

The influence of peer education on mother's self efficacy in providing nutrition with the nutritional status of toddlers in the Sei Musam Langkat

Kismi Asih Adethia¹, Ingka Kristina Pangaribuan², Debby Mayang Sari³, Ade Rachmat⁴,
Mesrida Simarmata⁵

^{1,2,3,4,5} Bachelor Midwifery, STIKes Mitra Husada Medan, Medan, Indonesia

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ABSTRACT

Infancy is the most important phase. Toddlers who don't get good nutrition can cause growth and development disorders. Self-efficacy is the belief and ability of a mother in providing nutrition. The low self-efficacy is due to the mother's lack of knowledge, the mother is not confident in her abilities. Efforts that can be made to increase self-efficacy by using a peer education approach are carried out with peer discussions so that mothers of toddlers can share and absorb information about providing nutrition. Aim: analyzing the Effect of Peer Education on Mother's Self Efficacy in Providing Nutrition with Toddler Nutritional Status. Method: This research uses a quasi-experimental research design with a pre-experimental design, one group pre-test and post-test design. Results: Education: majority of high school 61 people (82.4%), Occupation: Majority of housewives 48 people (64.9%), self efficacy majority not good 45 people (60.8%) Conclusion: The Influence of Peer Education on Mother's Self Efficacy in Providing Nutrition with the Nutritional Status of Toddlers

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Corresponding Author:

Ingka Kristina pangaribuan,
Undergruade Study Program,
STIKes Mitra Husada Medan,
Jl. Pintu Air IV Pasar 8 Kel. Kwala Bekala Kec. Medan Johor, Medan, 20142, Indonesia
Email: Ingka.kristina@gmail.com

INTRODUCTION

Children are the next generation of a nation which of course is responsible for realizing the ideals of national development goals. Based on data from the Central Statistics Agency (BPS), the number of Indonesian children is 29.15-31.56% of the entire Indonesian population. During the process of growth and development of toddlers, nutritional needs are very important according to the age of the toddler. In East Java, 3 areas have the potential to be affected by stunting, namely Malang Regency, Jember and Surabaya City (Nadhiroh et al., 2022). This can be obtained through the provision of good quality and quantity of food, so that the child's growth and development is normal and not susceptible to infection. globally, 149.2 million children under the age of 5 years are stunted, 45.4 million are underweight, and 38.9 million are overweight. The number of children with stunting is declining in all regions except Africa. More than half of all wasted children live in

South Asia, more than three quarters of all severely wasted children. Based on the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting is 21.6%, the prevalence of wasting is 7.7%, the prevalence is underweight 17.1%, and overweight is 3.5%. Indonesia ranks 5th for the country with the highest stunting prevalence. In Poso, stunting often occurs in toddlers aged 24-59 years, namely 47.7 % (Hatijar, 2023) (Pangaribuan, Simanullang, et al., 2020). Langkat Regency has 18.32% stunted children in 2021.

Self-efficacy is a person's belief that they can change and regulate certain behaviors in the hope of achieving the desired goals. Mothers are primary care who have a direct relationship in the care and feeding of children, mothers have an important role for the growth and development of toddlers. The ability of the mother regarding nutritional needs, the method of feeding, and the feeding schedule will greatly determine the nutritional status of the child. One of the benefits of stunting is increasing knowledge and behavior (Rahman et al., 2023). During Covid 19, the method of increasing promotional knowledge was through the media to prevent stunting (Rita Kirana, Aprianti, 2022). One of the causes of undernutrition, malnutrition and overnutrition is that mothers are not confident in their ability to provide healthy nutrition so mothers pay less attention to their children's diet. In fact, good nutrition can be given from infancy by giving exclusive breast milk. This can be done well if there is education (Rahmadani & Sutrisna, 2022). From the results of research by Angio and Cobalt, 2018 in Semarang, it was stated that there was an influence of peer education on the self-efficacy and motivation of breastfeeding mothers in providing breast milk (Cobalt Angio, 2018). According to Rosenblad et al in 2022 in Sweden, good efficacy in mothers who have premature babies can increase mothers' confidence in giving breast milk to their premature babies (Rosenblad & Funkquist, 2022). This education on exclusive breastfeeding would be better carried out during pregnancy (Mardiyah et al., 2019). In Yogyakarta, self-education is carried out for pregnant women in the third trimester (Sari & Hanafi, 2019). From the results of Suyami's 2017 research, there is a relationship between the efficacy of exclusive breastfeeding for mothers who have low birth weight (Suyami, 2017). The stunting rate in Langkat Regency still has not reached the government's target of 14%. In Sei Musam Village, based on initial survey data, it was found that 2 children were experiencing malnutrition, with the results of interviews with mothers stating that there was a lack of discussion friends to fulfill nutritional requirements for children. Mercer's theory states that mothers who have high self-efficacy will increase their motivation to provide adequate nutrition. Good. Good motivation and self-efficacy will increase the mother's role and attitude in providing nutrition for her child so that the child's nutritional status can be met (Rusdiana & Maria, 2020). On the other hand, maternal self-efficacy is not related to maternal anxiety and stress (Léniz-Maturana et al., 2022). Mother's self-efficacy also has no impact on father's influence (Samper-García et al., 2021) (Germain et al., 2022)

Increasing self-efficacy regarding providing nutrition to toddlers can be done by increasing the mother's knowledge about providing nutrition. According to Solikhah and Ardiani 2022, there is a relationship between self-efficacy and nutrition for toddlers (Solikhah & Ardiani, 2019). There is an influence of providing peer efficacy in pregnant women's classes (Rusdiana & Maria, 2020). Increasing knowledge can be done by providing education using a peer education approach. Likewise, providing education to postpartum mothers about treating perineal wounds using red ginger boiled water increases the knowledge of postpartum mothers and changes the behavior of postpartum mothers (Simarmata et al., 2023)

Providing Peer Group Method Health Education regarding personal hygiene during menstruation has proven to be effective (Rofi'ah, 2017) (Folayan et al., 2023). In Yogyakarta, a policy has been made to provide education to cadres to prevent stunting (Purwanti et al., 2022). Even in Kerawang, communication collaboration was carried out to prevent stunting (Ipan et al., 2021). In Tomohon, it has been proven that maternal efficacy can prevent stunting (Anastasia Terok & Pongantung, 2023). The peer education approach method is carried out by discussing with peers so that mothers can share and absorb information about providing good and correct nutrition. The

difference between this research and previous research is that in the previous research, it mostly examined the influence of efficacy on providing breast milk to fulfill nutritional requirements for babies, whereas this research looked at how efficacy is able to increase mothers' self-confidence to be able to provide nutrition for toddlers so as to avoid stunting

RESEARCH METHOD

This research uses a quasi-experimental research design with a pre-experimental design, one group pre-test and post-test design. The population in this study were 74 mothers of toddlers in Sei Musam Plantation Village who had toddlers. With this population size, the sample calculation in this study used total sampling where the entire population was used as a sample so that the total sample was 74 mothers. The data were analyzed univariately, namely editing, coding, tabulating and creating a frequency distribution table.

RESULTS AND DISCUSSIONS

The results of this study are as shown in table 1:

Table1. Frequency distribution of respondent characteristics in sei musam village, langkat regency, 2023

Category	Frequency	Persentase (%)
Education		
SMP	61	12,3
SMU	20	82,4
Sarjana	4	5,4
Total	74	100
Occupation		
Housewife	48	64,9
General employees	15	20,3
Government employees	11	14,9
Total	74	100
Self Efficacy		
Good	29	39,2
Not Good	45	60,8
Total	74	100

Based on table 1, the results also show that the characteristics of respondents according to formal educational background are the majority, namely high school (SMA) as many as 61 people (82.4%), junior high school education as many as 9 people (12.2%) and undergraduate as many as 4 people (5.4%) and for mother's work the majority are housewives as many as 48 people (64.9%), as entrepreneurs as many as 15 people (20.3%) and as many as 11 employees (14.9%). the results of self-efficacy for the majority of mothers had bad self-efficacy as many as 45 mothers (60.8%) and not good as many as 29 people (39.2%).

Table 2 The effect of peer education on mother's knowledge in providing nutrition in sei musam plantation village, Langkat Regency in 2023

	Mean	N	Std.Deviation	Std.Error Mean
Pair 1				
Pre Test Intervensi	60.41	37	10.566	1.737
Post Test Intervensi	84.59	37	7.489	1.231
Pair 2				
Pre Test Kontrol	54.05	37	8.066	1.326
Post Test Kontrol	71.11	37	8.276	1.361

Based on the table, it can be seen that the average before being given peer group education, the mother's knowledge was 60.41 and after the intervention, the mother's knowledge was 84.59.

Table 3. The influence of peer education on mother's self-efficacy in providing nutrition in sei musam plantation village, Langkat regency in 2023

		Mean	N	Std.Deviation	Std.Error Mean
Pair 1	Pre Test Intervensi	58.86	37	11.146	1.832
	Post Test Intervensi	83.30	37	8.650	1.422
Pair 2	Pre Test Kontrol	54.81	37	8.452	1.389
	Post Test Kontrol	63.57	37	10.208	1.678

Based on the table, it can be seen that the lower average before being given peer group education, the mother's knowledge was 58.86 and after the intervention was carried out, the mother's self-efficacy was 83.30.

The Influence of Peer Education on Mothers' Knowledge in Providing Nutrition in Sei Musam Plantation Village, Langkat Regency in 2023

Peer Education or peer education is education that has been previously trained and has the task of providing health education to its group mates. Peer education is needed because peer education uses almost the same language so that information can be easily understood by peers, besides that peers easily express their thoughts and feelings in peer education so that sensitive messages can be discussed more openly and relaxed

This study is supported by (Rusdiana & Maria, 2020) the results of the T-Test analysis for the effect of peer education on knowledge of pregnancy care at a significance level of $p < 0.05$, $p = 0.000 < 0.05$, which means H_0 is rejected. Based on this explanation, it can be concluded that there is an effect of peer education on knowledge of pregnancy care in the class of pregnant women.

These results are in line with research conducted by (Rofi'ah, 2017) (Pangaribuan, Sari, et al., 2020) regarding the effectiveness of the peer education method of health education in increasing personal hygiene knowledge and attitudes. The results showed that before being given health education using the peer group method, 33.8% of the level of knowledge of female adolescents about personal hygiene during menstruation was in the unfavorable category and 50% in attitudes that were not supportive. After being given health education using the peer group method, 98.5% of the knowledge level of young women about personal hygiene during menstruation was in the good category and 94.1% had a supportive attitude. Health education using the peer group method was effective for the level of knowledge (p value 0.001) and attitude (p value 0.001) about personal hygiene during menstruation. According to Simarmata, 2020, health education is effective in providing knowledge of modern wound care so that changing a person's behavior can carry out modern wound care (Simarmata, 2020).

Knowledge can form a supportive attitude and will influence mothers to behave well in the provision of nutrition for toddlers' nutritional status. Knowledge can be increased by a group learning process with peers (peer group). This is in line with the results of a study conducted by Kurniawan and Pibriyanti (2017) which resulted in 83.8% having good nutrition. Apart from that, it is also supported by research (5) which shows that there is a significant relationship between giving MP-ASI and the nutritional status of toddlers. This can give an idea that the nutritional status of toddlers is related to the mother's feeding. Inappropriate feeding by the mother can cause malnutrition and excessive feeding can also result in overweight toddlers

The Effect of Peer Education on Mother's Self-Efficacy in Providing Nutrition in Sei Musam Plantation Village, Langkat Regency in 2023

Based on the research results, the sig (2 tailed) value was $0.000 < 0.005$, so it can be concluded that there is a difference in the average self-efficacy of mothers for the pre-test intervention and the post-test intervention. Before being given peer group education, the mother's knowledge was 58.86 and after the intervention the mother's self-efficacy was 83.30.

Self-efficacy is a person's belief that they can change and regulate certain behavior with the aim of achieving the expected goals. The mother is the primary care provider who has direct

involvement in caring for and feeding the child, therefore the mother has a very important role in meeting the child's needs. The mother plays a role as a nutrition provider who plans a variety of foods, provides a menu list, and identifies the child's nutritional needs. Correct feeding habits are very important for the survival, growth, development and nutrition of children. Mother's self-awareness regarding nutritional needs, how to feed, and feeding schedule play an important role in determining child nutrition. Therefore, so that the child does not experience malnutrition, the mother can provide food according to the age and needs of the child (Rahmadani & Sutrisna, 2022)(Mohammadi et al., 2022)

One of the causes of undernutrition, malnutrition and overnutrition is that mothers are not confident in their ability to provide healthy nutrition so mothers pay less attention to their children's eating patterns. There were mothers who said their children had difficulty eating and rarely took their children to the Posyandu. This data is supported by interviews with 3 mothers in Terban sub-district, 2 of whom said that their children like to choose when they eat and the mother said that the food they are given every day meets the child's nutritional requirements even though basically the mother doesn't understand nutrition and one mother said that the most important thing is that the child is healthy (Putri et al., 2015).

Mothers' lack of self-efficacy in feeding is of course related to their child's eating patterns, including the principles of providing balanced nutrition to toddlers, toddler feeding patterns, the form of toddler food and the correct frequency and amount of toddler food. Mothers with less self-efficacy are more likely to have children with abnormal nutritional status, be it malnutrition, less or more. This is in line with the results of research by Lestari, Delmi and Putri (2015) that parenting patterns by mothers affect the nutritional status of toddlers. This can be explained that maternal self-efficacy provides motivation for mothers to behave, behave and act in appropriate eating patterns so that they can maintain good nutritional status in toddlers (Solikhah & Ardiani, 2019).

This research is also in accordance with research. Research on breastfeeding self-efficacy and breastfeeding activities shows that there is a relationship between breastfeeding self-efficacy and breastfeeding activities (Shafaei et al., 2020). In other words, the higher the self-confidence of breastfeeding mothers, the more correct the activity or method of breastfeeding will be. This can be justified because someone who has high self-confidence is able to behave calmly and relaxed so that they are better able to control their actions (Cobalt Angio, 2018)

CONCLUSION

The conclusion in this study is Based on the characteristics of the respondents, the majority of mothers had high school education as many as 61 people (82.4%), based on their occupation the majority of mothers worked as housewives as many as 48 people (64.9%) and based on mothers' self-efficacy the majority of mothers were not good as many as 45 people (60.8%). The obtained sig value (2 tailed) is $0.000 < 0.005$, so it can be concluded that there is a difference in the average knowledge of mothers after being given peer group education about providing nutrition to toddlers with the average before being given peer group education, the mother's knowledge was 60.41 and after the intervention was obtained results of mother's knowledge as much as 84.59

The obtained sig value (2 tailed) is $0.000 < 0.005$, so it can be concluded that there is a difference in the average self-efficacy of mothers after being given peer group education about providing nutrition to toddlers with the average before being given peer group education, the mother's knowledge was 58.86 and after the intervention was carried out the mother's self-efficacy results were 83.30).

The contribution of this research to the community in Sei Musam Langkat is that others of toddlers in Sei Musam Langkat are able to be more confident in believing in themselves to fulfill their toddler's nutrition despite any challenges. The limitation in this research is that the researcher depends on the researcher's wishes whether they want to carry out self-efficacy or not so that during the research there are respondents who do not reach the end of the research but still meet

the minimum sample criteria. The future research plan that will be carried out is to increase knowledge among mothers of toddlers using the self-efficacy method in fulfilling toddler nutrition with the topic contents of my plate, meaning that through self-efficacy, mothers of toddlers feel confident in being able to create a menu in 1 plate for toddlers that fulfills toddler nutrition

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