



Analysis of Stunting that Occurred due to Parents' Divorce

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Mini Review

This study aims to describe the literature review on the analysis of stunting that occurs due to parental divorce. This research method uses qualitative research with a literature review approach. The source of research data is in the form of national journal articles in the last 10 years from 2018-2021. The application of stunting management is in accordance with the theories that are used as references. Efforts to deal with stunting have been able to improve balanced nutrition in toddlers.

Preliminary

Indonesia has a fairly large population, based on the results of the 2020 population census, the population of Indonesia is 2070, 20 million people (BPS, 2020) [1]. The number of people who are dominated by millennials is 25.87% and Generation Z is 27.94%. In line with this, the condition of families in Indonesia based on BPS, the number of poor people in Indonesia in 20-21 is 26.50 million people, starting from this, it is seen from the number of deaths of children under 5 years old reaching 28,158 people in 2020 of that number were 20,266 children under five (71.97% died in the age range 0-28 days 27.94%). In line with this, the condition of families in Indonesia based on BPS, the number of poor people in Indonesia in 20-21 was 26.50 million people, starting from this, it can be seen from the number of deaths of children under 5 years old reaching 28,158 people in 2020 of that number as many as 20,266 children under five (71.97% died in the age range 0-28 days) It can affect the occurrence of conditions stunting in toddlers [2,3].

Stunting is a condition of growth failure in children (body and brain growth) due to malnutrition for a long time so that children are shorter than normal children their age and have

delays in thinking [4]. Based on a survey on the Nutritional Status of Indonesian Toddlers in 2021, 5.33 million children under five are stunted [5]. Although the prevalence of stunting has decreased from previous years. The Covid-19 pandemic, which has entered its third year, has increased the number of under-fives who are malnourished and have the potential for stunting. Many factors cause stunting, namely low socioeconomic problems, food insecurity (Food Insecurity), maternal nutritional status during pregnancy, low birth weight babies, child care patterns, nutritional status, and sanitation and water availability [6]. The impact felt due to stunting is that it hinders the future of children who should have the potential to grow brilliantly, the potential for children's intelligence is below average, the immune system is not good, and the natural potential for degenerative diseases as adults [7].

Methods

Analysis of Stunting Occurs Due to Parental Divorce, Prevention and Government Efforts to Overcome Stunting by studying literature on the ethical principles of Autonomy, and Beneficence. The next analysis is based on an in-depth study of the cases encountered by the author. Where the divorce of parents causes low socioeconomic conditions that cause child care patterns and child nutrition to be reduced because single parents have to work to fulfill their economic needs.

Discussion

Judging from the Principles of Ethics

In the area of nursing practice, all service providers are limited by certain ethical principles including Autonomy and Beneficence.

Autonomy

Autonomy comes from the Latin, namely Autos, which means self and Nomos which means rule. Autonomy means the ability to self-determine or self-regulate. Respecting autonomy means respecting humans as someone who has self-respect and dignity who is able to determine something for him-self.

The principle of autonomy is very important in nursing. Nurses must respect human dignity as an individual who can decide what is best for him-self. The nurse must involve the client to participate in making decisions related to the client's nursing care.

Some actions that do not pay attention to autonomy are:

- Doing something for the client without them being told beforehand.
- Doing something without providing relevant information that is important for the client to know in making a choice.
- Informing the client that the condition is good, even though there are disturbances or irregularities.
- Does not provide complete information even though the client wants the information.
- Forcing clients to be informed about things they are no longer willing to explain.

Beneficence

Beneficence means simply doing something good. Kindness requires the prevention of wrong or evil, the elimination of wrong or evil and the promotion of goodness by self and others. Sometimes in health care situations, there is a conflict between this principle and autonomy.

The principle of beneficence implies that it is a moral obligation to provide primary care and/or help others. The first consideration of what is best for children is parenting from intact parents and good nutrition.

Parenting

As an illustration used by parents to care for (care for, look after, educate) children [8]. Parenting is the best way that parents can take in educating children as a manifestation of and a sense of responsibility to children [9]

Parenting patterns are a series of attitudes shown by parents to children to create an emotional climate that includes the interaction of parents and children [10].

Parenting is the attitude and way of parents in preparing younger family members, including children, so that they can make their own decisions and act on their own so that they experience a change from being dependent on their parents

to being independent and responsible for themselves [9].

According to Baumrind quoted by Dr. Yusuf stated that parents' treatment of children can be seen from:

- How parents control their children
- How parents punish
- How parents give gifts
- How do parents rule their children?
- How parents give explanations to children [11]

Meanwhile, according to Weiten and Lioyd who was also quoted by Dr. Yusuf explained the treatment of parents towards their children, namely:

- How parents give rules to children
- How parents treat their children
- How do parents explain to their children?
- How parents motivate their children to study their children's attitudes [12].

So what is meant by parenting is the best way that parents can take in educating children as an embodiment, a sense of responsibility to children and a series of attitudes shown by parents to children to create an emotional climate that includes the interaction of parents and children [13].

Research also shows that parenting is a risk factor for stunting with an Odds Ratio value of 8.07. This shows that toddlers with poor eating parenting are 8 times more likely to experience stunting, when compared to toddlers with good eating parenting patterns.

A good diet does not necessarily mean that the food contains the correct nutritional intake. Many toddlers have a good diet but do not meet the amount and composition of nutrients that meet the requirements of balanced nutrition. Balanced nutritional intake from food plays an important role in the growth process of children.

Diet is the most important ingredient in overcoming the problem of stunting (Ministry of Health, 2018).

The application of a balanced diet emphasizes food consumption patterns in type, amount and the principle of food diversity to prevent nutritional problems. The components that must be met in the application of a balanced nutritional diet include sufficient quantity, quality, contain various nutrients (energy, protein, vitamins and minerals), and can store nutrients to meet the body's needs.

The high prevalence of stunting and the low level of public understanding and behavior about the importance of implementing a balanced diet in preventing stunting are considerations for the need for research.

Fulfillment of balanced nutrition includes daily consumption

of food containing nutrients in the type and amount according to the body's needs, taking into account the principle of diversity. taking into account the principle of diversity.

Government Efforts to Overcome Stunting

The government's commitment in efforts to accelerate nutrition improvement has been stated through Presidential Decree No. 42 of 2013, dated May 23, 2013, concerning the National Movement (Gernas).

Acceleration of nutrition improvement which is a joint effort between the government and the community through mobilizing stakeholder participation and concern in a planned and coordinated manner to accelerate the improvement of community nutrition with priority on the First Thousand Days of Life (1000 HPK). Through the determination of the main strategies of Gernas for the acceleration of Nutrition Improvement, namely:

- Making nutrition improvement mainstream human resource development, socio-cultural and economic.
- Increasing the capacity and competence of human resources in all sectors, both government and private.
- Enhancement of effective evidence-based interventions across multiple settings in society.
- Increased community participation for the application of social norms that support nutrition-conscious behavior.

In overcoming nutritional problems, there are two solutions that can be done, namely, with specific and sensitive interventions. Specific interventions are directed at addressing the direct and indirect causes of nutritional problems, while sensitive interventions are directed at addressing the root of the problem and its long-term nature and the ability of parents or families on matters related to nutrition, as well as the lack of community knowledge in food processing, for example fish.

There are lots of fish around them, but they don't eat them. Because most of them can only cook fish by frying and grilling it, so the children get bored of the fish menu more quickly. Specific intervention activities carried out by the Ministry of Health in tackling nutritional problems include:

- Giving Blood Add Tablets for young women, brides-to-be and pregnant women
- Promotion of Exclusive Breastfeeding
- Promotion of complementary foods for breast milk
- Promotion of fortified foods including iodized salt
- Add Blood Tablet promotion and campaign
- Micronutrient Supplements (Taburia)
- Macro Nutrient Supplements (PMT)
- Class for pregnant women
- Promotion and campaign of balanced nutrition and behavior change

- Giving worm medicine
- Management of Malnutrition
- Vitamin A. Supplementation
- National Health Insurance.

Prevention of Stunting as a Shared Responsibility

The government has made efforts to conduct sustainable high-level advocacy and the good news is that nutrition is now one of the national priorities. The multi-sectoral approach also continues to be carried out through sensitive nutrition programs that are carried out simultaneously, including lessons learned from previous very successful programs such as Posyandu, PKH, PNPM Generations, Pamsimas.

Another step is to seek results-based financing, namely the Allocation Fund The performance-based special (DAK) in the health and education sectors uses nutrition indicators, encourages the implementation of the National Health Insurance (JKN) capitation payment, to improve nutrition services, and encourages the Village Fund to revitalize the community nutrition program. In addition, it also advocates for strengthening leadership and awareness to address malnutrition, capacity to plan, implement and monitor integrated multi-sectoral nutrition programs, as well as better enforcement of Minimum Service Standards related to nutrition services.

However, stunting prevention is not only the responsibility of the government, the emotions that affect all parties, every Indonesian family. In the long term, stunting has a negative impact not only on children's growth and development but also on the development of economic losses, both on a micro scale only within the family and on a macro scale, in this case the national health spending budget. Therefore, efforts to accelerate nutrition improvement require a strong commitment from various parties, both from the central and local governments, social and religious institutions, academia, professional organizations, mass media, the business world/development partners, and society as a whole. It is hoped that this collaboration will succeed in achieving one main goal, namely the improvement of future generations who are healthy and productive and have competitiveness.

Government Efforts in Handling Divorce

Divorce (Divorce) is an event of official separation between husband and wife; they are determined not to carry out their duties and obligations as husband and wife. They are no longer live and live together, because there is no formal bond. Those who are divorced but do not have children, the separation does not cause psychological trauma to the child. But for those who already have children, divorce causes

psycho-emotional problems for children. On the other hand, there is a possibility that children born during their life as husband and wife will be included in one of the parents, along with the father or mother.

If divorce is viewed from a sociological perspective, marriage is a process of exchange between rights and losses that occur between a husband and wife. Marriage is a process of integration of two individuals who live and live together, so the exchange process in this marriage must always be negotiated and mutually agreed upon. Situations and conditions leading up to the divorce which begins with the negotiation process between husband and wife. As a result, the couple has not produced an agreement that can satisfy each party. It was as if they couldn't find a way out that was good for either of them. These feelings then lead to hostility and hatred between the two parties which makes the relationship between husband and wife even more distant.

Regarding the influence of a broken household on family relationships, a broken household due to divorce can be more damaging to children and family relationships than a broken household due to death. There are two reasons for this; first, the adjustment period to divorce is longer and more difficult for the child than the adjustment period that accompanies the death of the parents.

Hozman and Froiland found that most children go through five stages in this adjustment: rejection of divorce, anger directed at those involved in the situation, bargaining in trying to unite parents, depression and finally acceptance of divorce. Second, the separation caused by divorce is serious because they tend to make a child different in the eyes of the peer group. If children are asked where their parents are or why they have a new parent in place of a parent who doesn't exist, they are bummed out and feel ashamed.

In addition, they may feel guilty if they enjoy time with their non-existent parent or if they would rather live with the absent parent than live with the parent who cared for them. BP4 or the Marriage Advisory, Guidance and Preservation Agency in professional organizations of a socio-religious nature. BP4 is a partner of the Ministry of Religion in realizing a *sakinah*, *mawaddah*, and friendly family. Meanwhile, mediation in the Religious Courts/*Syar'iyah* Court is a process of reconciliation between husband and wife who have filed for divorce, where this mediation is bridged by a judge appointed at the religious court.

Impact of Divorce

The definition of divorce is a divorce between husband and wife as a result of the failure of their respective roles. In this case, divorce is seen as the end of a marital instability where

the husband and wife then live separately and are officially recognized by applicable law. Divorce is the breakup of the family because one or both partners decide to leave each other so that they stop carrying out their obligations as husband and wife.

For children and families who are divorced, the notion of divorce is interpreted as a "sign of death" for family unity, it feels like "half of the child" has been lost, life will not be the same again after their parents' divorce and they have to accept the sadness and deep feelings of loss. For example, children must harbor a deep longing for their father/mother who suddenly doesn't live together anymore.

Basically, divorce has a complex impact on the divorced couple and on their children. Although divorce on the one hand can solve a household problem that cannot be compromised, divorce also has negative impacts related to household economic development, individual and social relationships between two families are damaged, and to the psychological development of children, which in turn will affect his family.

The impact of divorce is what ultimately becomes the basis for the government to be more active in dealing with divorce issues.

Conclusion

Based on the literature review, it can be seen that the majority of the level of fulfillment of balanced nutrition in toddlers whose parents are divorced is not fulfilled properly. However, the stunting management program from the government is quite good in accordance with the ethical principles of nursing, namely, Autonomy and Beneficence. In line with the handling of stunting, the government has carried out a nutrition problem prevention program as well as the government's efforts to prevent divorce by optimizing BP4 and mediation by religious courts, then pre-wedding courses as a debriefing for prospective brides who are claimed as prevention efforts are only marriages.

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