

THE EFFECT OF PSYCOEDUCATION REGARDING STUNTING IN PRVENTING STUNTING IN TODDLERS

by Yuliana Ulvie

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Fitriani Nur Damayanti¹, Lia Mulyanti¹, Novita Nining Anggraini¹, Yuliana Noor Satriawati Ulvie², Endah Sulistyowati¹, Lawitra Khiaokham³, Alfina Aprilia Riafisari¹

¹ *Departement of Midwifery, Faculty of Nursing and Health Science, Universitas Muhammadiyah Semarang, Semarang, Indonesia*

² *Nutrition Science, Faculty of Nursing and Health Sciences, Universitas Muhammadiyah Semarang, Indonesia*

³ *Departement of Obstetrical and Gynecological, Chiang Mai University, Thailand*

Email: fitriani@unimus.ac.id

ABSTRACT

The problem of stunting needs to be a concern because stunting can interfere with intelligence, metabolism in the body, and physical growth. The stunting prevalence rate in Indonesia is still far above the limit set by the WHO, which is below 20%, this shows that the stunting problem in Indonesia is classified as a chronic problem. Psychoeducation in the form of providing information about stunting can help prevent stunting in children. The method used in this study is a literature review study. The database used in the source search is Google Scholar. The search for articles was carried out by collecting themes about the effect of psychoeducation on stunting in preventing stunting in toddlers. Psychoeducation about stunting is effective in increasing parents' knowledge about stunting and is also needed not only for housewives or married women but also for late teens who have not yet entered the marriage phase as a provision for them when having and raising children.

Keywords: psychoeducation, stunting, toddlers

1. INTRODUCTION

Stunting or often called stunted or short is a condition of failure to thrive in children under five years old (toddlers) due to chronic malnutrition and repeated infections, especially in the first 1,000 days of life (HPK), from fetus to child aged 23 months. Children are classified as stunting if their length or height is below minus two standard deviations of length or height of children their age. The problem of stunting needs to be a concern because stunting can interfere with intelligence, metabolism in the body, and physical growth. In addition, stunting can also cause obstacles to cognitive abilities and achievement at school, can also interfere with immunity, and cause other diseases such as diabetes, heart disease, stroke, and even cancer (Rachmah *et al.*, 2022).

Based on the results of the Indonesian Nutrition Status Study (SSGI) of the Ministry of Health, the prevalence of stunting under five years old is 24.4% in 2021. This means that almost a quarter of Indonesian children under five experienced stunting last year. However, this figure is lower than 2020 which is estimated to reach 26.9%. The stunting prevalence rate in

Indonesia is still far above the limit set by the WHO, which is below 20%, this shows that the stunting problem in Indonesia is classified as a chronic problem. The government has set a target to reduce stunting to 14% by 2024 (Ministry of National Development Planning/Bappenas, 2021). Stunting can be caused by several factors, namely parental height, food intake, and birth weight (Puspitasari, 2020). The impact of babies who have low birth weight will continue from generation to generation, children with low birth weight will have fewer anthropometric measurements in their development (Koetaan *et al.*, 2018). In addition, parenting in terms of children's health can have an impact on the incidence of stunting in children. This is because parents have different backgrounds both in terms of education, work, family nutrition, and the number of family members (Apriluana & Fikawati, 2018).

Stunting can be corrected if it occurs in the first two years of a child's age, but after that, it will be difficult to correct. Parenting in feeding children according to several studies has the potential to cause stunting and there is a proven relationship between the two. Feeding for children



aged 6-24 months must be considered both in quality and quantity because at this time the stages and types of food are also implanted (Anita Dyah, 2020) Preventing and overcoming stunting can be done by providing education on parenting patterns related to child nutrition, including the amount of nutritional intake and the quality of the food to be given. Rahmandiani et al., (2019) stated that nutrition is very important for the process of growth and development of children. Adequate nutrition can be obtained by consuming a variety of foods, so a mother's knowledge about nutrition is very important for the prevention and treatment of stunting. Parents need to understand the nutrition and nutrients that should be given to children, including in terms of food hygiene and environmental hygiene as well as good use of health facilities to overcome problems that occur in children, especially about child nutrition (Noorhasanah, E. 2021). Psychoeducation in the form of providing information about stunting can help prevent stunting in children and help the community better understand the material for increasing knowledge and support for self-protection (Dewi et al., 2021). And it can change the parenting pattern of parents who often emphasize eating so that it has an impact on children's eating behavior that is different from other children in normal conditions (Fadillah, 2021).

2. METHODS OF RESEARCH

The method used in this study is a literature review study that aims to explore the effect of psychoeducation on stunting in preventing stunting in toddlers. The review process begins with identifying journal articles that are relevant to the research topic. The database used in the source search is Google Scholar. The topic in this study is the effect of psychoeducation on stunting on parents in preventing stunting in toddlers. The inclusion criteria for searching for literature sources are the year of publication of the article used starting from 2018 to 2022, in Indonesian and English, and the full article. The search keywords were psychoeducation, stunting, and toddlers.

3. RESULT OF RESEARCH

A literature search through an electronic database yielded 108 articles that could potentially be reviewed. After identifying abstracts from 26 articles, 10 articles were selected. Further identification is carried out in more detail to determine which articles are relevant and meet the inclusion criteria in this literature review. From this identification, 4 articles will be reviewed in this study. The articles selected for review in this study are research related to the research topic. A summary of the articles reviewed in the study can be seen in table 1.1 below:

Table 1.1 Summary of articles

Writer	Country	Research Title	Research methods	Results
Rachmah, DN et al. (2022).	Indonesia	Psychoeducation about stunting in children and the role of parenting to increase knowledge about stunting		Psychoeducation through this webinar is very useful and provides new knowledge for participants. Eighty-eight participants (100%) felt that this psychoeducation activity increased knowledge about stunting.
Siswanti, DN, et al. (2022)	Indonesia	Prevention of Stunting Through Psychoeducation To Adolescents.	Quasi-experiment	The results of the psychoeducational webinar activity for adolescents showed an increase in participants' knowledge about stunting prevention.
Dewi, EMP et al. (2021)	Indonesia	Online Psychoeducation as an Effort to Prevent Stunting Through Good Eating in Children.	Psychoeducation online	Psychoeducation with the method The online seminar showed an increase in participants' knowledge about stunting prevention using good eating for children (maternal feeding), views on the impact of



Writer	Country	Research Title	Research methods	Results
				stunting, and the BKKBN strategy in dealing with stunting.
Yuniati, E., & Narullita, D. (2020)	Indonesia	Implementation of Family Psychoeducation Therapy to Additional Height in Stunting Children	Quasi-experimental	The results showed that in the control group there was also an increase but not significant. Even though the control group did not get intervention, the presence of respondents in one village led to the possibility of communication among them

4. DISCUSSION

Stunting is a condition of failure to thrive in children characterized by height that is not appropriate for their age, especially during the first 1000 days of life (HPK) which can cause the child's brain to be less intelligent and sick easily. Nutrition is very important for the process of growth and development of children. The effectiveness of psychoeducational activities in research (Rachmah *et al.*, 2022) shows an increase in knowledge about factors that cause stunting in addition to nutritional factors, including environmental hygiene factors, facilities, and infrastructure that support children's physical growth, as well as maternal diet during pregnancy and diet. wrong child. In addition, they also become more aware that parenting methods, especially regarding eating problems, contribute to whether or not children experience stunting. The results of this service also broaden the target, namely unmarried teenagers. Efforts to understand stunting and appropriate parenting to prevent and overcome stunting are also needed not only for parents who already have early childhood but also for teenagers who will start their new life caring for and caring for children when entering the marriage phase.

This is to the statement of Siswanti, D. N et al (2021) which states that to prevent the increase in stunting rates, efforts can be made through adolescents who are prospective mothers in the future. This means that it is necessary to provide sufficient knowledge to adolescents about nutrition in children to prevent stunting. In addition, adolescents can also begin to recognize various other factors that can cause stunting in children, such as parenting by parents and the age of marriage that must be avoided so as not to cause

children to experience stunting (Noviasty, et al. 2020). This is by what was stated by Khusna & Nuryanto (2017) that early marriage age tends to have an impact on the incidence of stunting in children.

Another factor needed to increase the knowledge of mothers or prospective mothers is to pay attention to the level of education and skills. This is because the level of education and skills will also support the mother's knowledge in preventing stunting in children. A mother's knowledge indirectly also affects the health status of the mother, the fetus is conceived, and the quality of the baby to be born. So far, efforts to improve nutrition have been carried out when the mother is pregnant, so that nutritional education, especially in preventing stunting, is carried out when the mother is not pregnant and will prepare for her pregnancy (Kirana, R. et al. 2022).

Komalasari et al. (2020) state that the higher the education, knowledge, and skills of the mother, the higher the level of family food security will be, and the better the childcare pattern will be. Mothers will understand more about exclusive breastfeeding and the impact of malnutrition on children. Psychoeducation on stunting can support nutritional intervention activities that have been proven to prevent stunting in 1000 HPK (Hafid et al., 2021). The results of the research by Dewi, et al (2021) showed that psychoeducation with the online seminar method could increase participants' knowledge about stunting prevention by eating well in children (maternal feeding), views on the impact of stunting, and the BKKBN strategy in dealing with stunting. Adequate nutrition can be obtained by consuming a variety of foods, so a mother's knowledge about nutrition is very



important for prevention and treatment. Nutritional status is a measure of the fulfillment of nutritional needs obtained from food and drink intake by the body. Adequate nutrition is needed in the early stages of children's growth to ensure healthy growth, proper functioning of body organs, strong immune system, and brain and cognitive development.

According to Yuniati E (2020) Family, psychoeducation therapy can increase stunting children's height. This therapy consists of 5 sessions conducted for 45-50 minutes to increase family knowledge about stunting related to family involvement. One of the causes of stunting is related to nutritional intake which depends on the ability of the family to provide it. Knowledge and economic conditions influence the provision of nutrition by mothers in the first 1000 days of life to increase the height of stunting children. In line with this research, family psychoeducation therapy affects knowledge about good nutrition. Mothers must pay attention to the fulfillment of children's nutrition such as consuming additional food while pregnant, giving exclusive breastfeeding, giving MPASI for babies over 6 months old, giving immunizations and vitamin A, monitoring the growth and development of toddlers at the posyandu and healthy living habits. Family support is important in maintaining adaptive social responses for sick family members so that the negative impact caused by maladaptive can be minimized (Sari, D. 2020).

The implementation of psychoeducation by emphasizing the problem of stunting and the role of parenting in children such as this activity needs to be done so that there is a change in participants' knowledge. Dewi et al. (2021) stated that mothers play an important role in providing intake and developing children's eating behavior. Consumption of nutritious food for the physical development and health of children is strongly influenced by the practice of giving healthy food to mothers. Methods that are expected to be effective in addition to psychoeducational webinars are to form a forum for youth associations, create WhatsApp groups for sharing (Noviasty et al., 2020), or conduct counseling at village halls, counseling Muslim women and door-to-door counseling. (Dewi & Auliyyah, 2020). Besides

5. CONCLUSION

Stunting is a condition of failure to thrive in children characterized by height that is not appropriate for their age, especially during the first 1000 days of life (HPK) which can cause the child's brain to be less intelligent and sick easily. Psychoeducation about stunting is effective in increasing parents' knowledge about stunting and is also needed not only for housewives or married women but also for late teens who have not yet entered the marriage phase as a provision for them when having and raising children.

6. AUTHORS' CONTRIBUTIONS

All authors contributed to identification articles, review articles, research writing, editing, and review of submissions.

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