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THE RELATIONSHIP OF FATHER'S ROLE TO STUNTING PREVENTION (STUDY LITERATURE)

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ABSTRACT

The Relationship of Father's Role to Stunting Prevention: Study Literature. Since it affects almost every region of the world, the problem of nutrition is considered a global health problem. A child's growth and development can be slowed down by malnutrition. A serious nutritional problem in Indonesia is the increasing problem of malnutrition in toddlers and school-aged children. children. As caregivers, educators, supervisors, disciplinarians, protectors, and supporters who have a significant impact on stunting prevention in toddlers, including the role of fathers in stunting prevention is very important. Even if the culture does not comply with child health recommendations, all recommendations must be followed because parents are assumed to have more experience in caring for children. Stability can be avoided with good parenting. All children's needs will be met if they are cared for properly, and children will grow and develop optimally.

INTRODUCTION

Since it affects almost every region of the world, the problem of nutrition is considered a global health problem. A child's growth and development can be slowed down by malnutrition. A serious nutritional problem in Indonesia is the increasing problem of malnutrition in toddlers and school-aged children. children [1]. The short-and long-term effects of malnutrition will be felt. According to Sutarto [2], stunting is a result of long-term or ongoing nutritional problems caused by previous malnutrition. Stunting or short stature refers to children of the same gender, age, chronology, and ideally racial-ethnic group whose height is below average (-2 SD) [3].

The short-term and long-term effects of stunting on children fall into two categories. According to Utami [4], there appears to be a short-term impact on child height and development. The long-term impacts that need to be considered are mental impedance, learning difficulties, unbearable susceptibility to infections, lower vulnerability, and lower execution [5].

Religious and traditional leaders, community leaders, government, institutions, Family Welfare Development (PKK), youth organizations, posyandu cadres, doctors, midwives, Early Childhood Education (PAUD) teachers, and the community who actively monitor all stunting

targets at an early stage. A thousand days of birth (1,000 HPK) are all needed to overcome the problem of stunting [6].

According to data compiled by the World Health Organization (WHO) in 2018, Southeast Asia/South-East Asia Regional (SEAR) has the highest global prevalence of stunting. Indonesia has the third highest stunting rate in Southeast Asia. In contrast, from 2005 to 2017 the average prevalence of stunting in toddlers in Indonesia was 36.4% (Ministry of Health, 2018). In Indonesia, stunting in toddlers was 36.8 percent in 2007, decreased to 35.6 percent in 2010, rose to 37.2 percent in 2013, and then decreased to 29.6 percent in 2017 [7].

MATERIALS AND RESEARCH METHODS

The Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA) principles are used in this literature review method. The research criteria are adjusted to the selected journal articles. Literature review is a method for identifying, evaluating, and synthesizing work from research results and ideas that have been produced by researchers and practitioners. It is systematic, explicit and reproducible. Demonstrate that the author understands the area of exploration and is aware of the key research issues, and that the analyst has the appropriate skills, capacity, and foundation for his or her examination.

RESULTS OF RESEARCH AND DISCUSSION

In 2018, the Ministry of Health defined stunting as a condition caused by chronic malnutrition, especially in the first 1,000 days of life (HPK), when a child's length or height is less than that of a toddler. According to the Rhode Island Ministry of Health (2018), malnutrition does not start until a child is two years old but can occur while the baby is still in the womb and soon after birth. Hindering is characterized by the maturity level of children aged 0-59 months, with levels below less (moderate and extreme barriers) and -3 (constant barriers) estimated by WHO to produce child development guidelines [8].

Environmental and genetic factors contribute to stunting. Maternal nutritional status, feeding practices, environmental hygiene, and prevalence of infections in children are environmental factors that contribute to stunting [9]. Stunting can still be prevented by making changes to important environmental factors. Apart from being caused by climate, inhibition can also be caused by heredity and hormonal factors. However, malnutrition is the cause of most stunting [10].

Long-term negative effects include reduced cognitive ability and learning achievement, decreased immunity making it easy to get sick, high risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke, and old age disabilities (Pradana, 2021). Productivity, power competitiveness, and the quality of Indonesia's human resources will suffer as a result [6].

Parents must pay attention to several important factors, one of which is parenting. This is because the success of children's education is strongly influenced by parenting activities such as raising and educating them. and educating their children is necessary because of the importance of parenting [11]. The parenting program aims to align the care and education provided by parents to their children and other family members [12]. One of the institutions that organizes parenting programs stated this. Parenting programs are informal activities designed to coordinate home and school-based early childhood education and care. This parenting advice is intended for parents, caregivers, and other family members who are directly involved in child development.

A positive attitude towards mothers is needed to prevent stunting, according to Yunitasari et al. [13]. A positive attitude towards implementing exclusive breastfeeding and balanced feeding of children is a component of this attitude [14]. The child's long-term growth and development will be affected by the lack of good feeding practices from the mother [15]. so that the child's health will be affected by the mother's parenting attitude. In addition, mothers must emphasize the importance of washing hands to prevent the spread of diseases that can interfere with the growth and development of children [16].

A good father's role in raising toddlers will result from a parenting culture that emphasizes the father's role. According to Ntsh [17], a person's culture is the foundation that guides his behavior and is passed down from generation to generation. Father's nature, culture, will be the main motivation for him to fulfill his fatherly duties. In this case, the father's occupational lifestyle has a direct impact on the prevention of disorders in young children. Stunting prevention in toddlers will also increase if the father's role is expanded. Fathers will play an important role in preventing stunting if there is a good parenting culture [18]. According to Bustami [19], the father's role as caregiver, educator, supervisor, disciplinarian, protector, and supporter significantly contributes to the prevention of stunting in toddlers. Knowledge, attitudes, and actions can directly influence the formation of these roles. According to Sokearti [20], in this scenario fathers need special cognitive awareness about stunting prevention behavior, especially healthy living behavior. Positive family, social and peer support must also be provided for this (Januarti & Hidayathillah, 2020).

According to Siswati [21], the incidence of stunting is closely related to cultural factors. For example, fathers and mothers who tend to follow the advice of their parents or grandmothers even though this culture does not support children's nutrition, such as providing pre-lactation food to newborns and providing complementary foods for ASI at an early age [22]. Even if the culture does not comply with child health recommendations, all recommendations must be followed in this case because it is considered that parents have more experience raising children [23]. Stability can be avoided with good parenting. All children's needs will be met if they are cared for properly, and they will grow and develop optimally [13].

As shown by Gustiana et al [15], parents' diet has a very large relationship with obstacles, where children whose parents have bad eating patterns will experience obstacles many times. authoritarian way and encourage them to eat according to their own preferences [24]. Bad eating habits are exacerbated by parents' lack of awareness. This is because parents do not realize the importance of providing healthy food to their children [25]. Therefore, parents must actively participate in community-based counseling activities to learn about child feeding practices and increase positive and responsive children's eating behavior [26].

Children should be reduced by their parents' intake of fast food, sweets and their favorite unhealthy foods. Parents can help their children avoid eating unhealthy foods by imposing restrictions on these foods [15].

As caregivers, educators, supervisors, disciplinarians, protectors, and supporters, the role of fathers in stunting prevention is very important and has a significant impact on toddler stunting prevention [27]. Mother's knowledge is known to be particularly related to the definition of stunting itself, begins with the definition of stunting, its causes, and its signs and symptoms. Increasing Father's Knowledge and Attitudes in Stunting Prevention According to Ismawati [28], mother's knowledge has a significant effect on stunting prevention.

Forming a stunting prevention family culture. Social elements are very closely related to the rate of inhibition. All children's needs will be met if they are cared for properly, so that

they grow and develop optimally. Implementing Healthy Eating Patterns in Children Parents' diet has a significant impact on stunting, with stunting occurring three times more often in children whose parents' diets are bad [(29)].

CONCLUSIONS AND RECOMMENDATIONS

Based on the description above, it can be concluded that as caregivers, educators, supervisors, disciplinarians, protectors, and supporters who have a significant impact on stunting prevention in toddlers, including the role of fathers in stunting prevention is very important. Even if the culture does not comply with child health recommendations, all recommendations must be followed because parents are assumed to have more experience in caring for children. Stability can be avoided with good parenting. All children's needs will be met if they are cared for properly, and children will grow and develop optimally.

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