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PENGETAHUAN GIZI DAN POLA ASUH ORANG TUA TERHADAP ANAK STUNTING USIA 12-58 BULAN DI WILAYAH KERJA PUSKESMAS WONOREJO KELURAHAN TELUK LERONG ULU, KOTA SAMARINDA

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Abstrak

The purpose of the study was to describe the knowledge of parents in fulfilling nutrition for stunted children and to describe how parents apply good parenting to children with stunting aged 12-58 months and to determine the relationship between parental knowledge in fulfilling nutrition and parenting applied to children, stunted aged 12-58 months in the Wonorejo Health Center Work Area, Samarinda City. The research method used is descriptive qualitative with focus on parental knowledge about the fulfillment of children's nutrition, which consists of understanding parents regarding the fulfillment of nutrition for children with stunting and the level of parents' knowledge about stunting and parenting, consisting of feeding, child care, and personal and environmental hygiene (sanitation).

The findings revealed that parents' knowledge of fulfilling nutrition in children was still lacking, with parents unaware of which foods had nutritional content ranging from 4 healthy to 5 perfect and were suitable for children. Parents' understanding of children with stunting is still lacking where parents provide food to children that is not in accordance with the nutritional needs of children. Parents also do not understand what is meant by stunting, so there is no solution given by parents in dealing with the incident. Stunting occurs in children. Most mothers do not give exclusive breastfeeding to children. This is due to the lack of knowledge of mothers about the benefits of exclusive breastfeeding given to children. Feeding to toddlers is not good because of the variety, portion, and frequency of meals given to toddlers, and children's snack habits are not good. This is because the snacks given to children contain carbohydrates and flavorings. Behavior in child care, such as seeking health services, is still lacking. When the child is sick, parents do not immediately take the child to the puskesmas or posyandu but only give medicine without a prescription from a doctor.

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