

**Preparedness of Parents in Preventing Stunting at Jatirejo Village  
The District of Nganjuk**

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**ABSTRACT**

Stunting among under two years children relates to chronic nutrition problems. Improving the nutritional quality of mother and child, improving exclusive breastfeeding, clean and healthy practices are among the factors to resolve the stunting. The study aims to identify the preparedness of parents to prevent stunting. The study used a descriptive case study approach and all of them were chosen as the samples of the study. The research variable is preparedness to prevent stunting. A set of questionnaires is used as a data collection instrument. The data were analyzed using distribution frequency tables. The study found that 4 (27%) parents well-prepared to prevent stunting, 3 (20%) have adequate preparedness, and 8 (53%) have poor readiness to avoid stunting. It is concluded that the preparedness rate of parents to prevent stunting is low. It is suggested that parents care of the nutrition intake before and during pregnancy, being informed about stunting through social media, and regular visit health centers for health care.

Key Words: Preparedness, Stunting, Parents

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**INTRODUCTION**

The case of stunting among children is increasing in developing countries, including Indonesia. It is a serious problem for family with toddlers and parents that plan to have babies. Stunting relates disproportional between age and height in which the children's height is lower than expected among the child with a similar age range (KDPDTT, 2017). Over 2 years old children are more prone to stunting. According to the midwife at Jatirejo Village The District of Nganjuk, the incidence of stunting reaches 7% among toddlers. (Apriluana et al. 2018), explain that stunting risk the physical, mental, intellectual, and cognitive development of children.

The Indonesian Development Board indicates that East Java Province becomes a priority to resolve stunting in 2018-2019. The Regional Statistic Bureau and the National Team of Poverty Eradication Acceleration (2018), the district of Nganjuk was in 6th place of stunting case within the Province of East Java, reaching 18.07%. In 2018, there were 11 districts in the province where stunting prevention is campaigned such as the District of Jember, Nganjuk, Lamongan, and the District of Jember accumulates the number in 2019. The Ministry of Health of Indonesia (2018) reported that the prevalence of severe stunting in Indonesia was 19.3%, higher than the case in 2013 (19.2%) and 2007 (18%). Overall stunting both mild and severe stunting, the prevalence reaches 30.8%. The figures imply that Indonesian toddlers are still at risk of stunting regardless of the effort of the government for years to resolve the problem.

Different factors have identified some factors, but preventable ones, that trigger stunting such as eating habits, environment, parents' caring style, and family's income. The causality of stunting is multi-factors (Budiastutik, 2019). According to the WHO, the implications of stunting can be classified into short and long-term (WHO, 2017). In a study by (Hoddinot et al. 2013), stunting among 2 years old children have negative to their learning outcomes at school. Drop out, becoming short children, and weak palms clogging for 22%. The conditions lead to physical growth, especially stunting (Departemen Kesehatan Republik Indonesia, 2019).

Anticipating the incidence of stunting is crucial in the First 1000 Days of Life as it is intervenable (Rifiana & Agustina, 2019). This period is important as it may cause permanent damage when it is inadequately treated (Nefy, Lipoeto, & Edison, 2019). The Sustainable Development Goals (SDGs) 2030 defines stunting

as a target. Quality education, balance nutritional intake, health care for children are indicators to reduce stunting rate.

The role of nurses in reducing the incidence of stunting is through promotive and preventive handling. Promotively increase the knowledge of parents by providing health education about the fulfillment of balanced nutrition and nutrition for the needs of children's growth and development. Preventive efforts are carried out by providing education in the form of counseling for parents to monitor nutritional status, parenting patterns, and the child's environment. The methods used include discussions, questions, and answers, lectures, giving booklets, leaflets, or direct demonstrations. This research aims to identify the preparedness of parents to prevent stunting.

## METHODS

This research is in the form of a case study using a descriptive research design. Describing the preparedness of parents to prevent the incidence of stunting is the objective of the study. The study was conducted at Jatirejo Village The District of Nganjuk, East Java Province. Using total sampling, namely the preparedness of parents to prevent stunting.. The population includes 15 parents with children age ranges 25-30 years old and 15 parents were all taken as the respondents.

The data collection was conducted during February and March 2021. The data collection procedure begins with taking care of a permit letter from the campus and submitting a research application permit to the head of the village. Describe the research process to be carried out. The data of this study were collected using questionnaire (the Stunting Quantitative Questionnaire) and distributed to 15 respondents which was distributed to parents. The instrument used is a questionnaire sheet filled out by parents. The data that has been obtained will be processed by means of editing, coding, scoring, and tabulating. From all the data collected, then the data will be analyzed using a frequency distribution table and the results will be described descriptively. From all the data collected, then the data will be analyzed using a frequency distribution table and the results will be described descriptively. Various ethical procedures of this research include informed consent (consent sheet), anonymity (without name), and confidentiality (confidentiality).

## RESULTS

Table 1. Age Frequency Distribution of Parents at Jatirejo Village The District of Nganjuk in March 2021

Age	Frequency	Percentage (%)
25-26 year	15	50
27-28 year	7	23
29-30 year	8	27
Total	30	100

Table 1 shows that from a total of 15 parents (15 males and 15 females), the age of parents at Jatirejo Village The District of Nganjuk is mostly between 25-26 years old with 15 people (50%).

Table 2. Education Level Frequency Distribution of Parents at Jatirejo Village The District of Nganjuk in March 2021

Education Level	Frequency	Percentage (%)
Low	16	53
Moderate	10	33
High	4	13
Total	30	100

Table 2 describes that from a total of 15 parents (15 males and 15 females), the highest percentage of the education level of parents at Jatirejo Village The District of Nganjuk were in the low category as many as 16 people, both male and female (53%).

Table 3. Number of Children of Parents at Jatirejo Village The District of Nganjuk in March 2021

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Number of Children	Frequency	Percentage (%)
Low	5	53
Moderate	1	7
High	9	60
Total	15	100

Table 3 reveals that from a total of 15 parents, the highest percentage of the number of children of parents at Jatirejo Village The District of Nganjuk were in the high category as many as 9 children (60%).

Table 4. The Occupation of Parents at Jatirejo Village The District of Nganjuk in March 2021

Occupation	Frequency	Percentage (%)
Unemployment	11	37
Employment	19	63
Total	30	100

Table 4 shows that from a total of 15 parents (15 males and 15 females), the highest percentage of the occupation of parents at Jatirejo Village The District of Nganjuk were in the employment category as many as 19 people (63%) and unemployment category as many as 11 (37%).

Table 5. Family Income of Parents at Jatirejo Village The District of Nganjuk in March 2021

Income	Frequency	Percentage (%)
Low	10	67
Moderate	3	20
High	2	13
Total	15	100

Table 5 reveals that from a total of 15 parents, the highest percentage of the family's income of parents at Jatirejo Village The District of Nganjuk were in the low category as many as 10 families (67%).

Table 6. The Preparedness of Parents at Jatirejo Village The District of Nganjuk in March 2021

Preparedness of Parents to Prevent Stunting	Frequency	Percentage (%)
Good	4	27
Fair	3	20
Poor	8	53
Total	15	100

Table 6 shows that from a total of 15 parents, the majority of parents at Jatirejo Village The District of Nganjuk have poor preparation to reduce the risk of stunting as many as 8 parents (53%).

## DISCUSSION

### (1) Parents' Age in The Preparedness of Parents to Prevent Stunting

Based on the results of research conducted on 15 parents at Jatirejo Village The District of Nganjuk, data was obtained that parents have poor preparedness to prevent stunting. The age of parents is an indicator to measure their preparedness to avoid stunting their children. This study implies that parents are not mature enough to prevent the possibility of stunting. According to (Hurlock, 2017), productive age (from 20-35 years old) influences the ways an individual thinks, acts and emotions. The older an individual is, the more

knowledgeable and experience she/ he is. An immature parents are less prepared in terms of physiological and psychological. Getting mature makes individuals more prepared to provide nutritious food for their children. Age is an indicator that influences the maturity of parents to avoid the incidence of stunting.

A study by Ayungtiasdi in Gedanganak Primary School 1, SDN Gedanganak 02, SDN Gedanganak 3 Kecamatan Ungaran Timur dan SDN Candirejo 01, dan SDN Candirejo 02 Kecamatan Ungaran Barat, Kabupaten Semarang (2017) found that the influence age to the parents' preparedness to anticipate the incidence of stunting from 63 samples, 28 parents (44,4%) have a low level of knowledge, 26 parents (41.3%) have a good level of knowledge, and 9 parents (14,3%) have a moderate level of knowledge.

## **(2) Educational Level of Parents in The Preparedness to Prevent Stunting**

This study showed that parents have a low level of education because their knowledge or information is not directly related to the educational level. An educated individual is expected to have adequate knowledge. It is assumed the level of education is reflected on the knowledge and experience of an individual. However, that does not mean that low education automatically reflected as a poor education. Low education does not guarantee that parents do not have adequate knowledge about the preparedness to prevent stunting. According to (Notoatmojo, 2018), explain that individual behavior, including knowledge is influenced by education.

According to the study of Oktavia in the research of (Thalita, 2018), 7 parents (23 %) and 9 (30 %) have a low level of education, 10 parents (33 %) have a moderate level of education, and 4 parents (13 %) have a high level of education.

## **(3) The Number of Children in The Preparedness to Prevent Stunting**

According to the research, parents have a high number category of offspring. Based on the data from Nganjuk Health Center (Puskesmas Nganjuk, 2020) at Desa Jatirejo Kecamatan Kota Kabupaten Nganjuk, children from families with a high number of household members are more likely to be stunted than children from families with a moderate number of family members. The number of children potentially influences the quality of life received by the children. More children in a family need more resources to support the growth and development of children. As a result, families are advised to limit the number of children to fulfill their needs. Program in Family Planning (KB).

A study by (Habyarimana, F. 2016), found that the incidence of stunting in Rhandwa is influenced by the size of the family. Another study also reveals that children who live with another relative within the family for five years tend to get stunting (Cruz et al. 2017).

## **(4) Social and Economic Factors in The Preparedness to Prevent Stunting**

The stunting problem is also closely related to the family's economic status. This study found that the parents are mostly self-employed, the socio-economic factors of parents are included in the lower category. It means that economic and social status becomes a hamper to the normal growth and development of children. Social and economic are also important determinants of the incidence of stunting. The situation makes the children are riskier to suffer from stunting (Windi, H. 2018). Families with a lower socio-economic have poor access to education, health care, and other social benefits.

According to this study, family income has an impact on the status of stunting in children under the age of five (Fikrina et al. 2017). This is also consistent with research conducted by (Eko, S. et al. 2018), which found a connection between the level of family income and the prevalence of stunting.

## **(5) The Preparedness of Parents to Prevent Stunting**

According to this research, 15 parents at Jatirejo Village The District of Nganjuk, parents have a poor preparedness to prevent stunting (Suharsimi, A. 2013). Preparation made by parents is still very low. The efforts to improve nutrition of children, immunization, and parents education regarding stunting children are still low. There are parents who don't know that their child is stunting because they said that this is normal and fine for their child usually experiences. Parents thought that their preparation to become parents is good enough, but in reality it is still far from enough. It is based on the preparation efforts made by the parents. (Laksono et al. 2017), explain that the efforts to prepare childcare services are provided holistically to serve all of their needs to grow and develop, including health, nutrition, education, and protection, as well as integratively collaborate with educational institutions.

Parents can help prevent stunting by monitoring their children's nutritional patterns, performing routine health checks, and practicing healthy living habits. The aim is that children will not become stunted, that they will be able to grow and develop in line with their age, and that their nutritional patterns will be fulfilled in line with their growth and development age.

## **CONCLUSION**

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The results of this research on the preparedness of parents to prevent stunting at Jatirejo Village The District of Nganjuk can be concluded that stunting is a problem of millions of people in developing countries, including Indonesia. The study concludes that the incidence of stunting in the context of the study is still evident. Parents' preparedness to prevent stunting is not optimum. Even though the majority of the parents are prepared to prevent stunting. However, the percentage of those who are not well-prepared for the situation is alarming numbers of factors have identified as the contributing factors of stunting. Education level, age and maturity, size of the family, social and economic factors are the determinants of the parents' preparedness to resolve stunting.

It is expected that parents with good preparedness can identify the preparedness to prevent stunting, especially regarding the implementation of efforts to prevent stunting, for parents with moderate and low preparedness are expected to understand more about the preparedness to prevent stunting by monitoring nutritional patterns and paying attention to the nutritional intake needed by children according to their needs. with the age of growth and development to prepare themselves from an early age to increase a better preparedness. To sum up the study advised that parents need to improve the alertness to prevent stunting to their children by improving their knowledge, provision of nutritious foods, and regular medical monitoring to the growth and development of their children. Parents can consult with nurses, midwives, and nutritionists to understand what needs to be prepared so that children do not become stunted.

The community is hoped to have good preparedness and skill to increase and maintain their knowledge, for people with low preparedness in preventing stunting in children are better prepared to prevent and overcome stunting in children.

Future researchers are expected to further develop knowledge and improve skills in taking actions regarding the preparedness of parents to prevent stunting based on existing theories.

The results of this study can be used as additional information for the development of children's behavior in pediatric nursing and maternity nursing as a reference to improve the preparedness of parents to prevent stunting. Increase socialization activities regarding stunting preparedness efforts for parents according to the correct procedure.

Researchers can add several variables related to readiness in efforts to prevent stunting so that research results are more accurate, as well as input and data sources for further research and encourage interested parties to conduct further research.

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