

Education On Providing Balanced Nutrition Towards the Level of Knowledge Of Mothers Of Stunting Toddlers

Ria Setia Sari^{1*}, Nur Haliza²

¹Nursing Profesional Program, Yatsi Madani University

²Undergraduate Nursing Program, Yatsi Madani University

*E-mail: Riasetiasari@uym.ac.id

Keywords : *Education, level of knowledge, stunting*

Article Info:

Date sent:

March 4, 2025

Revised date:

April 26, 2025

Date received:

May 8, 2025

DOI Articles:

10.33862/citradelima.v9i1.545

Page: 32-35

Abstract

Providing balanced nutrition for stunted toddlers. Mothers' knowledge about balanced nutrition is very much needed. Obtaining data from 116 stunted toddlers in February 2024, the health center has implemented a series of government programs. It has decreased from before but is still trying to reduce the number of stunting in the Rajeg Health Center area, and there is still a lack of knowledge of mothers about handling balanced nutrition. The purpose of this study was to determine whether or not there was an effect of balanced nutrition education on the level of knowledge of mothers of stunted toddlers. The research design used a quantitative research type with the Pre-Experimental Designs method using the One group pretest posttest design, and statistical analysis using the Wilcoxon test. Sampling technique: Using a non-probability sampling technique with a purposive sampling method, the number of samples was 54 respondents calculated using the Slovin formula. The results in this study were obtained in the Pre-test level of mother's knowledge with good knowledge 6 (11.1%), sufficient knowledge 11 (20.4%), and poor knowledge 37 (68.5%). While the post-test good knowledge 47 (87.0%), sufficient knowledge and 7 (13.0%) poor knowledge. Conclusion: there is a significant influence between balanced nutrition education and the level of knowledge of mothers of stunted toddlers.

INTRODUCTION

Providing balanced nutrition to overcome stunting, from the food that mothers give to their children is not yet nutritious, most mothers do not know what balanced nutrition is and some mothers are less enthusiastic in checking their children's health at the integrated health post provided by the Rajeg Health Center. UNICEF / WHO / World Bank Group Joint Child Malnutrition Estimates (JME) in 2023 reported that stunting rates have shown a decline over the past few years. In 2022, 148.1 million children worldwide were recorded as being stunted, equivalent to 22.3% of the total population of all children under the age of five. Almost all of the affected children live in Asia with 76.6 million or 52% of the global share and Africa with 63.1 million or 43% of the global share (UNICEF, 2023).

The Ministry of Health of the Republic of Indonesia in 2023 published data from the Indonesian Nutritional Status Survey (SSGI) in 2022 indicating a

decrease in stunting rates in Indonesia from 24.4% in 2021 to 21.6% in 2022, or a decrease of 2.8%. However, the percentage still exceeds the minimum threshold set by the World Health Organization (WHO), which is a percentage of less than 20%. In 2024, the government of the Republic of Indonesia is targeting to reduce the stunting rate to 14% (SSGI, 2023).

The 2022 Indonesian Nutritional Status Survey (SSGI) Report states that Banten is ranked 23rd with a percentage of 20% after West Java with a percentage of 20.2%, and in 2022 in the Banten region, stunting was recorded based on the highest age group at 24-35 months with a percentage of 30.12%. With details of 0 months of age with a percentage of 6.95%, 0-5 months of age with a percentage of 7.97%, 6-11 months of age with a percentage of 9.94%, 12-23 months of age with a percentage of 18.58%, 24-35 months of age with a percentage of 30.12%, 36-47 months of age with a percentage of 21.21%, and 48-59 months of age with a

percentage of 18.36%. In 2022, the Tangerang Regency area that experienced stunting was ranked 5th with a percentage of 21.1% after Serang City with a percentage of 23.8%, and the highest in the Banten area was Pandeglang Regency with a percentage of 29.4% (SSGI, 2023).

Based on previous research from data from 130 toddlers in the Saptosari Health Center area, Planjan Village, Gunung Kidul Regency, Yogyakarta, as many as 58 toddlers were found to have stunting. Meanwhile, the normal group had 72 other toddlers (Amalia et al., 2021). Since stunting is a common phenomenon in Indonesia and parental ignorance can reduce the nutritional quality of children, which in turn can inhibit growth, researchers are interested in investigating whether increasing mothers' awareness of balanced nutrition for their toddlers those who experience stunting can provide benefits (Darmini et al., 2022). The adverse effects that occur if stunting is not treated in a short time can have a negative impact on IQ, physical growth, brain development, and cause problems with the body's metabolism (Astarani et al., 2020).

Based on data obtained on March 25, 2024, there were 116 stunted toddlers per February 2024. and from data from 2023 in August, the incidence of stunting was 249 stunted toddlers. Rajeg Health Center has carried out all series of government programs, namely Gebrak Tegas (Joint Movement to Overcome Extreme Poverty and Prevent Stunting) starting from specific interventions and sensitive interventions that have been implemented, Rajeg Health Center has been a government priority for the past 5 years in a row due to the high number of stunting in the Rajeg Health Center area, in 2020 it reached around 1,200 stunted toddlers

spread across 74 integrated health posts in the Rajeg Health Center area. It has decreased quite a bit from before, but Rajeg Health Center health workers are still trying to reduce the number of stunting in the Rajeg area, and there is still a lack of knowledge from mothers about handling balanced nutrition.

Based on the background above, the researcher wants to conduct a study on "Education on Providing Balanced Nutrition on the Level of Knowledge of Mothers of Stunting Toddlers".

METHOD

This study was conducted in Mekarsari Village RW 01 and 03, Rajeg Health Center Area, Tangerang Regency. The sampling technique in this study used a non-probability sampling technique of 100 mothers. This study was conducted from May to July 2024. In this study, the researcher applied a Pre-Experimental Designs research design designed using a One group pretest posttest design. This design did not have a comparison group (control). This study was conducted starting from measuring the knowledge of mothers of stunted toddlers about balanced nutrition with a pre-test questionnaire, education was given to provide balanced nutrition and post-test education was given, the knowledge of mothers of stunted toddlers about balanced nutrition was measured again with a questionnaire. This study was conducted on statistical analysis tests, because the experimental group data was not normally distributed, the Wilcoxon test was used (Notoatmodjo, 2018).

RESULTS AND DISCUSSION

Results

Table 1. Frequency distribution of Knowledge Level

1. Pretest Knowledge Level	N	%
Good	6	11.1
Enough	11	20.4
Not enough	37	68.5
Total	54	54
2 Pre Test Knowledge Level	N	%
Good	47	87
Enough	7	13
Not enough	0	0
Total	54	54

In the table results above are the results of the pre-test frequency distribution having 6 frequencies with good

categories (11.1%), 11 frequencies with sufficient categories (20.4%), 37 frequencies with less categories (68.5%). While in the post-test results 47 frequencies with good categories (87.0%) and 7 frequencies with sufficient categories (13.0%).

Table 2. Effect of Balanced Nutrition Education on Mothers' Knowledge Level with the Wilcoxon Test

variable	Measure ment	Mean	Difference	Sd	N	P-Value
Level of Knowledge	Pre-Test	2.57	1.44	0.690	54	0,000
	Post Test	1.13		0.339		

The table above shows the results of the analysis of the influence of balanced nutrition education on the level of knowledge of stunted toddler mothers, the p-value was 0.000 (<0.05), in other words, there was a large influence between the two. Based on the results of the pre-test mean given education was with an average score of 2.57 and there was a change in the post-test given education to an average score of 1.13.

Discussion

According to researchers, based on the results of the data above, balanced nutrition education for mothers of stunted toddlers at the Rajeg Health Center has a significant effect on the results between the pre-test where education was given and the post-test where education was given. The findings of this study are in line with previous research conducted by (Wiliyanarti, 2022) which states that before receiving education, most respondents had limited knowledge (60%). However, after participating in the animation education intervention, most respondents showed an increase in knowledge (44.61%). This shows that providing education to include local ingredients in additional food has a positive impact on the knowledge of mothers with stunted toddlers. Statistical analysis produced a p value of 0.00 which further confirms the influence of education on increasing knowledge.

Health education or education can be done for 3 days with the implementation framework of the first day of the pre-test on the second day of PENDKES for PENDKES itself there is no time limit per minute or per hour and according to the material, the efforts given are in accordance with the objectives and criteria for the desired results, the third day is a post-test. The research process carried out by the researcher is only one day due to time and when the pre-test and post-test must be in accordance with the same respondents, it is feared that when the second and third days the respondents are not willing to attend, therefore it is condensed into one day but still given a break between the pre-test, education and post-test. The education process carried out for ± 30 minutes obtained results from research conducted by the researcher that there was an increase in knowledge between the pre-test and post-test after education was

carried out (Notoatmodjo, 2018). Through education, clients can obtain important information. A person's knowledge can influence the way they think positively, which in turn will encourage them to do healthy things or habits. using resources. Media functions as a tool to show the message that the speaker will give, to help the target group better understand what the speaker is saying (Anggraini, 2020). The process carried out by the researcher is in accordance with that conveyed by the previous researcher, the researcher used leaflet media and explained it again using the lecture method so that the mothers could understand in more detail and there were mothers who could not read so it made it easier for them to understand what the researcher meant.

The importance of understanding nutrition cannot be overstated in determining daily diet patterns. This understanding in turn has the potential to have a positive impact on the way mothers view balanced nutrition for their toddlers. The main goal is for mothers and parents to gain the knowledge needed to effectively care for stunted children (Rohayati & Aprina, 2021). In the research process, researchers try to educate mothers to fulfill their toddlers' nutrition. With strong knowledge and appropriate behavior related to toddler nutrition, mothers are ready to face any challenges that may arise, such as financial constraints. In situations like this, mothers who have a strong understanding of nutrition will actively seek alternative solutions to solve the problem.

This research is in line with the results of The findings derived from this study delineate substantial variances in maternal cognizance, enacted behaviors, and their adherence to the health belief model (Elfshawy, 2022). In line with research, the results of this investigation show that the application of home-

based maternal nutrition education and counseling (NEC) has led to a decrease in the percentage of children under five who are stunted. Nevertheless, the enduring advantages of this intervention on the developmental trajectory of children warrant further examination (Nyamasege et al., 2021).

Based on the results of the research conducted this time, the researcher came to the following conclusion, namely that education on providing balanced nutrition to mothers of stunted toddlers has an effect, the higher the level of knowledge of the mother, the further the stunting will occur.

CONCLUSION

Frequency distribution that out of 54 respondents in the pre-test, education was carried out, 37 respondents experienced a low level of knowledge, 11 respondents had sufficient knowledge, and 6 respondents had good knowledge. In the post-test, education was carried out, many respondents experienced an increase in their level of knowledge to a low level of knowledge of 0 respondents, a sufficient level of knowledge of 7 respondents, and a good level of knowledge of 47 respondents. The results of the bivariate analysis using the Wilcoxon Test showed a value of 0.000 (<0.05), at this value it states that there is a significant influence between education on providing balanced nutrition on the level of knowledge of mothers of stunted toddlers. Based on the results, the mean before being given education was with an average score of 2.57 and there was a change after being given education to an average score of 1.13.

REFERENCES

- Anggraini, Y., Fahdi, FK, & Fradianto, I. (2020). The Effect of Balanced Nutrition Health Education on the Level of Knowledge of Mothers with Toddlers Aged 6-24 Months in the Work Area of Karya Mulya Health Center, Pontianak City. *Tanjungpura Journal of Nursing Practice and Education*, 2 (1), 33-38. [Http://doi.org/10.2641/tjnpe.v2i1.42015](http://doi.org/10.2641/tjnpe.v2i1.42015)
- Astarani, K., Idris, DNT, & Oktavia, AR. (2020). Prevention of Stunting Through Health Education in Parents of Pre-School Children. *STRADA Scientific Journal of Health*, 9(1), 70–77. <https://doi.org/10.30994/sjik.v9i1.270>
- Darmini, NW, Fitriana, LB, & Vidayanti, V. (2022). The Relationship Between the Level of Mother's Knowledge About Balanced Nutrition and the Incidence of Stunting in Toddlers Aged 2-5 Years. *Coping: Community of Publishing in Nursing*, 10 (2), 160-168. <https://doi.org/10.24843/coping.2022.v10.i02.p0>
- Elfeshawy, R., Ahmed El Sobky, F., Abdallah Mohamed Amer, S., & Hussin Ali Alzahrani, S. (2022). The effect of Mothers' Nutritional education based on health belief model to prevent stunting among young children. *Egyptian Journal of Health Care*, 13(2), 886–895. <https://doi.org/10.21608/ejhc.2022.236596>
- Notoatmodjo, S. (2018). *Health Research Methodology* (3rd ed.). Rineka Cipta.
- Nyamasege, C.K., Kimani-Murage, E.W., Wanjohi, M., Kaindi, D.W. M & Wagatsuma, Y. (2021). Effect of Maternal nutritional education and counseling on childbearing stunting prevalence in urban informal settlement in Nairobi, Kenya. *Public Health Nutrition*, 24(12), 3740-3752. <http://doi.org/10.1017/S1368980020001962>
- Regulation of the Minister of Health of the Republic of Indonesia. (2014). Number 41 concerning Balanced Nutrition Guidelines.
- Presidential Regulation of the Republic of Indonesia. (2021). Number 72 concerning the Acceleration of Stunting Reduction.
- Rohayati, R., & Aprina, A. (2021). The Effect of Participatory Counseling to Improve Mothers' Knowledge on the Implementation of Balanced Nutrition in Overcoming Stunting. *Journal of Health*, 12 (2), 287-294. <https://doi.org/10.26630/jk.v12i2.2830>
- SSGI. (2023). Results of the Indonesian Nutritional Status Survey. *Ministry of Health of the Republic of Indonesia*, 77–77. <https://promkes.kemkes.go.id/materi-hasil-survei-status-gizi-indonesia-ssgi-2022>
- UNICEF. (2023). Levels and trends in child malnutrition: UNICEF/WHO/World Bank Group joint child malnutrition estimates: key findings of the 2023 edition. World Health Organization, 24(2), 32.
- Wiliyanarti, P. F., Nasruallah, D., Salam, R., & Cholic, I. (2022). Education of additional feeding based on local materials for stunting toddlers with animation. *Media Gizi Indonesia*, 17(1), 104–111. <https://doi.org/10.20473/mgi.v17i1SP.104-111>