

## Mother's Motivation On Posyandu Visits And Stunting Incidence In Under Five Years Children Aceh Jaya, Indonesia

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### ABSTRACT

The inactivity of mothers in participating in visits to Posyandu is caused by various factors that influence mothers' behavior, such as intrinsic motivation and external motivation early. The purpose of this research is to find out the relationship between mother's motivation and Posyandu visits and the relationship between mother's motivation and the incidence of stunting in children under five in the working area of the Calang Health Center, Aceh Jaya district. This type of research is a descriptive correlation with the cross-sectional study method with 173 mothers who have toddlers as respondents; the sampling method uses stratified random sampling, data collection uses a mother's motivation questionnaire, observation sheets of Posyandu visits and toddler height assessment sheets, bivariate research data are analyzed using tests Chi-square. The results showed a relationship between the mother's motivation and Posyandu visits with  $p\text{-value} = 0.000$  and a relationship between the mother's motivation and the incidence of stunting with  $p\text{-value} = 0.000$ . Puskesmas should continue to promote health and hold healthy toddler contests to increase mothers' motivation so that monitoring toddler growth is more optimal.

**Keywords:** Motivation; Posyandu visits; Stunting incident

### INTRODUCTION

Monitoring the growth and development of toddlers is an activity carried out to prevent malnutrition and stunting in toddlers. Monitoring at toddler age is the government's primary focus on child health because this age is a golden period in child growth and development. This activity is carried out at community health centers such as integrated service posts (Posyandu) with the main activities, namely nutritional status assessment, stunting prevention and improvement, immunization, and early prevention of infectious diseases (Sri Rahayu, 2022).

Posyandu is a form of community participation that plays a significant role in the health and welfare of the community and is a health service at the primary level as well as a form of community participation in health development, with the main targets being infants, toddlers, pregnant women and women of childbearing age. One indication of the utilization of health services by the community is the activity of community visits to the service center, in this case, specific to the use of Posyandu services, namely the activity of parents bringing their children to the Posyandu which can be seen from the comparison between the number of children weighed compared to the total number of children under five in the area or D/S. (Isnoviana & Yudit, 2020).

In Indonesia 2018, there were 283,370 Posyandu, but only 173,750 (61.32%) were active. The percentage of cases of monitoring growth and development through weighing and measuring children's height at Posyandu is only 54.6% (Rikesdas, 2018). The success target for active Posyandu in 2020 is 51% but the results obtained from the data as of January 23 2021 are only 6% of active Posyandu (LKKMS-Ministry of Health, 2021). The coverage of weighing and measuring the height of toddlers in Aceh based on the 2018 Riskesdas report is 71.8 for weighing BB, and 48.3 for measuring TB (Riskesdas, 2018). Aceh Jaya is one of the districts in Aceh where the level of adherence to Posyandu visits is low, namely 5,006 toddlers who receive growth monitoring routine out of 8,862 toddlers, with a success rate of 56.5% while the target is 65% (Service Aceh Jaya health, 2020).

Several factors influence the behavior of visiting and the utilization of health services (Posyandu). The mother's motivation is one of the factors that play a significant role in the participation of mothers visiting the Posyandu. The cause of the low motivation of mothers to participate in Posyandu activities is due to a lack of knowledge and attitude; for example, the belief that mothers think that if their children are brought to Posyandu, they will get sicker (Radhiah et al., 2021). In addition, the absence of family support also affects the motivation of mothers to bring their children to the Posyandu (Inayah et al., 2022).

Compliance with child growth monitoring visits to Posyandu can also affect children's nutrition and nutrition status. Poor nutritional status in children will result in a high risk of children experiencing stunting (Wulandari & Kusumastuti, 2020). Stunting is a chronic malnutrition problem caused by low nutritional intake for a long time, resulting in growth

disorders in children, namely, the child's height is lower or short (dwarf), not according to age standards. (Kementerian Kesehatan RI, 2018).

The prevalence of stunting in Indonesia has been unstable from year to year, in 2015 as many as 29% of children under five experienced stunting, then decreased in 2016 to 27.5%, and in 2017 the prevalence of stunting in children under five increased again to 29.6% (Center for Data and Information, 2018). Based on the 2018 Basic Health Research (Riskesdas) survey results, Aceh is ranked third in Indonesia, with a prevalence in toddlers of 37.3%, and the first rank for stunting in children under two years old (baduta) is 37.9%. Data The number of toddlers in Aceh Jaya's short and very short categories is still relatively high; there are 1,146 short toddlers and 487 very short toddlers (Departemen Kesehatan Aceh Jaya, 2020). The data shows that the efforts of both the government and society are still not optimal to reduce stunting as one of the targets of the Sustainable Development Goals (SDGs), which includes the second sustainable development goal, namely eliminating hunger and all forms of malnutrition by 2030.

The results of interviews conducted by researchers with five mothers in the village of the Calang Pukesmas working area obtained the results of the five mothers stating that the reasons for not going to the Posyandu were because of work and household chores; no one took the mother to the Posyandu location. The mother said children often experience fever after being brought to the Posyandu. Based on the description of the background of the problem, the researcher conducted a study on the relationship between mothers' motivation and Posyandu visits and the incidence of stunting.

### **MATERIAL AND METHODS**

This type of research is quantitative, with this type of research descriptive. The data collection process took place from 22 March - 8 April 2022. The study population was all mothers with children under five in the Calang Health Center working area, with 666 people. Sampling was carried out using the Stratified technique of Random sample, namely as many as 173 respondents. The data collection tool used in this study was a questionnaire that included demographic information to know the characteristics of the respondents, such as personal identity (mother's name, mother's age, mother's occupation, age of the toddler, and gender of the child), the height measurement results sheet. Child agency and Posyandu visit questionnaires, as well as questionnaires measuring the level of motivation with average

reliability, results in Cronbach's Alpha 0.907, and the validity of the r count is more significant than the r table.

Data was collected after passing ethics on January 31, 2020 with code of ethics no 111034130122, from the Research Ethics Committee of the Faculty of Nursing, Syiah Kuala University. The study was conducted with three enumerators and one facilitator from the Puskesmas. Before the questionnaires were distributed, the researcher obtained informed consent after the respondents agreed to continue filling in the demographic data questionnaire, the mother's motivation questionnaire, and Posyandu visits. The research results were carried out using a computer system with SPSS software, for bivariate data were analyzed using the chi-square test.

### RESULT

Based on the table results, it can be concluded that the distribution of maternal age is dominated by those aged 26-35 years (58.4%), including the early adult category. The distribution of work is dominated by working respondents, amounting to 92 mothers (53.2%). For toddler age data, it is dominated by toddlers aged 105 years (60.7%). Based on the data on the sex of the toddler, the sex of the boys was 88 boys (50.9%), and the sex of the girls was 85 girls (49.1%).

**Table 1. Demographic Characteristic of Respondents (N=176)**

Demographic Data	Frequency(n)	Percentage (%)
Mother's Age		
a. Late youth (17-25 years)	7	4,0%
b. Early adulthood (26-35 years)	101	58,4%
c. Late Adult (36-45 years)	65	37,7%
d. Early elderly (46-55 years)	0	.0%
Work		
a. Work	92	53,2%
b. Doesn't Work	81	46,8%
Toddler Age		
a. 1- 3 years ( <i>toddler</i> )	105	60,7%
b. 4-5 years ( <i>prasekolah</i> )	68	39,3%
Gender of Toddler		
a. Male	88	50,9%
b. Female	85	49,1%

Based on Table 2, it shows that of the 173 respondents based on the number of Posyandu visits, it was dominated by respondents who were "insufficient" if the number of

mothers visiting the Posyandu was  $\leq 6$  times to bring their children to the Posyandu, namely 103 respondents (59.5%). The number of Mother Visits to Posyandu

**Table 2. Frequency Distribution of Mother's Visits to Posyandu in the Working Area of the Calang Health Center (n=173)**

Posyandu Visits	Frequency(n)	Percentage (%)
Less	103	59,5
Good	70	40,5
<b>Total</b>	<b>173</b>	<b>100</b>

Stunting is divided into three categories using WHO standards, namely "very short" if the height is under five  $< -3$  SD, "short" category if the toddler's height is  $-3$  SD to  $< -2$  SD, and the "normal" category if the toddler's height is  $-2$  SD to  $+3$  SD, table 3 above shows that out of 173 respondents based on height status according to age the highest was in normal status, namely 71 toddlers (41%).

**Table 3. Stunting Incidence Frequency Distribution in the Working Area of the Calang Health Center (n=173)**

Toddler height	Frequency (n)	Percentage (%)
Very Short	52	30,1
Short	50	28,9
Normal	71	41
<b>Total</b>	<b>173</b>	<b>100</b>

Table 4 above shows that of the 74 respondents with high motivation, 98.6% (69) of respondents had a good number of Posyandu visits. Based on the results of the statistical tests carried out by researchers using the Chi-Square test, the p-value  $<$  Alpa value (0.00  $<$  0.05) means that Ho is rejected. The conclusion is that there is a relationship between mothers' motivation in checking their children to Posyandu and the number of visits mothers bring toddlers to Posyandu.

**Table 4. Correlation of Motivation with Mother's Visit to Posyandu in the Working Area of the Calang Public Health Center (n=173)**

Motivation	Visit of toddler mother to Posyandu				Total	p-value
	Not Good		Good			
	f	%	f	%		
Low	25	24,3%	0	0,0%	25	0,00
Medium	73	70,9%	1	1,4%	74	
Strong	5	4,9%	69	98,6%	74	
<b>Total</b>	<b>103</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>173</b>	

Based on table 5 shows that of the 74 respondents who have high motivation, there are 67.9% (48) toddlers with normal height. And of the 25 respondents who had low motivation, there were 20.0% (10) toddlers with short height. Based on the results of the statistical tests carried out by researchers using the Chi-Square test, a significance value < Alpa value (0.00 < 0.05) means that Ho is rejected. The conclusion is that there is a relationship between mothers' motivation in checking their children to Posyandu with the height of toddlers according to age in the working area of the Calang Health Center.

**Table 5. Correlation of Motivation with Toddler Height According to Toddler Age in the Working Area of the Calang Health Center n=(173)**

Motivation	Toddler Height According to Age						Total	p-value
	Very Short		Short		Normal			
	F	%	f	%	F	%		
Low	10	19,2%	10	20,0%	5	7,0%	25	0,00
Medium	30	57,7%	26	52,0%	18	25,4%	74	
Strong	12	23,1%	14	28,0%	48	67,9%	74	
<b>Total</b>	<b>52</b>	<b>100%</b>	<b>50</b>	<b>100%</b>	<b>71</b>	<b>100%</b>	<b>173</b>	

### DISCUSSION

The results of the research on the relationship between mother motivation and Posyandu visits show that there is a significant relationship between mother motivation and Posyandu visits in the working area of the Puskesmas with a significant relationship between mother's motivation and the number of Posyandu visits. The number of visits of mothers in bringing toddlers to Posyandu. The study's results also explain that the mother's motivation in carrying out toddler examinations at Posyandu is in a low category, so the number of visits by toddlers to Posyandu will also decrease.

Posyandu, as a center for community activities in the health sector, provides family planning, nutrition, immunization, diarrhea prevention, and MCH services. This service effort is one way to increase the reach of health services. Based on this, the purpose of establishing a Posyandu is to reduce infant and toddler mortality and birth rates so that happy and prosperous small families are created. (Rehing et al., 2021). The role of mothers in active visits to Posyandu is crucial to monitor children's health by regularly weighing and

measuring toddlers' height by carrying a health card (KMS) (Chairani et al., 2020). Mothers who are active in bringing their children to Posyandu obtain information related to child health provided by health workers. Inactivity of mothers in weighing activities at Posyandu causes them not to receive health education not to receive vitamin A, mothers of toddlers do not know the growth and development of toddlers, and mothers of toddlers do not get provision and counseling about supplementary food (PMT) (Nurdin et al., 2019).

Motivation is very important in increasing the number of visits by toddlers to Posyandu because it can increase the desire of a mother who was previously less active to become more active in participating in Posyandu. This research is in line with research that has been conducted by (Setianingsih et al., 2021) According to him, there is a relationship between motivation and a mother's obedience behavior in bringing toddlers to Posyandu Edelwis I Citra Indah City, Bogor Regency. According to (Aurelia et al., 2023), a person's strong motivation has a 3.095 times chance of being obedient to take advantage of Posyandu compared to respondents with weak motivation.

Several things play an important role in mothers' motivation to visit Posyandu, such as the mother's employment status. Work is an economic demand that must be met. Mothers who work both at home as housewives and those who work outside the house do not take the time to go to the Posyandu because of being busy with work (Sari, 2021). The results of observations that have been made by researchers when visiting Posyandu, from Posyandu cadres explained that some working mothers who entrust their toddlers to foster mothers who are outside the Posyandu's area of responsibility so that toddlers who their parents entrust to enable mothers rarely make visits Posyandu in his village. According to research conducted by (Isnoviana & Judith (2020), there was a relationship between the mother's employment status and the motivation of the mother to bring her child to Posyandu. The results of this study explain that mothers who have jobs outside the home do not have enough time to take their children to Posyandu because working mothers will be much more preoccupied with their daily activities for work. This dramatically affects the intrinsic motivation of the mother.

Family support also plays an essential role in this study's number of Posyandu visits. Based on the respondents' answers when answering the questionnaire, many families still do not support their wives in bringing their toddlers to the Posyandu because they are

worried that their children will be immunized. Low family support is also caused by the absence of assistance from the family to mothers when they want to bring their toddlers to Posyandu. The husband's involvement in taking the time to accompany the mother to Posyandu and the absence of a substitute for bringing their toddler to Posyandu when the mother of a toddler cannot get her toddler to Posyandu is another important thing. A husband is important in motivating mothers to come to every Posyandu activity. Support from the closest people, such as husbands, family, and the surrounding environment, is significant in motivating mothers to participate in Posyandu activities (Puspitasari et al., 2018). In addition, family support is also one of the drivers that can increase the activity of mothers in increasing Posyandu visits.

The results of the research on the relationship between maternal motivation and the incidence of stunting show that there is a significant relationship between maternal motivation and age-appropriate height in the working area of the Calang Public Health Center. Examination of toddlers' growth at the Posyandu is a very important factor in the growth of toddlers' height. Research conducted by Welaasih & Wirjatmadi (2012) states that children under five who have less number of Posyandu visits are more at risk of experiencing stunting problems. In addition, the study also stated that the activity of mothers in Posyandu was a benchmark or an indicator of the affordability of Posyandu basic health services, such as monitoring the growth of toddlers.

With a significant relationship between a mother's motivation and age-appropriate height, it can be illustrated that a mother's motivation in carrying out toddler examinations at Posyandu is one way to improve the height status of toddlers for the better. The results of this study also explain that if the mother's motivation in carrying out toddler examinations at Posyandu is in the high category, the height or growth status of the toddler will be normal and can also indirectly reduce the risk of increasing the number of toddlers who experience short growth problems and short sting.

This is in line with research conducted by Parker (2020), which states that there is a relationship between mothers' motivation to visit Posyandu and the incidence of stunting. In line with the research conducted by (I Putu Raditya Agustiawan & Pitoyo, 2020), there is a significant relationship between mothers' motivation in carrying out toddler examinations at Posyandu with the height status of toddlers.

There is a relationship between a mother's motivation and the number of Posyandu visits and age-appropriate height in toddlers because motivation is part of human psychology which significantly contributes to the formation of one's level of commitment. In line with the results of research conducted by (Ahmalia & Zaelfi, 2019), there is a relationship between a mother's motivation and activeness in participating in toddler Posyandu activities in the working area of the Health Center, Kab. Padang. Therefore, if the mother's motivation is high in conducting child examinations at the Posyandu, the mother's level of activity in visiting the Posyandu will also increase and impact the child's growth and development. The motivation possessed by the mother will maintain and channel the mother's wishes in the form of a strong determination as evidenced by behavior or action. Conversely, suppose the mother's motivation is low or moderate. In that case, the mother's desire to bring her child to Posyandu will also decrease, and the height of children under five will not be adequately monitored. Mothers will feel inadequate and avoid tasks that they consider difficult and not very important, resulting in a lack of participation by mothers in carrying out Posyandu visits and impacting height status according to the age of children under five.

### CONCLUSION

Mother's motivation is essential in the number of visits to Posyandu. A low number of visits can lead to a decrease in monitoring the growth and development of children and impact declining health, such as nutritional status and stunting. Low motivation is caused by various factors from the results of research on low visit rates due to working mothers, inadequate family support, and health facilities far from the home area. Health workers need to increase their role, and together with health cadres to be able to increase the number of visits to Posyandu through the importance of the Posyandu implementation program, the benefits of Posyandu, and the impact of mothers are not obedient in bringing their toddlers to Posyandu.

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