

STUDY OF THE RELATIONSHIP BETWEEN PARENTING PATTERNS AND FAMILY INCOME WITH STUNTING INCIDENCE IN CHILDREN AGED 2-5 YEARS

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Abstract

Parenting patterns and family income have a major influence on the incidence of edits in children aged 2-5 years. The problem is the high number of stunting cases in the festive sub-district, reaching 58 children who are stunted. The purpose of this study was to examine the relationship between parenting patterns and family income with incidence. Research method This type of research is analytic with a cross-sectional design, while the sample is 58 respondents, analyzed by Univariate and bivariate which is then tested with Chi-Square. This research was conducted in December 2021 in the Gunung Meriah sub-district, Aceh Singkil district. The results showed that based on the results of the chi-square test, a value was obtained (P .Value $0.002 < \alpha$ 0.05) so that it could be described that there was a significant relationship between Parenting Patterns and Stunting Incidents. Furthermore, there is a relationship between family income and the incidence of stunting, where the results of the chi-square test obtained a value (P .Value $0.012 < \alpha$ 0.05). The conclusion, along with the results of this research study, proved that there was a relationship between parenting and family income with the incidence of stunting as evidenced by the P -value < 0.05 . Suggestions for mothers to increase parenting efforts for their children, even though family income is not sufficient to meet the needs for nutritious food for children, try to keep them fulfilled.

Keywords: Stunting, Parenting, Family Income, Children Aged 2-5 Years.

1. INTRODUCTION

Talking about stunting is a nutritional problem that is the main focus of the world, especially in developing countries such as the Indonesian government. Stunting is a problem because it is associated with an increase in the risk of illness and death, suboptimal brain development so that motor skills increase in the brain are delayed and mental growth is inhibited (Ministry of Health, 2018). In accordance with what was stated by Schmidt that stunting is a problem of malnutrition with a long enough period so that height growth disorders appear in children who are lower or shorter (short) than their age standards (Scmidt, 2014), which stunting children tend to have intelligence. Quotient (IQ) is lower than the average IQ of normal children (Kemenkes RI, 2018). Stunting has been identified as one of the main proximal risk factors for poor physical and mental development in children under 5 years of age. Dominant stunting occurs in the first 1000 days of life (0-23 months) and continues until the age of five years (Akombi, B. J., et al. 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).

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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 Office Performance Report 2020). Among these stunting rates, one of them is Aceh Singkil district, starting from 2018 the stunting prevalence case was around 9.1%, in 2019 there were 9.3% and in 2020 it increased to 10.6%, then in 2021, it became 10.18%. in the Gunung Meriah sub-district, starting from 2018 the prevalence of stunting was around 10.8%, in 2019 there were 9.9% and in 2020 10.9%. Total children under five were 153 in 2020.

Stunting is often found in low-income families who cannot afford nutritious food. During the COVID-19 pandemic, certain types of food may not be available and affordable for some families. The incidence of stunting can increase due to a decrease in family income, changes in food availability, and disruption of health and social services Schmidt, et al, 2014(). Family income affects a person's ability to access certain foods that affect the nutritional status of children (Kawulusan, M., et al, 2019). This is usually an indicator of poor parenting. The role of parents is important for the growth, development, and learning of children.

Based on a survey that has been carried out, the high stunting rate in the Gunung Meriah sub-district, according to the results of interviews with mothers of toddlers, said that because they do not know how to raise children properly and correctly, the family income is also not sufficient for daily needs, they give food as it is to the children. their child. Seeing the problems that occur in the mother of the toddler, it is necessary to do research on stunting entitled "Study of the Relationship between Parenting Patterns and Family Income with Stunting Incidence in Gunung Meriah District, Aceh Singkil Regency".

2. IMPLEMENTATION METHOD

This type of research is quantitative with a cross-sectional design. The population in this study were mothers who had children aged 2-5 years as many as 153 people, with a total sample of 58 respondents, and analyzed by Univariate and bivariate which were then tested using Chi-Square to see the relationship between parenting and family justice with the incidence of stunting. This research was conducted in December 2021 in the Gunung Meriah sub-district, Aceh Singkil Regency.

3. RESULTS AND DISCUSSION

Table 1 Study of the Relationship of Family Income with Stunting Incidents

Variable	Frequency	%
Parnting		
Goog	26	32,0%
Not good	32	68,1%
Family Income		
Tall	24	32,8%
Lowe	34	67,2%
Stunting		
Yes	15	25,90%
Not	43	74,10%

Based on the table above, it is known that there are 32 toddlers with poor parenting (68.1%) and 26 toddlers who get good parenting (32.0%) in the category of children with low income as

many as 34 toddlers or 67.2%) and toddlers with high family income category as much as 24 or (32.0%) and for stunting toddlers as much as 43 or (74.10%) and normal toddlers around 15 toddlers who are not stunted or (25.90%).

Table 2 Study of the Relationship Between Parenting and Stunting

Famili Income	Stunting		Not stunting		total		Value	Rp
	F	%	F	%	F	%		
Tall	14	64,1	10	35,9	24	100	0,012	6,82
Low	19	70,6	15	29,4	34	100		

Based on Table 3, it is known that out of 58 children, who come from families high incomes only (64.1) while children who are not stunted have family income categories with high categories. as much as (35.9%) While children who do not experience stunting have family income in the low category (29.4%) Based on the results of the chi-square test, the P-value = 0.012, and this is smaller than 0.05 (P. Value $0.012 < 0.05$) so that it is explained that there is a significant relationship between Family Income and Stunting Incidents in Gunung Meriah District, Aceh Singkil Regency. Based on PR 6.82, it can be concluded that families with low incomes tend to be 6.8 times more likely to have stunted children than families with higher incomes.

Table 3 Study of Family Income With Stunting Incidents

Parenting	Stunting		Tidak Stunting		Total		Value	Rp
	F	%	F	%	F	%		
Tall	14	64,1	10	35,9	24	100	0,012	6,82
Low	19	75,9	15	29,4	34	100		

Based on the table above, it is known that there are 32 toddlers with poor parenting (68.1%) and 26 toddlers who get good parenting (32.0%) in the category of children with low income as many as 34 toddlers or 67.2%) and toddlers with high family income categories as much as 24 or (32.0%) and for stunting toddlers as much as 43 or (74.10%) and normal toddlers around 15 toddlers not stunting or (25.90%)

From the results of the bivariate test, the analysis showed that the degree of stunting in children aged 2-5 years was more closely related to parenting patterns and family income. Where the category of poor parenting reached the incidence of stunting up to 68.1%. Meanwhile, the category of low family income can reach a stunting rate of 67.2%. This shows that if the family income is low and the parenting pattern is not good, then there can be a risk of stunting.

3.1 Study of the Relationship of Parenting with Stunting Incidents

Based on the results of the chi-square test, the value (P. Value = $0.001 \leq 0.05$) can be described so that it can be described that there is a significant relationship between Parenting Patterns and Stunting Incidents. Parenting is a very important thing done by the mother for her child where parenting is a supporting factor in the growth and development of children such as parenting in giving food, of course, here mothers need to pay attention when giving food to their children, whether it's a regular eating schedule, giving food which varies, accompanies when the child is eating and persuades him to finish his food, This is the responsibility of the mother and is

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fully regulated by the mother. Where the results of this study also show that there is a very significant relationship between Parenting Patterns and Stunting Incidents

Parenting really needs to be done by the teacher to support the growth and development of the child, from the results of researchers doing in the field that it is necessary to provide education about early parenting patterns to mothers who have toddlers. Insufficient breastfeeding, giving MPASI for 6 months, giving less food to toddlers, which is very triggering or supporting an increase in stunting. The low knowledge of mothers regarding parenting feeding children is a factor in the incompatibility of breastfeeding and giving MP-ASI (Risani Rambu Podu 2017). Parenting patterns are one of the factors that influence the development of toddlers. Toddlers who get positive parenting patterns from their parents are predicted to be able to avoid deviations (Yulita, R. 2014).

The results of this study are in line with research conducted by Evy Noorsanah & Nor Isna Taulidaah which shows that poor parenting has short and very short children and there is a relationship between maternal parenting patterns and the incidence of stunting in children aged 12-59 months. This research is also in line with the research conducted by Febriani Dwi Bella (2020). The results of the study are also in line with previous research which stated that there was a significant relationship between parenting patterns and the incidence of stunting (Putri, AP, & Rong, JR 2021). Parenting function is a concept used by health care professionals to describe parenting activities for intervention purposes, but, healthcare professionals and patients have different understandings of the functioning of the elderly. Stunting in children under the age of three tends to be caused by the problem of poor quality of parenting in the family (Krisnana, I., et al, 2020).

3.2 Study of the Relationship of Family Income with the Degree of Stunting.

The results of Chi-Square statistical analysis with a value (P.Value = 0.012 < = 0.05) so that there is a significant relationship between family income and incidence, from 58 samples where 67.2% have low family income. Most of the income and expenses of families of children under five are below the minimum wage standard. If the family income is small, this can affect the nutritional status of children so that this is a supporting factor in the spike in the incidence of stunting.

Children's growth and development need to be supported by adequate intake where the results of research in the field show that stunting children are more likely to come from the category of low family income. really need a lot of substances to grow. Like other normal children, the government plays an active role in improving the economy of the community, both in the form of improvements in the agricultural sector, trade, and others in order to help the community a little to meet the needs in their household. Stunting is the condition of a child's short body. result of chronic malnutrition. Growth failure Failure of growth and development experienced by toddlers is caused by various factors such as poverty. Several research results have found that poverty is the cause of high stunting problems in toddlers, such as research (Kleynhans et al., 2010) poverty Several research results have found that poverty is the cause of the high prevalence of stunting in children under five, such as research (Kleynhans et al., 2010).

The results of this study are also in line with research conducted by Hapsari (2018) which also shows that there is a significant relationship between family income and the incidence of stunting. Low income will affect the level of food and clothing consumed by the family. The food you get will usually not vary and the amount is also small, especially the nutritional content you get, such as protein, vitamins, and minerals. The results of this study are also in line with research conducted by (Lia Agustin, 2021). Statistically, family income is related to stunting. Furthermore,

there is a significant relationship between family income and the incidence of stunting in children aged 2-5 years which is indirectly and significantly influenced by family income during pregnancy, the number of children, mother's height, mother's LIPI, family support, mother's education during pregnancy, and maternal nutritional intake during pregnancy (Indriyan, E., et al, 2018).

4. CONCLUSION

From the results of this study, after being studied, it turns out that there is a significant relationship between the variables of parenting and family income with the incidence of stunting in children aged 2-5 years in Gunung Meriah District, Aceh Singkil Regency, as evidenced by the P-value < 0.05. it can be seen that children who receive poor parenting will cause stunting and also children with low family incomes will have an impact on stunting. So that health workers and other related parties can work together in reducing the incidence of stunting by providing education in order to improve parenting for children and meet nutritional needs even though the family income is below adequate/ so that Gunung Meriah sub-district can be realized as a stunting-free sub-district.

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