

Description of Parent Caring Practices in Stunting Children During the Covid-19 Pandemic Period in Working Area of Public Health Center Penimbung, West Lombok District

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ABSTRACT

Indonesia is estimated to be in the top three countries with a high prevalence of stunting with an average of 37.2% short and very short children under five in 2018 (Riskesdas). One of the causes of stunting is the factor of parenting. Currently, Indonesia is experiencing a drastic economic decline due to the covid-19 outbreak which has resulted in 144 million children experiencing more stunting in the world due to the economic downturn which has an impact on parenting patterns during the covid-19 pandemic. This study aims to describe the practice of parenting for stunting children during the covid-19 pandemic in the working area of Penimbung Public Health Center. This research used quantitative descriptive method with cross sectional approach with a population of 58 samples. The sampling technique in this research is total sampling technique, namely the sampling technique with research where of 58 samples. The results showed that the practice of preparing and serving food was highest in the less category. The highest hygiene and environmental sanitation practices showed in the good category. Primary health practice shows the highest category is sufficient. Health care seeking practice shows the highest in good category. The highest number of stunted children is in the short category. So it can be concluded that what causes a lot of stunted children is mothers who applied poor food care practices during the covid-19 pandemic in hoarding villages. Based on the results of the study, it is suggested for parents to further improve parenting in the form of preparing and serving food for children during the covid-19 pandemic.

Keywords: Parenting Practices, Covid-19 Pandemic, Stunting

1. INTRODUCTION

The problem of stunting (short) toddlers in Indonesia is a health problem in category of chronic nutritional problems. The identification of stunting children based on TB / U indicator according to 2005 standard WHO-MGRS (Multicenter Growth Reference Study) is if the z-score is <-2SD and is said to be very short if the z-score is <-3SD (Ministry of Health, RI 2016). The incidence of stunting is often found in children aged 12-36 months with a prevalence of 38.3-41.5%. The impact of stunting problems if it occurs during the golden period, brain cannot develop properly, causing a decrease in intellectual abilities and productivity [1]. In addition, stunting is a linear growth disorder that is not suitable for age which indicates a long-term event and is an accumulative effect of insufficient nutrient consumption, poor health conditions that occur within the first 1,000 days of life and inadequate care [2].

According to WHO, prevalence of stunting under five is a public health problem if prevalence is 20% or more. Globally, around 162 million children under five are stunted each year. According to WHO in 2016, prevalence of stunting of children under five in the world is 22.9% and nutritional status of under five is cause of 2.2 million of all causes of under-five mortality worldwide. Based on WHO data in 2016, in Southeast Asia region prevalence of stunting under five has reached 33.8%. According to WHO data, Indonesia is ranked in top three countries with a high prevalence of stunting in 2018, average short and very short under five is 37.2% [3].

2. METHOD

The research design used in this research is descriptive quantitative. With a cross-sectional approach. Descriptive research is research that aims to describe (describe) an important event that is happening in present. Quantitative research is a technique used to process data in form of numbers, both as a result of measurement and result of convention in other words, descriptive research is carried out to describe a condition that occurs in current population. The design of this study describes parenting styles of parents regarding stunting in children during Covid-19 pandemic in Work Area of the Public Health Center Penimbung, West Lombok Regency.

3. RESULTS AND DISCUSSION

1.1. Respondent Demographic Characteristics

1.1.1. Characteristics of Respondents Based on age.

Table 1.1 Respondents by Age in Penimbung Village, West Lombok Regency.

Age	N	%
Late adolescence 17 – 25 Years	21	36,2
Early adulthood 26 – 35 Years	33	56,9
Late adulthood 36 – 45 Years	4	6,9
Total	58	100

Source: Primary data processed 2020

Based on table 1.1, it explains that characteristics of respondents based on age are highest in early adulthood category with a total of 33 people (56.9%).

1.1.1.1. Characteristics of Respondents Based on Education

Table 1.2 Characteristics of Respondents based on Education in Penimbung Village, West Lombok Regency.

Mother's Education	N	%
Low	14	24,1
Intermediate	21	36,2
High	23	39,7
Total	58	100

Source :Primery data processed 2020

Based on Table 1.2, it explains that characteristics of respondents based on education mostly show in high category with a total of 23 people (39.7).

1.1.2. Characteristics of Respondents by Occupation.

Table 1.3 Characteristics of Respondents Based on mother's Occupation in Penimbung Village, West Lombok Regency.

Mother's Occupation	N	%
Work	16	27,6
Does not work	42	72,4
Total	58	100

Source: Primary data processed 2020

Based on table 1.3, it explains that characteristics of respondents based on work show highest category of mothers who do not work with a total of 42 people (72.4).

1.1.1.1. Sample Characteristics Based on Age of Children.

Table 1.4 Characteristics based on Age of Stunting Children in Penimbung Village, West Lombok Regency.

Age of Child	N	%
2 Years	17	29,3
3 Years	34	58,6
4 Years	7	12,1
Total	58	100

Source: Primary data processed 2020

Based on Table 1.4, it explains that age characteristics of sample mostly show at age of 3 years with a total of 34 people (58.6%).

1.1.2. Sample characteristics based on gender of child.

Table 1.5 Gender Characteristics of Stunting Children in Penimbung Village, West Lombok Regency.

Kind of sex	N	%
Male	32	55,2
Female	26	54,8
Total	58	100

Source: Primary data processed 2020

Based on table 1.5, it explains that sex characteristics of highest sample show male gender category with a total of 32 people (55.2%).

1.1.5. Characteristics of Stunting Categories Based on TB / U Indicators

Table 1.6 Characteristics of Stunting Categories based on TB / U Indicators in Penimbung Village, West Lombok Regency.

Stunting Category	N	%
Very short	17	29,3
Short	41	70,7
Total	58	100

Source: 2020 processed primary data. Based on table 1.6, it is explained that characteristics of highest TB /

U indicator are in short category with 41 people (70.7%).

1.2. An Overview of Parental Care Practices for Stunting Children During Covid-19 Pandemic in Work Area of Penimbung Community Health Center, West Lombok Regency.

1.3. An Overview of Parental Care Practices for Stunting Children During Covid-19 Pandemic in Work Area of Penimbung Community Health Center, West Lombok Regency.

3.3.1 An overview of parenting practices based on food preparation and presentation variables during the Covid-19 epidemic.

Table 1.7 Overview of Practice of Care for Food Preparation and Serving in Penimbung Village, West Lombok Regency.

Preparation And Serving Practices	N	%
Less	37	63,8
Enough	14	24,1
Good	7	12,1
Total	58	100

Source: Primary data processed 2020

Based on table 1.7, it shows that respondents who practice highest preparation and presentation care are in less category with a total of 7 people (12.1%)

3.3.2 An overview of parenting practices based on environmental hygiene and sanitation variables during the Covid-19 pandemic.

Table 1.8 Overview of Hygiene and Environmental Sanitation Care Practices in Penimbung Village, West Lombok Regency.

Hygiene and Sanitation Practices	N	%
Enough	21	36,2
Good	37	63,8
Less	0	0
Total	58	100

Source: Primary data processed 2020

Based on table 1.8, it shows that respondents who practice hygiene and environmental sanitation are highest in the good category with a total of 37 people (63.8%).

1.3.1. An overview of parenting practices based on basic health practice variables during Covid-19 epidemic.

Table 1.9 Overview of Basic Health Practices in Penimbung Village, West Lombok Regency.

Basic health practice	N	%
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Less	25	43,3
Enough	28	48,3
Good	5	8,6
Total	58	100

Source: Primary data processed 2020

Based on table 1.9, it shows that respondents who did basic health were lowest in good category with a total of 5 people (8.6%).

1.3.2. An overview of parenting practices based on health service seeking variables during the Covid-19 epidemic.

Table 1.10 Overview of Practices in Search for Health Care Services in Penimbung Village, West Lombok Regency.

Health Service Practices	N	%
Less	0	0
Enough	13	22,4
Good	45	77,6
Total	58	100

Source: Primary data processed 2020

Based on the results of research conducted in Penimbung Village, West Lombok Regency, the results in the table show that most of the respondents' ages were early adults as many as 33 people (56.9%).

Based on the results of research conducted by Evince Wanimbo Minarti Wartingsih, (2020), it is stated that maternal age has a significant relationship with parenting behavior in stunting children with a value of $p = 0.003 (<0.05>)$. Younger mothers will have the opportunity to apply poor parenting due to psychological conditions, education level, knowledge, experience and culture, which results in stunting. Early adulthood is expected that someone will be able to solve problems, be able to face problems calmly, and emotionally, especially in providing care and good nurturing behavior to their children [4].

However, in early adulthood, it does not rule out possibility of implementing inappropriate parenting because they have a different level of education, knowledge, which causes stunting [5].

The results showed that respondents who practiced preparing and serving food were in least category with highest number of 37 people (63.8%). This can be seen from respondents who answered "mothers who do not provide food when child is hungry" a number of 52 people (89.7%), "Mothers who do not provide a variety of food dishes so that children's appetite increases" a number of 34 people (58.6%). "Mothers did not limit use of sugar, salt and other flavorings in making food during the Covid-19 pandemic," a total of 47 people (81%).

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"Mothers do not make food using side dishes that contain protein and minerals in form of meat, fish, chicken and eggs during Covid-19 pandemic," a total of 42 people (72.4%). This condition is caused by most maternal age in this study, is a category of early adulthood where in early adulthood someone is expected to be able to solve problems, be able to face problems calmly, and emotionally, especially in providing care and good parenting behavior for their children. so that it becomes the cause of stunting [4,5,6,7].

4. CONCLUSION

Based on results study, an overview practice parenting in stunting children during Covid-19 pandemic in West Lombok Public health center Penimbung Work Area in 2020, it can be concluded that characteristics of maternal age are 33 early adults (56.9%), maternal education is high. a total of 23 people (39.7%), mothers with employment status are not working a number of 42 people (72.4%), a sample of children is male sex is 32 people (55.2%), practice of preparing and serving food is less than 37 people (63.8%). The practice of environmental sanitation and hygiene is good as many as 37 people (63.8%). Basic health practice is good for 5 people (8.6%). The practice of seeking health services is good as many as 45 people (77.6%). So that good parenting practices for mothers in Penimbung Village during Covid-19 pandemic need to be improved again so that it can reduce the tendency of children to experience stunting.

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