Relationship Between Mother's Education Level and Toddler Growth

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ABST RACT

Growth is a change in number due to the addition of cells and the formation of new proteins thereby increasing the number and size of cells in all parts of the body. The purpose of this study was to determine the relationship between education level and toddler growth in the working area of the Sukorame Community Health Center, Kediri.This research used a cross-sectional approach with a purposive sampling technique. The population is taken from all mothers who have toddlers in July. In accordance with predetermined research criteria, 68 mothers with toddlers were obtained as samples. The results of the Spearman correlation test obtained a significant value (p) value = 0.001 so that p <α, which means H0 is rejected and H1 is accepted, meaning that there is a relationship between education level and toddler growth in the working area of the Sukorame Health Center. It is expected that health workers can provide health education, especially mothers who have toddlers, about monitoring and early detection of growth deviations in toddlers. So that the incidence of mortality and morbidity can be reduced or suppressed.

I. Introduction

Growth is related to changes in size, number, size and function at the level of cells, organs and individuals as measured by weight (grams, pounds, kilograms), length (cm, meters), bone age and metabolic balance (Department of Nutrition and Public Health. 2010). Development is an increase in ability (skill) in more complex body structures and functions in an orderly and predictable pattern, as a result of the maturation process (Dewi Vivian Lanny Lia. 2011). Factors that play a role in determining the health status of toddlers which has implications for growth conditions include the mother's education level (Ministry of Health of the Republic of Indonesia. 2011).

According to UNICEF in 2015 data obtained that there was still a high incidence of growth disorders in toddlers as much as 27.5% who experienced disorders. Based on the report of the Ministry of Health of the Republic of Indonesia, the coverage of toddler health services in detecting the growth and development of toddlers who experience child development disorders in Indonesia is 45.7% (Ministry of Health R.I. 2005). From the 2010 Basic Health Research data, the incidence of growth disorders or growth retardation in toddlers in East Java was 24.5% (Notoatmodjo, S. 2007).

Based on survey data conducted in September by researchers, it was found that the coverage of toddlers was 210 people in the working area of the Sukorame Health Center. Of the 210 toddlers, 46 experienced growth disorders, including 32 (69.57%) who were malnourished and 14 (30.43%) who were obese. From these data, a problem is obtained, namely the high incidence of growth disorders in toddlers in the working area of the Sukorame Health Center, Kediri City.

According to theory Soetjiningsih, factors that influence toddler growth are hereditary factors, environmental factors (prenatal environment and postnatal factors (nutrition, environment and culture, level of mother's education, economic status, climate/weather, sports/physical exercise, Child's position in the family, Health status), Hormonal factors (Ministry of Health of the Republic of Indonesia. 2011). Of the toddlers who experienced growth disturbances in the working area of the Sukorame Health Center, it was caused by the mother's education level of 19 toddlers (41.30%), parenting style of 5 toddlers (10.87%) and other reasons as many as 1 toddler (2.17%).

The micro impacts of growth disturbances include above normal growth disturbances and below normal growth disturbances. Such as obesity, malnutrition, macrocephaly, microcephaly, dwarfism, gigantism. While the macro impact of growth disorders in toddlers is that it can cause a decrease in productivity and high morbidity and mortality rates.

To anticipate the occurrence of growth disorders in toddlers, health workers together with cadres must play an active role in reusing posyandu to increase community participation in monitoring the growth and development of toddlers and carrying out early detection. and vitamin A capsules.

II. Methods

Design and Samples

This research is a correlation study using a cross sectional approach. The population in this study were all mothers who have toddlers. The sample used was 68 respondents with purposive sampling technique.

Data Collection

The variables measured are education as the independent variable and toddler growth as the dependent variable. The research instrument is a questionnaire. The research was conducted in the working area of the Sukorame Community Health Center, Kediri City. This study uses the Spearman rank test. If P-Value > α (0.05) then it is concluded that H1 is rejected and H0 is accepted.

Data Analysis

The statistical test for both variables uses the Spearman rank test. All tests were performed using SPSS for windows 7.

III. Results and Discussion

The result of this relationship between mother's education level and toddler growth

Table 1 Relationship between Mother's Education Level and Toddler Growth

Mother's Education	Toddler Growth									
	Bad		Less		More		Better		Total	
	F	%	F	%	F	%	F	%	F	%
Base	7	10,3	4	6	0	0	1	1,5	12	17,65
Intermediate	7	10,3	12	17,7	9	13,2	14	20,6	42	61,76
Tall	1	1,47	1	1,47	7	10,3	5	7,4	14	20,59
Total	15	22,1	17	25	16	23,5	20	29,4	68	100
r = 0,410				ρ < α = 0,05				ρ value = 0,001		

The table above shows that out of a total of 68 respondents, most of the respondents, namely 14 (20.59%) had secondary education levels and experienced good toddler growth. Based on the statistical test, a significant value (ρ) value = 0.001 is obtained so that ρ <α which

means H0 is rejected and H1 is accepted, meaning that there is a relationship between education level and toddler growth in the work area of the Sukorame Health Center 2022. Apart from the p value, it is also known that the correlation coefficient value is 0.410 which shows the strength of a strong correlation, the nature of the positive correlation (+) which means the higher the mother's education level, the better the growth of toddlers in the working area of the Sukorame Health Center 2022.

Toddlers are children aged 12-59 months who are characterized by a process of growth and development that is very rapid and is accompanied by changes that require nutrients in greater quantities with high quality. The toddler period is a group that is vulnerable to nutrition, toddlers easily suffer from nutritional disorders due to lack of food needed (Soetjiningsih. 2012). Factors that cause growth disorders include the level of education. The level of education will affect a person's mindset in making decisions about his health. Highly educated people will more quickly accept explanations from health workers.

The level of education is an important element for a person's source of knowledge, so the greater the level of compliance in carrying out the disease treatment program. And with higher education, someone will tend to get information, both from other people and from the mass media. The more information that comes in, the more knowledge one gets about health (Dewi Vivian Lanny Lia. 2011).

The level of education influences changes in attitudes and healthy living behavior. A higher level of education will make it easier for a person or community to absorb information and implement it in their daily behavior and lifestyle, especially in terms of health. Many researchers argue that the mother's education level greatly influences the quality of her care (Ministry of Health of the Republic of Indonesia. 2011).

Secondary education is education that has enough ability to absorb and process information about health problems and increase knowledge, so that it can influence the attitude and mindset of mothers in providing care to their toddlers. Conversely, mothers with basic education are still lacking in absorbing information properly, so mothers with basic education still lack understanding of toddler growth. One of the causative factors of growth disorders is mother's education. The level of education will affect a person's mindset in making decisions about his own health. Highly educated people will more quickly accept explanations from health workers.

In the growth table, it was found that almost half of the respondents experienced good growth, namely 20 respondents (29.4%). One of the causative factors of growth disorders is mother's education. The level of education will affect a person's mindset in making decisions about his own health. Highly educated people will more quickly accept explanations from health workers. The same thing was said by Berg who was quoted from the Department of Nutrition and Public Health (2010) who said that the better the level of education of the mother, the better the condition of her child.

IV. Conclusion

Based on the research above, there is a strong relationship between the education level of mothers and the growth of toddlers in the working area of the Sukorame Health Center in 2022.

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