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INTRODUCTION

The incidence of stunting is closely related to the family, one of which is the mother. According in (1) mothers are part of the family who have autonomy and a caring role in feeding children and are able to make decisions, especially regarding children's health. To meet children's nutritional needs, mothers must have confidence and Ability to

Impact of Maternal Self-Regulation on Ability to Meet Children's Nutritional Needs in Stunting Prevention Efforts

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ABSTRACT

Introduction: The mother's ability to provide less than optimal nutrition for the child has a greater chance of the child being affected by stunting. The importance of efforts to prevent stunting is to reduce the morbidity rate due to stunting. The purpose of study is to determine the relationship between the level of self-regulation and the mother's ability to fulfill children nutrition in an effort to prevent stunting. **Method:** This research used a correlation analytical design with a cross sectional approach. The dependent variable was the mother's ability to fulfill children nutrition in efforts to prevent stunting and the independent variable was the level of self-regulation, with a population of 39 respondents and a sample of 39 respondents using total sampling. This research used Self Regulation and Ability fulfill children's nutrition and questionnaires. Statistical tests using Spearman rank with $\alpha=0.05$. **Result:** Results of statistical tests on the level of self-regulation and the mother's ability to fulfill children's nutrition in efforts to prevent stunting $P=0.003 < \alpha=0.05$ with a correlation of 0.465, there was a relationship between the level of self-regulation and the mother's ability to fulfill children's nutrition in efforts to prevent stunting in Pamorah Village, Bangkalan Regency. **Conclusion:** The new finding from this research is that a mother's ability to fulfill children nutrition in an effort to prevent stunting does not only require knowledge and skills in fulfilling nutrition but also be done by increasing self-regulation.

Keyword: Ability, Level of Self Regulation, Stunting

complete tasks, organize and carry out actions related to feeding children according to their age (1). However, in reality many mothers are not yet fully able to meet their children's nutritional needs, and there are still who do not understand how important it is to provide adequate nutrition for their toddlers. They tend to think that a child who is healthy is a child who is not sick. The role of the family

in the health context, especially mothers, includes providing care to family members (2). The family has several functions that influence Ability in caring for family members, including knowledge or education functions, care or health maintenance functions, and affective functions (3).

The following data from a preliminary study on Ability mothers in fulfilling children's nutrition by distributing questionnaires Ability in fulfilling children's nutrition to 10 respondents who have stunted children shows that there are no respondents who have the ability to fulfill the nutritional needs of children who are stunted well and only 4 out of 10 respondents (40%) of respondents who have Ability fulfill adequate nutrition for stunted children, while 6 out of 10 respondents (60%) own Ability fulfill the nutritional needs of stunted children. In research conducted by (4) on 7 respondents regarding inadequate nutritional requirements, it was found that most people did not provide food to babies and toddlers according to their needs, both in terms of the amount of food given or the type of food given and also the schedule. eat it. Most stunted toddlers do not receive adequate nutritional intake, not enough protein, energy, fat and carbohydrates to consume. there were no respondents who showed a good and sufficient level of self-relation. All respondents (100%) had a level Self Regulation which is lacking. Several things that can influence a person's abilities include personal beliefs and principles, skills possessed, and previous experience, culture, and personality characteristics (5). One of the influencing factors Ability is Ability to regulate oneself or self-regulation (Self Regulation).

Stunting remains a significant global health issue, particularly in developing countries. Maternal factors play a crucial role in preventing childhood stunting. Research indicates that mothers' knowledge and attitudes about stunting prevention are influenced by education and food habits (6). Women's empowerment based on self-regulated learning can improve mothers'

ability to provide proper nutrition to stunted children (1). Mothers' autonomy, especially self-efficacy, self-esteem, and control of money, is associated with lower likelihood of childhood stunting (7). The mother's role in preventing stunting spans three critical phases: preconception, prenatal, and infant-toddlerhood. Key maternal responsibilities include ensuring proper nutrition, practicing early breastfeeding initiation and exclusive breastfeeding, providing appropriate complementary feeding, optimizing the child's environment, and avoiding detrimental psychosocial factors (8). These findings underscore the importance of empowering mothers to combat childhood stunting effectively.

According to (9), Self Regulation involves the way individuals manage their own learning processes through planning, setting, and achieving goals. Everyone, including mothers, is expected to be able to find effective strategies to achieve goals such as ensuring adequate nutrition for children to prevent stunting. Mother's knowledge about nutrition includes Ability to understand information related to foods that contain important nutrients for toddlers. Ability and knowledge about how to feed children has a big influence on mothers' behavior in feeding their children, because the process of developing attitudes is based on the evolution of knowledge, this can shape behavior and ultimately influence that behavior (10).

Limitations Ability Mothers providing adequate nutrition to children under five is one of the main causes of malnutrition and malnutrition in children. In accordance with the results of research conducted by (11) where problems in child development can be caused by less than optimal parenting patterns due to the mother's lack of understanding in carrying out appropriate parenting. Ability and adequate knowledge in mothers can have a significant impact on the nutritional needs of toddlers, which in turn affects their nutritional conditions. Therefore, if knowledge and Ability The mother is quite good, it is hoped that nutritional intake for

toddlers can be met well, so that the nutritional status and health of toddlers can also improve so that stunting can be prevented.

Stunting prevention is closely related to Ability mother to fulfill the child's nutrition. During breastfeeding and in the early stages of a child's life, providing nutrition has a major influence on the child's physical growth and cognitive development. Providing exclusive breast milk as a source of nutrition during the first six months of life and thereafter through appropriate additional food assistance can help ensure that children receive sufficient nutrition for optimal growth (12). To prevent stunting, mothers need effective self-regulation to ensure their children's nutritional needs are met. This study aims to investigate the relationship between mothers' self-regulation levels and their ability to fulfill their children's nutritional requirements.

METHOD

This study was conducted in Pamorah Village, Bangkalan Regency, and used an analytical correlation design with a cross-sectional approach and the Spearman Rank statistical test. The population consisted of 39 respondents, and the number of samples used was 39 respondents using the total sampling method.

The independent variable is level Self Regulation, while the dependent variable is Ability mothers fulfill children's nutrition in an effort to prevent stunting. Data collection was carried out through filling out level questionnaires Self Regulation and questionnaires Ability fulfill children's nutrition, and have passed the ethical test process with NO:2024/KEPK/STIKESNHM/EC/III/2024.

RESULT

Based on this table, less than half of the respondents' mothers were aged between 17-25 years, with the number reaching 18 people (46%). Most of the people who answered had primary school education, namely elementary or middle school, namely 30 people (77%). More than half of the respondents had a monthly income <Rp. 1,000,000, namely 25 people (64%), and more than half of them are housewives (IRT), namely 21 people (54%) and most respondents have less than two children, namely 30 mothers (77%).

From the data in the table 2, level data Self Regulation Most of the category is sufficient, namely 34 people (87%).

Data Ability Most of the mothers fulfilled their children's nutrition in an effort to prevent stunting in the adequate category, namely 36 people (92%) (Table 3).

Based on the table 4, it shows that most of the levels Self Regulation mothers in the category of having enough Ability In fulfilling children's nutrition as an effort to prevent stunting, most of them were in the adequate category, as many as 33 respondents (97.1%) in Pamorah Village, Bangkalan. Statistical test results Spearman Rank shows the PValue value is 0.003, which indicates that $PValue < \alpha (0.05)$. The correlation between the two variables is 0.465, indicating that there is a moderate correlation between the two. Therefore, the null hypothesis (H0) is rejected, while the alternative hypothesis (H1) is accepted. This shows that there is a correlation between Levels Self Regulation with Ability mothers fulfill children's nutrition in an effort to prevent stunting in Pamorah Village, Bangkalan Regency.

Table 1 The Demographic Data of Respondents (n=39)

Category	Frequency	Percentage (%)
Age (years)		
17-25	18	46
26-35	16	41
36-45	5	13
Education		
Elementary and Middle School	30	77
High School	8	20
College	1	3
Income (per Month)		
< Rp. 1.000.000	25	64
1.000.000-3.000.000	11	28
> Rp. 3.000.000	3	8
Occupation		
House Wife	21	54
Self-employed	5	13
Farmer	13	33
Number of kids		
≤ 2	30	77
≥ 3	9	23

Source: Primary Data, March 2024

Table 2. Frequency distribution by level Self Regulation

Category	Frequency	Percentage (%)
Good	5	13
Sufficient	34	87
Poor	0	0

Source: Primary Data, March 2024

Table 3. Frequency distribution based on Ability Fulfilling Children's Nutrition

Category	Frequency	Percentage (%)
Good	3	8
Sufficient	36	92
Poor	0	0

Source: Primary Data, March 2024

Tabel 4. Cross Tabulation of Level Relationships Self Regulation with Ability Mothers Fulfill Children's Nutrition

		The mother's ability to fulfill the child's nutrition			
		Good	Sufficient	Total	
Self Regulation Level	Good	Count	2	3	5
		% within Self Regulation Level	40.0%	60.0%	100.0%
		% of Total	5.1%	7.7%	12.8%
	Sufficient	Count	1	33	34
		% within Self Regulation Level	2.9%	97.1%	100.0%
		% of Total	2.6%	84.6%	87.2%
Total	Count	3	36	39	
	% within Self Regulation Level	7.7%	92.3%	100.0%	
	% of Total	7.7%	92.3%	100.0%	
Statistical test		$\alpha=0,05$	$P=0,003$	$r=0,465$	

DISCUSSION

Level of Self Regulation In the village of Pamorah, Bangkalan

Self Regulation is the ability to organize and carry out behavior as a strategy that influences a person's performance, showing an increase in an individual's ability to motivate and direct their actions towards certain goals (13). Self Regulation is the human ability to think, control, regulate emotions, and behavior with the aim of manipulating the environment and achieving predetermined goals (5).

Based on research results, almost entirely Self Regulation Level was sufficient. Recent research highlights the critical role of maternal factors in preventing child stunting. Maternal capabilities, including decision-making autonomy, mental health, gender norm attitudes, and social support during pregnancy, significantly influence child care behaviors and stunting outcomes (14). By enhancing maternal self-regulation, healthcare providers and communities can contribute to preventing stunting and promoting the healthy growth and development of children

Education is an indicator of family characteristics which also influences it Self Regulation. The majority of mothers' education in Pamorah Bangkalan Village is elementary-middle school. According to Law Number 20 of 2003 which regulates the national education system, elementary-middle school is included in the basic education category. Meanwhile, according (15) a person's education can influence all his activities and behavior. Individuals who have higher education will have differences in behavior compared to those with low education.

Education also forms different views and aspirations between the individuals being educated and those who come from simple families. The function of education is to gain insight because it is related to knowledge about how to care for the health of family members. Work is also an indicator of family characteristics which also influence it Self Regulation. More than half of the jobs of mothers in Pamorah Bangkalan Village are housewives (IRT). According to Van Der (16) states that the higher the level Self Regulation someone, including perceived employ Ability them, the more likely the person is to achieve the desired goal or outcome through internal motivation,

commitment to learning, and focus on strategic planning. According to researchers, a mother needs to have levels self-regulation which is good because they will be more likely to have a high awareness of the importance of nutrition for the growth and development of their children. They will make extra efforts to ensure children get a balanced and nutritious diet. By having levels self-regulation The role of a mother is very important in ensuring that children receive adequate and balanced nutrition to support their growth and development.

Mothers Ability to fulfill children's nutrition to prevent stunting in Pamorah Village, Bangkalan

Based on research data it was obtained Ability Mothers fulfilled most of their children's nutrition in the adequate category. Ability Fulfillment of nutrition is related to income status which influences purchasing power to buy food ingredients. Total family income and food prices influence the availability of food for the family. Families with limited income tend to have difficulty meeting their food needs, especially in meeting the nutritional needs of children. Income limitations also affect the quality and quantity of food available every day at home. Long-lasting poverty can cause households to be unable to meet their food needs, which in turn can cause children to be malnourished, which can inhibit growth, be underweight, and even malnutrition (17).

Economic conditions are closely correlated with the ability to meet the nutritional needs of pregnant women and toddlers as well as access to health services. The risk of contracting infectious diseases can be influenced by factors such as sanitation and food safety (18). The incidence rate of stunting is considered to be significantly influenced by low economic status. Poor economic conditions in families can also influence mothers' education in choosing the types of food they consume, often resulting in a lack of variety and nutritional quality in foods that are important for children's growth, such as protein, vitamins and minerals (19).

Based on the evidence presented, it is clear that income status plays a significant role in determining the ability of families to meet their nutritional needs, particularly for children. Low income is strongly associated with an increased risk of stunting and malnutrition due to limited purchasing power and access to quality food.

According to (20) stated that mothers who are more mature in general tend to have perseverance in caring for, nurturing and raising their children, which can have a positive impact on the welfare and future of their children. According to (21), mothers under the age of 20 have a higher risk of having children with stunting than mothers aged between 20-34 years. The mother's age influences her experience or ability to provide nutrition to her child. Experience and knowledge that increases with age can be an important factor in child care and nutrition (22). The age and number of children a mother has also influence her ability to provide nutritious food, which she obtains from daily experience apart from her education. Age is one of the factors that influences a mother's ability to meet her child's nutritional needs.

Work is an activity carried out by a person every day to fulfill his life needs. Through work, a person can gain direct and indirect knowledge and experience. This can have an impact on a mother's ability to understand and support the growth and development of her children's nutritional status. However, there is the fact that some toddlers still experience malnutrition even though their mothers work. This can be caused by the type of food the toddler eats or the mother's inappropriate nutrition patterns. Insufficient nutrition can increase the risk of nutritional problems in children. One behavior that can affect toddlers' health is their eating patterns (17). According to research from (23) Stunting in toddlers is the result of eating habits that are formed from an early age, so that fulfilling nutrition in a short period of time does not directly impact their nutritional status. The mother's role is the main key in

successfully fulfilling children's nutrition. Good eating habits depend largely on knowledge, skills and Ability mother to make healthy food. The relationship between maternal employment, nutrition, and child development is complex and influenced by various factors, including maternal knowledge, skills, and ability, as well as cultural and societal factors. To promote child health and well-being, it is essential to address the multifaceted factors that influence nutrition and support mothers in their efforts to provide healthy and nutritious food for their children.

Children's nutritional status is greatly influenced by the type of food they consume, especially because toddlers are very vulnerable to nutritional problems. To prevent nutrient deficiencies, it is very important to have a varied and nutrient-rich diet. Fulfilling optimal nutrition from an early age involves providing varied foods and getting used to healthy eating patterns, as well as teaching children about the right meal times, so that they learn to adopt healthy eating habits. Based on the results of previous research conducted (24) the relationship between maternal knowledge about balanced nutrition and maternal behavior in meeting the nutritional needs of toddlers at the Jatiasih Village Community Health Center, Bekasi City, shows that there is a correlation between these variables (24). A mother who has a good understanding of toddler nutrition tends to have positive attitudes and actions in ensuring adequate nutrition for her toddler. The mother's level of knowledge about nutrition is often related to the quality of the food and menu (23). Mothers can avoid nutritional problems in toddlers if they know about their nutrition to create a healthy diet (8). Mothers must understand how to feed toddlers because it is very important to build maternal habits to provide the best nutrition to their children.

According to the researchers' analysis, every mother should be able to provide healthy food at home with various types of food that suit individual needs in the family. It is important

for parents, especially mothers, to be alert to uncontrolled nutritional requirements for toddlers, such as excessive snacking habits. The ideal eating schedule is three main meals and two nutritious snacks every day to meet children's balanced nutritional needs.

Level Relationships Self Regulation with Ability mothers fulfill children's nutrition in an effort to prevent stunting in Pamorah Village, Bangkalan

Spearman Rank Statistical test results indicates there is a correlation between levels Self Regulation with Ability mothers fulfill children's nutrition in efforts to prevent stunting in Pamorah Bangkalan Village.

Along with (25) Low maternal education is associated with a lack of understanding, childcare activities, and providing adequate nutrition for children. Stunting is more common in toddlers born to mothers with insufficient education. Mothers' lack of attention to children's nutritional needs and lack of awareness in providing food to children often results in suboptimal nutritional parenting patterns. According to (26) in the journal "Effects of Parental Education on Self-Regulation and Child Nutrition", this research examines the relationship between parental education level and Ability them to meet nutritional needs children through Self Regulation. The results show that parents with a higher level of education tend to have abilities Self Regulation both of which in turn can influence healthier nutritional habits in their children.

Mother who has a level Self Regulation which is good however Ability There are 7 respondents who lack adequate nutrition for their children. The influencing factor is income of around IDR 1,000,000- IDR 3,000,000. Families with low incomes have a higher risk of decreasing nutritional status in children under five compared to families with high incomes. A family's daily consumption habits can be influenced by their income level. Families with low incomes tend to focus more on economic value than nutritional value when purchasing food, which often results in food intake that does not meet nutritional

needs. Family income level influences the type and quantity of food consumed, including for toddlers (27). Besides, it's the mother who has the level Self Regulation less and Ability There are 3 respondents who provide good nutrition for children, this is influenced by age. The maternal age greatly influences children's nutrition, younger mothers tend to have malnourished children (28). This may be due to lack of knowledge, Ability, and the resources younger mothers have. The majority of mothers gave birth at the age of 26-35 years. Maternal age can influence the ability to capture and process information, as well as play a role in the level of knowledge, experience, Ability a person's , beliefs and motivations. Thus, age also influences individual behavior.

Based on analysis from (29), it was found that there is a positive relationship between Self Regulation and Ability Critical thinking with skills. There is a positive relationship between Self Regulation and Ability Critical thinking, both separately and together, shows that Self Regulation and Ability High critical thinking can improve a person's skills in carrying out various activities. The results of the research conducted are in line with (29), shows that skills and Self Regulation has a significant and positive relationship. Apart from that, research entitled the relationship between Self Regulation mother and child nutritional quality: the mediating role of family diet where Self Regulation The mothers were measured using a standard rating scale, while the nutritional quality of the children was assessed through analysis of their diet. The results of statistical analysis showed a positive relationship between the level of maternal self-regulation and the quality of children's nutrition ($r = 0.35$, $Pvalue < 0.001$) and it was found that family eating patterns partially mediated this relationship. These findings suggest that mothers who have good self-regulation skills are more likely to meet their children's nutritional needs well. In addition, family diet seems to act as a link or mediator in the relationship between

maternal self-regulation and the quality of children's nutrition (30).

According to researchers, from the research results there are other factors that researchers do not know about to provide good nutrition. Self Regulation to Ability Fulfilling children's nutrition is very important for a child's growth and development. Self Regulation covers Ability parents to regulate children's eating patterns by paying attention to nutritional needs and controlling the food intake consumed by children. By arranging children's eating patterns in a regular and balanced manner, Self Regulation mothers help form healthy eating habits from an early age. Good eating habits in childhood tend to continue into adulthood, helping prevent chronic diseases later in life. Adequate nutrition is the key to ensuring children grow optimally, both physically and cognitively.

CONCLUSION

Level Self Regulation Most mothers are in the sufficient category in Pamorah Village, Bangkalan. Ability mothers fulfill children's nutrition in an effort to prevent stunting, most of them are in the adequate category in Pamorah Village, Bangkalan. There is a level relationship Self Regulation with Ability mothers fulfill children's nutrition in an effort to prevent stunting in Pamorah Village, Bangkalan.

Future studies can provide valuable insights into the complex relationship between maternal self-regulation, child nutrition, and stunting prevention. This knowledge can inform the development of effective interventions to improve the health and well-being of children and families worldwide.

Conflict of Interest

None

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