who was stunted was found to be overweight. low birth weight, namely 2200 grams at birth. When a direct interview was conducted with the mother of a toddler by asking whether the mother knew about stunting and also asking about how the mother provided a variety of food to the toddler and also asking whether the mother gave breast milk exclusively to her toddler at the age of 0-6 months, and asked what time The food given to the toddler. As a result of interviews, it was found that the mother's knowledge about stunting was still lacking, nutritional processing for the toddler was still lacking and the mother did not know what special care to pay attention to for the toddler. Therefore, this research aims to determine the factors that cause stunting at the UPTD Nisam Health Center, North Aceh Regency in 2024.

METHOD

This research uses quantitative analytical research methods with a cross sectional approach. The sample selection method in this research is purposive sampling (purposeful sampling), namely sampling is based on certain considerations made by the researcher based on characteristics or characteristics of the population that are previously known and meet the criteria, inclusion and exclusion.

RESULT AND DISCUSSION

a. Results

1. Analysis Birth Weight Factors Influence the Occurrence of Stunting in Toddlers in the UPTD Working Area of the Nisam Community Health Center, North Aceh Regency in 2023

Tabel 1.
 Birth Weight

Birth Weight	Stunting Condition				Total		P	OR	95%CI	
	Stunting		Not stunting							
	F	%	F	%	F	%			lower	Upper
LBW	12	85.7	2	14.3	14	100	0.001	13,50	2,434	74,867
Normal	8	30.7	18	69.3	26	100		0		

Based on the table above, it is known that Birth weight was LBW: 14 people were stunted, 12 people (85.7%) and 2 people who did not experience stunting (14.3%). 26 babies were born with normal weight, 8 people were stunted (30.7%) and 18 people were not stunted (69.3%). Statistical test results *chi square obtained* $p = 0.001 < 0.05$, meaning that birth weight is a factor in stunting in the UPTD work area Nisam Health Center, North Aceh Regency in 2023 Calculating the risk estimate obtained an odds ratio (OR) value of 95% CI=13,500It means13,500 times the estimated probability that babies who are LBW at birth will experience stunting compared to babies who are born normally.

2. Analysis Exclusive Breastfeeding Factors Influence the Occurrence of Stunting in Toddlers in the UPTD Working Area of the Nisam Community Health Center, North Aceh Regency in 2023

Tabel 2.

Exclusive breastfeeding

Exclusive breastfeeding	Stunting Condition				Total		P	OR	95%CI	
	Stunting		Not stunting		F	%			lower	Upper
	F	%	F	%						
No	19	61.2	12	38.8	31	100	0.008	12,66	1,402	35.75
Yes	1	1.1	8	88.9	9	100		7		

Based on the table above, it is known that Exclusive breastfeeding in the No category was 31 people, 19 people experienced stunting (61.2%) and 12 people did not experience stunting (38.8%). Exclusive breastfeeding was provided in the Yes category by as many as 9 people, 1 person (1.1%) experienced stunting and 8 people (88.9%) did not experience stunting.

Statistical test results *chi square obtained* $p = 0.008 < 0.05$, meaning that exclusive breastfeeding has a factor in stunting in the UPTD work area Nisam Health Center, North Aceh Regency in 2023 calculating the risk estimate obtained an odds ratio (OR) value of 95% CI=12,667It means 12,667 times the estimated probability that babies who are given non-exclusive breast milk will experience stunting compared to babies who receive exclusive breast milk.

3. Analysis Parental Parenting Style Factors Influence the Occurrence of Stunting in Toddlers in the UPTD Working Area of the Nisam Community Health Center, North Aceh Regency in 2023

Tabel 3.
Parenting

Parenting	Stunting Condition				Total		P	OR	95%CI	
	Stunting		Not stunting		F	%			lower	Upper
	F	%	F	%						
Good	4	21.0	15	79.0	19	100	0,000	0.083	0.019	0.370
Not enough	16	76.1	5	23.9	21	100				

Based on the table above, it is known that There were 19 parents with good parenting patterns, 4 people experienced stunting (21.0%) and 15 people who did not experience stunting (79.0%). There were 21 parents in the poor category, with 16 people experiencing stunting (76.1%) and 5 people not experiencing stunting (23.9%). Statistical test results *chi square obtained* $p = 0.000 < 0.05$, meaning that parental parenting has a factor in stunting in the UPTD work area Nisam Health Center, North Aceh Regency in 2023 Calculating the risk estimate obtained an odds ratio (OR) value of 95% CI=0.083It means 0.083 times the estimated probability that a good parenting style will experience stunting compared to a poor parenting pattern.

b. Discussion

Factors History of birth weight with LBW influences the occurrence of stunting. LBW is very likely to become a stunted toddler, this is due to lack of nutrition during pregnancy, and the incidence of LBW is a serious problem because of the risk of experiencing obstacles in growth and development and can cause death. Most stunting in children occurs during the critical period of "1000 days" between conception and 3 years of age. Nutritional deficiency contributes to low birth weight which progresses to underweight, short stature, and cognitive stunting. Stunting also places children at high risk for active malnutrition when faced with food shortages or acute infections.

Exclusive breast milk plays a very important role in fulfilling the baby's nutrition. Consuming breast milk also increases the baby's immunity, thereby reducing the risk of infectious diseases. The impact if babies are not given exclusive breast milk can hamper the growth and development of toddlers due to lack of adequate nutrition so that toddlers grow slowly and are at risk of stunting. Good parenting patterns for children can be seen in good feeding practices or parenting

patterns which have an impact on growth and development and A child's intelligence is determined from infancy or in the womb

Parental parenting patterns regarding toddlers' diets greatly influence the condition of stunting, where fulfilling toddlers' nutrition plays an important role in children's growth and development. Mothers' knowledge in fulfilling nutrition is expected to be in the good category so that it will be easy to absorb information about nutrition for children's growth and development. Mothers who have good knowledge will have good attitudes, skills and willingness as well as practice feeding their children and will improve children's nutrition.

CONCLUSION

LBW is a factor that influences the occurrence of stunting, where babies who have low birth weight will experience obstacles to growth and development due to the mother's lack of nutrition during pregnancy. The most dominant age for stunting is 6-36 months, which is the critical period for toddler growth in the first 1000 days of life. Health services for toddlers consist of parenting patterns and exclusive breastfeeding for toddlers which is related to the incidence of stunting where parenting patterns influence the growth and development of toddlers from the time they are in the womb until the toddler is born, while poor breastfeeding can hinder the growth and development of toddlers due to lack of the nutrition consumed by toddlers increases the risk of stunting.

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