

Psychoeducation Effectiveness of Parenting Patterns in Stunting Prevention: A Literature Review

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LITERATURE REVIEW : PSYCOEDUCATION EFFECTIVENESS OF PARENTING PATTERNS IN STUNTING PREVENTION

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ABSTRACT

Stunting in Indonesia is still a serious problem that needs attention. The prevalence rate of stunting under five in Indonesia is still far above the limit set by WHO. One of the contributing factors is parenting. Psychoeducation in the form of information about parenting and stunting can help prevent stunting. The method used in this research is a literature review study which aims to explore the effectiveness of psychoeducation on parenting patterns in preventing stunting. The database used in the source search is Google Scholar. Parenting psychoeducation can make parents understand more about the psychosocial aspects (attention, affection, and stimulation) that toddlers need in their growth and development process to be more optimal, in addition to fulfilling physical and nutritional aspects that can help prevent stunting.

Keywords: psychoeducation, parenting, stunting

1. INTRODUCTION

Stunting in Indonesia is still a serious problem that needs attention, based on the results of the Indonesian Nutrition Status Study (SSGI) of the Ministry of Health, the prevalence of stunting under five in 2021 is 24.4%. This figure is still far above the limit set by WHO, which is below 20%. (1). Stunting is a health problem because it is associated with the risk of morbidity and mortality as well as less than optimal brain development. In addition, stunting can also cause obstacles in cognitive abilities and achievement at school, can also interfere with immunity and cause other diseases such as diabetes, heart disease, stroke and even cancer. Stunting threatens the next generation of

development of the country and further reduces the productive capacity of the country in the future (2).

Stunting 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. A child is classified as stunted if the length or height is below minus two standard deviations of the length or height of the child for his or her age (1). Stunting can be caused by several factors that influence the incidence of stunting in toddlers including the condition of babies born with LBW, exclusive breastfeeding to their babies, nutritional status of mothers during pregnancy, and mother's education related to their knowledge about child rearing patterns (3).

Parenting is one of the dominant factors that cause stunting indirectly. Parenting patterns and nutritional status are strongly influenced by the mother's understanding in managing health and nutrition in her family (4) . There are four important components in parenting that play an important role, namely feeding, hygiene, health and psychosocial stimulation. Nutrition is very important for the process of child development. A mother's nutritional knowledge is very important for the prevention and treatment of stunting, because a variety of foods can provide adequate nutrition. Adequate nutrition is necessary in early childhood to ensure healthy growth, proper functioning of organs, a strong immune system, and brain and cognitive development (5) .

Preventing and overcoming stunting can be done by making changes to the parenting pattern of parents who often place an emphasis on eating so that it has an impact on children's eating behavior that is different from other children in normal conditions (6) . Therefore, education is needed to be able to change behavior that can lead to improved health nutrition for mothers and children (2) . Parents are responsible for the nutrition and nutrition provided to their children, including those related to food and environmental hygiene, as well as the use of appropriate health facilities to overcome problems faced by children, especially those related to child nutrition (7) . Psychoeducation in the form of information about parenting and stunting can help prevent stunting in children and help the community better understand the material and increase knowledge and support for self-defense (8) (9) .

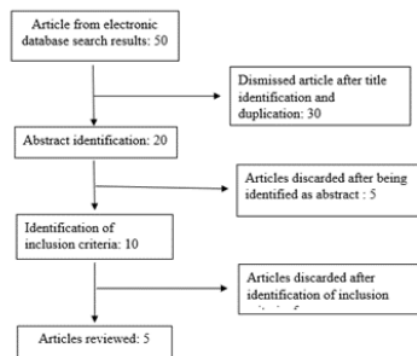
2. METHOD

The method used in this study is a literature review study which aims to explore psychoeducation of parenting patterns in stunting prevention. The review process begins with identifying journal articles that are relevant to the research topic. The databased used in the

source search is Google Schler. The topic in this research is the effectiveness of psychoeducation on parenting in preventing stunting. The inclusion criteria for searching for literature sources is the year of publication of the article used starting from 2018 to 2022, in Indonesian and English, and full article. The search keywords are psychoeducation, parenting, stunting.

3. RESULT AND DISCUSSION

A literature search through an electronic database 50 resulted in articles that could potentially be reviewed. After identifying the abstracts of 20 articles, 15 articles were selected. Further identification was carried out in more detail to determine which articles were relevant and met the inclusion criteria in this literature review. In this identification, 5 articles were obtained which will be reviewed in this study. The article identification process can be seen in diagram I.1



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:

Writer	Country	Research Title	Research methods	Results
Rachmah, DN <i>et al.</i> (2022).	Indonesia	Psychoeducation about stunting in children and the role of parenting to increase knowledge about stunting	Community dedication	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.
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
11 Christy Ruth Titiari Nainggolan & Hamidah. (2019)	Indonesia	Parenting Psychoeducation to Increase Mother's Knowledge in Optimizing the First 1000 Days of Life	Quantitative research with one group pretest-posttest research design.	This study found the results that there is an increase in mother's knowledge in optimizing the 1000 HPK period after the implementation of parenting psychoeducation. Respondents increasingly understand that the psychosocial aspects (attention, affection, and stimulation) are needed by toddlers in the process of their growth and development to be more optimal, in addition to fulfilling the physical aspects.
Wardani, NK, et al. (2022)	Indonesia	Psychoeducation as an effort to reduce stunting rates in Genikan Village	Community dedication	The results of education about nutrition issues in children for mothers, psychoeducation about healthy parenting, educational games for kindergarten children, and psychoeducation about early marriage, participants became more aware of stunting.
Dewi, EMP et al. (2021)	Indonesia	Online Psychoeducation as an Effort to Prevent Stunting Through Good Eating in Children.	Psychoeducation on online	Psychoeducation with the method The online seminar showed an increase in participants' knowledge about stunting prevention by means of good eating for children (maternal feeding), views on the impact of stunting, and the BKKBN strategy in dealing with stunting.

The role of the family, especially a mother in nurturing and caring for children, can have an impact on children's growth and development. Mother's parenting is a mother's behavior in caring for or taking care of her child. Mother's behavior includes the role of giving breast milk or giving complementary foods, teaching proper eating procedures, providing food with high nutritional value, the ability to control the number of portions of food that must be consumed, preparing hygienic food, correct eating patterns, so that nutritional intake can be achieved. well received by children. However, the important thing that must also be considered is that the diet must be varied so that it makes children happy and likes a variety of healthy and nutritious foods. Parenting habits that have been implemented properly and correctly are more common in toddlers with normal height or not experiencing stunting compared to short toddlers who have the same family economic level (10) .

Psychoeducation is an activity to increase the understanding of individuals, groups, and communities. Psychoeducation by providing new knowledge about the importance of the 1000 HPK period for children's lives, child development, and parenting patterns. The three information plays an important role in the process of child development in the 1000 HPK period. Respondents' understanding was also assisted by role play and short video playback on parenting. This study shows an increase in parenting knowledge and knowledge about child development so as to get complete knowledge in optimizing children's growth and development so as to prevent stunting (11) .

The implementation of psychoeducation by emphasizing the problem of stunting and the role of parenting in children needs to be done so that there is a change in parental knowledge. Mothers play an important role in providing intake and development of 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 by mothers . Psychoeducation using the online seminar method can increase participants' knowledge about stunting prevention by means of good eating for 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 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 early childhood to ensure healthy growth, proper functioning of body organs, strong immune system, and brain and cognitive development (8) .

Family psychoeducation therapy can increase the height of stunting children. 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 with the aim of increasing the height of stunting children. In line with this research, family psychoeducation therapy has an effect on 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 complementary feeding 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 (12) .

Parenting psychoeducation can make parents understand more about the psychosocial aspects (attention, affection, and stimulation) that are needed by toddlers in the process of their growth and development so that they are more optimal, in addition to fulfilling the physical aspects. After receiving psychoeducation on parenting, many parents have the desire to change their mindset and implement better parenting practices for toddlers and become more aware that parental care affects their toddler's growth and development to be more optimal (11) . Psychoeducation on parenting and stunting is effective in increasing parental knowledge regarding appropriate parenting for toddlers in aspects of fulfilling child nutrition, educating children at home, and providing love for children if it is carried out continuously and continuously (13) . Methods that are expected to be effective other than psychoeducational webinars are to form a forum for youth associations, create WhatsApp groups for sharing (14) , or conduct counseling at village halls, counseling Muslim women and door-to-door counseling (15) (9) .

4. CONCLUSION

Stunting 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). Parenting is one of the dominant factors that cause stunting indirectly. Parenting patterns and nutritional status are strongly influenced by the mother's understanding in managing health and nutrition in the family. Parenting psychoeducation can make parents understand more about the psychosocial aspects (attention, affection, and stimulation) that toddlers need in their growth and development process to be more optimal, in addition to fulfilling physical and nutritional aspects that can help prevent stunting.

AUTHORS' CONTRIBUTIONS

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

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