



SOCIAL SUPPORT FAMILY TO INCREASE PARENTING PATTERN TO PREVENT STUNTING

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<i>ABSTRACT</i>	<i>Keywords</i>
<p>Stunting was form of malnutrition characterized by height not accord to age. Parenting patterns in efforts to prevent stunting are strongly influenced by family social support in providing nutrition. The purpose of this study was to analyze the effect of family social support on parenting in preventing stunting in the village Jabon subdistrict Mojoanyar Mojokerto regency. The method used correlation analytic design with cross sectional. The study population is the mother of the toddler who is housed in villages Jabon subdistrict Mojoanyar Mojokerto district with lots of 250 children. The sample size were 107 samples used by simple random sampling. Variabel independent was social support and parenting pattern to prevent stunting. The research instrument used a questionnaire about family support and parenting pattern to prevent stunting. Analysis data used linear regression. Result shows are social support family with good frequency rate 65 respondents (60.7%). And the respondent with sufficient frequency by 67 respondents (62.6%). Results of linear regression test with p equal to 0.00. This means relationship between social support family to parenting pattern prevent stunting in toddlers. The better social support mother's family then parenting in toddlers the better so as to prevent stunting.</p>	<p><i>Social support, stunting, parenting pattern, child</i></p>

A. BACKGROUND

Children under three years is a period of growth and growth in gold. Growth failure in childhood, one of which is stunting. Stunting is a form of malnutrition created by poverty, health protection and poor care / provision since children are facilitated by children. Parental parenting behavior is lacking about the way of providing nutrition that actually results in stunting replacement. Inadequate family support can affect maternal parenting in efforts to improve stunting.(Anindita, 2012),

The incidence of stunting in Indonesia in 2013 amounted to 37.2% (Riskesdas, 2013) and in 2018 decreased to 30.8% (Health, 2018), The incidence of stunting in East Java in 2013 was 38.0% and in 2018 was 35.0%. The prevalence of malnutrition and lacking in Mojokerto regency. The prevalence of malnutrition and lack toddlers in 2013 amounted to 15.05% and in 2018 amounted to 18.3%. When compared with the national stunting figures in 2013 and 2018 then the position of the province of East Java is higher. According to the regular survey Mojokerto regency health office, the prevalence of stunting in 2013 amounted to 28% and in 2018 by 30.5%. If associated with malnutrition pravelensi figures and less in Mojokerto regency, stunting could be caused due to poor nutrition and less.

Jabon subdistrict village Mojoanyar Mojokerto district there are number of toddlers as many as 250 children. Preliminary Study dated January 4, 2019 conducted interviews with five mothers with toddlers as much as 5 children.

Growth in children one indicator is the height. Factors affecting the child's height does not correspond to the age of one of them is the PEM (Protein Energy Malnutrition). PEM is the major nutritional problems that occur in toddlers. Malnutrition since the fetus in the womb until the age of 3 years to the cause of the low access of

children to obtain nutritious food(Rahmawati, Pamungkasari, & Murti, 2018), Maternal factors and feeding patterns were less well be the cause of child stunting. Less nutritional intake in infants and children would be having an effect on the growth and development of the child's body and brain(Kris, 2017),

Factors that affect mothers in parenting is strongly influenced by social support of the family in this case the husband and parents who live in one house. Social support may include emotional support families, materials, information and facilities. Families can provide cognitive and emotional support to the mother. So that the mother can provide good parenting on children and may prevent stunting. Good parenting in the toddler will be protected from stunting condition and can develop optimally (Asnaningsih, 2018), The purpose of this study was to analyze the effect of family social support on parenting in preventing stunting in the village Jabon subdistrict Mojoanyar Mojokerto regency.

B. METHODOLOGY

The study design used analytic correlation. With this type of cross sectional. Population toddler's mother in the village of Jabon subdistrict Mojoanyar Mojokerto regency as many as 250 children. Sampling technique used was simple random sampling. Large sample calculated according to the formula Stofin Calculator sample size that results in 107 samples. This research there are two variables. These variables are as follows:

- a) The independent variable: *Social support family*
- b) The dependent variable: *Parenting pattern nutrition in toddlers*

Collecting data used questionnaire instrument family social support and parenting pattern nutrition in toddlers. The research instrument used a questionnaire

about family support and parenting pattern to prevent stunting. Data analysis used linear regression with a significance level of 0.05. Location of research in the region of the village of Jabon sub-district health centers Mojoanyar Gayaman Mojokerto. Starting from February to May 2019 accounting for up to 3 months.

C. Research Result

Table 1 Characteristics of respondents by age, sex, occupation, education resources

No.	characteristics	Frequency	%
1.	Age		
	<20 years	64	68.5
	20-35 years	29	27.1
	> 35 years	14	5.4
2.	Gender Children		
	Male	39	35.7
	Female	68	64.3
3.	Work		
	PNS	45	36.1
	Private work	62	63.9
4.	Education		
	basic school	26	25.1
	Secondary school	18	16.5
	High school	40	37.5
	university	23	20.9
5.	Resources		
	Live.in Indirect	107	100
6.	Criteria Stunting (U / TB)		
	not Stunting	87	81.4
	Stunting	13	18.6

Based on the above general data shows that the majority of the most respondents aged less 20 years with a total of 64 respondents (68.5%). Respondents most children sex among females with 68 respondents (64.3%). Most respondents have a job that is as private work with a total of 62 respondents (63.9%). Most educated respondents are high school of 40 respondents (37.5%). Respondents who received the most resources, directly through their husbands, neighbors, friends, a midwife with a total of 107 respondents

(100%). Respondents who are not stunting as much as 87 respondents (81.4%) while stunting 13 respondents (18.6%), meaning that of the 70 respondents experienced more cases of stunting.

Table 2 The influence of social support on parenting mother's family

No.	characteristics	Frequency		%	
		Social support family	Parental mother	Social support family	Parental mother
1.	Good (76% - 100%)	65	67	60.7	62.6
2.	Enough (56% - 75%)	34	31	39.7	28.6
3.	Less (< 55%)	8	9	0.6	0.8

Based on Table 2 shows that social support of families with good frequency rate by 65 respondents (60.7%). And the respondent with sufficient frequency by 67 respondents (62.6%). While the mother's parenting in preventing stunting in children with good frequency rate by 34 respondents (39.7%). And the respondent with sufficient frequency by 31 respondents (28.6%).

Based on linear regression with $p = 0.00$, $\alpha = 0.05$ means that $p < \alpha$ then the hypothesis is accepted that the relationship between social support of families with parenting mothers can prevent stunting in children.

D. DISCUSSION

Based on research data exposure, then the discussion about the influence of social support for their families to parenting in preventing stunting the child's mother.

Social support family with good frequency rate by 65 respondents (60.7%). And the respondent with sufficient frequency by 67 respondents (62.6%). Support is a relationship that has the characteristic of human life because it is the nature of human

nature as social beings. The existence of other people will be able to give attention, help, support, and work together in facing the challenges of life, help is called social support(Asnaningsih, 2018), Social support is the presence, willingness, awareness of people who are reliable, appreciate and love us. Sarason found that social support always includes two things, the amount of social support resources available and the level of satisfaction will be accepted social support(Kumalasari, 2012), In this study social support includes the ability of families to provide information support, instrumental support, emotional support and the support of the award. Information from the family about nutritious foods regarding to the needs of children, instrumental support in the form of providing financial and child nutrition, emotional support when mothers experience decreased motivation providing nutrients to the child as well as the award for the success of the capital in preventing stunting and very influential in prevent stunting. Most educated respondents are high school of 40 respondents (37.5%) so strengthen social support family. This is consistent with the results of research Willey et. al . (2009) which states that the age factor of parents influences stunting prevention.

Maternal parenting in preventing stunting in children with good frequency rate by 34 respondents (39.7%). And the respondent with sufficient frequency by 31 respondents (28.6%). Mother's parenting is a major role in caring for children - her son. Especially the closeness of the child to the mother, because his mother support, childbirth and breastfeeding and meet her nutritional needs(Apriastuti, 2013), Nutritional needs are met is the concept of an adequate menu. So as to reduce the nutrient elements needed by the body in balance(Arifin, 2015), Function of vitamins and minerals can hardly be replaced so that the requirement for substance consumption becomes

important (Mohammad & Madanijah, 2015), In this study, a very good mother Toddler foster patterns providing nutrients. It can be influenced by maternal age is the age of 20-35 years the largest. Curiosity mothers in parenting, can be met by utilizing social media and search through the internet. Supported by maternal education, mostly high school so that awareness of parenting is good.

The relationship between social support of families with parenting mothers can prevent stunting in children is evident from the results of the linear regression test with p equal to 0.00. Maternal factors and feeding patterns were less well be the cause of child stunting. Less nutritional intake in infants and children would be having an effect on the growth and development of the child's body and brain(Kris, 2017), Factors that affect mothers in parenting is strongly influenced by social support and the family of the husband's parents who live in one house. Social support may include emotional support families, materials, information and facilities. Families can provide cognitive and emotional support to the mother. So that the mother can provide good parenting on children in order to avoid stunting(Asnaningsih, 2018), From this connection it has been proven that good social support, can improve maternal parenting in preventing stunting.

E. CONCLUSION

Based on the results of research and analysis on the data suggest a link between social support with maternal parenting in preventing stunting. The better the social support the better the care pattern in give nutrition in children so as to prevent the occurrence of stunting in children.

Based on research results that have been obtained, there is a suggestion that is addressed to a particular party, namely:

1. for Respondents

- Can improve parenting in providing nutrition in children by giving variations in the presentation interesting, so kids do not get bored in home-cooked foods
2. for the Family
Families increase social support to the mother by giving the opportunity to enhance the skills of food preparation in children by buying cookbooks or cooking courses.
 3. For Health Officer
Health workers can provide counseling and assistance to parents in meeting the nutritional needs of children properly. So that children can be protected from the incidence of stunting and can grow and develop optimally.

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