The Influence Of Golden Age Nutrition With Stunting Events In Toddlers In Panyabungan Village Julu Mandailing Regency Christmas 2022

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Article Info

Introduction: Stunting is a condition where children experience delays in growth caused by lack of nutritional intake for a long time. This study aims to determine the effect of nutrition during the golden age period with stunting in children under five in Panyabungan Julu Village, Mandailing Natal Regency in 2022. The type of this research was analytic observational with a cross sectional approach. The population is toddlers aged 2-5 years (25-59 months) as many as 36 toddlers. The sample in this study were 36 toddlers aged 2-5 years (25-59 months). Data analysis technique using chi square. The results obtained in this study were from 36 respondents, who received nutrition as many as 16 people (44.4%) with 3 people experiencing stunting (8.3%) and 13 people without stunting (36.1%). and who did not get as many as 20 people (55.6%) with 2 people experiencing stunting (5.6%) and 18 people not experiencing stunting (50%). Based on the statistical test with Chi-Square showed that the value of $p = 0.045 < 0.05$, that there was an effect of Golden Age Nutrition Giving with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal District in 2022. It is recommended to the puskesmas to increase health promotion to improve health status.

Keywords: Age, Gender, Providing nutrition, Stunting

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INTRODUCTION

According to WHO (World Health Organization) stunting is considered as an irreversible growth disorder which is mostly influenced by inadequate nutritional intake and repeated infections during the first 1000 days of life. There are as many as 22.9% or 154.8 million children under five with these cases and to 22.2% or around 150.8 million children under five in 2017. This condition is concentrated in 35.2% poor countries and 22.4% developing countries, which are spread in Asia with a prevalence of 56% and Africa 39%. This condition cannot be ignored. Therefore, to increase awareness of the importance of handling this problem, the community and the government need to know the impact of this condition. (WHO, 2018)

Stunting is a condition where children experience delays in growth caused by lack of nutritional intake for a long time. Lack of nutritional intake usually occurs from the baby in the womb until after birth or the first 1,000 days of life. Under-five stunting is a chronic nutritional problem caused by many factors such as socioeconomic conditions, maternal nutrition during pregnancy, infant morbidity, and lack of nutritional intake for infants. Stunting toddlers in the future will have difficulty achieving optimal physical and cognitive development (Fentiana et al, 2019).

Undernutrition status is chronic in the period of growth and development since early life. This situation is represented by a z-score of height for age (TB/U) less than -2 standard deviations (SD) based on growth standards according to WHO globally, about 1 in 4 toddlers is stunted in Indonesia. Based on the results of basic health research (Riskesdas), there are 37.2% of children under five who experience stunting. It is known from this percentage, 19.2% of children are short and 18.0% are very short. Stunting is the most common form of malnutrition (PE/micronutrients), affecting before birth and early after birth, related to maternal size, nutrition during pregnancy, and fetal growth. (Riskesdas, 2019)

The impact of stunting in the short term is that it can experience brain disorders, intelligence, physical growth disorders, and metabolic disorders in the body. Meanwhile, in the long term, cognitive abilities and learning achievement can decrease, immune system decreases so that you are easily sick, a high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke and disability in old age, increasing the risk of perinatal disease and death. neonatal, as well as uncompetitive work quality and will result in low quality of human resources (HR) which results in low economic productivity. (Apriluana & Fikawati, 2018)

RESEARCH METHOD

The type of research in this study is analytic observational with a cross sectional approach, namely the researcher takes measurements of the independent variables and the dependent variable whose data collection is carried out in a certain period and observations are only made once during the study (Notoatmodjo, 2017). This research was conducted in Panyabungan Julu Village, Mandailing Natal Regency in 2022. The population in this study were toddlers aged 2-5 years (25-59 months) as many as 36 toddlers. The sample in this study were 36 toddlers aged 2-5 years (25-59 months). The sample was collected using total sampling technique, where all the population was sampled.
RESULTS

From the results of the study entitled "The Effect of Nutrition Giving during the Golden Age with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022" with a distribution frequency with a sample of 36 people, the results obtained are as follows:

<table>
<thead>
<tr>
<th>Stunting</th>
<th>Pemberian Nutrisi</th>
<th>Total</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tidak diberikan</td>
<td>Diberikan</td>
<td></td>
</tr>
<tr>
<td>Iya</td>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>5,6%</td>
<td>8,3%</td>
<td>13,9%</td>
</tr>
<tr>
<td>Tidak</td>
<td>18</td>
<td>13</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>50%</td>
<td>36,1%</td>
<td>86,1%</td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>16</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>55,6%</td>
<td>44,4%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Based on the table above about the Effect of Nutrition Giving during the Golden Age with Stunting Incidents in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022, from 36 toddlers, 16 people (44.4%) received nutrition with 3 people experiencing stunting (8.3%) and 13 people (36.1%) who did not experience stunting and 20 people (55.6%) who did not experience stunting with 2 people (5.6%) stunting and 18 people who did not experience stunting (50%).

Based on statistical tests conducted with Chi-Square to determine the Effect of Golden Age Nutrition with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022, it shows that the p value = 0.045 < 0.05, then Ho is rejected and Ha is accepted which can be interpreted as that there is an Effect of Nutrition during the Golden Age with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022.

DISCUSSIONS

Stunting can occur from the first 1000 days of life, ranging from 270 days of the fetus in the womb to the first 720 days of birth. During pregnancy, providing nutrition to the fetus depends entirely on the nutritional adequacy of pregnant women. This condition was assessed from the nutritional status of pregnant women, which was measured using the upper arm circumference (LILA). This measurement aims to determine whether the mother is malnourished, especially chronic energy deficiency. This is quite worrying, considering that SEZ in pregnant women can cause the fetus in the womb to experience a lack of nutritional intake in early life which has an impact on fetal growth.

According to Fitri & Ernita, (2019) the importance of providing nutrition in each child's growth and development during the golden age, research on nutrition in the form of providing nutrition at a certain time or separately, namely providing nutrition to pregnant women only, giving IMD to exclusive breastfeeding, giving Exclusive breastfeeding and complementary feeding, or giving IMD to complementary feeding.

Based on table 4.1 shows the Effect of Nutrition Giving during the Golden Age with Stunting Incidents in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022, from 36 toddlers, 16 people (44.4%) received nutrition with 3 people experiencing stunting (8.3%) and 13
The Influence of Golden age nutrition with Stunting events in toddlers in Penyabungan Village JuluMandailing Regency Christmas 2022 (Siti Kholidah, et all)

Based on statistical tests conducted with Chi-Square to determine the Effect of Nutrition during the Golden Age with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022, it shows that the value of $p = 0.045 < 0.05$, then $H_0$ is rejected and $H_a$ is accepted which can be interpreted as that there is an Effect of Nutrition during the Golden Age with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022.

The results of this study are in line with the theory according to Mediani (2020) "Predictors of Stunting Among Children Under Five Years of Age in Indonesia: A Scoping Review" which says that the incidence of stunting that occurs in toddlers is influenced by many factors, especially the factor of nutrition, namely the provision of nutrition to children, pregnant women only, giving IMD to exclusive breastfeeding, exclusive breastfeeding and complementary feeding, or giving IMD to giving MP-ASI.

CONCLUSION

From the results of the study obtained from 36 children aged 25-59 months obtained based on nutrition as many as 16 people were given (44.4%) and 20 people were not given (55.6%). based on stunting in children aged 25-59 months as many as 5 people experienced stunting (13.9%) and 31 people were not stunted (86.1%).

From the results of statistical tests with Chi-Square showing $p = 0.045 <0.05$, then there is an effect of Golden Age Nutrition Giving with Stunting Incidence in Toddlers in Panyabungan Julu Village, Mandailing Natal Regency in 2022.

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REFERENCES


