



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

Fitriani Nur Damayanti<sup>1</sup>(✉), Lia Mulyanti<sup>1</sup>, Novita Nining Anggraini<sup>1</sup>, Yuliana Noor Setiawati Ulvie<sup>3</sup>, Endah Sulistyowati<sup>1</sup>, Lawitra Khiaokham<sup>4</sup>, Krittika Thummarattanakul<sup>5</sup>, Alfina Aprilia Riafisari<sup>2</sup>, and Hasna Try Ariyani<sup>2</sup>

- <sup>1</sup> Midwifery Study Program, Faculty of Nursing and Health, Universitas Muhammadiyah Semarang, Semarang, Indonesia  
fitriani@unimus.ac.id
- <sup>2</sup> Student Midwifery Study Program, Faculty of Nursing and Health, Universitas Muhammadiyah Semarang, Semarang, Indonesia
- <sup>3</sup> Nutrition Science, Faculty of Nursing and Health Sciences, Universitas Muhammadiyah Semarang, Semarang, Indonesia
- <sup>4</sup> Department of Obstetrical and Gynecological, Chiang Mai University, Chiang Mai, Thailand
- <sup>5</sup> Obstetrical and Gynecological Department, School of Nursing, Panyapiwat Institute of Management, Pakkret, Thailand

**Abstract. Background:** 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.

**Aim:** to explore the effectiveness of [parenting patterns in stunting prevention.

**Methods:** 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. The inclusion criteria for searching literature sources are the Indonesian and English articles used from 2018 to 2022 and the publication year of the full article.

**Results:** 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.

**Conclusion:** 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 morbidity and mortality risks and suboptimal 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].

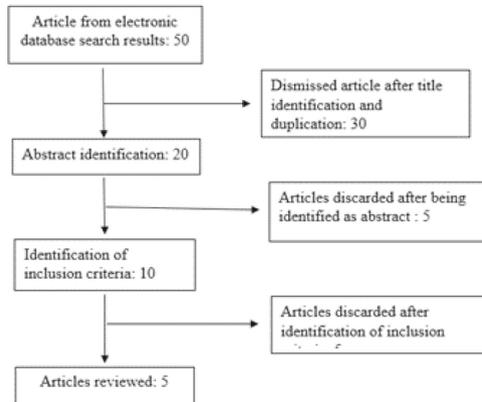
Stunting is the failure to thrive in children under five years of age (infants) due to chronic malnutrition and repeated infections, especially in the first 1,000 days of life (HPK) from the fetus to the age of 23 months. A child is classified as underdeveloped if the height or height is less than the height or height minus two standard deviations of the child at that 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].

Parenthood is one of the major factors that indirectly cause stunting. Parenting patterns and nutritional status are greatly influenced by mothers' understanding of how family health and nutrition are managed [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 [5]. A mother's nutritional knowledge is very important for the prevention and treatment of stunting, because a variety of foods can provide adequate nutrition [6]. Adequate nutrition is necessary in early childhood to ensure healthy growth, proper functioning of organs, a strong immune system, and brain and cognitive development [7].

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 [8]. Therefore, there is a need for education to change behaviors that lead to improved healthy 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 [9]. 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 [10, 11].

## 2 Methods

The method used in this study is a literature review study aimed at investigating the psychoeducation of parenting patterns in stunting prevention. The peer review process begins by identifying journal articles that are relevant to your research topic. The database



**Fig. 1.** Article identification process

used for source search is Google Scholar. The subject of this study is the efficacy of parenting psychoeducation in preventing stunting. The inclusion criteria for searching literature sources are the Indonesian and English articles used from 2018 to 2022 and the publication year of the full article. Search terms are psychoeducation, parenting, and stunting.

### 3 Results and Discussion

A literature search in the electronic database 50 yielded articles that could potentially be reviewed. After identifying the abstracts of 20 articles, 15 articles were selected. Further identification was performed to determine which articles were relevant and met the inclusion criteria for this literature review. This identification yielded five papers. These are reviewed in this study. The item identification process is illustrated in Fig. 1.

Articles selected for review in this study are relevant to the research topic. A summary of the articles reviewed in this study is shown in Table 1.

The family, especially the mother's role in parenting and care, can influence a child's growth and development. Maternal parenting is the action of a mother to care for and care for her child. Maternal behaviors include breastfeeding or complementary foods, teaching proper diets, providing nutritious foods, ability to control portion intake, preparing hygienic foods, and proper dietary habits. Includes roles to achieve can be ingested. Well accepted by children. However, it is also important to note that the diet should be varied so that children are happy and like diverse, healthy and nutritious foods. Correct and well-implemented parenting practices are more common in children of normal height or without stunting than in children of the same family economic level [12].

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 [13].

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

**Table 1.** Summary of reviewed articles

<b>Author</b>	<b>Country</b>	<b>Research Title</b>	<b>Research methods</b>	<b>Results</b>
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

*(continued)*

**Table 1.** (continued)

<b>Author</b>	<b>Country</b>	<b>Research Title</b>	<b>Research methods</b>	<b>Results</b>
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.

(continued)

**Table 1.** (continued)

Author	Country	Research Title	Research methods	Results
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 by means of good eating for children (maternal feeding), views on the impact of stunting, and the BKKBN strategy in dealing with stunting.

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 [11].

Family psychoeducation therapy can increase the height of stunting children. This therapy consists of 5 sessions conducted for 45–50 min 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 [14].

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 [13]. 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 [15]. Methods that are expected to be effective other than psychoeducational webinars are to form a forum for youth associations, create WhatsApp groups for sharing [16], or conduct counseling at village halls, counseling Muslim women and door-to-door counseling [11, 17].

## 4 Conclusion

Stunting is the failure to thrive in children under 5 years of age (infants) due to chronic malnutrition and repeated infections, especially at 1,000 days of age (HPK). Parenthood is one of the dominant factors that indirectly cause stunting. Parenting patterns and nutritional status are greatly influenced by mothers' understanding of family health and nutrition management. 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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