

Perception, Knowledge of Mother in Madura (Indonesia) About Stunting, Breast Milk and Complementary Foods

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ABSTRACT

Stunting is a nutritional disease which can be seen from the length or height of children under five when compared to their age. This condition is measured by a child's height that is more than minus two standard deviations from the WHO's median child growth standard. The purpose of this study was to analyze how mothers' perceptions and knowledge about stunting. The method used in this research is qualitative. Observation data collection techniques and in-depth interviews. The informants in this study were mothers who had toddlers. Data collection techniques are observation and in-depth interviews. Research location on Madura Island. The results show that the factors of stunting cases that occur in the village of Gunggung are lack of support from husbands / families, low income of husbands / families, lack of knowledge regarding the impact of stunting on children, community ignorance regarding nutritional intake of children and pregnant women, and community belief regarding children's bodies being shorter in children. because of the heredity of the parents.

KEYWORDS: *stunting, mothers, perception*

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I. INTRODUCTION

Stunting is a nutritional disease which can be seen from the length or height of children under five when compared to their age. This condition is measured by a child's height that is more than minus two standard deviations from the WHO's median child growth standard. (PUSDATIN KEMKES RI, 2018) The TB / U index describes the nutritional status of children under five in the past, while the BB / TB index describes the nutritional status of children under five in the present. Height growth is relatively less sensitive to malnutrition in a short time. The effect on nutrient deficiencies will affect the toddler's height in a relatively long period of time. Children who suffer from stunting will be more susceptible to other diseases. Another impact will affect the level of intelligence. Children who are stunted also have the potential to give birth to short children.

Many factors cause children to suffer from stunting. For example, economic status, maternal nutrition during pregnancy, illness in infants, and most importantly the lack of nutritional intake in children. Many cases of stunting occur in children with low economic families and their parents' low background knowledge.

II. METHOD

The method used in this research is qualitative. Observation data collection techniques and in-depth interviews. The informants in this study were mothers who had toddlers. Data collection techniques are observation and in-depth interviews. Research location on Madura Island.

III. RESULTS AND DISCUSSION

Stunting is a condition of growth disorders in children that results in a shorter body than children their age. This is due to lack of nutritional intake in growing children. The stunting case is one of the cases of urgency circulating in the community both in cities and in rural areas. This condition can be caused by various aspects, ranging from family support to socio-economic aspects. This time the author made observations (observations) regarding Stunting in his hometown, precisely in Gunggung village, Batuan sub-district, Sumenep district.

Gunggung Village is one of the villages in Batuan sub-district, Sumenep district with a population of around 1000 people. The people of Gunggung village have the same social, religious, and customary systems as the Madurese people in general, where the Gunggung people in general still very closely adhere to their religious rules and customs.

The livelihoods of the Gunggung people are farming in which the agricultural system recognizes two seasons of planting, namely the dry season and the rainy season, where in the rainy season the average farmers plant rice which in general aims to be consumed for a year. In contrast to farmers in Java, in general, farmers usually plant rice up to 3 times a year for the purpose of selling rice **only**.

In the dry season, on average, farmers in Gunggung village grow tobacco, which is their only income. However, the result of falling tobacco prices in recent years has resulted in rural farmers switching from tobacco farming to green bean cultivation. The green beans, which the people of Sumenep call Arta', are the only income they get during the dry season. This is due to the availability of water which in the dry season is very difficult to obtain.

Meanwhile, the level of education in the village of Gunggung is still low, because the average youth / young women after graduating from SMP / SMA do not continue to pursue higher education. After graduating from junior high school / high school, some are directly married, some help their parents in the fields, some are migrating and some are unemployed. The low level of education is one of the factors causing stunting.

The first trimester is very important in preventing stunting in pregnant women. The first trimester is a period for the formation of fetal organs and fetal nervous system. Two months during pregnancy is a critical period or critical period, a period that is irreversible or cannot be repaired, where organ formation occurs, which starts at 1-13 weeks. Growth disturbances in this phase will have a lifelong impact, therefore preventing child stunting can be seen from the behavior of pregnant women in the first trimester.

The process of stunting begins when in the womb so it is very important to maintain a nutritional pattern during pregnancy because it can prevent, detect and treat risk factors from the beginning of pregnancy by providing services that affect the health status of mothers and children such as immunization, nutrition and breastfeeding counseling so as to prevent weight gain, low birth weight, underweight children with stunting. Low birth weight, male sex, errors in feeding during pregnancy and after delivery, and low mother's education level, have a significant relationship with stunting cases in Gunggung village.

Based on the author's observations / observations in the village of Gunggung, the knowledge of the community, especially a mother, about exclusive breastfeeding is still lacking. In addition to breastfeeding a baby who is two months old, on average the mothers in Gunggung village interspersed with other foods such as porridge for toddlers (cereal) and mashed plantains. Meanwhile, their knowledge about balanced nutrition is still lacking.

Toddlers in the village of Gunggung are usually given a snack twice a day in the morning and evening. The goal is that these toddlers are accustomed to snacks and so they are not fussy. For snacks for children under the age of 6-7 months (when the baby is teething) the people of Gunggung usually provide food with rice in soup and fish for fish that are easy to swallow. As for snacks for toddlers, the Gunggung community usually provide food that is easy for toddlers to swallow such as biscuits etc. In the selection of food for toddlers, the Gunggung community, especially mothers, usually choose soft foods so that they are easily swallowed by toddlers.

Knowing the development stage of a toddler can provide the right stimulation to help the toddler's growth and development process. In addition, it also aims to prevent stunting factors that may arise in the child's growth process. A mother has an important role for the child's growth, starting from the selection of food for toddlers.

Stunting is used as an indicator of chronic malnutrition which describes a child's history of undernutrition in the long term so that stunting shows how the previous nutritional state was (Kartikawati, 2011). The main cause of stunting is chronic malnutrition from the womb to after birth. Stunting will have an impact on children's productivity in adulthood. Therefore, stunting has a negative impact on children, both in the short and long term.

Based on the author's observations / observations in the village of Gunggung, several factors resulted in chronic malnutrition in Gunggung village, namely malnutrition experienced by pregnant women and children under five, lack of knowledge of mothers about nutrition before pregnancy during pregnancy and after childbirth, and lack of access to nutritious food for mothers and toddlers due to incompetence costs.

Knowledge regarding stunting factors is very important, especially for a mother and family, because a child who is stunted does not only affect the child's height, but will also affect brain development, children's intelligence, impaired physical growth of children under five, cognitive decline in the brain, and immunity, weakened so easily sick.

Based on the author's observations / observations in the village of Gunggung, mothers of children affected by stunting are less concerned and apathetic about the factors causing stunting. They are still short-minded about the problem of stunting, even though stunting cases should be prevented. For example, the Gunggung people think that the cause of their short stature is due to their parents' inheritance.

The attitude of the mother about improving the nutritional status of children under five in Gunggung village is still not optimal. They pay less attention to the types of food sources needed by children under five, so

they feel they are not obliged to know the child's food needs according to their age and development. They are only obliged to provide food to children under five, as long as the child is full and can still be digested by the toddler.

Based on the observations, it was found that there was a significant relationship between maternal / family education and stunting prevention behavior in pregnant women. It is important that family support is given to the mother during pregnancy because the mother will experience physical and psychological changes. Without the support of the family, pregnant women can feel that being pregnant is a burden. Especially husband's support is very important in physical problems where the mother during pregnancy often experiences nausea and vomiting which causes weakness and helplessness.

Based on the observations, it was found that there was no significant relationship between maternal education and stunting prevention behavior in pregnant women. But it is related to family income, if the family with an income below the UMK is able to process nutritious food with simple and inexpensive ingredients, pregnant women will be able to meet their nutritional needs so that pregnant women can prevent pregnancy stunting. high income does not guarantee a good nutritional status. Because the level of income is not necessarily sufficient for food purposes. The study did not show a relationship between income and stunting prevention behavior during pregnancy because the family income below the UMK was still able to meet family food needs.

Environmental support is also related to child stunting prevention behavior. The condition of environmental sanitation that is not good enough allows the occurrence of various types of diseases including diarrhea, intestinal worms, and gastrointestinal infections. Diarrhea, intestinal worms, and gastrointestinal infections cause a lack of appetite, thereby reducing the nutritional intake of pregnant women.

Based on the author's observations related to some of the behavior of the people of Gunggung village, especially pregnant, breastfeeding and family women, which are sometimes wrong, first, the lack of knowledge related to stunting so that they ignore them and think that their shorter body condition is the cause of family descent. Second, considering that their child is just full, their nutritional needs have been met, this is because of low family income and lack of knowledge about nutrition. Third, even though food for children should be ascertained whether carbohydrates, protein, vitamins and minerals are contained and balanced in the provision of food to children. The thing that pregnant and breastfeeding mothers pay attention to and avoid is only spicy food, other than that it is enough.

Fourth, do not care about the nutritional consumption of infants and mothers, this is due to a lack of support and attention from the family. Fifth, to minimize the impact of stunting on children's growth and not to believe that stunting is caused by wrong diet and nutritional intake so that it is not prevented from the start. Sixth, feeling that pregnancy is an ordinary condition so that it does not improve diet and nutritional intake during pregnancy.

Seventh, believe more in myths than recommended by doctors, this is because the culture / traditions in Gunggung village are very strong. Eighth, assuming that eating during pregnancy is for two people, as a result, only rice is added. Eighth, when giving birth, they do not give exclusive breastfeeding for 6 months, this is because they feel sorry for the toddler if they are not on a heavy meal.

The obstacles and obstacles that occur in Gunggung village are related to stunting prevention during the pandemic, namely clean water for bathing and washing that is easy to get, clean water for drinking and cooking is easy to get, already has a family toilet in the house, is able to provide daily food such as carbohydrates, proteins, fats and minerals although not at the same time. Health services during the pandemic were easily accessible as usual before the pandemic, but the problem is that the community is still reluctant to come only for consultation, the community will come when there are signs of getting sick.

IV. CONCLUSION

The author concludes that the factors of stunting cases that occur in the village of Gunggung are lack of support from husbands / families, low income of husbands / families, lack of knowledge regarding the impact of stunting on children, community ignorance regarding nutritional intake of children and pregnant women, and community belief regarding children's bodies being shorter in children. because of the heredity of the parents.

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