

THE RELATIONSHIP OF KNOWLEDGE WITH MOTHERS' ATTITUDES ABOUT INFANT FEEDING AND STUNTING CHILDREN IN NGALANG GUNUNGKIDUL

Friska Nurul Hikmah¹⁾, Tri Sunarsih²⁾, Lily Yulaikhah³⁾

Email: friskanurulhikmah@gmail.com¹⁾, are_she79@yahoo.com²⁾, lilyunjani@gmail.com³⁾
^{1,2,3)}Bachelor of Midwifery, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta

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Abstract

Stunting refers to a condition characterized by the failure of a toddler to achieve optimal growth and development, primarily attributable to sustained inadequate dietary intake leading to chronic energy deficiency. Consequently, children affected by stunting exhibit a diminished stature compared to their peers of the same age cohort. The primary objective of this study was to ascertain the potential correlation between maternal knowledge levels and attitudes concerning infant and child feeding practices amidst instances of stunted growth, specifically focusing on the context of Ngalang Village within the Gunungkidul region of Yogyakarta, Indonesia. This type of quantitative research uses a cross-sectional approach. The study encompassed the entire demographic of mothers with children aged 0 to 60 months exhibiting stunted growth within Ngalang Village, Gunungkidul, comprising 85 respondents. The sample was selected using a purposive sampling technique, using the Slovin formula, and a sample of 46 respondents was obtained. Statistical analysis was conducted using the chi-square test and obtained a p-value of 0.504 (>0.05). This study concludes that there is no significant influence between knowledge and maternal attitudes about stunting infant and child feeding (PMBA) in Ngalang Village, Gunungkidul, Yogyakarta. The next researcher should look at the factors of the living environment so that it can be known whether the environment in which they live affects attitudes.

Keyword: Stunting, PMBA, Knowledge, Attitude

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Correspondence:

Tri Sunarsih, Bachelor of Midwifery, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta, are_she79@yahoo.com

1. Introduction

Indonesia is among the countries with the fifth highest rate of stunting cases (TNP2K, 2017). Data from the Ministry of Health, as per the Indonesia Nutritional Status Survey (SSGI) in 2023, indicated a stunting rate of 24.4% in 2021. In 2022, the stunting rate was 21.6% in Indonesia, with East Nusa Tenggara (NTT) having the highest rate at 35.3% and Bali the lowest at 8%. Yogyakarta ranked 30th with a rate of 16.4%. In DIY, Gunungkidul Regency topped the list at

15.42%, and Kulon Progo Regency had the lowest rate at 14.9% [1].

Prevalent stunting was observed in the 2022 Nutritional Status Monitoring results in Gunungkidul Regency; approximately 4,574 toddlers were identified as stunted. The baseline target for 2020 was 17.43%, reduced to 15.5% in 2022, with projections of 15.2% in 2023, 14.9% in 2024, 14.6% in 2025, and 14% in 2026 [2]. During the Cadre Coordinator Meeting in 2023 by Kalurahan Sehat Kalurahan Ngalang Management, monitoring revealed 86

stunted toddlers out of 495 in Kalurahan Ngalang [3].

Stunting represents a dual challenge and a pressing concern for Indonesia, necessitating immediate action. The government has undertaken concerted efforts to mitigate stunting prevalence, targeting various demographics, including adolescents, prospective brides, expectant and lactating women, and children aged 0 to 59 months [4]. According to the World Health Organization (WHO), stunting is attributed to multifaceted factors such as inadequate nutrition, recurrent infections, and insufficient psychosocial stimulation. If these causes continue to occur in the first 1,000 days of the baby's birth, the baby can develop stunting [5]. In 2018, Sutarno emphasized the negative impact faced by children suffering from stunting. These include short-term effects like disrupted brain development, decreased intelligence, impaired physical growth, and metabolic issues. Additionally, long-term consequences lead to lower cognitive abilities and academic achievement, weakened immunity, making them prone to frequent illnesses, and increased vulnerability to chronic conditions such as diabetes, obesity, heart diseases, cancer, stroke, and age-related disabilities [6].

Stunting refers to a condition where a toddler is unable to achieve average growth and development due to continual inadequate energy intake, leading to a significantly shorter stature compared to same-age peers [7]. In 2016, WHO identified various factors contributing to stunting, including direct and indirect influences. Direct factors include maternal nutritional deficiencies, shorter pregnancy durations, suboptimal child-feeding practices, insufficient breastfeeding, and recurrent infections. Indirect factors such as healthcare access, education, socio-cultural aspects, and environmental hygiene also play a role in causing stunting [8].

Ramayulis suggests that knowledge plays a key role in shaping individuals' behaviors, indicating that a

thorough understanding promotes positive attitudes. Furthermore, Notoatmojo explains that knowledge results from cognition following sensory perception, involving senses like sight, hearing, olfaction, taste, and tactile sensation [9]. An attitude reflects an individual's response triggered by a stimulus, affected by various factors such as personal experiences, social interactions, cultural standards, media, education, religion, and emotional triggers [10].

Building on the above context, this study explored the relationship between maternal knowledge levels and attitudes towards Infant and Child Feeding (PMBA) Stunting in Ngalang Village, Gunungkidul, Yogyakarta.

2. Methods

This study utilized a quantitative research approach, employing a cross-sectional design for correlation analysis. This approach is focused on gathering data from the same period to analyze mothers' knowledge and attitudes on infant and child feeding, specifically regarding PMBA stunting. Data were collected using questionnaires, ensuring no repetitions in the measurement process or research instrument provision [11].

The population was all mothers with stunted children in Ngalang Village, Gunungkidul, totaling 85 individuals. Ngalang Village was chosen due to its high prevalence of Stunting within the Gunungkidul region. Purposive sampling was used to select mothers with stunted children aged 0-60 months, excluding those who do not directly care for their children or have children with disabilities. The sampling procedure followed the Slovin formula with a 10% margin of error, resulting in 46 respondents. The study took place from October to December 2023, encompassing the data collection phase in this timeframe.

This study classified maternal knowledge as suitable, sufficient, or lacking [12]. Two variable dependencies are the mother's attitude towards infant and child feeding (PMBA) and stunting, categorized as positive or negative

attitudes [13]. The analytical framework used includes both univariate and bivariate analyses. Univariate analysis is used to identify unique characteristics of each variable, such as age, education, occupation, knowledge, and attitude. Bivariate analysis involves chi-square tests to explore relationships and dependencies between variables due to the dataset's nominal nature [14]. The analysis aims to determine any correlation between maternal knowledge and attitudes regarding infant and child feeding practices, specifically related to the prevalence of stunting in Ngalang Village, located in the Gunungkidul regency of Yogyakarta.

3. Results and Discussion

Univariate Analysis

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	Frequency	Percentage (%)
Age		
20-35 years	30	65.2
> 35 years	16	34.8
Education		
Elementary School	4	8.7
Junior High School	23	50.0
Senior High School	16	34.8
University	3	6.5
Occupation		
Seller	2	4.3
Farmer	1	2.2
Housewives	41	89.1
Others	2	4.3

Based on Table 1 above, In the study conducted in Ngalang Village, Gunungkidul, findings from the analysis of 46 respondents highlight some key characteristics: The majority of respondents, around 65.2%, fell within the age group of 20-35 years. Additionally, a significant proportion, 50.0%, of respondents had completed junior high school education, and a majority of 89.1% were engaged in household activities as housewives.

Table 2. Distribution of Knowledge on Infant and Child Feeding (PMBA) *stunting*

Knowledge	Frequency	Percentage (%)
Good	36	78.3
Enough	10	21.7
Less	0	0

Source: Primary Data, 2023

Based on Table 2 above, respondents' knowledge about infant feeding and stunting revealed that 78.3% possessed good knowledge, while 21.7% had sufficient knowledge on the subject.

Table 3. Distribution of Attitudes About Infant and Child Feeding (PMBA) *stunting*

Attitudes	Frequency	Percentage (%)
Positive	28	60.9
Negative	18	39.1

Based on Table 3 above, maternal attitudes towards feeding stunted infants and children, the study reported that 60.9% of mothers displayed positive attitudes, whereas 39.1% exhibited negative attitudes.

Bivariate Analysis

Table 4. Relationship of Knowledge with Maternal Attitudes on Infant and Child Feeding (PMBA) *stunting*

Knowledge	Attitudes				P value
	Positive		Negative		
	n	%	n	%	
Good	21	45.7	15	32.6	0.504
Enough	7	15.2	3	6.5	
Less	0	0	0	0	

Based on the data in Table 4, the research findings indicate that adequate knowledge leads to a positive attitude in 21 individuals (45.7%) and can also result in a negative attitude in 15 individuals (32.6%). The research results, analyzed using non-parametric statistical methods with chi-square tests, yielded a p-value of 0.504 (>0.05), suggesting there is no significant correlation between knowledge and attitudes towards stunting related to infant and child feeding (PMBA) in Ngalang Village, Gunungkidul, Yogyakarta.

These results align with a study by Fitriani, N. L et al. (2015) that

explored the correlation between knowledge and attitudes of late school-age children (10-12 years) regarding snack consumption at SDN II Tagog Apu Padalarang, West Bandung Regency. Their cross-sectional study, testing two variables using chi-square tests, yielded a p-value of 0.065 (>0.05), indicating a lack of significant association between knowledge and attitude [14].

Attitude represents an individual's response to stimuli and can be shaped by personal encounters, societal influences, cultural norms, media, educational and religious institutions, and emotional factors [10]. According to Sunaryo, attitude reflects a person's predisposition to react positively or negatively and indicates a propensity towards specific actions or behaviors rather than being the actions themselves [15].

4. Conclusion

The findings suggest no significant correlation exists between maternal knowledge and attitudes regarding feeding practices for stunted infants and children, given the p-value of 0.504 ($p > 0.05$). However, an essential limitation of this study is the lack of exploration into how environmental factors influence individuals' attitudes toward encountered stimuli. It is essential to note that this study's focus on infant and child feeding variables is a novel approach compared to previous research efforts.

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