

## THE RELATIONSHIP OF MOTHER'S EDUCATION AND OCCUPATION TO STUNTING EVENTS IN TODDLERS

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### Abstract

*In view of the aftereffects of Septamarini's exploration in the Journal of Nutrition College in 2019 said that mothers with low education and knowledge are at risk of having stunted children. Working mothers cannot take care of their children so this can be one of the risk factors for children to experience stunting and according to the 2019 SSGBI report states that the prevalence of stunting in kids under five, especially in Aceh province is 21.9%, West Aceh district is 24.5% . The high pervasiveness of stunting in youngsters under five in West Aceh is one of the general medical issues that must be addressed so as not to adversely affect the quality of the nation's generation of resources. Research objectives: This review intends to decide the connection among education and mother's occupation on the occurrence of stunting in kids under five years of age in Kawai XVI District. Research method: This examination utilizes insightful exploration technique with cross sectional strategy. The populace in this review were moms who had kids under five in Kawai XIV District. Information investigation in this review incorporates univariate examination, and bivariate examination. Results: The outcomes got that there is a huge connection between maternal schooling and the frequency of stunting p-value: 0.043 furthermore there is no critical connection between mother's work and the frequency of stunting in toddlers with p-value: 0.086.*

**Keywords:** *Toddler, Mothers's Education, Mother's Occupation, Stunting, Mother's characteristic.*

### 1. INTRODUCTION

Stunting is a dietary issue in poor and emerging nations. Even the problem of nutrition is also a problem faced by the world. Stunting can increase the risk of morbidity and mortality, delayed motor development and stunted mental growth (Unicef, 2013). Stunting is viewed as a genuine general medical condition assuming that the pervasiveness of stunting is in the scope of 30-39 percent.

According to the World Health Organization (WHO) in 2017, Indonesia is remembered for the third country with the most noteworthy pervasiveness in the Southeast Asia locale. The normal commonness of stunting under five years of age in Indonesia in 2005-2017 was 36.4% (WHO, 2017). According to the WHO report from Riskesdas in 2018, the stunting target in Indonesia was 20% but in 2013 the stunting rate was 37.2% but in 2018 there was a decrease to 30.8%. Nonetheless, the stunting rate in Indonesia is still extremely high and a long way from the WHO target.

In 2010, the predominance of stunting under five years of age was 35.6% and afterward expanded to 37.2% in 2013 (Kemenkes RI, 2016). The predominance of stunting in Indonesia is additionally high contrasted with Vietnam (23%), Malaysia (17%), Thailand (16%), and Singapore (4%). Indonesia ranks 17th out of 117 countries with a prevalence of 30.8% (Riskesdas, 2018). Stunting is a significant nourishing issue looked by Indonesia. In view of the Nutrition Status Monitoring (PSG) information throughout the previous three years, stunting has the most noteworthy pervasiveness contrasted with other nourishing issues like undernutrition, slenderness, and heftiness. The commonness of stunted little children has expanded from 2016 which is 27.5% to 29.6% in 2017 (PSG, 2017). The pervasiveness of stunted little children in Indonesia is additionally high contrasted

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with Vietnam (23%), Malaysia (17%), Thailand (16%), and Singapore (4%). Indonesia ranks 17th out of 117 countries with a prevalence of 30.8% (Riskesdas, 2018).

In view of the aftereffects of Septamarini's examination in the Journal of Nutrition College in 2019 said that moms with low instruction and information don't comprehend about sustenance and appropriate nurturing so they are in danger of having stunted youngsters. Working mothers cannot take care of their children properly because they have less time with their children, so this can be a risk factor for children experiencing stunting. Mothers have an important role in determining the growth and development of children. Mothers with good knowledge about nutrition, supportive attitudes and good behavior will affect the growth and development of children so as to achieve good health status. One of the efforts that can be done is to increase the knowledge of mothers under five about stunting and nutrition.

Kaway XVI District is one of the sub-districts in West Aceh Regency with a sub-district area of 510.18 Km<sup>2</sup> which has 3 Mukim, 44 villages (gampong) and a population of 22,977 people (BPS Kabupaten Aceh Barat, 2020). Based on the initial survey data, the general population in Kaway XVI is traders and farmers. While the average level of education of the population is high school graduates. The high prevalence of stunting and the absence of research on the incidence of stunting nutritional status problems in the West Aceh region, especially in Kaway XVI Sub-district, made analysts extremely keen on examination that spotlights on the education and work elements of moms on the occurrence of stunting in youngsters under five in Kaway XVI District.

This review expects to decide the connection among education and mother's occupation on the rate of stunting in youngsters under five in Kawai XVI District. Phases of exploration directed by talk with utilizing a survey to moms who have youngsters under five.

## 2. IMPLEMENTATION METHOD

This research was conducted using a Cross Sectional Analytic design. The sampling technique used was purposive sampling. The populace in this review were moms who had kids under five matured 0-59 months in Kawai XVI District. The research sample amounted to 114 mothers who have children under five. Information was gathered by talk with utilizing a poll to acquire univariate and bivariate tables utilizing the Chi-square test with an importance level of  $p < 0.005$ . Information assortment exercises were done from September to October 2021.

## 3. RESULTS AND DISCUSSION

### 3.1 Univariate Analysis

**Tabel 1** Frequency Distribution of Research Variables

Research Variables	Frequency (n)	Percentage(%)
<b>Mother's Education Level</b>		
High	36	31.6
Low	78	68.4
<b>Total</b>	<b>114</b>	<b>100</b>

<b>Mother's Occupation</b>		
Work	31	27.2
Doesn't Work	83	72.8
<b>Total</b>	<b>114</b>	<b>100</b>
<b>Toddlers Gender</b>		
Male	51	44.7
Female	63	55.3
<b>Total</b>	<b>114</b>	<b>100</b>
<b>Nutritional Status of Toddlers</b>		
<i>Stunting</i>	44	38.6
Normal	70	61.4
<b>Total</b>	<b>114</b>	<b>100</b>

### 3.2 Bivariate Analysis

**Tabel 2** Relationship of Mother's Education to *Stunting* Event

Mother's Education	Nutritional Status						PR (95%CI)	Value p
	<i>Stunting</i>		Normal		Total			
	F	%	F	%	F	%		
Low	35	79,6	43	61,4	78	68,4	1,76	0,043
High	9	20,4	27	38,6	36	31,6	(1,016-5,866)	
<b>Total</b>	<b>44</b>	<b>100</b>	<b>70</b>	<b>100</b>	<b>114</b>	<b>100</b>		

**Tabel 3** Relationship of Mother's Occupation to *Stunting* Event

Mother's Occupation	Nutritional Status						PR (95%CI)	Value p
	<i>Stunting</i>		Normal		Total			
	F	%	F	%	F	%		
Work	8	18,2	23	32,9	31	27,2	0,58	0,086
Doesn't Work	36	81,8	47	67,1	83	72,8	(0,182-1,133)	
<b>Total</b>	<b>44</b>	<b>100</b>	<b>70</b>	<b>100</b>	<b>114</b>	<b>100</b>		

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1. Characteristics of Responden

In light of table 1 shows that the vast majority of the mother's schooling level is low just about as much as 78 (68.4%) while the mother's schooling level is high just about as much as 36 (31.6%), while the majority of mothers' occupations as much as 83 (72.8%) are in the no category. working compared to working as manyas 31 (27.2%). Toddlers who became respondents in this study were also mostly female as manyas 63 (55.3%) while toddlers who were male were 51 (44.7%). Then the normal majority as manyas 70 (61.4%) toddlers are aged 25-59 months and for toddlers who experience stunting there are 44 (38.6%).

2. Relationship of Mother's Education to Stunting Event

In view of table 2, it tends to be seen that under five with stunting frequency is more normal in moms who have a low degree of schooling and have stunting kids under five upwards of 35 (79.6%) while moms who have a significant degree of training and have stunting youngsters upwards of 9 (20.4%). Factual examination test with Chi-square showed p-value  $>0.005$  (0.043), so it very well may be inferred that there is a critical connection between mother's schooling and stunting in kids under five. The value of this prevalence ratio (PR) is that mothers with low education are 1.76 (CI: 1.016-5.866) times greater in the incidence of stunting in children under five than mothers with higher education. The results of this study clearly show that mothers with low education tend to be at risk for stunting in children, especially toddlers. The consequences of this review are in accordance with research led by Adriani and Wirjatmadi (2012), which expresses that an individual with a more elevated level of schooling, the more straightforward it is to get information about great food readiness. Furthermore, according to Marmi (2013), states that guardians who have a significant degree of training will see better in giving food admission and picking great nourishment for their youngsters. This does not mean that mothers with low levels of education cannot prevent stunting, even though mother's education is low, but if they have high curiosity, they can influence mothers in obtaini information related to good nutritional status for children (Nuris and Binar, 2014). Mothers who have higher education are able to provide the right food for optimal child development and growth (Mustamin, Asbar R, and Budiawan, 2018). According to (Natalina, 2015) states that in providing nutrition to children, mothers who have higher education can provide the nutritional needs needed by children. As per (Nadhiroh, 2015) shows that there is a connection between mother's schooling and the occurrence of stunting in little children. Mother's education level greatly affects the health of her family in providing parenting to children (Noviyanti, Rachmawati, and Sutajo, 2020).

3. Relationship of Mother's Occupation to *Stunting* Event

In view of table 3 shows that the rate of stunting generally happens in moms who don't work and have stunting kids under five as much as 36 (81.8%) compared to mothers who work and have stunting children under five as many as 8 (18.2%). Factual examination test with Chi-square acquired p-value  $<0.005$  (0.086), so it tends to be inferred that there is no critical connection between mother's work and the frequency of stunting in youngsters under five. The value of the prevalence ratio (PR) is that mothers who do not work are 0.58 (CI: 0.182-1.133) times greater in the incidence of stunting in children under five compared to working mothers. The consequences of this review are in accordance with research directed by (Hutagalung, 2016) in Kupang Regency and in Semarang (Anshori H, 2013) which expressed that there was no huge connection between mother's work and the frequency of stunting. According to previous research in Peru (Chávez- Zárate, 2019) and Yogyakarta (Agustiningrum, 2016) stated that there was no relationship between mother's work and

the incidence of stunting. In the study (Mentari, S. Dan Hermansyah, A. 2019) it was shown that mothers who did not work were more dominant in having stunted children while working mothers had children who were not stunted. Although working mothers do not have time for posyandu, working mothers can add to the needs of their family (Kurnia Illahi, 2017). As indicated by research directed in Maluku (Ramli et al., 2009) and (Fitri, L. 2018) Low financial status of the family is a danger factor for stunting.

#### 4. CONCLUSION

In view of the consequences of this review, it very well may be inferred that there is a huge connection between maternal education and the occurrence of stunting in kids under five, yet there is no huge connection between maternal occupation and the frequency of stunting in Kawai XVI District.

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