

Factors Influencing Stunting Incidence

Nurlela Mariana Nababan

Akademi Keperawatan Pemkab Tapanuli Utara

nurlelanbbn@gmail.com

Abstract

Stunting conditions due to chronic malnutrition and nutritional deficiencies that caused the child to fail to grow according to his age, Stunting prevalence is 21.6% of the number of newborns in Indonesia, and the number of stunting sufferers is increasing due to several factors, one of which is the economy, so that families ignore the nutritional needs of the newborn. The method used in this study is simple random sampling. The number of samples used as respondents was 112 households. There are several factors that influence stunting: the mother's knowledge of exclusive breastfeeding, sanitation of the environment, antenatal care, and visits of health officials based on statistical tests. There is a significant relationship where the p-value value is $0.015 = 0.07$; this proves to be a relationship for every factor causing stunting. The conclusion and recommendation of increased stunting incidence are indicators of inequality in health care, so it is expected that health workers should improve nutritional status.

Keyword: Stunting, Nutrition, Sanitation and Toddlers

1. INTRODUCTION

One of the health indicators that assesses the success of achievements in the MDGs is the nutritional status of young children. Young children are vulnerable to undernourishment; one of them is stunting. Stunting (short) is a linear growth pathway caused by chronic malnutrition of nutrient intake or chronic or recurrent infectious diseases indicated by high body z-score values according to age. Stunting is a major nutritional problem that will affect social and economic life in society. In addition, stunting can affect young children in the long term, interfering with their health, education, and productivity later on. Stunting toddlers tend to have difficulty achieving optimal growth and development potential, both physically and psychomotorly. East Nusa Tenggara (NTT) ranks first for stunting in Indonesia. Currently, the government is calling for the prevention and treatment of stunts. Because the prevalence of stunting babies under five years of age (balita) in Indonesia in 2023 was 21.6%, The Southwest Sumba Health Ministry recorded that 432 children under five years old (ballita) suffered from malnutrition in 2023. That figure has increased compared to 2021, with 258 cases.

Head of Public Health, South West Bank Health Service, Stunting is a social problem influenced by a number of key factors, such as poverty, social and cultural factors, increased exposure to infectious diseases, food virility, and public access to health services. It means stunting as a result of prolonged conditions such as poverty, inappropriate care patterns, and

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Corresponden Author : nurlelanbbn@gmail.com

frequently suffering from repeated illness due to poor hygiene and sanitation. Based on the above data, stunting in the news needs to be a special concern as it can inhibit the physical and mental development of the child. Stunting is associated with an increased risk of pain and death and impaired development of motor and mental abilities. "Based on the background description above, researchers are interested in researching "Analysis of Factors Affecting the Incidence of Stunting in the South West Bank. "

2. RESEACRH METHOD

The method used is analytical with a cross-sectional approach. The population in this study is the entire news that is in the South West Sumba 573 news. Analysis using Chi Square: The sampling technique in this study is simple random sampling. Where the inclusion criteria are families that have news, have core families, and are willing to engage in research until the end, The number of samples collected as respondents to this study was calculated based on the sample formula for a small population, or less than 10,000, so we obtained a sample of as many as 112 households. The data collection is done by means of the spread of the questionnaire.

3. RESULT AND DISCUSSION

Table 1. Frequency Distribution of Respondent Characteristics (n=112)

No	Age	Frequency	Percentage
1	21-37 years	62	72
2	38-47 years old	34	39
	Amount	123	100

Table 2. Relationship between antenatal care (ANC) and health worker visits to stunting in Southwest Sumba (n=112)

ANC	Visit Officer Health		Total	P-Value	OR 95%
	Often	Seldom			
Often	39 75%	13 25%	52 100%	0.000	17,952
Seldom	23 69%	10 31%	33 100%		
Amount	62 72%	23 28%	112 100%		

Based on Table 2 above, it shows that the respondents who had a history of antenatal care visits (ANC) and the majority visited health workers often (75%), compared to the respondents who had a history of rare ANC and were rarely visited by health workers, as many as 10 respondents (31%). The results of statistical tests showed that the p-value was 0.000, so the p-value was 0.000 < 0.05. This proved that there was a relationship between ANC history and health worker visits. The analysis of the closeness of the relationship shows that the odds ratio (OR) value is 17,952, which means that respondents who have a good history of ANC have the opportunity to visit health workers 17 times compared to respondents who have a history of less ANC.

DISCUSSION

Respondent Characteristics

Based on the research results, it was found that the majority of respondents were aged 21–37 years, amounting to 61 respondents (67%). Age is one of the dominant factors that influence attitudes or actions in the family to fulfill treatment and decisions to take action. According to Saepudin (2033), age is related to changes in physical and psychological functions, where the ability to act or decide actions will decrease.

The statistical test results showed that knowledge about exclusive breastfeeding was in the good category regarding environmental sanitation (87.5%), compared to respondents who had less knowledge about exclusive breastfeeding and environmental sanitation in Southwest Sumba families (54.4%). The results of statistical tests showed that the p-value was 0.013, so the p-value was $0.013 < \alpha = 0.05$. This proved to be a relationship between mothers knowledge about exclusive breastfeeding and a good environment and sanitation for families who have toddlers at home.

The incidence of stunting in children is a cumulative process that occurs during pregnancy, childhood, and throughout the life cycle. At this time, it is the process of stunting in children and the increased chance of stunting occurring in the first 2 years of life. Maternal nutritional factors before and during pregnancy are indirect causes that contribute to the growth and development of the fetus. Pregnant women with malnutrition can cause the fetus to experience intrauterine growth retardation (IUGR), so that the baby will be born in a malnourished state and experience disturbances in growth and development.

Nutrition obtained at birth is, of course, very influential on its growth, including the risk of stunting. Failure to carry out early initiation of breastfeeding (IMD), failure to provide exclusive breast milk (ASI), and the early weaning process can be factors in the occurrence

of stunting. Meanwhile, from the side of providing complementary food for ASI (MP ASI), the things that need to be considered are the quantity, quality, and food safety provided (Kemenkes RI Data and Information Center, 2022).

This was also stated by Kurhayadi et al. (2023) that interventions to prevent malnutrition should be implemented on the first '1000' days. The period between 6 and 24 months is very important because children undergo the transition from breast milk to complementary foods during this period and sometimes consume poor quantities and quality of food. Poor feeding practices are one of the determinants of stunting, and this goes hand in hand with infections and environmental health problems.

Research result: Maulana (2033). Shows that in the case group of 33 respondents who did not use household waste protection, there were 33 people (100%) who were stunted and not stunted or (0%) in the control group. Meanwhile, of the 88 respondents who used household waste protection, 33 people (42.0%) were stunted in the case group and 66 people (100%) were stunted in the control group.

4. CONCLUSIONS AND RECOMMENDATIONS

Children's health problems can interfere with growth and development due to decreased food intake and decreased absorption of nutrients by the body, which causes the body to lose nutrients needed for growth and development. Based on the results of the research conducted, there are several factors that influence stunting. Based on statistical tests, it was found that there was a significant relationship with a p-value of $0.013 < \alpha = 0.05$. This proved that there was a relationship between each factor in stunting. So it is suggested that there is a need for education for prospective parents and for parents to monitor the growth and development of their children under five.

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