

## An Analysis Of Health Education Toward Mothers' Attitude In Feeding Children Under Five With Malnutrition.

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### ABSTRACT

Malnutrition cases among children under five are still big challenge in Indonesia. It can be serious problems especially among children in between 6-24 months because it is the gold period of growth. Data from Health Ministry of Indonesia Republic shows that a prevalence of children under five with less and bad of nutrient status is still high although many interventions have been done. One of the reasons is the behavior and attitude of mothers in feeding their children such as eating frequency, food variety and quality of food that given to the children. The objective of this research is to know the impact of health education toward mothers' attitude in feeding their children under five with malnutrition in Malang Regency. This research uses *Pre-Experimental method* by using *one group pre test-post test design*. Based on purpose sampling technique, it is got 71 mothers who have children under five with lack of nutrient as sampling. The independent variable is health education, and dependent variable is mothers' attitude in feeding their children under five with malnutrition. Data collecting uses questionnaire, and data analysis is done by using *paired sample t-test*. It is shown  $p = 0.001 < 0.05$ , so the hypothesis is accepted. It means that there is an impact of health education toward mothers' attitude in feeding their children who suffer lack of nutrient. This research shows the significant impact of giving health education toward mothers' attitude in feeding their children with malnutrition. Therefore, it is need to use variety of media in promoting health education as interesting as possible such as video to improve mothers' knowledge and understanding so they can give much contribution in preventing malnutrition cases among children under five.

**Keywords:** Attitude, Children Under Five With Malnutrition, Feeding, Health Education

### INTRODUCTION

Malnutrition or lack of nutrient is the condition when nutrient intake is not sufficient to fulfill the body needs. It generally happens because of low consumption on important substances such as carbohydrate, protein, fat and vitamin which needed to run metabolism functions optimally. From the aspect of physical pathology, children who suffer malnutrition often connected with the lack of protein energy, anemia because of iron deficiency, disorders relate less iodine intake, and lack of A vitamin. This nutrient imbalance can cause many of serious illness such as growth and development disorders, decreasing of immune system and intelligence, physical limitation etcetera. Malnutrition also has impact for long term health problems like stunting, even it can cause death among children under five (Health Ministry of Indonesia Republic, 2021).

In fact, children under five with malnutrition is still global problems. Based on the report from UNICEF-WHO-World Bank in 2021, there were 45.4 million children in the world have

wasting syndrome where 13.6 children of them have malnutrition. According to the Health Ministry (2021), the prevalence children under five with malnutrition status reached 17.1%. In province level -East Java-, it revealed 14% underweight children, while in Malang City the prevalence was 9.52%. Although this percentage is still below national average and province, the local government keep doing many efforts to decrease this problem (Health Ministry of Indonesia Republic, 2021).

Malnutrition among children under five must get more serious attention because it can give permanent effects and cannot be recovered. In this golden period of growth, the lack of nutrient intake can delay brain development, physical growth and increase the risk of many diseases in the future (Prawoto, 2022). Moreover in the worst situation, malnutrition can lead to the death. Therefore, the good knowledge about nutrient intake is very important owned by mothers because they involve directly in serving food or nutrient needs for their children.

The lack of nutrient among children under five can be caused by many factors directly and indirectly. Direct factors include the low of nutrient intake and infection disease, while indirect factors are economic condition in families, parenting pattern, and mothers' knowledge. A mother has important roles to make sure nutrient intake for her children, such as selecting kind of food according to children's need and age. She is the leading sector in applying health live behavior in her family (Sir, S.G., Aritonang, E.Y., Jumirah, 2021). Besides, mothers' attitude in serving food also gives impact toward eating behavior of children. Inappropriate attitude can cause imbalance eating behavior and increase the risk of malnutrition to the children (Darwis, Ardi.M., Pertiwi, 2021).

Knowledge has important role in shaping someone's behavior, parenting pattern and serving nutrient intake to children. A mother who has higher level education can accept and understand information easier include information about balance nutrient. On the contrary, the less knowledge of mothers about nutrient intake can cause giving food with limited variation and low quality, and it emerges negative impact to the nutrient status of children. The research done by Rakhmawati, Nuris Z & Panunggal (2014) found that there was significant correlation between knowledge and giving food behavior to the children 6-24 months ( $p < 0.003$ ), and also correlation between attitude and mother behavior ( $p < 0.04$ ).

To overcome malnutrition problem, it can be done by giving intervention such as proper nutrient intake and health education. Some factors which influence food intake among children under five are mother's knowledge, mother's attitude, and individual character such as age, level of education, income and social culture background (Biswan, M., Puspita, 2018). The result of the research done by Sir, S.G., Aritonang, E.Y., Jumirah (2021) revealed that from 100 respondents, 34 children (34%) have malnutrition and 66 children (66%) have normal condition. This finding showed that most of children under five got insufficient energy of protein, fat and carbohydrate.

## METHOD

This research uses *Pre-Experimental Method* with *one group pre test-post test design*. This design is used because this research only involves one experimental group which done by comparing the result of *pre-test* and *post-test*. The population is all mothers who have children with malnutrition. By using purpose sampling technique, it is got 71 mothers who have children with malnutrition with research inclusion criteria. There are two variables used in this research namely independent and dependent variables. Independent variable is health education about fulfilling adequate nutrient intake among children under five, and dependent variable is mothers' attitude in feeding toward children under five who have malnutrition. Data used in this research is primary data which taken from mothers' attitude in feeding the children under five with malnutrition by using questionnaire before and after health education. Data processing includes *editing, coding, scoring and tabulating*. After that, data were processed

with analyzed by using statistic test. After all data collected, data were processed and done bivariat analysis with *paired sample t-test*.

## RESULT

### 1. Respondents Character

Table 1 Frequency Distribution of Mothers' Attitude before Health Education

Level of attitude	Frequency (n)	Percentage (%)
Positive Attitude	35	49.3
Negative Attitude	36	50.7
<b>Total</b>	<b>71</b>	<b>100.0</b>

Based on Table 1, from 71 respondents, more than a half respondents have negative attitude namely 36 respondents (50,7%)

Table 2 Frequency Distribution of Mothers' Attitude after Health Education

Level of attitude	Frequency (n)	Percentage (%)
Positive Attitude	69	97.2
Negative Attitude	2	2.8
<b>Total</b>	<b>71</b>	<b>100.0</b>

Based on Table 2 from 71 respondents who have got education show that almost all of respondents have positive attitude namely 69 respondents (97,2%).

### 2. The Result Analysis of Statistical Test

Table 3 The Result Analysis Used *paired sample t-test*

The Analysis of Health Education Impact toward Mothers' Attitude in Feeding Their Children with Malnutrition.

	Paired Differences					T	Df	Significance	
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				One-Sided p	Two-Sided p
				Lower	Upper				
- Attitude before Education – Attitude Post Edukation	-10.606	4.149	.492	-11.588	-9.624	-21.539	70	<001	<.001

Based on Table 3, from 71 respondents there is increasing average of attitude value namely 10.606 after they have got health education. Research Analysis about the impact of health education by using *paired sample t-test* shows  $p = 001 < 0.05$ . This result indicates that health education has significant impact toward mothers' attitude in feeding their children with malnutrition.

## DISCUSSION

### 1. Mothers' Attitude before and after given Health Education

The research result shows that from 71 respondents, it is got 36 respondents (50,7%) who have negative attitude while 69 respondents (97,2%) have positive attitude in feeding to their children with malnutrition. Attitude is the result of evaluation formed by mixing among knowledge, feeling, and tendency to act. Azwar, (2018) mentioned that attitude has 3 main components namely cognitive (knowledge), affective (feeling) and conative (tendency to act).

If a mother has proper knowledge, so it can be basic to form positive attitude. For examples, more selective in choosing ingredient of food, more patient in feeding her children, and also awareness to monitor nutrient status of her children regularly.

The research done by Maghlifah, (2022) showed that a mother with positive attitude tends to have children who have good nutrient status. The combination between adequate knowledge and good attitude can form habit in feeding to children. For examples, serving food based on the age of children, keeping frequency of feeding correctly, and cooking ingredients of food hygiene. The improving of mothers' attitude reflects the success of health education method which done interactively and contextually, so it can emerge awareness and responsibility of mothers in taking care their children.

## 2. The Impact of Health Education toward Mothers' Attitude in Feeding their Children with Malnutrition

The statistical test by using *paired sample t-test* shows increasing score average 10.606 points with value  $p > 0.001$ . It means there is significant impact of health education toward mothers' attitude changing. The improving of knowledge through health education will strengthens cognitive aspect, and then pushes positive attitude and better behavior (Fawzi, 2023)

Health education is not only to be media of information transfer, but also as effort to build awareness and responsibility. Information which conveyed interactively and contextually helps mothers to have awareness about the importance of proper feeding to their children with malnutrition. It includes in selecting ingredients of food, arranging eating frequency, and keeping safety and hygiene of food. This understanding forms positive perception which influences decision and daily behavior in parenting pattern (N.N.Utomo, S S.A Nugraheni, 2019).

The research done by Sir, S.G., Aritonang, E.Y., Jumirah, (2021) also supported this finding. It showed that education about the importance of proper nutrient can increase mothers' awareness in selecting nutritious food, feed patiently to their children, and consistency in monitoring children growth. It proves that attitude changing gives influence not only to the psychological aspect but also to real behavior that support in improving nutrient status of their children.

Based on Health Belief Model Theory, it explains that the changing of attitude and behaviour will be easier if an individual feels vulnerable about health problems, understand the benefit of changing, and get external stimulus such as education (Alwisol, 2019). In this research, health education acts as external stimulus which internalized knowledge became positive attitude, and then push to feed proper food to their children.

## CONCLUSION

The statistical test by using *paired sample t-test* shows the increasing average attitude score 10.606 points with value  $p > 0.001$  which reveals significant impact. It means that  $H_a$  is accepted because there is an impact of health education toward mothers' attitude in feeding their children with malnutrition. This research is limited in one area, so it cannot be generalized to wider population. Attitude measurement also was done in short term, so it cannot be known yet the continuity of attitude changing in long term period. The research advice is to monitor in long term to know the consistency of attitude and behavior changing after the intervention.

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