

## ANALYSIS OF THE EFFECT OF MOTHER'S WORK AND FAMILY INCOME ON STUNTING INCIDENCE IN TODDLERS

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### Abstract

*A Mother's work background and family income have a big influence on the incidence of stunting in toddlers. The problem in this study is the high incidence of stunting in children under five which can have a negative impact on human resources (SMD) in the future. The purpose of this study was to analyze the effect of a mother's work and family income on the incidence of stunting in toddlers. This research method is quantitative with a cross-sectional design. The population in this study was mothers who had 121 months of under-five children (0-59) months with a total sample of 57 people, which was carried out in January 2022 in Darul Hikmah sub-district, Aceh Jaya district, analyzed using univariate and bivariate which was then tested with the chi-square test. The results showed that there was a significant effect of mother's work and family income on the incidence of stunting in children under five as evidenced by the P-value < 0.05. The conclusion after the analysis was that there was an effect of a mother's work and family income on the incidence of stunting. Suggestions for health workers and other related parties to be more intense in providing socialization to mothers of toddlers in terms of preventing toddlers from stunting.*

**Keywords:** *Mother's Work, Family Income, Toddlers, Stunting.*

### 1. INTRODUCTION

Stunting is a major public health problem in most developing countries. Stunting is strongly associated with several long-term consequences, including higher mortality and morbidity rates, less cognitive growth, school performance, learning capacity, work capacity, and work productivity. (Ponum, M., et al, 2020). Stunting also reflects conditions that describe chronic undernutrition status during growth and development since the beginning of life (Itza M., et al, 2020). Failure to achieve inadequate nutritional intake due to picky eaters. Picky eaters are classified as feeding difficulties which are characterized by an unwillingness to eat familiar foods or try new foods as a strong food preference. (Puspareni, L., & Wardhani, S, 2017).

The Stunting problem is one of the urgent problems that cross the development of toddlers in the world today and gets great international attention. The world stunting rate reaches 21.9% or around 150.8 million children (toddlers) in the world experience stunting, (data from WHO, UNICEF, and WORD BANK GROUB, 2018). In 2019-2020, 34.6% of children under five experienced stunting, including Asian countries reaching 83.6% (Kemenkes RI, 2019-2020). Indonesia is included in the third country with the highest prevalence in the Southeast Asia Region (SEAR), namely the average stunting prevalence (in 2018, 2019 - 2020) of 36.4%, 30.8% 27.4 % of children under five experiencing stunting (Kemenkes RI, 2019). Aceh Province is one of the provinces with a high stunting rate, which is ranked the 3rd highest prevalence of stunting in children under five in Indonesia, which is 37.3% compared to the National average rate of only 30.8% in 2018, in 2019. 22.55 % and in 2020 to 19% (Aceh Health Service Performance Report 2020).

He is among the stunting rates. In Aceh province, one of them is Aceh Jaya district, wherein 2018 it was recorded at around 15.6%, in 2019 it became 12.0%, and in 2020 it increased to 25.3%,

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the highest case in the sub-district. Darul Hikmah, namely in 2018 the prevalence of stunting was around 12.8%, in 2019 there were 10.9%, and in 2020 10.2%. Meanwhile, in 2021 there are 49 toddlers experiencing stunting with a total of 121 toddlers. The occurrence of stunting is influenced by several factors, one of which is the provision of appropriate nutrition when the child is growing. This is related to family income in meeting the nutritional needs of toddlers (Marniati, et al, 2020).

The factor of lack of food intake is the main risk of stunting. Therefore, in an effort to manage the disease, a high nutritional value is needed so that toddlers can achieve maximum nutrition (Siregar, S. H., & Siagian, A, 2021). A Mother's work can lead to stunting, because mothers do not have time to give love and good care to children, especially in terms of food during their growth period (Savita, R., & Amelia, F, 2020). Along with the results of verification and family needs, more and more mothers of young children are experiencing instability in caring for their children. The effects of job instability on mothers, an important component of child development, during the first 3 years of their children's lives are not well controlled (Prickett, K. C, 2020)

Based on a survey that has been conducted, the high stunting rate in Aceh Jaya according to the results of interviews with mothers of children under five, stunting occurs because mothers work so they cannot take care of their children more intensely and the family income does not meet their daily needs. Seeing the problems that occur in the sub-district, it is necessary to do research on stunting entitled "Analysis of the Effect of Mother's Work and Family Income on Stunting Incidence in Darul Hikmah sub-district, Aceh Jaya Regency".

## 2. IMPLEMENTATION METHOD

This type of research is quantitative with a cross-sectional design where the data are analyzed using univariate and bivariate which are then tested using Chi-Square to see the effect of mother's work and family income on the incidence of stunting in toddlers. The population in this study is mothers with children aged 0-59 months as many as 121 with a total sample of 57 conducted on November 9, 2021, in the district in Aceh Jaya.

## 3. RESULTS AND DISCUSSION

### 3.1 Results

**Table 1** Frequency Distribution of Analysis of Mother's Work and Family Income Against Stunting Incidents

| Variable             | Frequency | %      |
|----------------------|-----------|--------|
| <b>Mother's work</b> |           |        |
| Work                 | 50        | 93,90% |
| Does not work        | 7         | 6,10%  |
| <b>Family income</b> |           |        |
| Tall                 | 15        | 4,10%  |
| Low                  | 42        | 95,90% |
| <b>Stunting</b>      |           |        |
| Stunting             | 49        | 88,70% |
| Not                  | 8         | 16,3%  |

Based on the table above, respondents who do not work are 7 or approx. (6.10%) and respondents who work are 50 or approx. (93.90%) and respondents who have low-income levels

are 42 or (95.9%). while respondents with high income were 15 or approx. (4.1%) and the highest prevalence of stunting under five was 49 or approx. (88.7%). Meanwhile, non-stunted toddlers were 8 (16.3%).

**Table 2** Analysis of the Effect of Mother's Work on Stunting Incidence

|                                | Stunting |      | No Stunting |      | Total |     | Value | RP    |
|--------------------------------|----------|------|-------------|------|-------|-----|-------|-------|
|                                | F        | %    | F           | %    | F     | %   |       |       |
| Work Mother Bork Does not work | 15       | 29,5 | 35          | 76,5 | 50    | 100 | 0,003 | 2,242 |
|                                | 5        | 23,5 | 2           | 74,0 | 7     | 100 |       |       |

Based on the table above, it is known that from 57 respondents the category of mothers who did not work and experienced stunting was (23.5%). 76.5%) while mothers who work and do not have stunted children (74.0%) are based on the results of the Fisher Exact Test. then it is known that the value of  $p = 0.003$  where  $p < \alpha 0.05$ . From the results of the Fisher Exact Test. The above shows that there is an influence of mother's work with the height of toddlers aged 0-59 months years in the Aceh Jaya Health Center Work Area.

**Table 3** Analysis of the Influence of Family Income on Stunting Incidents

| Earnings Family | Stunting |      | Not Stunting |      | Total |     | Value | RP   |
|-----------------|----------|------|--------------|------|-------|-----|-------|------|
|                 | F        | %    | F            | %    | F     | %   |       |      |
| Height Lo       | 10       | 5,3  | 5            | 94,7 | 15    | 100 | 0,024 | 3,24 |
|                 | 15       | 64,1 | 35           | 35,9 | 42    | 100 |       |      |

Based on the table above, it is known that of the 57 respondents in the category of low-income parents with stunted toddlers (64.1%) while the category of high-income parents and not stunting only (5.3%) while high income and not experiencing stunting ( 94.7%). Furthermore, the category of low family income who did not experience stunting was (35.9%). Based on the value of the results of the square test. then it is known that the value of  $p = 0.024$  where  $P.value < \alpha 0.05$ . The results of the test above, show that there is an effect of family income on the incidence of stunting in children under five in the Darul Wisdom sub-district, Aceh Jaya district.

### 3.2 Discussion

To find out more, the results of the researchers who have done the P. Value  $< 0.05$ , where the mother's job and family income factors affect the incidence of stunting in toddlers. After processing, presenting, analyzing the data, it can be seen that working mothers are more likely to have stunting than mothers who do not work because mothers do not have time to care for their children. Meanwhile, families with low family incomes are also more likely to have stunting under five than families with high incomes because to meet the nutritional needs of toddlers, money is needed.

#### 1. Analysis of Mother's Work on Stunting Incidents

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The results of the study from 57 respondents showed that 50 or approx. 93.9% working mothers and 7 or approx. (6.1%) working mothers. The results of 49 respondents showed that mothers were one of the indirect causes of the problem. Stunting is a socio-economic family that is influenced by the level of education of parents, because if higher education has a greater chance of earning sufficient income. Working mothers are the main cause of stunting in children because mothers do not have time to care for their toddlers, mothers who have a higher double workload are likely to make decisions that will ignore the nutrition and health of their children.

The level of work of the mother also determines the ease of the mother in caring for and fulfilling the nutrition of her toddler. This can be used as a basis for distinguishing appropriate counseling methods from the interests of family nutrition in order to prevent under-fives from experiencing stunting for the good of the nation's future generations. The high incidence of stunting is due to supporting factors, one of which is the mother's job, where if the mother works or has a little business it will help increase income in the family and will meet the intake given to her child, from the results of research conducted in the field, most mothers have a double workload (Prickett, 2007). K.C, 2020).

The high incidence of stunting is due to supporting factors, one of which is the mother's job, where if the mother works or has a little business it will help increase income in the family and will meet the intake given to her child, from the results of research conducted in the field, most mothers have a double workload (Prickett, 2007). K.C, 2020). Research according to (Ken Suratayah, 1992) states that their needs and levels of self-actualization are highly demanded by economic needs, social needs, and self-esteem needs, on the other hand, these women are attracted by the demands of other roles, namely the need to take care of the house. ladder (domestic role) and the need to nurture, care for and nurture.

Women are not economically compensated for the characteristics of their work at the same level as men, especially not for their time-consuming work which in part causes disparities in raising children, which is related to the work of mothers which has a major impact on stunting toddlers (Magnusson, C, 2021). In previous studies, it was also said that in a family and household, women basically do not have to have multiple roles because they affect efforts to care for and raise children (Marniati, et al, 2020). The part that is used for the next step is the dual role of a mother, as a housewife and earning an additional income as well as a basic income, reflecting the extraordinary impact of raising children which affects stunting toddlers (Asri, et al, 2019).

## 2. Family Income Analysis on Stunting Incidents

Based on the results of data analysis, it can be seen that from the 57 respondents in the category of low-income parents with stunting toddlers, 42 children under five (95.9%) were obtained, while in the category of high-income parents with toddlers who did not edit 15 children under five (4.1%). Based on the value of the Chi-Square test results, it is known that the value of  $p = 0.024$  where  $p < \alpha 0.05$ . it can be concluded that the income of parents with stunting toddlers aged 0-59 months has an effect. an increase in income will increase the opportunity to buy food with better quality and quantity, otherwise, a decrease in income will cause a decrease in purchasing power of food both in quality and quantity. The high income that is not matched by sufficient knowledge will cause a person to become very consumptive in his daily diet/ so that the selection of a food ingredient is based more on considerations of taste than nutritional aspects.

Stunting occurs when the body does not get enough nutrients that are used efficiently, thus allowing physical growth, brain growth, workability, and general health at the highest possible level, especially in toddlers. Undernutrition status occurs when the body lacks one or more of the more essential substances that have an impact on low family income and has a risk of 1,490 times having toddlers experiencing stunting compared to mothers with high family incomes. Low family economic status has a risk of stunting 4.13 times greater than children with high family economic status. Likewise, Aridiyah's research says that family income has a big influence on the incidence of stunting in children under five, both in rural and urban areas (Marniati, 2020), Explaining that income will affect the number of goods consumed, that is often encountered with increasing income, then goods What is consumed not only increases/ but also the quality of the food is also a concern (Khairunnas, et al, 2020). For example, before the addition of income, the rice consumed was of poor quality, but after the addition of income, the rice consumption became of good quality (Rakasiwi, et al, 2021). This research is in line with the results of research from (Lia Agustin & Dian Rahmawati, et al, 2021)

Statistically, family income is related to stunting. Families with incomes less than the Regional Minimum Wage are more likely to experience stunting. In a different study, it was also said that the incidence of stunting could increase due to a decrease in family income, changes in food availability, and disruption of health and social services (Kawulusan, M., et al, 2021). There is a significant relationship between family income and the incidence of stunting in children under five (Mulyani, I., et al, 2020).

#### 4. CONCLUSION

From the results of the study, after being analyzed, it turned out that there was an effect of mother's work and family income on the incidence of stunting in children under five in the Darul Wisdom sub-district, Aceh Jaya district as evidenced by the P. Value < 0.05. It is hoped that parents who have toddlers should often consult health workers to provide the nutrition needed for children, increase mother's knowledge in terms of maintaining the normal nutritional status of toddlers, parents can cooperate with related parties in dealing with stunting problems so that the Darul Wisdom sub-district can be freed. of stunting toddlers.

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