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The relationship of knowledge, parenting and economy in stunting prevention

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ABSTRACT

Stunting is a serious public health problem, especially in developing countries, including Indonesia. This study aims to examine the relationship between parental knowledge, parenting patterns, and economic conditions in efforts to prevent stunting in children. The results showed a significant correlation between parental knowledge about nutrition and healthy parenting practices. Parents with better knowledge tend to practice better parenting, such as providing nutritious food and better health care for their children. In addition, family economics also plays an important role in stunting prevention. Families with stable economic conditions have better access to quality food and health services necessary for optimal child growth and development. This study underscores the importance of education and counselling to parents on nutrition and healthy parenting as the first step in stunting prevention. In addition, efforts to improve families' access to economic resources are also needed to address this stunting issue. Awareness, education and social support are important factors in ensuring that children grow well and avoid stunting.

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INTRODUCTION

Stunting is a nutritional problem experienced by toddlers in the world today due to malnutrition, especially in the period of growth and development early in their lives. *The United Nations Children's Fund* (UNICEF) and *the World Health Organization* (WHO) suggest there are three types of nutritional problems in toddlers, one of which is stunting. The problem of stunting in toddlers is the most critical malnutrition problem globally because based on the global level shows more than 2 million deaths in toddlers worldwide caused by stunting. Globally, in 2018 the prevalence of stunting occurred in approximately 149 million children under the age of five or around 21.9%. In 2018, data on the prevalence of stunting children under five based on the *World Health Organization (*WHO) stated that Indonesia is included in the third country with the highest prevalence of stunting rates, especially in the *South-East Asian Region* after Timor Leste (50.5%), India (38.4%) and Indonesia 36.4% (Data and Information Center of the Ministry of Health, 2018).

Parenting is the attitude of parents in interacting with their children. Parenting is a parenting procedure in educating and raising children. Each parent has their own way of applying parenting, for example interacting with each other in educating, nurturing and guiding their children. A child needs good parenting in the form of treatment and attention from parents, especially for children who have special needs. Some children who have special needs cannot live independently, they need more supervision and attention (Putri, 2019).

The level of knowledge of maternal nutrition will affect her attitude and behavior in choosing food and have an impact on the nutritional status of children. The incidence of stunting in children under five is related to their nutritional intake. Mothers have an important role in changing and changing nutritional input in children under five.

According to several studies, the factor causing stunting is the lack of maternal parenting for toddlers, namely in feeding practices, psychosocial stimulation, hygiene practices, environmental sanitation and the use of health services. The problem of stunting in general is the parenting style of mothers who provide food intake to toddlers is not good or the mistake of parents who provide food intake to their toddlers so that it causes chronic diseases or can increase the risk of infectious diseases in toddlers who are stunted (Rahmayana, Ibrahim, &; Damayati, 2014).

Previous research was Diki Prayugo Wibowo (2023) Maternal parenting and feeding patterns are associated with stunting. The results of the study are maternal parenting and feeding patterns are risk factors for stunting in toddlers. Poor maternal parenting has a 2.9 times chance of stunting toddlers and improper feeding patterns have a 3.3 times chance of stunting toddlers. Furthermore, Adinda Yustika Seftani (2021) Parenting patterns for toddlers in efforts to prevent stunting. The results of the research are the results of research conducted on factors related to toddler parenting in efforts to prevent stunting in Guntur Village, Guntur District, Demak Regency in 2021 it can be concluded that there is a relationship between maternal nutrition knowledge, maternal education, maternal age, family economic status, family support, health worker support and access to health information with toddler parenting in stunting prevention efforts. There is no relationship between cultural values, community support, and access to health services with the parenting of toddlers in stunting prevention efforts.

This research has differences with previous studies, namely, this study has a broader focus, namely examining the relationship between knowledge, parenting, and economics in stunting prevention efforts. In this study, knowledge, parenting, and economic aspects were linked to see the impact on stunting.

RESEARCH METHOD

The research method used in this study is the literature study method. This approach involves searching, selecting, and critically analyzing literature sources relevant to the research objectives. The initial stage of research involves identifying an in-depth research topic and the research question to be answered. Next, we conduct literature searches using academic databases, digital libraries, and other related literature sources. After gathering the relevant literature, we conduct a critical evaluation of each source, assessing the quality of the research methodology, accuracy of the data, and relevance to our research question. The information drawn from the literature is then synthesized into a comprehensive analysis and answers our research questions. This literature study approach provides a solid theoretical foundation for these studies and allows us to understand current developments and findings in our research domain without the need to conduct additional empirical research.

RESULTS AND DISCUSSIONS

Table 1. The relationship between maternal knowledge and stunting prevention

Article	Findings
Prabawati, E., & Andriani, R. (2021)	The characteristics of respondents based on the most knowledge are those with less knowledge at 58.4% and respondents who are stunted at 43.8% and the results of statistical tests using chi-square obtained a value of P = 0.002 or P value
Murti, L. M., Budiani, N. N., & Darmapatni, M. W. G. (2020)	Respondents who have less knowledge about stunting toddler nutrition (68.3%) and the frequency of stunted toddlers is 51.2%. The results of the statistical test (chi square) obtained p value is 0.001 which means p value < α (0.05), from these results it is concluded that there is a significant relationship between maternal knowledge and the incidence of stunting in toddlers.
Amalia, I. D., Lubis, D. P. U., & Khoeriyah, S. M. (2021).	It was found that the frequency of maternal knowledge about undernutrition was 52.2% and toddlers were stunted as many as 58 toddlers (44.6%) from these results it was concluded that there was a relationship between maternal knowledge and the incidence of stunting in toddlers.
Rahmayanti, S. D., Dewi, S., &; Fitriani, H. (2020).	An overview of knowledge is less than (77.1%) and toddlers who are stunted by 61.2%, this proves that there is a relationship between maternal knowledge and maternal attitudes towards the incidence of stunting in children aged 2-4 years.
Safira, B. (2019).	The characteristics of respondents based on the most knowledge are those with less knowledge as much as 50% and the incidence of stunting as much as 33.3% the conclusion is that there is a relationship between maternal knowledge and the incidence of stunting in toddlers with a value of p = 0.008

This table contains information about the findings of several studies that tried to identify the relationship between maternal knowledge about toddler nutrition and the incidence of stunting in toddlers. Each entry in this table presents the characteristics of respondents, the percentage of maternal knowledge about toddler nutrition, the percentage of stunting incidence in toddlers, as well as the results of statistical tests, especially the chi-square test, which is used to assess the relationship between maternal knowledge and stunting incidence. Here is an explanation for each piece of information presented in the table as well as its purpose:

Prabawati, E., & Andriani, R. (2021):

a. Respondent Characteristics: This information includes the fact that 58.4% of respondents have less knowledge about toddler nutrition, and 43.8% of respondents have toddlers who are stunted.
b. Objective: This information aims to describe the mother's level of knowledge about toddler nutrition and how many toddlers are stunted in the sample. The results of statistical tests with chi-square were used to assess whether there was a significant relationship between maternal knowledge and stunting in toddlers.

Murti, L. M., Budiani, N. N., & Darmapatni, M. W. G. (2020):

a. Characteristics of Respondents: Showed that 68.3% of respondents had less knowledge about toddler nutrition, and 51.2% of toddlers were stunted.
b. Objective: This data provides an overview of maternal knowledge about infant nutrition and stunting rates in toddlers in the sample. The results of the chi-square test showed a significant relationship between maternal knowledge and stunting in toddlers.

Amalia, I. D., Lubis, D. P. U., & Khuriyah, S. M. (2021):

a. Characteristics of Respondents: 52.2% of respondents had less knowledge about toddler nutrition, and 44.6% of toddlers in the sample were stunted.
b. Objective: This information aims to show the level of knowledge of mothers about toddler nutrition and stunting rates in toddlers. The conclusion implies that there is a relationship between maternal knowledge and stunting in toddlers.

Rahmayanti, S. D., Dewi, S., & Fitriani, H. (2020):

a. Characteristics of Respondents: Revealed that most respondents (77.1%) have less knowledge, and 61.2% of toddlers are stunted.
b. Objective: This information reflects mothers' knowledge of toddler nutrition and its relationship to maternal attitudes toward stunting in children aged 2-4 years.

Safira, B. (2019):

a. Characteristics of Respondents: Mentioned that 50% of respondents have less knowledge, and 33.3% of toddlers are stunted.
b. Objective: This data shows the level of maternal knowledge about infant nutrition and stunting rates in toddlers in the sample. The conclusion is that there is a relationship between maternal knowledge and the incidence of stunting in toddlers, with a p value = 0.008.

The purpose of this table is to present findings from various studies that have been conducted regarding the relationship between maternal knowledge about toddler nutrition and the incidence of stunting in toddlers. This information can aid in understanding of factors that may contribute to stunting in toddlers and encourage efforts to increase maternal knowledge about infant nutrition.

Table 2. The relationship between parenting and stunting prevention

Article	Findings
Yuliana Dewi Putra, H.Fahrurazi, Mahmudah (2020)	The results of bivariate analysis showed that there was a relationship between parenting variables (feeding practices p-value = 0.018, psychosocial stimuli p value = 0.001, hygiene practices p value = 0.000 and health service utilization p value = 0.0013) with the incidence of stunting.
Nophthalina, E., Mayetti, M., Afriwardi & (2019).	The results of the statistical analysis test showed that there was a significant relationship between eating style, hygiene care, health care and psychosocial stimulation parenting with the incidence of stunting where the p value < 0.05
Fadilah, S. N. N., Ningtyias, F. W., & Sulistiyani, S. (2020).	Data analysis using chi square with a degree of significance of 95% (p > 0.05) showed no relationship between height, psychosocial stimulation, and the incidence of diarrhea with the incidence of stunting while there was a relationship between parenting, feeding and health services with the incidence of stunting in toddlers (p < 0.05)
Nurmalasari, Y., Yudhasena, N., & Utami, D. (2019).	There is a relationship between the variables of feeding practices with p-value = 0.018, psychosocial stimuli with p-value = 0.001, hygiene practices with p-value = 0.000, environmental sanitation with p-value = 0.002, and health service utilization with p-value = 0.013 with stunting events.
Bella, F. D., Fajar, N. A., &; Misnaniarti, M. (2020).	The results showed that the proportion of stunting under five was 29%, showing a significant relationship between feeding habits (p-value = 0.000), parenting habits (p-value = 0.001), hygiene habits (p-value = 0.021) and health service habits (p-value = 0.000) with the incidence of stunting under five.

This table presents findings from several studies that focus on the relationship between various factors or variables, such as parenting, feeding, hygiene, health services, psychosocial stimuli, and others, with the incidence of stunting in toddlers. Here is an explanation for each piece of information presented in the table as well as its purpose:

Yuliana Dewi Putra, H. Fahrurazi, Mahmudah (2020):

a. Bivariate Analysis Results: This study shows a relationship between several variables, including parenting in feeding, psychosocial stimulation, hygiene practices, and health service utilization with the incidence of stunting.
b. Objective: The aim is to identify the relationship between these variables and the incidence of stunting, as well as provide information on the extent to which these factors influence stunting in toddlers.

Noftalin, E., Mayetti, M., & Afriwardi, A. (2019):

a. Statistical Analysis Test Results: This study shows a meaningful relationship between parenting in terms of feeding, hygiene, health, and psychosocial stimulation with the incidence of stunting.
b. Objective: The aim is to show that these factors have a significant effect on the incidence of stunting in toddlers, with a p value lower than 0.05 as an indicator of significance.

Fadilah, S. N. N., Ningtyias, F. W., & Sulistiyani, S. (2020):

a. Data Analysis Using Chi-Square: This study shows that there is a relationship between parenting in terms of feeding and health services with the incidence of stunting in toddlers.
b. Objective: The aim is to assess the impact of feeding and health care variables on the incidence of stunting in toddlers by comparing p values with a 95% significance level.

Nurmalasari, Y., Yudhasena, N., & Utami, D. (2019):

a. Analysis Results: This study shows the relationship between various variables, such as feeding practices, psychosocial stimuli, hygiene/hygiene practices, environmental sanitation, and health service utilization with the incidence of stunting.
b. Objective: The aim is to understand the relationship between these practices and factors and the incidence of stunting in toddlers.

Bella, F. D., Fajar, N. A., & Misnaniarti, M. (2020):

a. Research Results: This study shows that habits in feeding, nurturing, hygiene, and health services are associated with the incidence of stunting under five, with low p values.
b. Objective: The aim was to identify a significant association between these habits and stunting in toddlers, highlighted by low p-values.

The purpose of this table is to present the findings of various studies that try to identify factors that contribute to the incidence of stunting in toddlers. These results can be used as a basis for designing interventions and programs aimed at reducing the incidence of stunting in children under five.

Table 3. Relationship between family economic status and stunting prevention

Article	Findings
Agustin, L., &; Rahmawati, D. (2021).	The results showed that 76% of stunted families have incomes below the regional minimum wage, while 36% of non-stunted families have incomes below the UMR. Statistically, family income is associated with the incidence of stunting p = 0.004 (OR= 0.178; 95% CI 0.052 to 0.607).
Wardani, D. W., Suharmanto, S., & Wulandari, M. (2020).	The results of the analysis of the relationship between family food insecurity and stunting get a p-value of < 0.001 and a value of C = 0.415 which means that there is a close relationship between family food insecurity and the incidence of stunting in toddlers.
Fadilah, T. N., Dinengsih, S., & Choirunissa, R. (2021).	From the results of the chi-square statistical test obtained p value = 0.047 (p< 0.05) there is a significant relationship between rheumatoid arthritis pain and the level of independence of the elderly in the working area of the Klasaman Health Center in Sorong City.
Nurmayasanti, A., &; Mahmudiono, T. (2019).	The test results using the SPSS program version 22 using the Chi Square Test, with a significant degree of meaning α = 0, obtained a p value of 0.000 < from α = 0.05.

Article	Findings
Sutarto, S. T. T., & Ratna, D. P. S. (2020).	The results of statistical tests show that there is a significant relationship between maternal education level and family income on the incidence of stunting in toddlers in the work area of Way Urang Health Center. The results of the chi square test obtained a p value of 0.008 (p

This table contains findings from several studies that explore the relationship between various factors or variables with the incidence of stunting in toddlers. Here is an explanation for each piece of information presented in the table and its purpose:

Agustin, L., &; Rahmawati, D. (2021):

a. Research Results: Shows that 76% of under-five families who are stunted have incomes below the Regional Minimum Wage (UMR), while only 36% of families who are not stunted have incomes below the UMR.
b. Objective: The aim is to highlight the relationship between family income levels and the incidence of stunting in toddlers. Statistical results with p value = 0.004 show that family income is significantly associated with the incidence of stunting.

Wardani, D. W., Suharmanto, S., & Wulandari, M. (2020):

a. Analysis Results: Shows that there is a close relationship between family food insecurity and stunting incidence in toddlers, with a p-value of < 0.001 and a value of C = 0.415.
b. Objective: The aim was to identify an association between family food insecurity and the incidence of stunting in toddlers, and statistical results showed a significant association.

Fadilah, T. N., Dinengsih, S., & Choirunissa, R. (2021):

a. Statistical Test Results: Stated that there was a significant relationship between rheumatoid arthritis pain and the level of independence of the elderly in the working area of the Klasaman Health Center in Sorong City, with a value of p = 0.047 (p < 0.05).
b. Objective: The goal was to show an association between rheumatoid arthritis pain and the level of independence of the elderly, as well as statistical results showing a significant association.

Nurmayasanti, A., & Mahmudiono, T. (2019):

a. Test Result: The test result using SPSS program version 22 with Chi-Square Test shows a p-value of 0.000, which is lower than the significance level of α = 0.05.
b. Objective: The aim is to highlight statistical test results that show that there is a significant relationship between the variables tested and the observed results.

Agreed, S. T. T., & Ratna, D. P. S. (2020):

a. Statistical Test Results: Shows that there is a significant relationship between maternal education level and family income with the incidence of stunting in toddlers in the work area of Puskesmas Way Urang, with a p-value of 0.008.
b. Objective: The goal was to identify an association between maternal education level and family income and the incidence of stunting in toddlers, and chi-square test results showed a significant association.

The purpose of this table is to present the findings of various studies that try to identify factors that contribute to the incidence of stunting in toddlers. This information is useful for understanding the relationship between various variables and stunting and can help in designing more effective policies and interventions to address this problem.

Discussion

Nutritional knowledge is the mother's knowledge about nutrition which is very influential on the growth of children. The mother's knowledge of toddler nutrition is very important for the process of growth and development of her child. Mothers have a big role in the progress of their

toddlers' growth and development from proper stimulation and parenting, and regulate balanced nutritional intake patterns for their toddlers. Parents' knowledge of nutrition helps improve nutritional status in children to reach growth maturity (Murti et al., 2020)

Lack of maternal nutritional knowledge can be one of the determinants of toddler nutritional status because it determines the attitude or behavior of mothers in choosing food to be consumed by toddlers. Mothers who have less knowledge of toddler nutrition tend to provide less nutritional intake for their children so that it will have an impact on their children experiencing nutritional problems such as child stunting. (Murti et al., 2020)

Knowledge about nutrition is influenced by several supporting factors including age, educational history, and employment status of the mother. Where the older a person is, the process of mental development and experience will be good, intelligence or the ability to learn and think to adjust to new situations and education is fundamental to develop knowledge and experience and is also the best teacher in honing knowledge which then the job determines whether or not enough time is needed by mothers in caring for toddlers.

The results of research from 5 existing artifacts show that parenting based on feeding practices has a significant relationship with the incidence of stunting. Toddlers who have less feeding practices have a 4,664 times greater risk of becoming stunted compared to families who have good feeding parenting. This is supported by Loya & Nuryanto's (2017) research that the wrong parenting style will potentially cause stunting. Toddler food intake needs to be a priority because toddlerhood is the right period for growth and development. This is also in line with what was conveyed by (Hadianty, 2019) in his research which said that the frequency of feeding is low, giving it when sick and after illness, food consistency needs attention

Research conducted by Yudianti (2016), states that the better the mother's parenting, the fewer stunted children will be, on the other hand, if the worse the mother's parenting, the more parents who have stunted children. Good parenting will affect how mothers practice, behave or behave in caring for children. The intended behavior of mothers is how the mother's behavior in providing nutritional intake, maintaining cleanliness or hygiene for children, maintaining children's environmental sanitation and how mothers utilize health facility infrastructure related to the needs of their children.

The researcher's assumption in this review is that the relationship between parenting and the incidence of stunting is influenced by many factors, namely low energy and protein intake, low economic status, low parental education and infectious diseases (Mugianti, et al. 2018). Then, stunting can be influenced by limited health services including health services for mothers during pregnancy, lack of household/family access to nutritious food and lack of access to clean water or sanitation (TNP2KK, 2017). According to Nurapriyanti's research (2015), it can be caused by the presence of infectious diseases, the risk of lack of nutritious intake, food security, environmental health, history of exclusive breastfeeding, parental education level, parental knowledge level, employment level, parental income level and number of family members.

Based on 5 journals that have been reviewed, the results say that there is a relationship between family economic status and the incidence of stunting in toddlers, in article 1 obtained a value of $p = 0.004 < \alpha\ 0.05$. In article 2, p-value $= 0.001 < \alpha\ 0.05$ is obtained. In article 3 obtained a value ($p < \alpha\ 0.05$. In article 5 obtained $p = 0.048 < \alpha\ 0.05$. These results show that there is a relationship between family economic status and the incidence of stunting in toddlers.

These results are supported by the results of data analysis that shows a relationship between socioeconomic factors (education and income) on the incidence of stunting in children under five. Low socioeconomic factors, including education and low income, will cause socioeconomic stratification in society which will ultimately result in differences in access to health infrastructure. This difference in access will cause differences in the chances of disease and death, including stunting in toddlers. The results of this study are in accordance with research that also

found that low family income, low maternal education level, and poor maternal nutrition knowledge are factors associated with cases of stunting toddlers (Ni'mah, et al., 2015).

Based on the results of research and theory, researchers can assume, the level of family income shows a relationship with the incidence of stunting. Low-income families are at risk of stunting in toddlers. Families with good economic status will get better public services such as education, health services and others so that it can affect the nutritional status of children. In addition, the purchasing power of families will increase so that family access to food will be better.

CONCLUSION

This study revealed several significant findings related to the incidence of stunting in toddlers. First, it was found that there is a strong relationship between maternal knowledge about nutrition and the incidence of stunting in children. Mothers who have better knowledge about nutrition tend to have children at lower risk of stunting. Furthermore, parenting related to feeding also has an important role in the incidence of stunting in children. Children who receive inadequate parenting have a higher risk of stunting. Thus, the role of parents in providing balanced nutrition to their children is key in preventing stunting. In addition, the level of family income also turned out to have a significant impact on the incidence of stunting. Low-income families tend to have a higher risk of stunting in toddlers. These economic factors also affect family access to public services, such as education and health services, which can address the problem of stunting in children. Therefore, efforts to overcome stunting also need to pay attention to the socioeconomic aspects of families. Taken together, these findings demonstrate the complexity of the stunting problem and emphasize the importance of education, access to health services, and the role of parents in preventing stunting in toddlers

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