

The Role of Parenting Styles in Treatment *Stunting* in Selengen Village, Kayangan District

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Abstract

The role of parenting style plays an important role in dealing with the problem of stunting. Stunting can be influenced by low access to food and the quality of balanced nutrition which is not consumed by children regularly, and often does not have a variety. Therefore, improving diet, parenting patterns, as well as improving and accessing clean water are things that must be considered in handling stunting. Poor parenting patterns in caring for children, including feeding babies and toddlers, are also influenced by the understanding of parents, especially mothers. Therefore, there is a need for education about reproductive health and nutrition so that prospective mothers understand the importance of meeting nutritional needs during pregnancy and for the fetus, which is also important in managing stunting. The role of parents in caring for children must also be based on good and appropriate understanding so that parents know what is good or bad for their children. This research aims to describe the role of parenting styles in dealing with the problem of stunting in Selengen village, Kayangan sub-district. The research uses a qualitative approach with data collection techniques from interviews and observations. The research subjects involved Health Midwives, Nutrition Midwives, Gynecology Midwives, Posyandu cadres and children experiencing stunting in Selengen village, Kayangan sub-district. The scope of activities such as socializing the provision of additional food (PMT) and immunization.

Keywords: *Parenting Patterns and Healthy Living.*

INTRODUCTION

Stunting is a problem that exists in society, which causes malnutrition in children under five, poor communities, and inhibits growth and development in children. Stunting in children is influenced by several factors, including diet, parenting and access to clean water. These factors need to be considered as an effort to prevent stunting. According to the Indonesian Minister of Health, Nila Farid Moeloek, improvements to diet and parenting patterns, as well as access to clean water are things that must be considered in preventing stunting.

Poor parenting patterns can give rise to several factors that influence a child's growth and development. Whether it is in the practice of feeding babies and toddlers that is not good in terms of nutrition and vitamin content, it can influence the occurrence of stunting. Inadequate parenting is one of the main challenges in changing behavior to prevent stunting. This shows that the role of parenting in providing food with balanced nutrition is very important in efforts to prevent stunting. The relationship between a mother's parenting style and the incidence of stunting also shows that the mother's

parenting style is closely related to the incidence of stunting in children aged 12-59 months. Poor and appropriate maternal parenting patterns can contribute to stunting in children, from various sources provided.

It can be concluded that the role of parenting style in preventing stunting is very important. Parents' understanding of balanced feeding practices, as well as behavioral changes in parenting are key factors in efforts to deal with stunting.

As is what happening in the field, regarding the problem of parenting styles in handling stunting which is lacking. Most ordinary people in general have minimal knowledge about children's health, as is the case in one of the villages in North Lombok district, namely Selengen Village, Kayangan District, North Lombok Regency, which experiences a lot of stunting in each village from year to year continues to have a decrease or increase. Based on the results of research on children who experience stunting in this village, this research aims to describe the problem of stunting in Selengen village and observe the role of parenting styles in handling stunting in Selengen

Village, Kayangan District, North Lombok Regency.

IMPLEMENTATION METHOD

This research uses a qualitative approach. The location of this research is the posyandu in Selengen Village, Kayangan District, North Lombok Regency, the research subjects involved include the health midwife section, nutritionists, obstetrician midwives, and posyandu cadres in the local village. The types of data used are qualitative data in the form of text and information data in words that describe the stunting problem being studied. In this research there is primary data obtained from results of a Joint interview with one of the health midwives, nutritionists, gynecology midwives, and posyandu cadres in Selengen village, Kayangan subdistrict, North Lombok Regency. Meanwhile, secondary data comes from data obtained from library materials, literature, journals, previous research, books and related documents. Data collection techniques include:

1. Observations that use passive observation are used by researchers by observing and gathering information related to stunting by visiting the research location and being directly involved at the location of the activity.
2. Interviews conducted using technique questions and answers by finding information that can understand research problems, using in-depth and structured interview techniques based on interviews.
3. Literature study is by collecting various data originating from several books, literature, journals, previous research, books and related documents.

RESULTS AND DISCUSSION

Poor and appropriate mother or family parenting patterns can cause stunting in children; therefore, it is very important to have an understanding regarding good and appropriate parenting patterns from parents, namely as follows:

A. Parenting

The parenting style of parents in the family is very important in shaping the child's personality, because with good parenting patterns from parents they can educate, guide and direct and supervise children effectively so that they can make decisions in their actions and attitudes. so, you don't do those negative things like juvenile delinquency. Not only does it play a role within the scope of adolescence but also starting from toddlerhood and childhood, the role of parenting styles plays a role in dealing with Stunting is one of the efforts that also needs to be considered in preventing this from happening, namely the occurrence of stunting.

According to Lestari. S 2012, parenting style is a type of parenting behavior that has certain content and socialization goals. In another sense, parenting practices can be used as a dynamic and interconnected system that includes observation, management of behavior and social situations and is based on the quality of the parent-child relationship.

Based on the results of our interview with one of the health midwives in Selengen village, Kayangan sub-district, namely Mrs. Endang Junaela, said that the role of parenting style in handling stunting, namely how good and appropriate parenting is very important in efforts to prevent stunting. Stunting, which is a growth disorder due to malnutrition, can be influenced by how parents provide food and parental attention to the child's growth and development. Meanwhile, poor parenting patterns, especially in providing food for babies and toddlers, can worsen children's nutritional conditions and can cause stunting. Parental education and understanding of nutrition also play a big role.

Parents, especially mothers, need to have sufficient knowledge about children's nutritional needs and how to provide balanced food. This includes introducing nutritious foods according to the child's growth stage. In fact, there are many foods that can provide balanced nutrition for children, but most parents or some people who are still lay people don't know that foods

that they think are not good are actually good for children's growth.

Three aspects that need to be considered in preventing stunting are:

1. Improving eating patterns is by ensuring children get balanced and nutritious food.
2. Good parenting involves providing knowledge or education to parents about the importance of proper attention and stimulation for children.
3. Access to clean water in a clean environment can also support children's overall health. Continuous learning for parents is very necessary. Information about nutrition, health and the importance of good parenting must continue to be conveyed so that people can change their mindset or behavior in preventing stunting. Thus, the role of parenting in handling stunting cannot be ignored because good parenting can help meet children's nutritional needs and support optimal growth.

From the statement above, it can be concluded that the role of parenting is very important to be realized as a form of effort by parents in preventing the emergence of stunting in children. A good parenting style will certainly result in encouraging good changes for children's growth. If the parenting style is not good then the results will also not be good, and many negative things will happen. Parents also need to have knowledge regarding how balanced nutrition is good for children and the intake of food that contains good nutrition for children's growth.

With parenting, parents can teach, train to describe, instruct children so that undesirable things don't happen. Parenting is a specific parenting behavior and has a correctional goal. An enthusiastically interrelated system that includes monitoring, management and conditions related to society, the relationship between parents and children as the foundation.

B. Healthy lifestyles

Parenting patterns and healthy lifestyles are closely related because the role of parents'

parenting patterns must also be included in how healthy children can be controlled. In a good way, maintaining children's health also means taking care of the environment, food and personal hygiene. A healthy lifestyle must be implemented in everyday life to prevent these things from happening negatively such as in children, namely stunting.

Based on the results of our interview with one of the Kayangan sub-district health midwives, Mrs. Endang Junaela as the Health Midwife, said that a healthy lifestyle also plays a very important role, such as a clean environment, cleanliness of food before it is consumed by the body. Stunting is a condition where a child's height is lower than average for his age, caused by chronic malnutrition and recurrent infections. Therefore, children's health needs to be maintained to avoid stunting.

Handling stunting requires the following approach:

1. The habit of implementing clean and healthy living behavior, such as maintaining environmental cleanliness and sanitation, can reduce the risk of infection which contributes to stunting. A clean environment helps prevent diseases that can interfere with children's growth.
2. Good Nutrition Improving diet by ensuring balanced nutritional intake is very important. Quality and nutrient-rich complementary breast milk (MPASI) food should be given to children after 6 months of age to support optimal growth.
3. Family Education for parents and caregivers about the importance of monitoring children's nutritional status is also very crucial. Educated families can be more proactive in maintaining children's health and preventing stunting.
4. Health Interventions The government and health institutions encourage regular check-ups at health facilities to monitor children's growth. This helps in early detection and treatment of nutritional problems.

From the statement above we can conclude that the role of parenting which is closely

related to a healthy lifestyle is also very important, because a healthy lifestyle requires a person to be accustomed to continuously maintaining physical health, especially for children, maintaining the body's immune system, this healthy lifestyle if possible. If applied to someone well, it can make someone able to control themselves and become a more mature person in implementing good parenting patterns, especially parents in caring for children. Habits Implementing clean and healthy living behavior, such as maintaining environmental cleanliness and sanitation, which can reduce the risk of infection that contributes to stunting.

Improving nutrition and diet by ensuring balanced nutritional intake is very important. Educating parents and caregivers about the importance of monitoring children's nutritional status is also very crucial. Health Interventions The government and health institutions encourage regular check-ups to monitor children's growth.

CONCLUSION

Based on the results of the discussion above regarding the role of parenting styles in handling stunting, it can be briefly concluded that parenting patterns are an important handling practice in dealing with the problem of stunting. Poor parenting patterns can give rise to several factors that can influence children's growth, both in terms of the way they are given food. not good with unbalanced nutrition and vitamin content which can cause stunting. As happens in the field, regarding the problem of parenting patterns in handling stunting which is lacking in most ordinary people in general, there is minimal knowledge about children's health. As what happens in the field, there are 3 aspects to pay attention to in preventing stunting, namely, improving diet, parenting patterns, healthy lifestyles and access to clean water based on the results of our interview with one of the health midwives in Selengen village, Kayangan subdistrict, namely Mrs. Endang Junaela who said that malnutrition can be influenced by how parents provide food and parental attention to growth and development child. Meanwhile, poor

parenting patterns, especially in providing food for babies and toddlers, can worsen children's nutritional conditions and can cause stunting.

SUGGESTION

Hopefully this service article can have a good impact on readers, especially educators, so that it can become reference material for creating future generations who are free from stunting. Preventing a reduction in stunting rates also requires mature cooperation from various parties.

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