LITERATURE REVIEW: OVERVIEW OF PARENTING IN STUNTING PREVENTION IN TODDLERS IN KUPANG CITY, EAST NUSA TENGGARA PROVINCE

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ABSTRACT
Stunting is one of the serious public health problems in Indonesia, including in Kupang City, East Nusa Tenggara Province. Stunting prevention requires an active role from parents or caregivers in providing proper parenting. This study aims to provide an overview of parenting styles that play an important role in stunting prevention in Kupang City, based on a literature review of the latest studies that have been conducted in the Kupang City area. This research uses the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method through four stages, namely identification, screening, feasibility, and results received. The literature search is done by accessing an online electronic database from Google Scholar. Literature searches have been carried out online in Indonesian-language journals on the Google Scholar database in the last three years (2020-2023). The results showed that the incidence of stunting toddlers in Kupang City was influenced by improper feeding practices due to the low level of knowledge and economy. In addition, various community empowerment activities influence reducing stunting. It is hoped that community empowerment activities will continue to reduce the incidence of stunting in Kupang City.

Keywords: Stunting, Toddlers, Parenting

INTEGRATION

The incidence of short toddlers commonly referred to as stunting is one of the nutritional problems experienced by toddlers in the world today. In 2017, 22.2% or around 150.8 million children under five in the world were stunted. However, this figure has decreased when compared to the stunting rate in 2000, which was 32.6%\(^1\). There have been many efforts made by the government to reduce the incidence of stunting. This can be seen from the decrease in the prevalence of stunting toddlers
according to Basic Health Research (Risksdas) data from 37.2% in 2013 to 30.8% in 2018. The prevalence of Baduta stunting also decreased from 32.8% in 2013 to 29.9% in 2018. However, the prevalence of stunting cases in Indonesia is still relatively high because it is still above the threshold of the World Health Organization (WHO), which is 20%.

So to reduce stunting cases below the threshold, various efforts, strategies, and consistency are needed in carrying out various stunting prevention programs. Efforts to reduce stunting, both globally and nationally, are not without reason. This is because the problem of stunting is closely related to the quality of human resources in the future. Accelerating stunting reduction is a national priority activity that has been implemented since 2018 in 100 regencies/cities. Furthermore, it was expanded to 160 districts/cities in 2019, 260 districts/cities in 2020, and 360 districts/cities in 2021. Furthermore, to accelerate the achievement of the stunting reduction target in the National Medium-Term Development Plan (RPJMN) for 2020-2024, the districts/cities where the integrated stunting reduction intervention focus is expanded from 360 districts/cities to 514 districts/cities in 2022 (Decree of the Minister of National Development Planning/To the National Development Planning Agency Number KEP. 10/M.PPN/HK/02/2021 concerning the Determination of the Expansion of Districts/Cities Focus Location of Reduction Interventions Integrated Stunting in 2022, 2021).

According to the, NTT Province is one of the provinces in Indonesia with the highest stunting percentage of 42.7 percent above the national stunting percentage of toddlers which is 30.8 percent. The results of Riskesdas (2018) show that of 2,437 toddlers in NTT, there are 16.0 percent of very short toddlers and short toddlers of 26.7 percent. Low access to nutritious food at the household level is one of the main problems causing the high prevalence of stunting toddlers in NTT. Therefore, education and socialization of child nutrition for families is important, in addition to improving welfare and access to food.

The cause of stunting is malnutrition from the time a mother is declared pregnant until the child is two years old. Stunting is defined as a condition of failure to thrive in children under five years old due to chronic malnutrition and recurrent infections, especially in the First 1000 Days of Life (HPK) period it deserves special attention because it determines the level of physical growth, intelligence, and productivity of a person in the future. Nutritional problems, especially stunting in toddlers, have a negative impact that will continue on the child’s future life. The short-term impact of stunting can cause mortality, morbidity, and disability in children. Long-term impacts can cause impaired growth in adulthood, low development of cognitive abilities, economic productivity, reproductive appearance, and metabolic and cardiovascular diseases.

The reduction in stunting is focused on addressing the causes of nutritional problems, namely easy access to nutritious food (food) at affordable prices, parenting patterns for infants and toddlers to provide nutritious food, access to health services, and the availability of clean water and sanitation.
facilities. These four factors can affect the nutritional intake and health status of mothers and children so that intervention in these four factors is expected to prevent stunting.

Based on the background description above, the researcher felt the need to conduct this study to collect and analyze the latest scientific evidence on effective parenting in preventing stunting in the Kupang City area.

**METHOD**

This study uses a systematic literature review using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method through four stages, namely identification, screening, feasibility, and results received. The literature search is carried out by accessing an online electronic database from Google Scholar using the keywords "causes of stunting" and "foster care in preventing stunting in Kupang City" in Indonesian. Eight articles were selected based on inclusion criteria: publication dates for the last three years from 2020 to 2023, discussing foster care in preventing the incidence of stunting toddlers in children in the Kupang City area, speaking Indonesian, full text, open access, and are academic journals and community service.

Relevant data, including research results, findings, and statistics related to stunting in the region, were extracted and analyzed. Content analysis was carried out using a matrix table by comparing research methods, research subjects, and places, as well as the variables studied included maternal knowledge, parenting, nutritional status, birth weight, and family economic status and their relationship with the incidence of stunting.

**RESULTS AND DISCUSSION**

**Literature Search**

From the results of the literature search with systematic literature review, 67,100 journals and articles with keywords stunting, children, cognitive, cognitive development. Then using exclusion criteria by looking at the time of publication and suitability of the study, 649 literatures were obtained. In the final stage, an assessment is carried out by deleting journals that have the same title and author, and incomplete texts, and verifying research results such as sample adequacy, anticipation of bias, comparison groups, and the suitability of statistical tests from the literature list. The author obtained 8 literatures with full text and according to the established criteria.
## Table 1. Results of Article Synthesis Analysis

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<tr>
<th>No</th>
<th>Author and Year</th>
<th>Title and Purpose of Research</th>
<th>Research Methods</th>
<th>Research Results</th>
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<tbody>
<tr>
<td>1</td>
<td>Batbual et al., (2023)</td>
<td>-Title: Handling and Prevention of Stunting with Additional Feeding for 25 Foster Parents (25 OTA) in Liliba Village -Purpose: Assistance as foster parents of 25 stunted children</td>
<td>The methods provided were assistance in nutritious feeding for 25 stunted children and conducting health counseling on nutrition for stunting prevention.</td>
<td>The results after three months of nutritious feeding intervention in 20 children showed an improvement in children’s nutritional status, increased parental knowledge of stunting prevention, and severe malnutrition. Conclusion. Foster parent assistance for 25 stunted children under five can prevent stunting in Liliba’s family.</td>
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<td>2</td>
<td>Bosko &amp; Sembiring (2023)</td>
<td>-Title: Assistance for Stunting Parents and Toddlers in Naioni Village, Kupang City - Objective: To make Naioni Health Center a model puskesmas in handling stunting, Increase knowledge, attitudes, and behavior of stunted toddler mothers in overcoming stunting and Improve the nutritional status of stunted toddlers</td>
<td>The scheme of this service activity is the Community Partnership Program (PKM) with the objectives of 1) Applying science and technology to the community to improve science and skills in the health sector 2) Forming/developing independent community groups in the health sector 3) Applying research results to improve public health to realize community welfare.</td>
<td>The incidence of stunting is not only due to ignorance of society but also because mothers under five pay less attention to food patterns when pregnant until the baby is born. Thus resulting in the risk of birth weight of children and height of children experiencing problems</td>
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<td>3</td>
<td>Simbolon et al., (2021)</td>
<td>-Title: Specific Nutrition Assistance for Pregnant Women Efforts Towards a Stunting-Free KB Village -Purpose: Assistance to</td>
<td>Prospective Analysis Study Sample: 80 pregnant women Instrument: Assistance was carried out</td>
<td>There was a significant increase in the average knowledge and attitude of health cadres after the 3-day training in</td>
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| 4  | Zogara et al., (2020)
|     | Judul: Differences in Nutritional Intake at Breakfast in Stunting and Non-Stunting Elementary School Students in Kupang City
|     | Purpose: This study was conducted to analyze the difference in macro and micronutrient intake at breakfast in stunted and non-stunted elementary school students in Kupang City. | Retrospective study - Sample: 116 students - Instruments: interview sheet, food recall, and nutriservey | Results: More female respondents were stunted (58.6%). There were differences in carbohydrate intake ($p = 0.022$), protein ($p = 0.044$), fat ($p = 0.046$), iron ($p = 0.035$), and zinc ($p = 0.043$) at breakfast in stunted and non-stunted students.
Open: Conclusion: There are differences in macro and micro nutrient intake at breakfast in stunted and non-stunted elementary school students in Kupang City. |
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| 5  | Manalor et al., (2022) | - Title: Promotion of Infant Nutrition for Parents of Children with Stunting at Alak Health Center in Kupang City in 2022  
- Purpose: To improve the ability of parents to promote nutrition for infants under five years of age  
- Sample: 466 mothers of toddlers  
- Instrument: questionnaire one group pretest-posttest design | -Prospective Study  
- Sample: 466 mothers of toddlers  
- Instrument: questionnaire one group pretest-posttest design | Based on the results of the study, it can be concluded that there is already a family/mother understanding of infant nutrition in preventing stunting at the Alak Health Center in Kupang City in 2022.  
- There has been an increase in the ability of families to prevent malnutrition and stunting in infants under five at the Alak Health Center in Kupang City in 2022.  
- Based on the results of mentoring, it was found that direct nutritional assistance to mothers under five can improve the nutritional status of toddlers' indicators BB / U, TB / U, BB / TB, and BMI / you and can increase maternal nutritional knowledge. |
| 6  | Setia et al., (2022) | - Title: Family Assistance as an Effort to Prevent Stunting in the 1000 HPK Period in Naioni Village, Kupang City  
- Objective: The purpose of the activity is to make the Naioni puskesmas a model puskesmas in handling stunting, increase maternal nutrition knowledge in overcoming stunting and improve the nutritional status of toddlers in the 1000 HPK period  
- Sample: 10 toddlers  
- Instruments: Training, counseling and direct health assistance | -Multicenter prospective observational study  
- Sample: 10 toddlers  
- Instruments: Training, counseling and direct health assistance | The results obtained were as follows:  
- Toddlers involved in this activity aged 13 months as many as 7  
- Toddlers (70%), 5 men (50%) and 5 girls (50%).  
- Based on the results of mentoring, it was found that direct nutritional assistance to mothers under five can improve the nutritional status of toddlers' indicators BB / U, TB / U, BB / TB, and BMI / you and can increase maternal nutritional knowledge. |
| 7  | Kedang et al., (2023) | - Title: Community Empowerment in Local Food Processing (Moringa Leaves) for Stunting Handling and Prevention  
- Sample: 29 people  
- Instruments: Training, counseling and direct health assistance | -Multicenter prospective observational study  
- Sample: 29 people  
- Instruments: Training, counseling and direct health assistance | The results obtained in this community service activity include an increase in community participation. |
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<td>8</td>
<td>Huru et al., (2023)</td>
<td>Prevention - Purpose: implementation of community empowerment activities in local food processing (Moringa Leaves) for stunting handling and prevention in Naioni Village, Alak District, Kupang City</td>
<td>direct health assistance</td>
<td>knowledge after being given health education about stunting and the use of local food for stunting prevention. Moringa leaves for prevention are processed in the form of moringa pudding, Moringa tofu cake making, Moringa leaf soup making, and moringa noodle pizza making. This community service activity went well and smoothly. At the end of the activity, pregnant women understand the importance of pregnancy checks and stunting prevention. Based on the results of the implementation of service activities, it was concluded that there was a difference in the average pre-test score was 35.0±3.33 and the average post-test score was 95.0±2.33. The results of statistical tests showed a significant increase in knowledge of pregnant women after counseling (p = 0.000; α &lt; 0.05) and the results of pregnancy checks obtained by mothers and babies in good</td>
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Parenting practices carried out by parents of toddlers are very influential in the occurrence of stunting toddlers. Parenting such as Feeding practices in toddlers is an important basis for growth. Feeding practices are associated with the incidence of stunting because poor feeding practices such as breastfeeding not until the age of 24 months, toddlers not getting exclusive breastfeeding, improper breastfeeding age, lack of eating frequency, and not diverse in food consumption can cause toddlers not to get a balanced intake in the quality and quantity of food to support growth so that cumulatively it can cause problems in the growth of toddlers, namely the occurrence of stunting.

Children must be given food that suits their body's needs and food diversity that aims to prevent nutritional problems. The toddler period is a period of growth and development, at this time it is necessary to have better food intake such as breastfeeding and proper complementary foods and providing nutritious food to determine their nutritional status. Maternal parenting practices based on feeding practices for toddlers include exclusive breastfeeding, complementary foods, and providing food that has sufficient nutrition to avoid stunting in toddlers.

Personal hygiene practices are associated with the incidence of stunting in toddlers because poor personal hygiene practices such as not washing hands before eating, defecating out of place, not washing hands after defecation, cutting nails < 1 time a week, and not wearing footwear when outside the home can cause toddler hygiene to also be less good which affects the nutritional status of toddlers. In addition, it also makes it easier for toddlers to contract infectious diseases such as gastrointestinal infections (diarrhea). Toddlers are an age group that is very susceptible to infectious diseases. Personal hygiene practices have a very important role in maintaining the health of toddlers to avoid these infectious diseases that will cause stunting in toddlers.

Properly applied personal hygiene practices will prevent toddlers from contracting infectious disease-causing bacteria. These bacteria can enter the toddler's body through food and environmental conditions that are not clean, causing infectious diseases such as diarrhea, this can cause toddlers to lose fluids and lose important nutrients needed by the body. Diarrhea that occurs continuously will cause toddlers to experience malabsorption of nutrients that will make toddlers lose more nutrients. This if not treated immediately will cause failure to thrive in toddlers.

In community service activities through assistance to families at risk of stunting have been carried out through the stages of socialization, implementation of activities, and monitoring and evaluation. At
the socialization stage, it gives results that families accompanying children at risk of stunting understand, have a mindset, and have a commitment to their role in preventing their children at risk of stunting. This socialization activity is a very important stage to provide an understanding of the importance of preventing baduta who are at risk of stunting in the community. At the implementation stage, previously families accompanying children at risk of stunting were given pre-tests on various knowledge related to stunting, such as how to conduct screening or early detection of baduta at risk of stunting, how to make complementary foods, and others.

The activity continued with the provision of material with examples of direct intervention to the ambassadors. After giving the material, this activity ends with a post-test. The implementation of the pre-test is expected to be used as a benchmark to see the risk of stunting baduta, the ability of accompanying families with children at risk of stunting to screen for stunting risk, and their understanding of the various nursing interventions that have been given. Monitoring evaluation activities show the results of data analysis that there are differences in nutritional status and level of nutritional knowledge of mothers under five before and after participating in community service programs through family assistance.

CONCLUSION AND SUGGESTIONS

Based on the results of research that has been conducted, it can be concluded that stunting is a health problem that is influenced by various factors. Low maternal knowledge, improper parenting, poor nutritional status, low birth weight, and low family economic status have a significant relationship with the incidence of stunting in children. Efforts to prevent and reduce stunting are a shared responsibility involving all parties, namely parents, health workers, and the government. Maternal knowledge, parenting, and nutritional status are modifiable factors, while low weight is a preventable factor. Programs designed to increase parents’ knowledge and prevent low birth weight such as antenatal care, maternal nutritional intake during pregnancy, and child nutritional intake are highly recommended. In addition, improving parenting styles including processing and feeding practices, personal and environmental hygiene practices, and the use of health facilities are also recommended to be socialized to the community, especially families with toddlers.

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REFERENCES


