

# Factors Affecting Stunting Incidence In Toddlers (12-59 Months) at Rumbai Bukit Health Center Pekanbaru City

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### **Abstract**

In 2019 the Rumbai Bukit Public Health Center was the health center with the highest prevalence of stunting in Pekanbaru City at 38.8%; this is still above Indonesia's target of 14%. This study aims to analyze the factors associated with the incidence of stunting in children under five (12-59 months) in the working area of the Rumbai Bukit Public Health Center, Pekanbaru City, in 2021. This study is a cross-sectional study. The research sample was 161 mothers with children under five aged 12-59 months in the Rumbai Bukit Health Center working area. Data on stunting children were obtained from direct measurements. Data on knowledge, birth weight of children under five, exclusive breastfeeding, age of complementary feeding, immunization, parenting, economic status, and history of infectious diseases were collected through questionnaire interviews. Bivariate analysis was carried out with a chi-square test and multivariate with a multiple logistic regression test. The study found that 19.9% of children under five were stunted. A history of infectious disease was significantly related to stunting in children under five (p < 0.05). Children under five who have infectious diseases have a 5.5 times chance of becoming stunted. It is recommended that MCH and Nutrition program holders work together to continue counseling about the importance of good parenting for children under five and increase basic immunization coverage to prevent infection during the COVID-19 pandemic.

**Keywords:** Infectious Diseases, Rumbai Bukit Public Health Center, Stunting.

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# **INTRODUCTION**

Toddlers (12-59 months) are often referred to as the "golden period" because this is an important period in the growth and development of children (Krisnana et al., 2019; Rufaida et al., 2020). One of the failures in growth and development during the golden period was stunting (Arini et al., 2020; Rohmawati, 2018). Stunting results from growth and development failure experienced by children due to inadequate nutritional intake for a long time, recurrent infectious diseases, and inadequate psychosocial stimulation (Surani & Sulistyowati, 2020). A child is said to be stunted if the z-score of body length per age (BL/A) and height per age

(H/A) is less than -2 SD (Ministry of Health of the Republic of Indonesia, 2020).

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Stunting in children under five is caused directly (inadequate nutritional intake and infectious diseases) and indirectly (low maternal knowledge, not giving exclusive breast milk, early complementary food-breast inadequate basic immunizations). Complete, unavailability of clean water, maternal parenting, and family economic status). Research conducted by (Carolin et al., 2021; Halim et al., 2021; Cahyati & Yuniastuti, 2019) states that there is a relationship between inadequate nutrition and a low family economy that can increase the risk of children becoming stunted. research conducted by (Jayanti et al., 2021;

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Sari et al., 2017; Berwai et al., 2019), where the provision of Breast Milk is not exclusive, the provision of Complementary Food-Breast Milk is too fast; basic immunizations are not complete and poor parenting are factors that cause children to become stunted (Mitra et al., 2019; Mitra, Nurlisis and Rany, 2022; Sariet al., 2022)

The failure of growth and development experienced by stunted children has a long-term impact (Kasmini & Cahyati, 2019; Novitasari & Wanda, 2020). Stunting that occurs before a child is two years old is an indication of a decline in cognitive abilities at a later age if it is not followed by adequate psychosocial stimulation so that it will have an impact on the academic ability or education of children in the future (Ryadinency et al., 2020; Wati et al., 2022). Education is often related to a person's economic level, where low income has a high risk of living in poverty. Furthermore, stunting, affecting Indonesia's human resources quality, can cause economic losses. Children stunted in childhood also increase the risk of experiencing noncommunicable diseases (NCD) such as heart disease, DM, hypertension, and so on (Djaafar & Bungawati, 2021; Andika, 2021; Hadisuyitno & Riyadi, 2021).

Based on WHO data in 2018, it was stated that Indonesia was in third place with the highest prevalence of stunting in the South-East Asian Region (SEAR) after Timor Leste (50.2%) and India (38.4%), which was 30.8% (Ministry of Health). RI, 2018). In 2019, based on SGGBI data, the national stunting prevalence was 27.7%. In 2019, the incidence of stunting in Riau Province was 24.0%, and in Pekanbaru City was 17.8%. The Rumbai Bukit Health Center is the health center with the highest stunting incidence in Pekanbaru City in 2019 with 38.8%, and this is still above the WHO target (20%), Indonesia (14%) and Pekanbaru City (18%).

Based on the initial survey by searching data and interviews with nutrition program holders of puskesmas and mothers who have stunting toddlers in the working area of the Rumbai Bukit Health Center, Pekanbaru City, it was found that the high incidence of stunting was because the child's

basic immunization target had not been achieved, there were still many mothers who did not provide breast milk exclusively, giving Complementary Food-Breast Milk too early, mother's knowledge about nutrition and stunting is still low, and the family's economic status is low. From the description above and considering the still high prevalence of stunting in children under five and now, stunting is also one of the government's focuses; therefore, the researcher wants to know more about "Factors Affecting Stunting Incidence in Toddlers (12-59 Months) in the Region. Rumbai Bukit Public Health Center Pekanbaru City in 2021".

### **METHOD**

The type of research used in this research is quantitative analytic observational with a cross-sectional research design. The research was carried out at the Rumbai Bukit Health Center, located at Jalan Sri Palas, Rumbai Bukit Village, Rumbai District, Pekanbaru City, Riau Province. The time of study was carried out from August to September 2021. The population in this study were all children under five registered at the Rumbai Bukit Health Center from March to May 2021, totaling 1,131 children under five. The sampling technique was random sampling through systematic random sampling, with a total sample of 161 respondents, namely mothers who have children under five aged 12-59 months. Data were collected by measuring the height of children under five using a multifunctional measurement tool and distributing questionnaires. The analysis carried out was univariate, bivariate, and multivariate. This research has passed the ethical test 402/KEPK/STIKes-HTP/VIII/2021.

## **RESULT AND DISCUSSION**

Based on the data collected below, the frequency distribution of the characteristics of the research respondents is presented; the data is presented based on age, maternal age during pregnancy, education level, type of work, and gender of children under five. The data on the distribution of the characteristics of the respondents are presented in the following table 1:



**Table 1.** Frequency Distribution of Respondents' Characteristics

No	Characteristics	Frequency	Percentage (%)			
1	Mother's Age					
	< 20 year	2	1.2			
	20-34 year	109	67.7			
	35-39 year	30	18.6			
	> 40 year	20	12.4			
Total		161	100			
2	Mother's Age When Pregnant					
	At risk					
	< 20 year	15	9.3			
	> 35 year	20	12.4			
	No Risk (20-35 years old)	126	78.3			
Total		161	100			
3	Education					
	Low	63	39.1			
	No school	2	1.2			
	Elementary School	19	11.8			
	Middle School	42	26.1			
	High	98	60.8			
	High School	68	42.2			
	College	30	18.6			
Total		161	100			
4	Work					
	Civil Servants/Teachers	8	5.0			
	Private	7	4.3			
	Self-employed	9	5.6			
	Farmer	4	2.5			
	Housewife	133	82.6			
	Total	161	100			
5	Gender of Toddlers					
	Female	76	47.2			
	Male	85	52.8			
	Total	161	100			

Source: data proceed

Based on the characteristics of the respondents shown in table 1, 109 respondents (67.7%) were aged 20-34 years, the age when pregnant was not at risk was 126 respondents (78.3%), and the average education of mothers who had children under five aged 12-34 59 months who are in the

working area of the Rumbai Bukit Health Center are 98 people with high education (60.8%), the average worker is Housewife as many as 133 people (82.6%) and the sex of the children under five is mostly male, namely 85 children toddlers (52.8%).



Table2. Frequency Distribution of Dependent Variable and Independent Variable

No	Dependent Variable	Frequency(n= 161)	Percentage (100%)				
1	Stunting in Toddlers						
	Stunting	32	19.9				
	Normal	129	80.1				
	Independent Variable	Frequency	Percentage %				
1	Knowledge						
	Lack	90	55.9				
	Good	71	44.1				
2	Toddler Birth Weight						
	Low Birth Weight Babies	12	7.5				
	No Low Birth Weight Babies	149	92.5				
3	Exclusive Breast Milk						
	No Exclusive Breast Milk	116	72.0				
	Exclusive Breast Milk + Breast Milk	45	28.0				
	pre dominant						
4	Age of Complementary Food-Breas	st					
	Milk						
	Age < 6 month	58	36.0				
	Age ≥ 6 month	103	64.0				
5	Immunization Equipment						
	Incomplete	78	48.4				
	Complete	83	51.6				
6	Parenting						
	Not good	71	44.1				
	Good	90	55.9				
7	Economic Status						
	Low	83	51.6	8707			
	High	78	48.4				
8	History of Infectious Diseases						
	Exist	83	51.6				
	Doesn't exist	78	48.4				
	C d.t		-				

Source: data proceed

Tabel 2 menunjukkan bahwa dari 161 responden, terdapat 32 (19,9%) orang anak balita yang stunting dan 129 (80,1%) orang anak balita yang memiliki panjang badan dan tinggi badan yang normal. Sedangkan untuk variabel independen dari 161 responden yang diteliti didapatkan bahwa ibu balita yang memiliki pengetahuan kurang sebanyak 90 (55,9%) orang, anak balita yang lahir dengan BBLR sebanyak 12 (7,5%) orang, yang tidak

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mendapat ASI eklusif sebanyak 116 (72,0%) orang anak balita, terdapat 58 (36,0%) anak balita yang diberikan MP-ASI sebelum usia anak 6 bulan, terdapat 78 (48,4%) orang anak balita yang dasar nya tidak lengkap, terdapat 71 (44,1%) orang anak balita yang memiliki pola asuh kurang baik, terdapat 83 (51,6%) keluarga anak balita yang memiliki status ekonomi rendah, dan terdapat 83 (51,6%) orang anak balita memiliki riwayat

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penyakit infeksi dalam 1 bulan

terakhir.

Table 3. Effect of Independent Variables on Stunting Incidence in Toddlers Age 12-59 Months

No		Incidence of stunting in toddlers					
	Variable	Stunting	Normal	Total	P value	POR (95% CI)	
		F(%)	F(%)	F(%)	_		
1	Knowledge						<del></del>
	Lack	24 (26.7)	66 (73.3)	90 (100)			
	Good	8 (11.3)	63 (88.7)	71 (100)	0.015	2.864 (1.198-6.845)	
2	Infant Birth Weight						_
	Low Birth Weight BabiesNo		9 (75.0)	12 (100)	0.644	1.379 (0.351-5.418)	
	Low Birth Weight Babies	29 (19.5)	120 (80.5)	149 (100)		,	
3	<b>Exclusive Breast Milk</b>						
	No Exclusive Breast Milk Exclusive Breast Milk	28 (24.1) 4 (8.9)	88 (75.9) 41 (91.1)	116 (100) 45 (100)	0.030	3.261 (1.073-9.909)	
4	Age of Complementary Food-Breast Milk						_ 8708
	Age< 6 month Age ≥ 6 months	14 (24.1) 18 (17.5)	44 (75.9) 85 (82.5)	58 (100) 103 (100)	0.309	1.503 (0.684-3.303)	0.00
5	Immunization Equipment						_
	Incomplete Complete	15 (19.2) 17 (20.5)	63 (90.8) 66 (79.5)	78 (100) 83 (100)	0.842	0.924 (0.426-2.007)	
6	Parenting						_
	Not Good Good	16 (22.5) 16 (17.8)	55 (77.5) 74 (82.2)	71 (100) 90 (100)	0.453	1.345 (0.619-2.923)	
7	Economic Status						_
	Low High	17 (20.5) 15 (19.2)	66 (79.5) 63 (80.8)	83 (100) 78 (100)	0.842	1.082 (0.498-2.349)	
8	History of Infectious Diseases						_
	Exist Doesn't Exist	26 (31.3) 6 (7.7)	57 (68.7) 72 (92.3)	83 (100) 78 (100)	0.000	5.474 (2.110-14.200)	

Source: data proceed

Table 3 shows that of the eight independent variables, three have a significant effect (p-value <0.05) on the incidence of stunting in children under five aged 12-59 months, namely the mother's knowledge variable, exclusive eISSN 1303-5150

breast milk, and a history of infectious diseases. Meanwhile, five variables do not affect the incidence of stunting in children aged 12-59 months or significant values (p-value > 0.05), namely the variable birth weight of children under five, the age of

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giving Complementary Food-Breast Milk, completeness of immunization, parenting

and economic status.

**Table 4.** Multiple Logistics Regression Multivariate Test Results

Variable	P value	OR	95% CI. For OR	
variable			Lower	Upper
Knowledge	0.079	2.339	0.907	6.037
Exclusive Breast Milk	0.088	3.027	0.850	10.783
Age of Complementary Food-Breast Milk	0.272	0.568	0.207	1.557
Immunization Equipment	0.412	0.688	0.282	1.679
History of Infectious Diseases	0.001	5.537	1.976	15.514
Omnibus Test = 0.000		Nagelkerke R Square = 0.209		

Source: data proceed

In table 4, there is one variable that has a p-value <0.05, namely the variable history of infectious diseases with a p-value of 0.001 and (OR = 5.537), meaning that children under five who have a history of infectious diseases have a five times risk of becoming stunted compared to children under five with no history of infection. There is a significant relationship between a history of infectious disease and the incidence of stunting in children under five. Infectious diseases are one of the direct causes of stunting in children (Fadjriah et al., 2021); it is estimated that 25% of stunting in children under five is caused by infectious diseases such as diarrhea and ARI (Silas et al., 2018; Suryanegara & Wija, 2021). ). Infectious diseases suffered by children are caused by a lack of nutritional intake and are also influenced by children not getting Breast

Milk exclusively, and the age of giving Complementary Food-Breast Milk is too early (Firdausya & Hardini, 2020; Mutiarasari et al., 2020).

Children who are malnourished will have a low immune system, so they will be more susceptible to infectious diseases, where long-lasting infectious diseases can affect the growth and cognitive development of children (Damanik et al., 2020; Triana & Haniyah, 2020). Infectious diseases in children are also influenced by parenting patterns, especially among mothers (Pradnyawati et al., 2019). Mother's behavior in caring for and meeting the nutritional intake needed by children will affect children's health in the future; children with good maternal parenting will have good nutritional status, and vice versa (Zacarias et al., 2020).

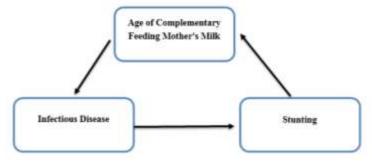


Figure 1.Effect of age for giving complementary food-breast milk and infectious diseases on stunting

This study is in line with research
conducted by (Yunitasari et al., 2020; Maliku
et al., 2020), which states that children under
five with a history of infectious diseases have

a six times risk of becoming stunted. Another
supporting research is research conducted by
(Tasrifah, 2021; Dranesia et al., 2019), which
states that children with a history of infectious

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diseases have a four times risk of becoming stunted compared to children who do not have a history of infectious diseases. There is a significant relationship between infectious diseases suffered by children and the incidence of stunting (Tangkonoo et al., 2021; Aini et al., 2020).

This study also found that most of the stunted children were given complimentary food-breast milk early, which was also influenced by poor parenting; according to the results of the study that there are still many children under five who like to snack outside, so children often eat leftovers. Breast Milk is an ideal food for children from birth, there are many benefits contained in Breast Milk both in terms of nutrition, for children's immunity and can reduce the economic burden of parents (Nainggolan et al., 2020; Anshori et al., 2020).

### **CONCLUSION**

Based on the results of the study, it was found that one variable that was significantly related to the incidence of stunting in children under five (12-59 months) in the working area of the Rumbai Bukit Public Health Center, Pekanbaru City, was a history of infectious diseases. It is hoped that the puskesmas will continue to collaborate across sectors for nutrition and MCH program holders to counsel couples of childbearing age about reproductive health and the importance of 1000 HPK in efforts to prevent stunting from an early age.

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