



LITERATURE REVIEW: THE CORRELATION BETWEEN FAMILY SUPPORT AND STUNTING INCIDENCE

Muhamad Abi Zakaria¹, Wahyu Puji Astuti², Elika Nurimawati³, Dilma'arij Agustia⁴

MIKIA:
Mimbar Ilmiah Kesehatan Ibu dan Anak
(*Maternal And Neonatal Health Journal*)

^{1,2}Universitas Airlangga, Indonesia

³ Universitas Indonesia, Indonesia

⁴ Universitas Satya Terra Bhinneka, Indonesia
mabizakaria99@gmail.com

Article History

Received: October 23th, 2023

Accepted: November 2nd, 2023

Published Online: November 30th, 2023

* Corresponding Author:

Muhamad Abi Zakaria, Nursing Faculty,
Universitas Airlangga, Jl. Dr. Ir. H.
Soekarno, Mulyorejo, Kota Surabaya,
Indonesia, 60115.

E-mail: *mabizakaria99@gmail.com*,

Phone: +62 82230948056



© This Journal is an open-access under
the CC-BY-SA License

ABSTRACT

Stunting is a problem that threatens the quality of human resources in the future. This problem of chronic malnutrition is caused by a lack of nutritional intake and failure to achieve development and growth both physically and cognitively as measured by height for age. This research aims to explain the relationship between family support and the incidence of stunting. Data collection carried out in this literature review used a literature search method from national and international articles using the ScienceDirect, Google Scholar and Pubmed databases. An initial search using the keyword: "Child Stunting Family Support" yielded 9,924 articles from 2018 to 2023 that met the inclusion criteria. Based on the results of the literature review, it was found that family support has a significant relationship with the incidence of stunting because good family support is considered capable of creating an optimal environment so that risk factors for stunting can be minimized. Family support is specifically provided in four ways through emotional, informational, instrumental, and assessment or appreciation support. Stunting prevention can be done through strengthening family support in a complex manner through the implementation of emotional support, information support, instrumental support, and good assessment or appreciation support for the mother. By implementing this family support, health behavior will be created that can provide greater opportunities to fulfill children's needs so that they do not experience stunting.

Keywords: Family Support, Stunting, Children

INTRODUCTION

Under-five children stunting is the most persistent human growth and development faltering, approximately 148.1 million children globally were defined stunted in 2022 (United Nations Children's Fund (UNICEF) 2023). A comprehensive implementation plan on maternal, infant and young child nutrition was approved by the World Health Resolution 65.6 in 2012 which identified six points of Global Nutrition Target for 202 (WHO 2014) 5 The first target aims to reduce 40% in the number of under-five children who are identified stunted (WHO 2012). Stunting is also one of key indicators of the heart of Sustainable Development Goals (SDGs) number 2 to achieve zero hunger. Childhood stunting considered chronic inadequate nutrition during 1000 days first lived as a critical period of child growth and development. Under-five children are defined as stunted when measured length/height too short for age lower than -2 standard deviation (<-2 SD) of the WHO (World Health Organization) child growth standards median charts (WHO 2006) .

However, Stunting prevalence in Indonesia has decreased 24,4% in 2021 to 21,6% in 2022, this number still far from Indonesia Middle Planning target 14% in 2024 (Kementrian Kesehatan Republik Indonesia 2022). Stunting in Indonesia is determined by multifactor, household and family factors, inadequate complementary feeding, breastfeeding, infection, community and societal factors (Beal et al. 2018). Short growth and development consequences both short term and long term which correlated with increasing risk of mortality and morbidity, non-communicable disease in adult life, poor learning capacity and decrease capability of work productivity in later life (Stewart et al. 2013)

The Indonesian government endorsed national strategic interventions to accelerate stunting reduction, nutritional specific intervention and nutritional sensitive intervention. Nutritional specific intervention addressed stunting direct caused, increase the number of IFAS (iron, folic acid supplementation) for pregnancy women especially who suffered chronic energy malnutrition and adolescent, improved exclusive breastfeeding prevalence, strengthen complementary feeding, improve healthcare coverage of under-five children who suffered malnutrition; growth and development of under-five children were monitored; improved complementary feeding for malnutrition under-five children; under-five children achieve completed basic immunization. Nutritional sensitive intervention aims to improve stunting indirect causes; strengthen household latrines and water supply; health coverage; family planning care for postpartum mothers; reduced unwanted pregnancy; support high risk stunting

families.

Research and study are continuously conducted for stunting determination. Family factors which determined child care practice and child nutrition intake considered further study. The object of this study is to justify the correlation between family support and stunting prevalence in Indonesia.

METHOD

The design used in this research is the PICOS method.

Table 1. PICOS Method

Population/ problem	Research related to family support for the incidence of stunting	The only publication contains an abstract
Intervention	No treatment	-
Comparators	No comparator	-
Outcomes	There is a relationship/There is no relationship between family support and the incidence of stunting	Does not meet the criteria in the results analysis
Study design and publication type	All designs can be used	No exclusion
Publication Time	Post-2018	Pre-2018
Language	English, Indonesian	Do not use languages other than English and Indonesian

In writing this literature review, we used a literature search method from national and international articles using the ScienceDirect, Google Scholar, and Pubmed databases. An initial search using the keywords: "Family Support Child Stunting " resulted in 9,924 journals from the time period 2018 until 2023 which met the predetermined inclusion criteria.

A total of 9,924 articles were obtained from the initial search. Based on the identification of titles and abstracts, 55 articles were obtained. Next, a full review of the remaining 55 articles was carried out. From the results of the review, it was found that 40 articles did not meet the inclusion criteria, so at the final stage, there were only 10 articles that met the inclusion criteria.

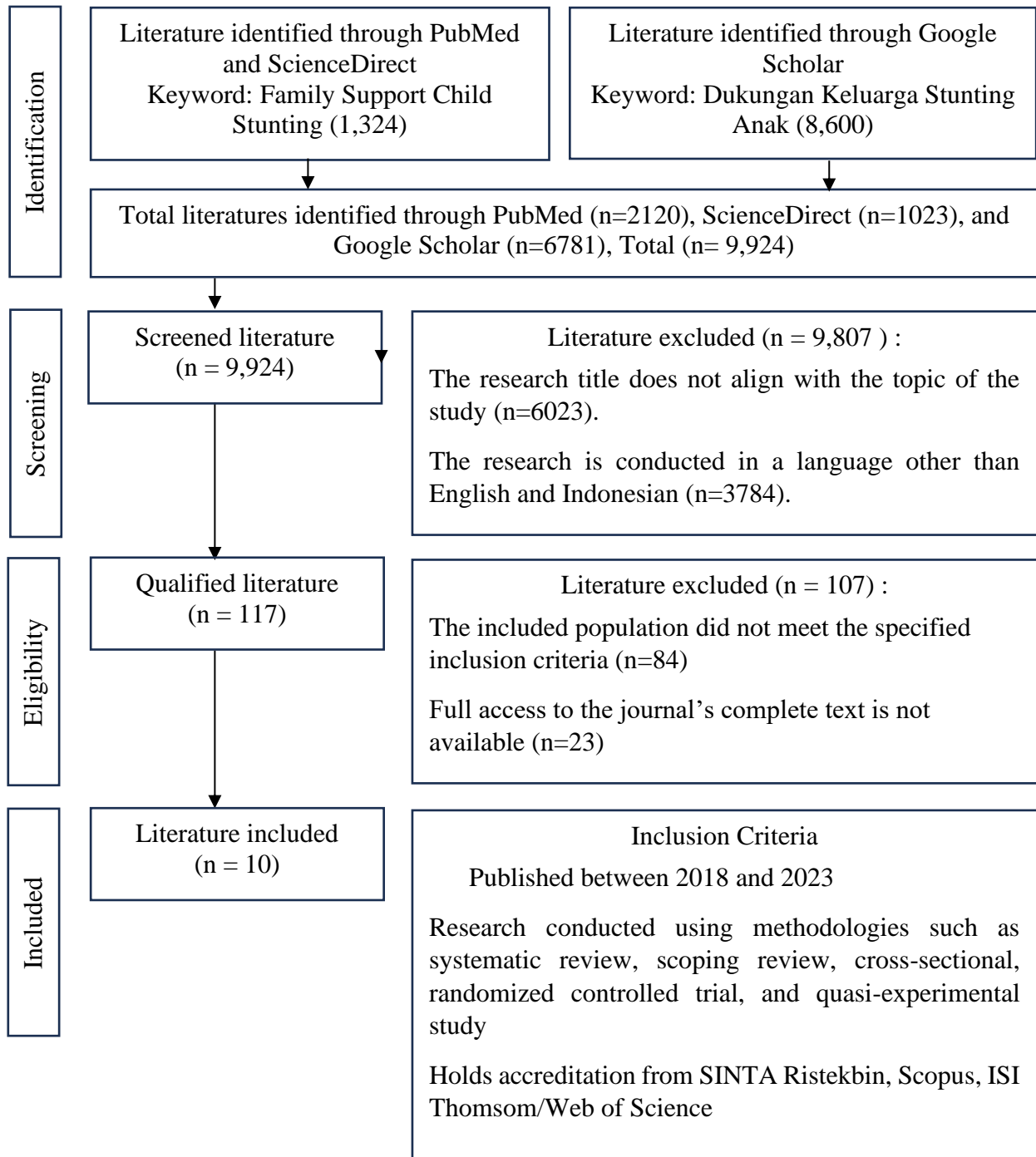


Figure 1. Article Search Chart

RESULTS

Table 2. Summary Research of The Correlation Between Family Support And Stunting Incidence

Author, Year of Publication	Research Design	Intervention	Sample	Result
(Wulandari & Kusumastuti, 2020)(Wulandari & Kusumastuti, 2020)	<i>Cross-Sectional Study</i>	Giving Questionnaire	Simple Random Sampling with a sample size of 65 mothers with toddlers	The data obtained shows variable maternal behavior in preventing stunting in their toddlers in Community Health Centers influenced by the role of family support (19,66%)
(Kusumaningrum et al., n.d., 2022)(Kusumaningrum et al., n.d., 2022)	<i>Cross-Sectional Study</i>	questionnaire of knowledge about stunting, family support and stunting prevention behavior in pregnant women	The sample was selected by purposive consecutive sampling method totaling 80 people	There is significant relationship between family support in preventing stunting and stunting prevention behavior in pregnant women (p=0.001 and RP=3.2).
(I. ' Taksiani et al. 2023)(Taksiani, Rahmayanti, Lestari, et al., 2023)	<i>Cross-Sectional Study</i>	Giving Questionnaire	The sample consisted of 43 samples parents who the toddler is being cared for inpatient and outpatient in Regional public hospital Tora Belo	There is a relationship knowledge and family support with the nutritional status of toddlers hospitalized at the Tora Belo Regional General Hospital (p-value = 0.000)
(Hidayattullah et al. n.d.)(Hidayattullah et al., n.d.)	<i>Cross-Sectional Study</i>	Questionnaire consisting of characteristics of mother and child respondents, maternal knowledge, family support and prevention efforts	Proportional stratified simple random on 96 samples of mothers of toddlers	There is a relationship between maternal knowledge (P = 0.004) and family support (P = 0.031) with stunting prevention efforts in toddlers

(Yusiana Nur Maulida, Ilmi, and M. Febriza Aquarista 2023)(Yusiana Nur Maulida et al., 2023)	<i>Cross-Sectional Study</i>	Giving Questionnaire	Using the Slovin Formula to determine the sample size, we obtained 94 respondents of mothers who had toddlers (under 5 years old)	There is a relationship between knowledge and family support and the incidence of stunting (p-value = 0.000 < 0.005).
(Kamiya et al., 2018)(Kamiya et al., 2018)	<i>Cross-Sectional Study</i>	questionnaire and body scale measurement	100 mothers and their 115 children (<5 years old) from semi-urban communities in Lao PDR	The likelihood of childhood stunting was significantly lower if mothers had higher self-efficacy for health care (OR = 0.15, p = 0.007), self-esteem (OR = 0.11, p = 0.025), or control of money (OR = 0.11, p = 0.041). In contrast, mothers' decision-making power and freedom of mobility were not significantly associated with childhood stunting
(Azarine, Meinarisa, and Sari 2023)(Azarine et al., 2023)	<i>Cross-Sectional Study</i>	Giving Questionnaire	Population totaling 281 pregnant woman and the number of samples was 74 respondents	there is a significant relationship between mother's knowledge, officer's role, and family support on stunting prevention behavior in pregnant women (36%) (p-value=0.001)
(Yusiana Nur Maulida et al. 2023)(Yusiana Nur Maulida et al., 2023)	<i>Cross-Sectional Study</i>	Giving Questionnaire	Using the Slovin Formula to determine the sample size, 94 respondents were obtained	A total 53 respondents (56.4%) had family support. There is a relationship between family support and the incidence of stunting (p-value = 0.000 < 0.005).

	<i>Cross-Sectional Study</i>	Giving Questionnaire	The sample were mothers who have babies 24 -36 months with a population of 149 toddler and the research sample used sampling techniques stratified random sampling.	There is a relationship between parental income and incidence of stunting with p – value 0.000 and OR = 5.091, and there is a relationship between work and the incidence of stunting with p value 0.001 and OR = 3.915, there is a relationship with social support with the incidence of stunting with p – value 0.006 and OR = 3.303
(Nugraha et al. 2019)(Nugraha et al., 2019).	<i>Cross-Sectional Study</i>	The research instrument used a questionnaire about family support and parenting pattern to prevent stunting	The sample size were 107 mother who has toddler used by simple random sampling.	Result shows are social support family with good frequency rate 65 respondents (60.7%).

DISCUSSION

Emotional Family Support

The presence of support from the family, including emotional support, has a significant relationship with the incidence of stunting in babies aged 24-59 months (Elinel, Afni, and Alifita 2022)(Elinel et al., 2022). One example of emotional support is providing motivation for children's nutritional needs for mothers who experience decreased motivation (Nugraha et al. 2019)(Nugraha et al., 2019). The parenting style provided by the mother is also influenced by the emotional support of her family, so that the mother's family can also provide cognitive support to the mother. The family is the smallest unit in society. Therefore, the family plays an important role in determining how a mother can obtain health services for her child. The formation of motivation to become a mother is supported emotionally by the role of the family. In research, family support has been shown to play an important role for mothers in achieving adequate basic vaccination for their babies (Wulandari and Kusumastuti 2020b).

Informational Family Support

Information support regarding nutrition for mothers, for example the importance of

consuming Fe, calcium and folic acid tablets, provides motivation for mothers to do so so that it can have an impact on the baby and can prevent stunting, as well as information about nutritious food for children's needs (Nugraha et al. 2019; I. Taksiani, Rahmayanti, and Lestari 2023). Stunting prevention within the scope of informational family support is by providing education or information regarding stunting prevention, for example consuming supplements and food that can help pregnant women optimize the growth and development of their fetuses.

Information support influences a mother's knowledge. With good knowledge about stunting, mothers are expected to be able to accept and implement stunting prevention correctly. This information can be obtained through social media, print media such as books and electronic media such as cell phones (Rokhaidah and Hidayattullah 2022). Getting good support from the family to ensure children's nutrition is done by providing information about nutrition. highest. Most respondents know about nutritious food so that children do not experience stunting, which can be a good start to meeting nutritional needs and types of nutritious food (Maulida, Ilmi, and Aquarista 2023). If family support is lacking in meeting the nutritional needs of toddlers, such as families who are indifferent and ignorant regarding the nutritional needs of toddlers, then it is likely that the same thing will happen to the parents of toddlers (NOVA and ILHAM 2021).

Instrumental Family Support

In the family there is social support which includes informational, instrumental, emotional and appreciation support. This social support is the presence, will and awareness of people who can be relied on, appreciated and loved (Nugraha et al. 2019). Instrumental support can usually be in the form of providing financial nutrition to children. Nutrition can be fulfilled by consuming nutritionally balanced food. Sufficient family income will support the fulfillment of these nutritional needs. In a family orientation that is based on nutrition, of course fulfilling nutrition is a priority, so that nutrition can be fulfilled properly. However, if the economic orientation of family income is not prioritized for nutritional needs, it can affect how the child's needs are met (Azarine et al. 2023; Dewi, Ariski, and Kumalasari 2019).

Family Support in Assessment and Reward

In research conducted by Salma (2022), it shows that the lack of support from the family's assessment of pregnant women makes the mother feel less confident about carrying out her pregnancy. This assessment support can be in the form of praising or giving more attention to pregnant women so that pregnant women can be more comfortable and safer (I. Taksiani et al. 2023). Mothers who have high self-efficacy will have a positive impact on appropriate parenting patterns for children, thereby influencing how children will grow and develop well

and have a positive relationship with preventing stunting (Kamiya et al. 2018b)(Kamiya et al., 2018b). Family support is a factor that can motivate mothers to behave healthily. If the mother gets support from loved ones, especially her family, she will have more motivation to improve her health (Azarine et al. 2023).

CONCLUSION

The study in Indonesia identified family support to reduce stunting. Strengthening implementation of family support in emotional, information, instrumental and appreciation is the key. Family support generates sufficient care practice, improved child nutrition intake and adequate caregiver knowledge to prevent childhood stunting.

ABBREVIATIONS

WHO : World Health Organization

SD : Standard Deviation

PICOS : Population, Intervention, Comparison, Outcomes and Study

COMPETING INTEREST

The authors assert that they have not identified any conflicting financial interests or personal relationships that might have seemed to impact the research presented in this paper.

AUTHORS' CONTRIBUTION

The corresponding author (MAZ), as well as the second and third authors (WPA and EN), were responsible for conceptualizing, designing, drafting the initial framework, and interpreting the data. The fourth author (DA) served as an advisor, ensuring that the research remained on course and aligned with the data that had been collected.

ACKNOWLEDGMENT

None

REFERENCES

Azarine, Sherin, Meinarisa, and Putri Irwanti Sari. 2023. "Hubungan Pengetahuan, Peran Petugas Kesehatan, Dan Dukungan Keluarga Terhadap Perilaku Pencegahan Stunting Pada Ibu Hamil Di

- Wilayah Kerja Puskesmas Pondok Meja Jambi Tahun 2023.” *Jurnal Ilmiah Ners Indonesia* 4(1):116–23.
- Beal, Ty, Alison Tumilowicz, Aang Sutrisna, Doddy Izwardy, and Lynnette M. Neufeld. 2018. “A Review of Child Stunting Determinants in <scp>Indonesia</Scp>.” *Maternal & Child Nutrition* 14(4). doi: 10.1111/mcn.12617.
- Dewi, Afiska Prima, Tri Novi Ariski, and Desi Kumalasari. 2019. “Faktor-Faktor Yang Berhubungan Dengan Kejadian Stunting Pada Balita 24-36 Bulan Di Wilayah Kerja UPT Puskesmas Gadingrejo Kabupaten Pringsewu.” *WELLNESS AND HEALTHY MAGAZINE* 1(2):231–37.
- Elinel, Kevinta, Bety Nurul Afni, and Fenindra Anggi Alifta. 2022. “Faktor-Faktor Yang Mempengaruhi Perilaku Penanganan Stunting.” *Jurnal Pengabdian Kesehatan Masyarakat: Pengmaskesmas* 2(1):21–30.
- Hidayattullah, Riska, Rokhaidah Program, Studi Keperawatan, Program Sarjana, Ilmu Kesehatan, Universitas Pembangunan, Nasional Veteran, and Jakarta Abstrak. n.d. *Pengetahuan Ibu Dan Dukungan Keluarga Sebagai Upaya Pencegahan Stunting Pada Balita Mother Knowledge and Family Support as Effort to Prevent Stunting in Toddlers*. Vol. 14.
- Kamiya, Yusuke, Marika Nomura, Hina Ogino, Kanako Yoshikawa, Latsamy Siengsouhthone, and Phonepadith Xangsayarath. 2018a. “Mothers’ Autonomy and Childhood Stunting: Evidence from Semi-Urban Communities in Lao PDR.” *BMC Women’s Health* 18(1). doi: 10.1186/s12905-018-0567-3.
- Kamiya, Yusuke, Marika Nomura, Hina Ogino, Kanako Yoshikawa, Latsamy Siengsouhthone, and Phonepadith Xangsayarath. 2018b. “Mothers’ Autonomy and Childhood Stunting: Evidence from Semi-Urban Communities in Lao PDR.” *BMC Women’s Health* 18(1):70. doi: 10.1186/s12905-018-0567-3.
- Kementrian Kesehatan Republik Indonesia. 2022. *BUKU SAKU Hasil Survei Status Gizi Indonesia (SSGI) 2022*.
- Kusumaningrum, Salma, Merry Tiyas Anggraini, and Chamim Faizin. n.d. *HUBUNGAN PENGETAHUAN DAN DUKUNGAN KELUARGA DENGAN PERILAKU PENCEGAHAN STUNTING PADA IBU HAMIL*.
- Maulida, Yusiana Nur, M. Bahrul Ilmi, and M. Febriza Aquarista. 2023. “Hubungan Pengetahuan, Tingkat Pendidikan Dan Dukungan Keluarga Dengan Kejadian Stunting Di Wilayah Kerja Puskesmas Kuin Raya Kota Banjarmasin.” *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)* 6(9):1794–99.
- NOVA, MARIA, and DEZI ILHAM. 2021. “HUBUNGAN PENGETAHUAN IBU, DUKUNGAN KELUARGA DAN ASUPAN DENGAN KEJADIAN STUNTING PADA BALITA DI WILAYAH KERJA PUSKESMAS ANAK AIR KOTA PADANG.” *Ensiklopedia of Journal* 3(5):254–60.
- Nugraha, Setyawan Yulian, Nur Fatikhah, Sulis Tri Wahyuni, and Noer Saudah. 2019. “INFLUENCE OF SOCIAL SUPPORT FOR FAMILIES PARENTING MOTHER IN PREVENTING CHILD STUNTING.” *INTERNATIONAL JOURNAL OF NURSING AND MIDWIFERY SCIENCE (IJNMS)* 3(3):122–26. doi: 10.29082/IJNMS/2019/Vol3/Iss3/236.
- Rokhaidah, Rokhaidah, and Riska Hidayattullah. 2022. “Pengetahuan Ibu Dan Dukungan Keluarga Sebagai Upaya Pencegahan Stunting Pada Balita.” *Jurnal Ilmiah Kesehatan Masyarakat : Media Komunikasi Komunitas Kesehatan Masyarakat* 14(3):141–46. doi: 10.52022/jikm.v14i3.348.

- Stewart, Christine P., Lora Iannotti, Kathryn G. Dewey, Kim F. Michaelsen, and Adelheid W. Onyango. 2013. "Contextualising Complementary Feeding in a Broader Framework for Stunting Prevention." *Maternal & Child Nutrition* 9 Suppl 2(Suppl 2):27–45. doi: 10.1111/mcn.12088.
- Taksiani, Isra ', Ihda Rahmayanti, Katrina Feby Lestari, and Kata Kunci. 2023. "Volume 1 ; Nomor 3." 131–37. doi: 10.59435/gjmi.v1i3.62.
- Taksiani, Isra', Elifa Ihda Rahmayanti, and Katrina Feby Lestari. 2023. "Hubungan Pengetahuan Orang Tua Dan Dukungan Keluarga Dengan Status Gizi Balita Di Rumah Sakit Umum Daerah Tora Belo." *Gudang Jurnal Multidisiplin Ilmu (GJMI)* 1(3):131–37.
- United Nations Children's Fund (UNICEF), World Health Organization (WHO), International Bank for Reconstruction and Development/The World Bank. 2023. *Levels and Trends in Child Malnutrition: UNICEF / WHO / World Bank Group Joint Child Malnutrition Estimates: Key Findings of the 2023 Edition*. New York.
- WHO. 2006. *Multicentre Growth Reference Study Group. WHO Child Growth Standards. Length, Height-for-Age, Weight-for-Age, Weight-for-Length and Body Mass Index-for Age. Methods and Development*. Geneva.
- WHO. 2012. *Maternal, Infant and Young Child Nutrition*. Geneva.
- WHO. 2014. *Global Nutrition Targets 2025: Stunting Policy Brief (WHO/NMH/NHD/14.3)*. Geneva.
- Wulandari, Heni Wulandari, and Istiana Kusumastuti. 2020a. "Pengaruh Peran Bidan, Peran Kader, Dukungan Keluarga Dan Motivasi Ibu Terhadap Perilaku Ibu Dalam Pencegahan Stunting Pada Balitanya." *Jurnal Ilmiah Kesehatan* 19(02):73–80. doi: 10.33221/jikes.v19i02.548.
- Wulandari, Heni Wulandari, and Istiana Kusumastuti. 2020b. "Pengaruh Peran Bidan, Peran Kader, Dukungan Keluarga Dan Motivasi Ibu Terhadap Perilaku Ibu Dalam Pencegahan Stunting Pada Balitanya." *Jurnal Ilmiah Kesehatan* 19(02):73–80. doi: 10.33221/jikes.v19i02.548.
- Yusiana Nur Maulida, M. Bahrul Ilmi, and M. Febriza Aquarista. 2023. "Hubungan Pengetahuan, Tingkat Pendidikan Dan Dukungan Keluarga Dengan Kejadian Stunting Di Wilayah Kerja Puskesmas Kuin Raya Kota Banjarmasin." *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)* 6(9):1794–99. doi: 10.56338/mparki.v6i9.3619.