

The Relationship of Mother's Knowledge Regarding Food Presentation With Appetite Stunting Children In The Working Area of The Loka Puskesmas Bantaeng

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ABSTRACT

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Background: According to the World Health Organization (WHO), stunting is defined as a growth factor that describes the failure to achieve growth potential as a result of suboptimal health and/or nutritional status, chronic nutritional problems caused by a lack of food for a long time, usually because the diet does not meet needs. nutrition. The problem of stunting starts in the womb and is not realized until the child is two years old. The prevalence of stunting in Bantaeng district is 5.84% and there is a high prevalence of stunting in local health centers at 211 (25.53%) and the highest prevalence of stunting in villages is in Bonto Tallas, namely 55 and the lowest is at Bisappu Community Health Center at 0.58% (Dinkes 2023). Objective: to find out whether there is a relationship between mother's knowledge about food presentation and children's appetite Method: This research is quantitative research with a cross sectional method Results: the results of the Kolmogorof alternative chi square test obtained a value of $p = 0.023$ ($p \leq 0.05$) so it was concluded that there was a relationship between mother's knowledge about food presentation and changes in children's appetite. Conclusions and suggestions: there is a relationship between maternal knowledge and appetite in stunted children. The results of this research theoretically can be expected to provide additional knowledge and theory towards the development of nursing science to conduct further research related to the relationship between maternal knowledge about food presentation and appetite in children. stunted children

Key Words: Stunting; Mother's Knowledge; Appetite

INTRODUCTION

Stunting or shortness of breath is a condition where babies (0-11 months) and young children (12-59 months) do not develop due to chronic malnutrition, especially in the first 1,000 days of life when children are too small for their age. . Malnutrition occurs when the baby is in the womb and in the first few days after the baby is born, but stunting does not appear until the child is 2 years old (Ramayulis et

al., 2018).

Toddlers are a growth stage that requires special attention from parents. Parents have the biggest role in a child's development into a mother, especially regarding food, so eating is natural for young children and can be compensated. This is because toddlers are a certain age who are vulnerable to malnutrition so they need special monitoring of their nutritional problems to grow and develop optimally. Maternal nutritional knowledge has a big influence on changes in attitudes and behavior when choosing food ingredients, which then also influences nutritional status. The low level of nutritional status in the region causes a high level of malnutrition. National resources available for information about baby nutrition. Mothers can choose from levels of education, namely formal education, one of which is non-formal education and non-formal education.

Stunting is a chronic malnutrition problem caused by insufficient nutritional intake over a long period of time due to the provision of food that does not meet nutritional needs. Most eating difficulties in children are related to growth disorders, while eating difficulties in children are accompanied by developmental disorders, stunting is most common in Asia, including Indonesia. In 2018, the prevalence of stunting in the population of South Sulawesi, the highest prevalence of stunting was in Toraja district, namely 11.21% and the prevalence of stunting in Bantaeng district was 4.20% and there was stunting in the Loka Bantaeng health center at 211 children under five, 25.53%. (Dinkes, 2023).

Based on the results of research conducted at the Loka Bantaeng Community Health Center, it is known that from 36 respondents, the results of analysis using the Kolmogorof alternative chi square statistical test obtained a value of $p = 0.023 \leq 0.05$. So, based on these final results, it can be concluded that there is a relationship between mothers' knowledge about serving food to children and appetite in stunted children in the work area of the Loka Bantaeng Community Health Center. Kuddus, (2019), The results of the chisquare test show that there is a relationship between maternal knowledge and education and the nutritional status of toddlers.

Based on the research results, it was found that highly educated mothers had good nutritional status for toddlers, namely 73.2%, while mothers with good knowledge had good nutritional status for toddlers, namely 75.0%. Therefore, mothers who have poor knowledge will be 4 times more likely to have toddlers with poor nutritional status

compared to mothers who have good knowledge of the nutritional status of toddlers, while mothers who have low education will be 3 times more likely to have toddlers with poor nutritional status compared to mothers who have poor nutritional status. higher education on the nutritional status of toddlers.

The results of this research are in line with research by Erlinda, (2018), there is a relationship between mothers' knowledge about menu preparation and the nutritional status of toddlers in Kemiri Village, Kaloran District, Temanggung Regency. The respective significance value is 0.000, which means less than 0.05 (0.000). This means that knowledge has a relationship with the nutritional status of toddlers. This shows that maternal knowledge about nutrition influences the nutritional status of toddlers. (Susilowati & Himawati, (2017) The results of the chi square analysis showed a significant p value = 0.006, because the p value < 0.05, statistically there is a significant relationship between the mother's level of knowledge about toddler nutrition and the nutritional status of toddlers.

Based on research, it was found that 53 respondents (55%) had a good level of knowledge. This shows that the majority of respondents have good knowledge about the nutritional needs of toddlers. Based on the reality in the field, mothers with good knowledge about the nutritional needs of toddlers tend to have children who also have good nutritional status. This is related to the mother's understanding of the benefits and functions of nutritious food for the growth and development of her toddler. Knowledge based on proper understanding will foster new expected behavior.

Based on several studies above, it can be concluded that there is a relationship between maternal knowledge about food presentation and changes in appetite in stunted children. However, it is necessary to investigate further the relationship between maternal knowledge about food presentation and changes in appetite in stunted children, therefore researchers are interested in carrying out this final project. with the title "The relationship between maternal knowledge about serving food and changes in appetite in stunted children in the work area of the Loka Bantaeng Community Health Center".

MATERIALS AND METHODS

The design used in this research is a cross-sectional study, which is a study that simultaneously collects independent variables/factors that cause risk factors and dependent variables that influence factors. In cross-sectional research, the researcher

observes or measures variables at a certain point in time, meaning that each subject is observed only once and the subject's variables are measured at the point of observation. In cross-sectional studies, researchers do not control the measurements taken. (Notoatmodjo, 2021).

This study aims to determine the relationship between maternal knowledge and appetite in stunted children. The population in the study were mothers who had stunted children in the work area of the Loka Bantaeng Community Health Center. The number of samples in this research was 36 samples obtained using the formula according to Isac and Michael. In this study, the sampling technique used is probability sampling using simple random sampling techniques. Which means probability sampling is a sampling technique that provides an equal opportunity for each element (member) of the population to be selected as a member of the sample. Simple random sampling is said to be simple because the sampling of sample members from the population is carried out randomly without paying attention to the strata in the population. This method is used if members of the population are considered homogeneous. (Sugiyono, 2019) In this research, the instrument used for data collection was a questionnaire sheet. This research has received approval from the ethics commission of Stikes Panrita Husada Bulukumba with No: 000410/KEP Stikes Panrita Husada Bulukumba/2023 KODE ETIK 000410/KEP Stikes panrita husada bulukumba 2023.

RESULTS

Based on the table 1, it can be seen that the majority of mothers' jobs are housewives, 22 people (61.1%) and the least number of mothers are self-employed, 4 people (11.1%). it can be seen that the mother's education is at most elementary school, 21 people (58.3%) and the mother's education is at least high school, 7 people (19.4%). it can be seen that from the 36 respondents, it can be seen that the maximum number of children per family is 3, 18 (50.0%) and the number of children per family is at least 2, 7 (19.4%).

Table 1. Frequency distribution of employment, education and number of mothers' children at the Loka Bantaeng health center

Karakteristik	Frekuensi (N)	Persentasi (%)
Work		
IRT	22	61,1
Farmer	10	27,8
Self-employed	4	11,1
Pendidikan		

SD	21	58,3
SMP	8	22,2
SMA/SMK	7	19,4
Number of children		
2 person	7	19.4
3 person	18	50.0
4 person	11	30.6

Based on the table 2, it can be seen that mothers' knowledge in serving food to stunted children is in the good category for 16 people (44.4%) and in the poor category for 20 people (55.6%).

Table 2. Frequency distribution of mothers' knowledge about serving food to children in the local health center working area

Mother's Knowledge About serving food to children	Frekuensi (<i>N</i>)	Percent (%)
Enough	16	44.4
not enough	20	55.6
Total	36	100

Based on the table 3, it can be seen that 10 stunted children have an appetite in the good category (27.8%), 12 stunted children (33.3%) have a moderate appetite and 12 stunted children have an appetite in the poor category (38.9%).)

Table 3 Frequency distribution of appetite in stunted children in the working area of the Loka Bantaeng Community Health Center

Appetite in stunted children	Frekuensi (<i>N</i>)	Present (%)
Good	10	27.8
Enough	12	33.3
Not enough	14	38.9
Total	36	100

Table 4 The relationship between maternal knowledge about food presentation and appetite in stunted children in the Loka Bantaeng Community Health Center working area

Appetite in stunted children									
Mother's knowledge	Good		Enough		Not enough		Total		p
	N	%	N	%	N	%	N	%	
Enough	0	0.0	12	75.0	4	25.0	16	100	0,023
Not enough	10	50.0	0	0.0	10	50.0	20	100	
Total	10	27.8	12	33.3	14	38.9	36	100	

Based on the table above, it shows that of the 36 respondents, it was found that mothers' knowledge was sufficient with good appetite for stunted children, 0 (0%), 12 mothers' knowledge was sufficient with adequate appetite for stunted children (75%), mothers' knowledge was sufficient with poor appetite, 4 people (25%) then for mothers' lack of knowledge regarding stunting children's appetite is good 10 people (50%) while for mothers' lack of knowledge and stunting children's appetite is quite 0

(0%) then for mothers' knowledge is poor and stunting children's appetite is poor 10 people (50%).

Based on the results of the analysis using the Kolmogorof alternative chi square statistical test, the p value = $0.023 < 0.05$. So, based on these final results, it can be concluded that there is a relationship between mothers' knowledge about serving food to children and appetite in stunted children in the work area of the Loka Bantaeng Community Health Center.

CONCLUSIONS

Based on the results of research using statistical tests, there is a relationship between maternal knowledge about food presentation and appetite in stunted children. Mother's knowledge about serving food to those who have stunted children in the work area of the Loka Bantaeng Community Health Center with 16 people in the enough category and 20 people in the less category. The appetite of 10 stunted children is classified as good, 12 people have good appetite and 14 people have poor appetite. There is a relationship between the mother's knowledge about serving food and the appetite of a stunted child

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