

The Role of Grandmothers in Prevention of Stunting Incidents (The Qualitative Study in the Rural)

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ABSTRACT: The role of the family like parents and grandparents influences to growth and development of children in the countryside. Grandma plays an role important in the care, and fulfillment need for nutrition. Grandma is considered the spearhead of success in giving healthy food when parents currently work. Research This aims to know the role of grandma in the prevention of stunting incidents in rural areas. A qualitative study with approach phenomenology. Selection of informants with use of purposive sampling technique and data collection with technique interview in depth on 13 informant grandmother, mother and health workers. The data analysis process uses thematic analysis. Research results This finds that grandma in the countryside has a very influence and has become a very important figure in the prevention of stunting, especially when parents work. However, the role of grandma is not enough attention and lacks involvement in the stunting prevention program. Knowledge grandma about pattern care, processing, and fulfillment nutrition for mothers' pregnancy and good child is very important to prevent the occurrence of low birth weight and stunting incidence, but in reality, no Lots grandma own sufficient knowledge in growth and development of children, including giving good nutrition for 1000 days life. The need to improve the capacity of Grandma in knowledge, attitudes, and behavior to pattern foster children and proper nutrition in the prevention of stunting.

Keywords: role grandmother, rural, stunting prevention

1. INTRODUCTION

The prevalence of stunting in Indonesia is increasing in positive decline. Based on the Nutritional Status Survey Indonesia (SSGI) released by the Ministry of Health in 2022, the prevalence of stunting in Indonesia has decreased as many as 2.8 points from 24.4 % in 2021 to 21.6% (1). Stunting is not only a problem height but also has an impact on the ability child for learning, mental retardation, and the emergence of disease chronic (2). Therefore, the President set a target for stunting prevalence at 14 % by 2024 (3). To achieve this target, cooperation from various parties is very necessary. Environmental factors, such as clean water, sanitation, and healthy homes, also play a role, important in overcoming stunting. The decline in stunting figures occurred during the pandemic, and it is hoped that in normal times the trend of cases will decrease. Stunting data in the Regency Stuffed became attention for the government.

Regency This ranked fourth in West Kalimantan with a stunting percentage reaching 27.86 percent (4). Data from the Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in the Regency Stuffed is at 30.1% of the reduction target 2023 according to e-PPGBM is 18.99%. The number family at risk of stunting that already exists accompanied by a team companion family is as many as 630 visits for prospective brides and grooms, 12,495 for Mothers pregnant, and 2,863 mothers post copy (5).

The incidence of stunting is also influenced by factors direct and factors No direct (6). Direct factors direct stunting in the form of a lack of intake of nutrition that is not adequate and disease infection, while factors No direct, lack of access to service health, economy family, culture, sociocultural factors, level of knowledge, and education. Economic factors also encourage mothers to follow Work so that parenting is usually delegated to grandma as the primary caregiver for the baby.

Grandma plays a role important in parenting, including overcoming problem nutrition Toddlers through fulfillment need varied and diverse nutrition. Behavior eating habits applied by grandmother influence to behavior Eat child (7) (8). Grandma is considered the spearhead of success in giving healthy and balanced diet to toddlers besides Mother from the child. With knowledge and role of grandma in the family, the grandmother can describe factors key to ensuring children grow healthy and safe from stunting. The assistance they give in matters of nutrition, health, cleanliness, and education plays a very important role important about action prevention. Still a little study about the role of grandma in parenting children, especially those who can cause stunting. Researchers are interested in exploring the role of grandma in rural stunting prevention.

2. METHOD

Study This use studies qualitative with approach phenomenology. Data collection method with technique interview in depth on 11 informants consisting of from mother and grandmother as well as power health. Election informants with use a purposive sampling technique, considering variation sampling. Data collection using guidelines interviews, and methods of observation are participatory. Validity and reliability test with conducting member checking, and methods triangulation. Research This has been through ethical testing, with number ethics Number: 344/II.I.AU/KET.ETIK/XI/2024. The data analysis process uses analysis thematic.

3. RESULTS AND DISCUSSION

A study carried out in *Sentangau Jaya Village* located in the District As wide as are rural areas that have a sufficient area-wide and consists of several settlements scattered population. This area is an area with topography (differences tall low settlement) flat until hilly surrounded by land agriculture and plantations, as well as own access road main connected with the city nearest. This village is known as one of the villages that play a role big in sector agriculture in the sub-district, with the majority of residents Working as farmers, laborer garden, and some as traders small. Socio-economic, some big the people of Sentangau Jaya Village are in the category economy intermediate to below. With part big eye livelihood head the family in Sentangau Jaya Village is farmers. The majority family own income limits, because those who depend on the results of agriculture and plantations of a natural season. This influences the ability they fulfill the need for diverse nutrition for children, so that in the process of fulfillment nutrition and nutrition for family, especially for the fruit heart. This becomes a challenge alone in the effort to prevent stunting in the villages.

Sentangau Jaya Village has access to facility general like school basic and health centers maid, but the facility's health complete Still limited and located Enough far away. Condition This makes accessing health, including service consultation nutrition, a challenge for citizens who need to go through distance more Far For get Handling more medical. In addition, the availability of clean water in several parts of the village is still there limited, which can impact on cleanliness environment and the health of society, especially children.

Characteristics Respondents in the study This consists of grandmother, mother, and health workers. In the village area, grandma plays a role as the caregiver's main grandchild. Here is a description general of the characteristics informant's grandmother, namely informant's grandma is in the range aged 40 to 65 years, which is the age at which they tend own role active in the family as caregiver grandchildren. The majority grandma's own level of education is low (at school level) base or no school), which affects the method view to pattern care and information about Health. The average grandmother in the village This caring for 1-4 grandchildren, especially Because children Work or wander, so parenting is often entrusted to grandma.

3.1 Results

3.1.1 The Role of grandmother in fulfillment need nutrition

Most of Grandma and Mothers Once discuss the need for nutrition for child, the problem discussed is food menu problems like side dishes, vegetables, fruit and snacks addition after giving eat, as quoted from statement informant below:

" Grandma and mother Once discuss nutrition for grandchildren, grandmother feel more experience and because grandma already more formerly nurse children, and grandmothers also take care of them Mother moment pregnant until give birth to So grandmother who cooks and takes care of him. Care grandma like food that is allowed eaten and not eaten may eaten"
(informant mother).

Interview results show that knowledge grandma about nutrition is very diverse, with part big only own understanding base about importance nutritious food for children. Many grandmothers are aware that children need given Eat with various type food, especially food that is considered Healthy according to view them, such as rice, vegetables, and side dishes easy side dishes obtained. However, they tend to not know the importance balance between carbohydrates, proteins, and fats, as well as micronutrients like substance iron, vitamin A, and calcium in a pattern, eat a child. Like the narrative with the informant below:

" Grandma gives Eat like eggs, tofu, tempeh, sometimes meat, spinach. Always given tofu and tempeh, the taste food that good, but grandma not know content nutrition"
(informant grandma)

The same statement was also conveyed by the informant others, although informant No know about stunting but informant already implement giving nutritious food for children and grandchildren, knowledge about nutrition and nutrition for children are very important. This is in accordance with that conveyed by informant below:

"The time will be 3 times a day, namely in the morning, afternoon, and evening. Usually grandma give Eat There is vegetables, rarely given meat. If meat several times a month, it's expensive, no able, anyway every day eat "
(informant grandma).

Temporary informant other own more knowledge well, i guess that need nutrition for children and grandchildren, about nutrition is good move in effort prevention of stunting. With understand need nutrition child, grandmother can give intake the right food since early, as conveyed by the informant following:

" Yes, it was given eat nutritious food like chicken, tempeh, tofu, eggs, given meat if there is extra money, vegetables every day given, and the fish oil vitamins right It's also good for the body, sometimes if go home from garden right there are also bananas, corn, sometimes if season mangosteen with rambutan, watermelon and cucumber"
(Informant grandma)

When it is done interview to Health officers, data was obtained that no all grandma to know about nutrition, while Mother deliver giving food daily to his grandmother. As conveyed by the informant following:

" Grandma not enough his knowledge in fulfillment nutrition child, the important thing his grandson full, sometimes It's also difficult to educate, because they (grandmother) feel more experienced. Although there are also those who have knew with good method processing and nutritional menu child"
(Informant Health workers)

3.1.2. The role of grandmother in prevention of stunting

In the research this, was found that part big grandmother who became Respondent not enough own deep understanding regarding stunting as conveyed by informant below:

" Grandma don't know about stunting, what That? The children in the village are indeed many grow normally, but I Look There are also small ones, their bodies are thin, and sometimes they grow not like his friends. We used to know Lots about nutrition or food additional. We only give Eat child grandchild with what we have, we just have it"

(Informant Grandma)

This matter seen from the interview that has been done, low level knowledge they about caused of stunting, impacts term long, and effort prevention of stunting. Some grandma considered stunting as common problem happened and didn't realize importance role balanced nutrition in development child. Grandma not enough play a role in prevention of stunting due to knowledge about low stunting, as conveyed by the informant following:

"I often see children in the village grow up more small from his friends. in the past i think that why possible they lack eat right, that's why i love children and grandchildren lots eat rice, vegetables, fish, eggs, etc can chasing his friend 's large body there, sometimes I think and wonder, why children now you tall like a child formerly yes, maybe they not enough eat or what that's what's healthy "

(Informant Grandma)

Although informant realize about importance giving food, understanding they often limited to aspects giving food that has been known, without link it with factors other health conditions that contribute to stunting. As conveyed by informant below:

" I don't know, grandma. about stunting, grandma not school, if our meal we rely on from results like vegetable spinach, leaves cucumber, water pumpkin, banana, rambutan, and fish"

(informant Grandma)

In an interview with informant, informant explain importance food traditional in guard health. Explained that use material food local and traditional Already become habit in family they. He to say as following:

" Grandma Cook food from fields such as pumpkins yellow, rice red is made. If the grandchildren difficult eat, grandma make it they are soup from vegetables local like village spinach planted in the field and pumpkin yellow. This is also good and good because the results garden alone "

(informant Mother)

3.1.3. Utilization of material food local

Utilization food locally processed become various dish traditional, besides it feels like delicious, also has mark balanced nutrition, so that can contribute to the improvement nutrition child and lower stunting figures. As stated by informant below:

"In the past, grandma often hear people say, food we that drug we. Means, the food that we Eat every day That Can make We healthy and can also make you sick. Food traditional That lots of vitamins, good for body to be able to big and healthy, what again for the kids like grandchild this"

(informant Grandma)

Food traditional play role important in prevention of stunting due to often contains natural and nutritious ingredients. In many area, food traditional is source main easy nutrition accessed and often customized with availability material food local. Food healthy traditional Can help support growth physical and developmental children, and reduce risk occurrence of stunting. Food traditional depend on ingredients that grow around home, such as vegetables, fruit, fish, meat, and grains, as explained by the informant following:

"We also garden ma'am, so the result Can also used for eat for our family. Usually the one who cooks me and grandma"

(informant Mother)

3.2. Discussion

Stunting is condition caused by deficiency nutrition chronic in children under five years of age, resulting in delayed growth height and development cognitive. Research This find that, grandma in the countryside own very big influence in pattern care and prevention of stunting in grandchildren, but matter This not enough become attention and lack involved in health programs, especially in prevention of stunting. Grandma become a very important figure in support parenting children, especially when parents Work or Busy with activity they. Knowledge grandma about pattern foster care, fulfillment nutrition for Mothers pregnancy and good child are very important For prevent the occurrence low birth weight and prevent stunting, but in reality no lots grandma own sufficient knowledge in growth and development children, including giving good nutrition for 1000 days life child .

Grandma Already give food for his grandchildren, however No supported with knowledge about values nutrition as well as need proper nutrition with need grandchildren and processing the right food. Education about nutrition children and the importance of breast milk is very important to increase knowledge grandmother, especially in society with level low education. In the processing process food need to pay attention to hygiene and sanitation with Good (9). Processing method food that is not appropriate will can damage content nutrition food contained in it. Processing food for toddlers can done with boiled, steamed and fried food. Boiled food ingredients like vegetables, preferably boiled No too long for the content nutrition No damaged and soluble in water especially vitamin groups B and C. Cutting material processed food It is also necessary to pay attention, it is better piece material food in form small to make it easier toddler in chew and swallow it. This is because of the chewing process and reflexes swallow toddler Not yet perfect (10). Usage a stimulating and aromatic spice sharp need avoided Because can endanger channel digestion toddlers (11). Giving information through outreach programs nutrition for grandma can increase knowledge they about the importance of breast milk in prevention of stunting.

Grandma play role important in prevention of stunting This is the existing potential in family that itself, where the pattern foster care implemented by grandmother can customized with pattern foster grandmother who has more before. Experience as well as knowledge positive qualities possessed by grandmother can become exemplary and continued. Support in maintenance child like set meal times and choose a food menu as well as bathing grandchildren, especially during infancy and toddlerhood. Grandmothers often become a supporting pillar for grandchildren they in situation certain (12). Actually pattern parenting child inside room scope family done by both his parents. Parents the Work The same to work together give care and education to his son. Doing monitoring and paying attention development his son optimally, but in reality condition the no forever can maintained.

Intake adequate nutrition in 1000 days First life (since Conception up to two years first) is very important to development physical and cognitive child (13). Exclusive Breastfeeding can increase nutrition in infants and children (14), even though Lots grandmother who doesn't own knowledge base about benefits of breast milk, grandma recommend his son for still give breast milk to grandchild for 6 months. Some grandmothers Possible Still hold old principles that are lacking support practice appropriate breastfeeding with guidelines health latest. Studies show that Lots more grandmother tend support giving food addition to the baby before age six month (15). Challenge in difference view between grandmother and parents often gets in the way practice ideal breastfeeding, which can at risk increase the possibility of stunting in children.

Lifestyle Healthy including importance cleanliness and maintenance good health is very important in minimize risk of stunting, especially in vulnerable areas like rural areas, which often have limitations access to source Power adequate health and nutrition. Some studies the the more confirm that behavior life clean and healthy really influences effort prevention of stunting (16). However, strengthening style living in rural areas is greatly influenced by factors social, cultural, and economic. Moreover, the role grandma in prevention of stunting in rural areas No Can ignored. With so, in context rural required collaboration from various stakeholder's interests and intervention programs No only in the nuclear family but touching on parents and member's family others who are influential in problem health need done for reach objective decline stunting rates in Indonesia.

4. CONCLUSION

Grandma in the countryside own very big influence in pattern care and prevention of stunting in grandchildren, but matter This not enough become attention and lack involved in health programs, especially in prevention of stunting. Grandma in the countryside become a very important figure in support parenting children, especially when parents Work or Busy with activity they. Knowledge grandma about pattern care, processing and fulfillment nutrition for mothers pregnancy and good child are very important for prevent the occurrence birth weight low and prevent stunting, but in reality no Lots grandma own sufficient knowledge in growth and development children, including giving good nutrition for 1000 days life. The need improvement capacity grandma in knowledge, attitudes and behavior positive to pattern foster children and proper nutrition in prevention of stunting.

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