
Effectivity Counseling Mothers Who Have Toddlers With Compliance In Giving Complementary Foods To Toddlers Stunting In Kelurahan Lembah Lubuk Manik Lingkungan 1 Year 2022

Fauziah Gusvita Syarah Harahap
Akademi Kebidanan Sentral Padang Sidempuan

*Correspondence Author
Email : vitaesyarah2@gmail.com

Abstract

Having a short body in a child who is below normal standards is the result of a condition of poor nutrition which in this condition has been going on for a long time. And most people think that this malnutrition may not understand the term stunting. Stunting is a chronic malnutrition problem caused by a lack of nutritional intake for quite a long time, resulting in impaired growth in children, namely the child's height is lower or shorter (dwarf) than the standard age. The benefit of this research is to reduce the problems that occur in the village of Lembah Lubuk Manik Ling 1 by providing good solids and then to increase mother's knowledge about nutrition before pregnancy, during pregnancy, and after giving birth. The research design used an experimental Quasi-experimental design with a pretest and posttest sample design in this study as many as 51 mothers who had toddlers in neighborhood 1 of the valley of Lubuk Manik. counseling there is a significant change in the effectiveness of counseling for mothers who have toddlers with adherence to giving solids in cases of stunting. Whereas the average value of Observation 1 was Mean 3.97 and there was an increase in the average value of Observation 2, namely Mean 5.92 and there was an increase in the average value in Observation 3, namely Mean 6.00 so that it can be concluded that counseling was carried out effectively because there is an increase to improve nutritional needs. From the results of this study it is expected that neighborhood 1 mothers will be able to further improve and maintain efforts towards nutrition in children so that stunting does not occur. This health problem is a condition of a very short body in terms of the standard for measuring height according to age from WHO, therefore mothers who have been given counseling can ensure that it does not happen again to children at a later age.

Keywords: Malnutrition Education, Toddlers, Mother's Knowledge, Malnutrition Bibliography: 5 books, 15 Internet

INTRODUCTION

According to research suryana (2019) that good nutrition and healthy in childhood is a very important basis for the health of children in the future. Growth and development in toddlers (under two years) can play an important role in later life. Growth and development in the child's brain occurs at the age of 5 first year, then it takes a good nutritional status it can determine the development of children in the future.

In developing countries experiencing high rates of pain with cases of malnutrition crisis that has hit several parts of the world one of them is Africa, where the most populous country on the continent, Nigeria, has experienced a very complex situation that makes people suffer. One of the indicators of the crisis can be seen in terms of nutritional needs of citizens. UNICEF says Nigeria ranks first on the continent and is second in the world for child malnutrition. One of the highest numbers of malnutrition cases is in the northwestern region of Nigeria. UNICEF says eight million children in the region are malnourished. In the Gummi region, the rate of child malnutrition reached more than 50%. More than half of the children were malnourished. One in four people is severely malnourished and needs immediate medical care, " the charity Doctors Without Borders (MSF) told AFP.

The crisis in Nigeria is caused by several factors. One of them was the threat of bandit attacks that forced farmers to leave their farms. This threatens the country's food supply. Efforts to improve the nutritional status of the community, including reducing the prevalence of short-term children, are one of the development priorities listed in the main targets of the 2015-2019 Medium-Term Development Plan. This is in line with the Copenhagen Consensus 2012 which encourages investment in improved nutrition. Improved nutrition is believed to help break the cycle of poverty and increase the country's GDP by 2-3 percent per year.

The level of stunting as a result of malnutrition in children under five in Indonesia exceeds the limits set by WHO. Stunting cases are mostly found in areas with high poverty and low education levels.

Indonesia is one of the world's economic powers in the coming decades. Price waterhouse Coopers (PWC), for example, estimates that Indonesia's economy will be in the top five in the world by 2030, and even become the 4th largest economy in the world by 2050. Indonesia's position will only be below China, India and the United States. One of the government's current focuses is the Prevention of stunting. This effort aims to enable Indonesian children to grow and develop optimally and maximally, accompanied by emotional, social, and physical abilities that are ready to learn, as well as being able to innovate and compete at the global level.

The provision of MPASI is recommended using locally available and cooked ingredients that can meet the nutritional needs of both macro and micro children. Homemade MPASI that meet nutritional needs is the best choice then research shows homemade MPASI Indonesian majority lack of iron, calcium, zinc niacin, folate and thiamine.

A total of 13 districts/cities in North Sumatra declared an emergency prevalence of stunting, with red status with a figure above 30 percent. This is according to the data of the Indonesian Nutritional Status study (SSGI) in 2021. The prevalence of stunted children in North Sumatra reached 25.8 percent. The record places North Sumatra as the 17th province with the highest number of stunted children in Indonesia. SSGI noted that the prevalence of stunting in North Sumatra is very alarming. In fact, Mandailing Natal Regency with a stunting prevalence of 47.1 percent was ranked number 2 out of 246 districts/cities in 12 priority provinces. Likewise, Padang Lawas Regency, which has a 42 percent evaluation, is included in the top 10 red status areas.

In addition, areas that also have red status in North Sumatra are Pakpak Bharat, Nias, South Nias, North Nias, Dairi, North Padang Lawas, Langkat, Batubara, North Labuhanbatu, South Tapanuli, and Padangsidempuan City.

As we all know, the issue of Stunting has become a national development agenda and Padang Sidempuan city is one of the priority districts, out of 514 districts and cities in Indonesia. At the event then attended by Deputy Mayor of Padang Sidempuan Ir. Arwin Siregar MM as the chairman of TPPS and the person in charge of the Stunting case Audit officially opened the 2022 Padang Sidempuan City Stunting case Audit disinfection at the Padang Sidempuan Bkpsdm Hall.

One form of problems that often occur in infant feeding is the cessation of breast milk (ASI) and early MPASI. Research conducted by Teshome, giving MPASI to children who are too early ≤ 4 months can be at risk of causing stunting (Galuh, 2018). The results of a study conducted by Hannum (2019) showed a link between the history of MPASI administration to the incidence of stunting in toddlers in the Maron Health Center work area. Supported by Friska (2014) who conducted a study in Medan Pandan District, Tapanuli Regency showed that the provision of MPASI that is too early to 6 months is a risk factor for stunting. Another study in India showed that the provision of MPASI early age at the age of 0-2 months and can increase the presence of.

Based on the results of a survey conducted in September by researchers that there are some babies in Environment 1 experience malnutrition with maternal knowledge that is still lacking about complementary feeding. Therefore, the researchers concluded to follow up the problems that occur in the environment.

RESEARCH METHODS

This research is included in experimental research with Quasi experimental design (pseudo-experiment) with Non - Equivalent Control group Design. Defining quasi experimental design is a form of experimental research that uses 2 groups, namely the experimental group and the control group. The experimental group was given counseling by lecture method while the control group was given counseling by leaflet distribution. This study describes the comparison of Group pretest and posttest Desing. This design consists of a group (there are experimental and control groups), while the research process is carried out in five stages, namely:

First, carry out a pretest to measure the initial condition of the respondents before being given treatment and carry out group perfumery then in one group there were 25 mothers who had toddlers. Second, provide treatment or intervention to an experimental group of 25 mothers who have toddlers and then the group in two then one group is not given counseling and the other group is given counseling in different rooms as many as 25 mothers with no time (X). Third, conduct a posttest to determine the state of bound variables after treatment in both groups.

This study was conducted in the Lembah lubuk manik neighborhood 1. The population in the study is an area consisting of: objects / subjects that have certain qualities and characteristics that are applied by researchers to be studied and then draw conclusions. population of mothers who have toddlers Sample taken in this study is the entire population that is willing to 150 mothers who have toddlers. Description in using the selovin formula that is $N = \frac{N}{d}$ where N = large population, N = large sample, d = level of confidence / accuracy that is desired 0.1 Thus the number of samples in this study using the formula of selovin is as much as 50 mothers who have babies.

Sampling technique (sampling technique)in this study is a simple random sampling that is sampling the mother population is done randomly without regard to the strata that exist in the population. Then univariate analysis aims to obtain/describe the characteristics of each variable studied. These data are displayed in the form of frequency distribution tables and bivariate analysis was performed to see the difference in compliance knowledge in the provision of MPASI pe before and after the intervention (counseling). The Data were analyzed with the help of computer using statistical tests, namely Paired Sample t-test if the data is normally distributed and Wilcoxon test if the data is not normally distributed.

RESULTS AND DISCUSSION

Distribution of compliance of mothers who have toddlers with compliance of MPASI before and after extension.

Table 1

No	Categories	Observation I		Observation II		Observation III	
		Obeyed	Disobedient	Obeyed	Disobedient	Obeyed	Disobedient
1.	Compliance	15,0	85,0	93,0	7,0	100	0

The results of the observation of compliance 50 respondents showed that there is an increase in compliance after counseling in the provision of MPASI can be seen in observation I who obey MPASI as many as 15 respondents (45.0%) meningakt on observation 2 that is 33 respondents (93.0%) and all workers have complied with the observation to 3 that is as many as 50 respondents (100%).

Table 2. Comparative test of lecture extension to the provision of MPASI.

class	Average	Average	Differ ence
	Pretest	Postest	
Experiments	3,98	4,92	0.94
Control	4,06	4,06	0

From the table above shows that the average pretest experimental class is 3.98 and the average post test in the experimental class is 4.92 where there is a difference in the value of the increase after the extension of 0.94, the average pretest value in the control class is 4.06 and the average post test in the control class is 4.06. where it can be concluded that in the control group given counseling by lecture method there is no increase in compliance with the difference of 0.0.

CONCLUSION

This counseling comparison is said to be successful if there is a change in maternal compliance in providing good complementary foods, therefore it is seen from the second and third observations that there is a change in giving. From the results that have been in the field with the head of puskesmas with good results can affect the quality of MPASI and reduce the risks of danger and disease due to Stunting. Of both methods performed equally strongly affect the knowledge of mothers in view of the results of pre-test and post-test that has been tested.

REFERENCES

- Afriyanti, O, & Nova, M. (2019). Hubungan berat badan, ASI eksklusif, MPASI dan asupan energi dengan stunting pada balita usia 24-59 bulan di Puskesmas Lubuk Buaya. Jurnal kesehatan perintis(Perintis Health Journal. Vol 5. No1. (39-45). PISSN: 2355-9853 E-ISSN: 2622- 4135
- Angkat,H,A. (2018). Penyakit infeksi dan praktek pemberian MPASI terhadap kejadian stunting pada anak usia 12- 36 bulan di Kecamatan Simpang kiri Kota Subulussalam. Journal of the world of nutrition. Vol 1. No 1. (52- 58). ISSN: 2614-6479. [https://ejournal . helvetia.ac.id/jdg](https://ejournal.helvetia.ac.id/jdg)
- Maliku, A. R. et al. (2020). The correlation between exclusive breastfeeding and stunting incident in Toddlers in the bastem utara public health care. Sorume Health Sciences Journal, 1(1), 29-36. Retrieved from https://www.usnsj.com/index.php/sh_sj/article/view/1004

Nicklas, T. A. et al (2020). Nutrient intake, introduction of baby cereals and other complementary foods in the diets of infants and toddlers from birth to 23 months of age. *AIMS Public Health*, 7(1), 123–147. doi:10.3934/publichealth.2020012

Satriani, et al. (2019). Disparity of risk factors stunting on toddlers in the coast and the mountain areas of sinjai, south sulawesi. *Public Health Perspectives Journal*, 4(3), 196 –

Watson, Sophie. et al. (2018). The role of complementary feeding methods on early eating behaviors and food neophobia in toddlers, child care in practice. *Child Care in Practice*, 1-14. doi:10.1080/13575279.2018.1516625

Widaryanti, R. (2019). Makanan pendamping ASI menurunkan kejadian stunting pada balita Kabupaten Sleman. *Journal Ilmiah Kesehatan*.vol 3. No 2. (23-28). P-ISSN: 2258-385. E- ISSN: 2598 3857