

THE RELATIONSHIP OF SELF-CARE MANAGEMENT WITH MOTHERS' ATTITUDES TOWARD FULFILLING CHILDREN'S NUTRITION TO PREVENT STUNTING

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ABSTRACT

Stunting is a condition where the growth of children under five is hampered due to chronic malnutrition. One of the causes of Stunting is the mother's lack of understanding regarding the nutritional needs of children, which can inhibit brain growth and development and reduce the body's immunity. One of the efforts to prevent Stunting is to increase the quality of mother and child care, improve pattern foster care in practice feeding, and enhance maternal nutritional self-care management to prevent Stunting. This research aims to determine the relationship between self-care management and mothers' attitudes towards fulfilment in toddler nutrition to prevent Stunting. The research design uses a correlation with a cross-sectional approach to the design survey analytics. The population of this study was comprised of all mothers who had toddlers under 5 years, with 87 respondents and techniques. The sample uses purposive sampling with criteria for inclusion and exclusion. Data was collected using a questionnaire, and the research results were analyzed using the Spearman rho test. The research results show a significant relationship between self-care management and the mother's attitude towards fulfilling nutrition in toddlers for stunting prevention, with a value significance variable of 0.001. The better self-management you have, the better influence the mother's attitude towards fulfilling nutrition for children to prevent stunting.

Keywords: Self Care Management, Mother's Attitude, Stunting Prevention

INTRODUCTION

Fever is one of the triggers that can cause febrile seizures. Febrile seizures are seizures that occur in 2 – 5% of children under 5 years of age, with the most frequent occurrence in the second year (Seinfeld, 2013). This incident occurs when the body experiences a temperature increase between 38- 38.9°C, caused by extracranial tissue infections such as tonsillitis, acute otitis media and bronchitis (Rahayu, 2014). According to the World Health Organization (WHO) (2012), 80% of cases of febrile seizures cause epilepsy, especially in poor countries (Andretty, 2015). Seizures occur, and fever dominantly occurs in children under 5 years, by 2-5%. Stunting is a condition in which children under five grow hampered due to a lack of nutrition. To determine whether a toddler experiencing Stunting, measurements can be taken for a child's height and compared with the standards provided by the Reference Study Growth Multicentre World Health Organization (WHO-MGRS). If the measurement results show a z-score value less than -2 standard deviation (SD), children are classified as short (stunted). In contrast, if the value is less than -3 standard deviation (SD),

children are classified as very short (severely stunted). Malnutrition has occurred since baby in the womb and the early period after birth, but stunting only appears after the child reaches birth 2 years old.

According to data from The World Health Organization (WHO), the global prevalence of Stunting in 2020 shows that 149.2 million children under 5 are stunted (Terok 2022). They are ranking fifth in stunting prevalence, with a figure of 36%, after India, Nigeria, Pakistan and China. (Anggraeni, Yudatama, and Maimunah 2023).

Based on SSGI (Indonesian Nutritional Status Study) data, 2021 the prevalence of stunting in South Kalimantan will be 30.0%. Barito Kuala Regency, is a part of South Kalimantan according to data from the South Kalimantan Provincial Health Service as of 07 September 2023, there are many areas with high stunting rates, one of them is Barito Kuala Regency has the highest stunting rate amounting to 33.60%. This shows that in South Kalimantan Province, Barito Kuala Regency has the highest stunting rate compared to other regions, followed by Kotabaru and Regency Upper Middle River. The number of stunted children in Barito Kuala

reached 1,865 sub-districts 42 children experienced Stunting. In Marabahan , 675 mothers have toddlers under 5 years old .

Stunting can have several causes factors , such as babies born with low birth weight , history of infectious diseases , methods parent arrange child's diet , habits breast-feed exclusive , as well availability of food and necessities daily . Factors social , economic , cultural and educational factors also influence the occurrence of Stunting. One of reason central is pattern inadequate care from parents , especially the mother's lack of understanding regarding need nutrition during pregnancy and after delivery .(Noorhasanah et al., 2021)

Additionally, some things that must be done attention paid to by parents regarding children's nutrition includes quantity and quality intake nutrition provided . Parents , especially mothers, need to understand nutrients and substances nutritional requirements given to children, including food and environmental hygiene , as well as utilization good health facilities to overcome problems that occur in children, especially those related to nutrition . Nutrition for babies and mothers in 1000 HPK is one form efforts to improve quality of mothers and babies in preventing Stunting as solutions to improve maternal nutritional self-care management to prevent Stunting. (Novi Lasmadasari 2023)

Self-care management refers to the method by which a person nurse himself independently. Through self- care management , treatment programs can run more effectively when individual become more aware will importance the treatment and care they provide . (Nurfitasari , Handayani , and Asih 2023) .

Stunting is influenced by patterns foster care , especially in practice poor feeding for babies and toddlers . To prevent Stunting, improving diet is very important. Stunting problems often occur caused by low access to food, both from facet amount nor quality nutrition , as well lack diversity . The concept of "Fill My Plate " with nutrition balance needs to be introduced and made a habit daily . In one meal portion , half plate must filled with vegetables and fruit, while the other half is filled with a protein source (both plant-based nor animal origin) in more significant proportion than carbohydrates .

So giving management self-care on the mother's attitude can influence mother's behavior to be aware of importance fulfillment nutrition for babies to prevent Stunting. According to research by Aulia et al. (2021), there is a connection between Stunting and level education , knowledge , and beliefs will own abilities (self -efficacy). The mother's education level influences attitudes and actions in fulfilling need child nutrition .

METHOD

This study was carried out for 2 weeks on 23 June-06 July 2024 from 08.00 – 13.00 WITA. The location of the assessment was carried out at the Marabahan Community Health Center UPT . This research design uses a correlation with a cross-sectional approach and is a quantitative research design survey analytics . The research population was carried out on mothers who had toddlers age under 5 years. Sample studied as many as 87 respondents using purposive sampling technique . The independent variable is self-care management and the dependent variable is mother's attitude . Data were collected through questionnaires , research results were analyzed using the Spearman rho test.

RESULT

1. Characteristics Respondent

Table 4.1 Distribution Mother's age at relationship *Management Self Care* with the mother's attitude towards fulfillment nutrition toddlers to prevent Stunting

No	Age	Frequency	Presentation
1	21-35	86	98.9%
2	36-45	1	1.1%
3	46-65	0	0%
	Total	87	100%

Based on table in on, show that results mother's age in Marabahan Health Center , the most data is range 21-35 years old , that is as much 86 respondents with percentage as significant as 98.9%.

Table 4.2 Distribution of Maternal Education across relationships *Management Self Care* with the mother's attitude towards fulfillment nutrition toddlers to prevent Stunting

No	Level of education	Frequency	Presentation
1	Elementary School	3	2.3%
2	Junior High School	14	16.1%
3	Senior High School	38	43.7%
4	Bachelor	33	37.9%
	Total	87	100%

Based on the table above, it shows that the results of maternal education at the Marabahan Health Center , the most data is high school education level, with 38 respondents or 43.7% of the total.

2. Univariate Data

Table 4.3 *Self Care Management* with the mother's attitude towards fulfillment nutrition toddlers to prevent Stunting

No	Management Self Care	Frequency	Presentation
1	Not enough	0	0%
2	Enough	13	14.9%
3	Good	74	85.1%
	Total	87	100%

Based on the table above, it shows that the research results for *self-care management* of respondents at the Marabahan Community Health Center, the data with the most data is good self - *care management*, namely 74 respondents with a percentage of 85.1%.

Table 4.4 Attitude Mother on on connection *Management Self Care* with the mother's attitude towards fulfillment nutrition toddlers to prevent Stunting

No	Attitude	Frequency	Presentation
1	Positive	84	96.6%
2	Negative	3	3.4%
	Total	87	100%

Based on the table above, the research results on respondents' attitudes at the Marabahan Community Health Center, the most data shows a positive attitude, with 84 respondents or 96.6%.

3. Bivariate Data

Table 4.5 Relationship between Management Self Care and mother's attitude towards fulfillment nutrition toddlers to prevent Stunting

Management Self Care	Attitude				Σ	%
	Positive		Negative			
	f	%	f	%		
Not enough	0	0%	0	0%	0	0%
Enough	11	12.6%	2	0.4%	13	13.0%
Good	73	71.4%	1	2.6%	74	74.0%
Total	84	84.0%	3	3.0%	87	87.0%
	4	0%				
P Value = 0.001						

The results of statistical tests using *Spearman's rho* show The relationship between *Management Self Care* and the mother's attitude in fulfilling toddler nutrition to prevent Stunting, is the highest namely the Good *Self Care Management* category with the attitude category positive amounting to 73 respondents with a percentage of 71.4%. The significance value of the Management Self Care variable is

0.001 which is smaller of 0.05 as a predetermined level ($p \text{ value} < \alpha$) and it can be stated that H_a is accepted, H_0 is rejected, which statistically there is a significant relationship between the relationship between *self-care management* and the mother's attitude towards fulfilling toddler nutrition for the prevention of Stunting. The relationship between these two variables shows exists positive correlation with the *Spearman Rho value*, namely 0.361, which indicates that the relationship between the two variables is quite strong. This suggests that the better the *self-care management*, the more positive the mother's attitude will be in fulfilling toddler nutrition to prevent Stunting

DISCUSSION

1. *Self Care Management About Mother's Attitude in Meeting the Nutritional Needs of Toddlers to Prevent Stunting*

Self care management is an activity carried out by individuals, family or community achieve, maintain and improve maximum health (Sumertini, Arisudhana, and Putra 2022). *Self-care* theory Aini (2018) consists from three main concepts. First is self-care, which refers to individuals' effort to take care of their health by doing daily independent activities. Various factors such as age, gender, health conditions, environment social, cultural, and family support influences self-care.

care process is also formed through interaction between need therapeutic individual with consequences from effort maintenance. Then *Management* and effects *self care* This includes influencing individuals' behaviour in caring for themselves. If someone experience dependency in self-care, they depend on the help of others to fulfill need the. *Self-care* management includes efforts to maintain health or a healthy lifestyle. Activities involved in this dimension include improvement adherence to dietary regimens, ability to recognize and evaluate changes in nutritional status, improvement knowledge to make treatment decisions and assess responses, and ability to access information independently. Additionally, it also covers development of self-confidence in using the service support.

According to *Orem*, necessity divided self-care become three main categories. First, Needs *Universal* self-care is needs that everyone has individually related to essential human functions and life processes. This category includes Basic needs such as nutrition and rest

are necessary for everyone. Second, developmental needs relate to individual growth and progress. Even though it is included in the requirements personal self-care *universal*, this need places more emphasis on how it is needed. These specifically influence individual development. For example, it covers certain life stages, such as newborns or teenagers, as healthy situation or event critical factors that can hinder a person's growth and development, such as lack of education or loss of a family member.

Deviant health conditions, related to problems such as disease, injury, or accident, can reduce ability someone to do self-care, either permanently nor temporary. This includes the need to search appropriate and safe treatment, understand consequences from pathological conditions, choose effective diagnostics, therapy, and rehabilitation, and be aware of the unpleasant impacts of the treatment program.

2. Attitude in Fulfilling Need Toddler Nutrition to Prevent Stunting

Attitude is a person's reaction or response to a subsequent object bring up behavior individual towards objects these ways confident. (Lestari, Pramono, and Firmansyah 2020).

Attitude consists of two main components: Components Affective relates to emotions or feelings consumer towards something object, temporary component conative is related to the tendencies or possibilities that a person has will do action particular associated with the object attitude the. Component conative often used as expression from intention individual (Kes et al. 2023).

Attitudes have some characteristics, including: not characteristic default from birth, but instead formed or learned during individual development in interaction with its objects; can change and be learned, so it can change within an individual if at all certain situations or conditions that facilitate changes in attitude; as well as Attitudes do not stand alone but are always related to objects certain things that can be explained clearly. Object this attitude can be one matter specific or group similar thing.

Attitudes have some characteristic, such as existence an object that is always significant, be it an abstract concept or something tangible. Consistency attitude signifies feeling somebody reflected in his behavior, so attitudes are always in harmony with the actions shown. Attitudes

can be positive, negative, or neutral, depending on the individual's assessment of the object. Intensity attitude describe how intense the attitude is someone about something.

Resistance attitude shows how much how difficult it is attitude someone to change, temporarily persistence attitude illustrates that attitudes can persist or change over time time. Confidence attitude is trust individual to the truth the attitude they hold. Attitude towards something object often appears in context situational.

Influencing factors attitude covers personal experience that leaves an intense and often based impression emotional. Influence from other people can also influence attitude someone, because desire to connect social and avoidant conflict. Culture also plays a role in shaping view individuals to various problems indirectly. Apart from that, mass media such as newspapers, radio and other communication media provide information Objective information can also influence attitude consumer. Education and religion also have an essential role in shaping system values and beliefs, influencing their attitude. Sometimes, attitudes can be influenced by emotional factors, which can function as a way to express frustration or as a mechanism of self-defence.

the attitude domain in Bloom's taxonomy (1956) as explained by (PATMAWATI, Rositasari, and Aryani 2021), include: Accepting: This stage involves sensitivity to external stimuli such as a problem, situation, or symptom. Examples of this stage include awareness of stimuli that come from outside, the desire to receive these stimuli, and the ability to control and select relevant stimuli.

At this stage, the individual is ready to accept and apply the values taught and associate themselves with them. The response to this stage involves ability individual to be actively involved in the situation that occurs and provide appropriate response. Assessing This stage consists in giving someone value or appreciation for an activity or object. When someone feel that they should not carry out these activities will bring loss or regret, they have reached this stage. In the context of behavior change, individuals here do not just accept values taught, but also being able to assess concepts or phenomena as good or bad. If someone can say "this is good," then they

have gone through the appraisal process and are starting to internalize it, so the value becomes stable within himself .

Managing : This stage involves unification various mark become new universal values, which bring general improvement. The managing process also includes integrating values into the system organization , organising relationships between values , and defining and prioritising owned values . **Living:** At this stage, all systems owned value someone has integrated , influenced pattern personality and behavior .

Internalization process value has reached the top in the hierarchy value , with values that have been embedded consistently in the system individual and influence his emotions . Understanding is a level highest in the affective domain , because at this stage a person has completely understand and internalize values the until become established philosophy of life . System this value then controls behaviour for a long time , forming a consistent and applicable lifestyle .

3. **The Relationship between Self Care Management and Mother's Attitude in Fulfilling need Toddler Nutrition to Prevent Stunting**

Orem's theory (1971) introduced Supportive Educative Nursing Intervention (SENI) as approach integrated health education method teaching , guidance , and support . ART aims to create a supportive environment to help individuals increase their ability to fulfill need self- care and maintain health independently. (Hasanah, Aprilianti , and Hikmayani 2022) Family parenting is a strategy used parents to guide children in managing maintenance herself . Various types of patterns Parenting such as democratic , permissive , and authoritarian have a significant influence on a child's behavior , especially in context providing food that can contribute to the problem of Stunting. Stunting often occurs because lack of access to food that is good enough in quantity nor quality nutrition , as well lack variety of foods in daily diet . To prevent Stunting, it is essential to improve diet by introducing the concept of "Fill My Plate " which prioritizes nutrition balanced . In every meal portion , half the plate filled with vegetables and fruit, while the other half is filled with protein sources , both vegetable nor animal , in more significant proportion than carbohydrates .

Parenting Style and Children's Health Good health and nutrition are keys so children can grow and develop optimally. In the UNICEF Nutrition Strategy 2020-2030, it is explained about framework think that caused it happen lack nutrition in mothers and children. Within the framework think above , there shown three reason main from lack nutrition . The first cause is *immediate determinants, including lack of nutritious food consumption* and healthy eating patterns . Reason second that is *underlying determinants* or also called causes hidden consists of limited access to healthy and nutritious food , low quality practice mother - to-child feeding is terrible sanitation and hygiene , and restricted access to health services . The next cause is enabling determinants, including policies and programs related to compliance nutrition , availability source power to fulfill need for good food, and system socio-cultural . In this case , it can be seen that parenting is a hidden factor that determines a child's health and nutritional status .

CONCLUSION

1. *Self Care Management* respondents about Mother's Attitude in Meeting the Nutritional Needs of Toddlers to Prevent Stunting at the Marabahan Community Health Center primarily using questionnaires that is *Self Care Management* in the excellent category with results as many as 74 respondents with percentage as significant as 85.1%.
2. Mother's attitude regarding Fulfilling Toddler Nutrition to Prevent Stunting at the Marabahan Community Health Center most use questionnaire that is student with attitude positive. With results of 84 respondents with percentages as significant as 96.6%.
3. Results analysis with use Spearman Rho show that mark significance $p \text{ value } \textit{Self Care Management}$ equal to $(0.001) < \alpha (0.05)$ which means there is connection between *Self Care Management* Which influence Mother's Attitude in Meeting the Nutritional Needs of Toddlers to Prevent Stunting at the Marabahan Community Health Center .

SUGGESTION

1. For Researchers
Expected give outlook in depth about how maternal self-management influences their attitudes towards nutrition toddler .
2. For Students
Students can gain a deeper understanding of relationships between self-management and

attitudes in context fulfillment nutrition child. This information can help students apply psychological theories and self-management concepts in future nursing or public health practice .

3. For the University

This research can improve the university's reputation in the field of health research and its contribution to society and These findings can encourage cross -collaboration disciplines at universities, such as those between the faculties of medicine , psychology , and social sciences , to address public health problems holistically .

4. For Research Places

Institutions or research sites can use these findings to design more effective intervention programs to support mothers in improving self-management.

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