



EMPOWERMENT PARENTS BY COMPREHENSIVE EDUCATION AS PREVENTIVE STUNTING GROWTH IN CHILDREN 0-5 YEARS

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Abstract, Background: Stunting growth is one of the nutritional problems that currently faced in Indonesia. Stunting is a condition of children 0-59 months who have the height for age below than -2 standard deviation (-2 SD) then WHO median standard. Stunting caused by multifactorial factors such as social-economic, maternal nutrition during pregnancy, pain in infants, and lack nutritional intake in the baby, food consumption pattern irregular, serving that less varied, fewer parents knowledge in food balanced and healthy.

Method: Health education that has been implemented is part of the educational sustained to parents as a preventive effort for Stunting Growth in the region Bumiwangi village. Population and samples in this community service are 30 parents who have children under 5 years. Early data were collected by coordination between primary health service, community midwives, and cadres. Pre-test and post-test were given before and after the activity for knowing the effectiveness of education that was given. Statistic analyses are used paired t-test.

Result: The results showed that 96,7% of the audience was present. Analysis paired t-test showed that p-value 0.000, p-value < α , that meant there was an impact between health education that given to parents.

Conclusion: So, it can be concluded health education to the audience has implications for increasing their knowledge about growth and development in toddlers. For the next continuity, community service is needed to give information about balance and healthy food nutrition for children with stunting growth. Through its activity, preventive efforts for stunting growth in the Ciparay, Kabupaten Bandung will decrease the incidence of stunting growth in this area.

Keywords: Stunting growth, height for age, parents education

Introduction

Growth is a change of physical measures over time such as weight (BB), Height (TB), Head Circumference (LK), Chest Circumference (LD). While the development is the increasing ability of body functions, including the ability of rough movements, smooth movements, speech and language, and socialization and independence².

Screening is an examination procedure or form of early detection for

certain examinations that can provide clues if there is something that needs attention. About 20-25% of parents do not know that their child is impaired development and conversely many parents are worried about the development of their child even though the child does not have a disorder^{5,8}.

Stunting growth itself is a condition in which a person's height is shorter than the height of others at the same age in general. Stunting growth is a chronic nutritional problem that is being experienced in

Indonesian children^{2,6,7}. Another definition of stunting is a condition of children aged 0-59 months, where the height by age is below minus 2 Standard Deviation (< 2SD) from the WHO⁹ median standard. Causes of Stunting Growth are multifactorial such as socioeconomic conditions, maternal nutrition during pregnancy, pain in the baby, and lack of nutritional intake in infants⁷. Some studies show the incidence of stunting can be caused by irregular diet, less varied portions, parents' knowledge is still low about healthy and balanced nutritious food, many respondents do not know how to process good food for toddlers^{8,11}.

The percentage of short toddlers in Indonesia from 2007 to 2013 continues to increase. A ratio of 1 in 3 (37%) children are likely to experience a condition of failure to grow or stunting growth¹⁰. Characteristics of children with stunting growth are signs of late puberty, poor performance on attention and memory tests, late tooth growth, age 8-10 years the child becomes quiet, does not do much eye contact, growth slows down, the face looks younger than its age^{7,9}.

Based on the results of documentation studies in Sumbersari Public Health Service, data obtained that there are still toddlers who have the height shorter than children his age (about 15%). Based on register records in Bumiwangi village health cadres in August 2019, data obtained that 1 in 9 children experienced height less than normal. There are still many parents who do not know how to maintain environmental cleanliness, especially sanitation and healthy water quality, and how to process food that supports the growth and development of children.

From these conditions, it is necessary for health counseling in parents to increase

knowledge about growth and development screening, stunting growth, and how to process food for toddlers in Bumiwangi Village so that it further motivates the community to continue to be sustainable in monitoring the growth and development of children under five to posyandu so that preventive stunting growth efforts can continue to be implemented.

Method

This type of community service is education or counseling about screening for toddler growth and development, Stunting Growth, and how to process food for parents. This activity will be carried out with an integrated local integrated service post (posyandu) schedule on September 12, 2019. The population and samples in this community service after corroding with village midwives and community cadres are 30 parents in RW 18 Bumiwangi Village.

The data was collected using pre-test questionnaires and post-tests in the form of questions to find out the participants' knowledge before and after counseling. Analysis using the paired samples t-test. The media used is extension material with PPTx and demonstration of tuberculosis measurement methods.

Results

Counseling was followed by 29 parents, 1 person was not present because he was out of town. All parents bring their toddlers to participate in counseling activities. Parental knowledge before and after counseling is shown in figure 1.

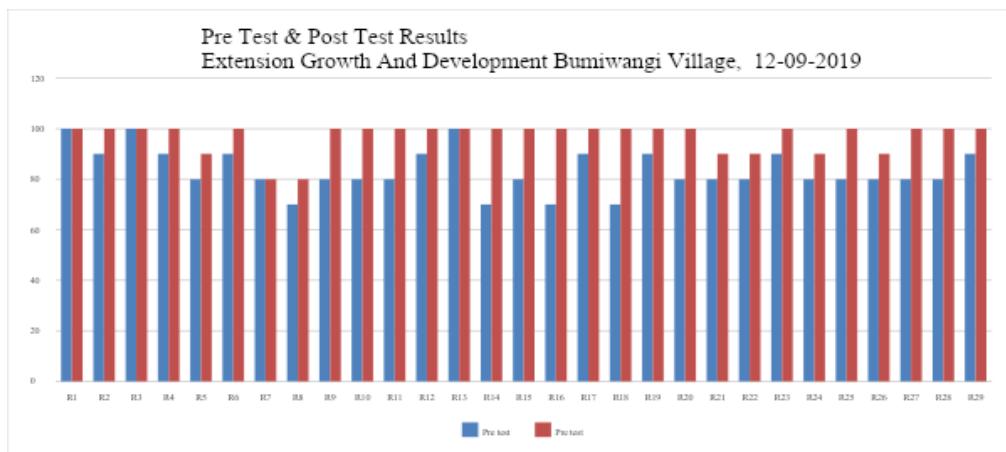


Figure 1. Results of Comparison of Pre test and Post test of Health Counseling

In the graph above it can be shown that as many as 86.21% of extension participants experienced an increase in results while 13.79% showed fixed results on post-tests conducted after the extension was completed. A total of 22 people (75.86%) participants showed the number 100 in the posttest results when compared to the previous pretest results.

Table 1. Average Pretest and Posttest Results

	Mean	N	Std. Deviation	Std. Error Mean
Pretest results	83,45	29	8.567	1.59091
Posttest results	96,55	29	5.526	1.02624

Table 2. The Influence of Growth and Development Counseling on Parental Knowledge

	Mean	N	Std. Deviation	Std. Error Mean
Pretest results	83,45	29	8.567	1.59091
Posttest results	96,55	29	5.526	1.02624

Based on the table.1 above, shows that of the 29 parents the average knowledge before and after counseling growth and development is 83.45 for pretest results and 96.55 for posttest results so that it can be concluded there is an average increase in results. Table. 2 shows that p-value 0.000 with p-value < α 0.05 which

means there is an extension influence on parental knowledge in RW 18 Bumiwangi Village.

Discussion

Stunting growth itself is a health problem that occurs in the growth of children. Stunting is a condition of a person's height is shorter than the height of others at the same age. Stunting is also a chronic nutritional problem that is being experienced in Indonesian children^{10,17}. WHO mentions that stunting is a condition of children aged 0-59 months, where the height by age is below -2 Standard Deviation (<-2SD) from the who's a median standard of the average height^{9,2}. Multifactorial causes of Stunting Growth include socioeconomic conditions, maternal nutrition during pregnancy, pain in the baby, and lack of nutritional intake in infants¹⁹. Some studies show the incidence of stunting can be caused by irregular diet, less varied portions, parents' knowledge is still low about healthy and balanced nutritious foods, many respondents do not know how to process a good food for toddlers^{15,16,17}.

Counseling for parents in Bumiwangi Village is a community service activity carried out to increase parents' knowledge about the importance of growth and development screening and preventive efforts to stunting growth. In addition, parents also know how to process food in toddlers properly and correctly. This health extension was attended by 29 parents in RW 18 Bumiwangi Village and 10 health cadres. This activity takes place effectively according to the plan that has been scheduled. Health counseling is divided into 3 topic sessions, namely growth and

development screening, preventive stunting growth, and how to process toddler food. Each session lasts for 30 minutes. Many participants are proactive and enthusiastic in asking questions. In addition, cadre support is also very helpful for the smooth running of this extension activity.

Referring to the results of community service analysis obtained that there was an increase in the average results between pre-test and post-test from 83.45 to 96.55. The author's assumption of the results is that the material provided can add to the audience's knowledge. This is in line with the process of delivering material where each topic session about 3-4 audiences are proactive in asking questions. Some parents also just found out that stunting or short stature is one of the problems in growth caused by one of them due to malnutrition. Analysis of the paired test showed that the effect of counseling growth and development on the increase in knowledge in parents with a value of < 0.05 . This result can be interpreted that health counseling that has been done is beneficial for the community by increasing parental knowledge, especially in efforts to prevent stunting growth. So it is expected that increased parental insight can have an impact on changes in people's behavior in monitoring the growth and development of their children regularly every month and how to process good and correct food so that the nutritional value of these foods is maintained^{14,15,16}.

The success of stunting growth prevention is the responsibility of all parties concerned with the government through the health service, local health centers, village officials, health workers, the elderly, and the community. Thus it is expected that the preventive efforts can reduce the incidence of stunting growth both locally, regionally, and nationally. So that the future of Indonesian children as the next generation of the nation can be better²⁰.

Conclusion

This growth and development extension activity is a series of community service activities as a realization of the results of previous research.

Based on the health extension activities that have been implemented, some recommendations for the next activity are the need to provide information to community cadres to re-socialize TB, LILA,

and LK measurements in infants under five. Bb, TB, LK, and LILA are indicators of growth measurement. In addition, socialization regarding the filling of KMS and TB / U graph to find out the status of TB of children under five as the initial data on the enforcement of stunting growth diagnoses.

The next stage of community service on how to process food can be submitted at the next pack with the method of demonstration in the elderly.

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