



## KNOWLEDGE, ANXIETY AND MANAGEMENT OF STUNTING THROUGH ROLES OF MOTHER: A SYSTEMATIC REVIEW

Essy Sonontiko Sayekti<sup>1\*</sup>, Anisah Ardiana<sup>2</sup>

<sup>1</sup>Post graduate Nursing Program Faculty of Nursing, University of Jember, Indonesia

<sup>2</sup>Faculty of Nursing, University of Jember, Indonesia

\*Corresponding: Essy Sonontiko Sayekti

Post graduate Nursing Program Faculty of Nursing, Jember University, University of Jember

Jl. Kalimantan 37 Jember, East Java, Indonesia 68121

Email: essaysayekti@gmail.com

### ABSTRACT

**Backgrounds:** Stunting is a condition of a child under 5 years old who is low height-for-age. A mother as the closest person to a child is the support system for the child growth with stunting. A mother needs to have an adequate knowledge to be able to take care of the child with stunting, so that the child can optimally develop. The condition of a child with stunting might cause anxiety for a mother. This study is aimed to analyze the management of stunting through roles of mother to enhance mother's knowledge and to decrease mother's anxiety in dealing with a child with stunting. **Methods:** The method of this study is literature review using three electronic database including PubMed, Google Scholar and ProQuest. The focus of the journals to review is international journals which are published in the last 5 years available in full text. **Result:** A total of 54.600 articles were identified. 13 articles were analyzed show that the knowledge of the mothers is influenced by the information about stunting through media and health care providers. The positive attitude of mothers and their psychological condition need to be kept in attention to support the treatment of their children with stunting optimally. **Conclusion:** A mother with a stunting child requires good knowledge about how to take care her child properly. Having adequate knowledge, a mother will be able to manage her anxiety and hopefully able to provide optimal treatment for her child.

**Keywords:** Knowledge, Anxiety, management of stunting, role, mother

### INTRODUCTION

Indonesia has a serious problem indicated by many cases of malnutrition on early child under five years old and school age children, whether they are boys or girls. The problem of malnutrition on school age children can cause low quality of education, low rate of attendance and high rate of drop out. Malnutrition is an impact of nutrition condition occurs in short or long time. Stunting is malnutrition condition related to inadequate nutrition in the past, so that it is included to a chronic nutrition problem.

Stunting is measured as nutrition status concerning the body height, age and sex of the children. The habit of denying measuring the body height of the child under five years old among society causes the occurrence of stunting unidentified. It makes stunting becomes one of the focus of nutrition improvement in the world up to next 2025.

Stunting is a condition when a child under five years old has less body height comparing to their age. This condition is defined if their height-for-age is more than

two standard deviations below the WHO Child Growth Standards median Children under five years old with stunting included to chronic nutrition problem. There are many factors that cause this condition to happen, such as social economic condition, nutrition of mother during pregnancy, illnesses on babies and inadequate nutrition intake on babies. Children with stunting will face a difficulty to reach optimal physical and intellectual development in the future.

Based on World Health Organization (WHO) (2014) in Global Nutrition Targets 2025, stunting is considered as an irreversible growth interference which mostly is influenced by inadequate nutrition intake and repetitive infection along a 1000 days first life period. According to United Nations Children's Fund (UNICEF) in 2020 22% or about 19,2 million children under five years old in the world experience stunting. Children under five years old with stunting prevalence increased from 2016 around 27,5% to 29,6% in 2017, and in 2020 it reached 24,2% (Kemenkes, 2020).

Along a 1000 days first life period, it must be kept well whether or another factor that cause stunting. A 1000 days first life period is pregnancy period and the first two years of under five years old period. Along this period, stunting must be prevented through providing adequate nutrition, so that some bad factors which can cause stunting might be improved.

Stunting is caused by multidimensional factor and is not merely caused by malnutrition experienced by pregnant mother or children under five years old. The most reliable intervention to reduce stunting prevalence need to be done along the 1000 days first life period of children under five years old. Some factors that cause stunting can be described as follow; bad parenting practice, lack of knowledge of mother about health and nutrition. Besides that, lack education about safe giving birth to a baby, and the

importance of initial breast feeding (IMD) to providing colostrum (ASI). Some facts and information about a baby who does not get exclusive breast feeding and does not receive good MP-ASI are led by lack of knowledge of a mother. Attitude and behavior of mother are frequently evaluated. Mother would like to come restricted to Ante Natal Care service, Post Natal Care and good quality early education. Information collected from Health Ministry and World Bank publications says that the children attendance rate in Integrated Health Center decreased from 79% in 2007 to 64% in 2013, and children have not gotten enough access immunization service. The fact that 2 among 3 pregnant mothers have not consumed adequate iron supplement and have limited access to good quality early education for the children; still 1 out of 3 children has enrolled in early education institution.

According to Health Ministry there are three strategies to manage stunting; eating habit, parenting and sanitation. Family, a mother in this case, with family support system, is a part of parenting in managing stunting in the sense of preventing stunting. The more influential a mother is, the better practice in feeding the children will be. Nutrition education interventions based on family empowerment have also been shown to improve knowledge, attitude and feeding practices for infants and young children. Empowerment of the family (mother) is the key so that the resources owned by the family can be optimally utilized to provide proper nutrition for children under five years old. The government is trying to overcome stunting which is stated in presidential decree number 72 of 2021 concerning accelerating the reduction of stunting. In Banyuwangi district there is a regent regulation no 67 of 2020 and no 39 of 2021 regarding the acceleration of managing stunting.



## METHODS

This study uses a systematic literature review method. The articles that were collected and passed the selection were then analyzed and conclusions were drawn. The topic of this research certainly is advantageous for readers. In the literature search, combining keywords with Boolean operators is used to get more specific results and facilitate the selection of relevant articles.

The keywords are knowledge, anxiety, stunting management, roles and motherhood. This literature review uses the following inclusion criteria: 1) the article contains the results of research on knowledge, maternal anxiety and care for children with stunting; 2) a single study employs a quantitative, qualitative, or mixed method design; 3) the study population involves mothers, caregivers and families with stunted children; 4) research available in full text articles; and 6) articles written in English. Exclusion criteria were: 1) articles using a literature review, systematic review, or scoping review; 2) duplication of publications in two or more journals.

## RESULTS

Researchers used three databases, namely PubMed, Google Scholar, and ProQuest. From the research results of articles through three databases with the help of Boolean operators, the researcher found 34.951 articles that matched these keywords, 11.730 articles on ProQuest, 23,000 articles on Google Scholar and 221 articles on PubMed. The articles are then filtered first to include only articles published from 2019 to 2023, available in English articles. Then, the researcher conducted further screening regarding article titles and abstracts that were considered relevant to the appropriate topic and eliminated articles using a literature review design, scoping review and systematic review. Duplicating articles on 3 databases are also done at this stage. The

search was continued by finding 50 articles according to the exclusion criteria, after being read there were 13 articles included in the literature review.

This study examines 13 articles from several countries in America, Ethiopia and Indonesia. Many stunting cases occur in developing countries including Indonesia.

## DISCUSSION

Mother's knowledge about stunting can be obtained from several sources of information, such as: mass media, social media and health services (midwives, nurses, doctors, posyandu, etc.). Interventions in providing education or health education using various methods get quite significant results, especially changes in knowledge, attitudes and behavior of mothers with stunted children. Through health education, mothers' cognitive, affective and psychomotor show various changes in their behavior, especially in providing care to children with stunting, providing varied food and MP-ASI. Collaboration between health workers for the treatment of children with stunting shows the success of changing positive attitudes and behavior of mothers in providing care. The role of cadres shows a positive role after training related to the care of children with stunting. Cadres in the community have very important role in assisting and monitoring health problems in their area, especially children with stunting. There are several interventions to overcome the problem of mother's anxiety with her child's condition.

## CONCLUSION

The results of the literature review concluded that the management of stunting child care requires the role of the mother as the main support system to be able to provide care to her child properly and correctly so that the stunting problem is resolved and the child can grow and develop optimally, the child grows healthy



for a good future. Mothers need sufficient knowledge about how to care for children with stunting, a positive attitude so that the mother's behavior in caring for children with stunting is appropriate. The role of the mother who can continue to seek information from various sources to increase knowledge of child care with stunting, shows a cooperative attitude in participating in programs dealing with children with stunting and continues to strive to provide good child care.

## REFERENCES

- Astuti, A. B., Mulyanti, S., & Diyono. (2021). The effectiveness of the interprofessional collaboration (IPC) program on the attitude of mothers and health cadres on stunting at puskesmas karanganom Klaten Central Java Republic of Indonesia. *Electronic Journal of General Medicine*, 18(6). <https://doi.org/10.29333/ejgm/11315>
- Dearden, K., Mulokozi, G., Linehan, M., Cherian, D., Torres, S., West, J., Crookston, B., & Hall, C. (2023). The Impact of a Large-Scale Social and Behavior Change Communication Intervention in the Lake Zone Region of Tanzania on Knowledge, Attitudes, and Practices Related to Stunting Prevention. *International Journal of Environmental Research and Public Health*, 20(2). <https://doi.org/10.3390/ijerph20021214>
- Giyaningtyas, I. J., Yani, A., & Hamid, S. (2019). The Effect of the Thought Stopping Therapy on Reducing Anxiety Among Mother of Children with Stunting. *International Journal of Nursing and Health Services (IJNHS)*, 2(2), 7.
- Haines, A. C., Jones, A. C., Kriser, H., Dunn, E. L., Graff, T., Bennett, C., Hasan, M., Linehan, M., Syafiq, A., Torres, S., Dearden, K. A., Hall, P. C., Sayekti & Ardiana (2023)
- West, J. H., Crookston, B. T., Haines, A. C., Jones, A. C., Dunn, E. L., Linehan, M., Dearden, K. A., & West, J. H. (2018). Analysis of rural Indonesian mothers knowledge, attitudes, and beliefs regarding stunting. *Medical Research Archives*, 6(11), 1–13. <https://journals.ke-i.org/index.php/mra/article/view/1872>
- Kim, S. S., Nguyen, P. H., Yohannes, Y., Abebe, Y., Tharaney, M., Drummond, E., Frongillo, E. A., Ruel, M. T., & Menon, P. (2019). Behavior change interventions delivered through interpersonal communication, agricultural activities, community mobilization, and mass media increase complementary feeding practices and reduce child stunting in Ethiopia. *Journal of Nutrition*, 149(8), 1470–1481. <https://doi.org/10.1093/jn/nxz087>
- Mahmudiono, T., Al Mamun, A., Nindya, T. S., Andrias, D. R., Megatsari, H., & Rosenkranz, R. R. (2018). The effectiveness of nutrition education for overweight/obese mother with stunted children (NEO-MOM) in reducing the double burden of malnutrition. *Nutrients*, 10(12), 1–16. <https://doi.org/10.3390/nu10121910>
- Mayfitriana, Z., Suwargiani, A. A., & Setiawan, A. S. (2022). Growth Stunting Prevention in Indonesia: Dentist Knowledge and Perception. *European Journal of Dentistry*. <https://doi.org/10.1055/s-0042-1757465>
- Nisa, S., & Prasetyaningsih. (2022). The Effect of Providing Counseling With Audiovisual Methods on the Knowledge of Mothers of Toddlers about Stunting. *International Journal of Public Health Excellence (IJPHE)*, 2(1), 253–256. <https://doi.org/10.55299/ijphe.v2i1.19>



- Siswati, T., Iskandar, S., Pramestuti, N., Raharjo, J., Rialihanto, M. P., Rubaya, A. K., & Wiratama, B. S. (2022). Effect of a Short Course on Improving the Cadres' Knowledge in the Context of Reducing Stunting through Home Visits in Yogyakarta, Indonesia. *International Journal of Environmental Research and Public Health*, *19*(16), 1–10. <https://doi.org/10.3390/ijerph19169843>
- Sriyanah, N., Efendi, S., Syam, I., Hasriani, N., & Dardi, S. (2022). Jurnal Keperawatan DESCRIPTION OF STUNTING INCIDENT FACTORS IN CHILDREN BASED ON. *Jurnal Keperawatan*, *14*, 333–340.
- Suryawati, L., Harmayetty, H., & Has, E. M. M. (2020). The Effect of Supportive Educative Nursing Program on Mother's Knowledge and Attitude of Feeding Practice among Stunting Children Aged 6-24 Months. *Pedimaternal Nursing Journal*, *6*(2), 80. <https://doi.org/10.20473/pmnj.v6i2.19210>
- West, J., Syafiq, A., Crookston, B., Bennett, C., Hasan, M. R., Dearden, K., Linehan, M., Hall, C., & Torres, S. (2018). Stunting-Related Knowledge: Exploring Sources of and Factors Associated with Accessing Stunting-Related Knowledge among Mothers in Rural Indonesia. *Health*, *10*(09), 1250–1260. <https://doi.org/10.4236/health.2018.109096>
- Wiliyanarti, P. F., Wulandari, Y., & Nasrullah, D. (2022). Behavior in fulfilling nutritional needs for Indonesian children with stunting: Related culture, family support, and mother's knowledge. *Journal of Public Health Research*, *11*(4). <https://doi.org/10.1177/22799036221139938>



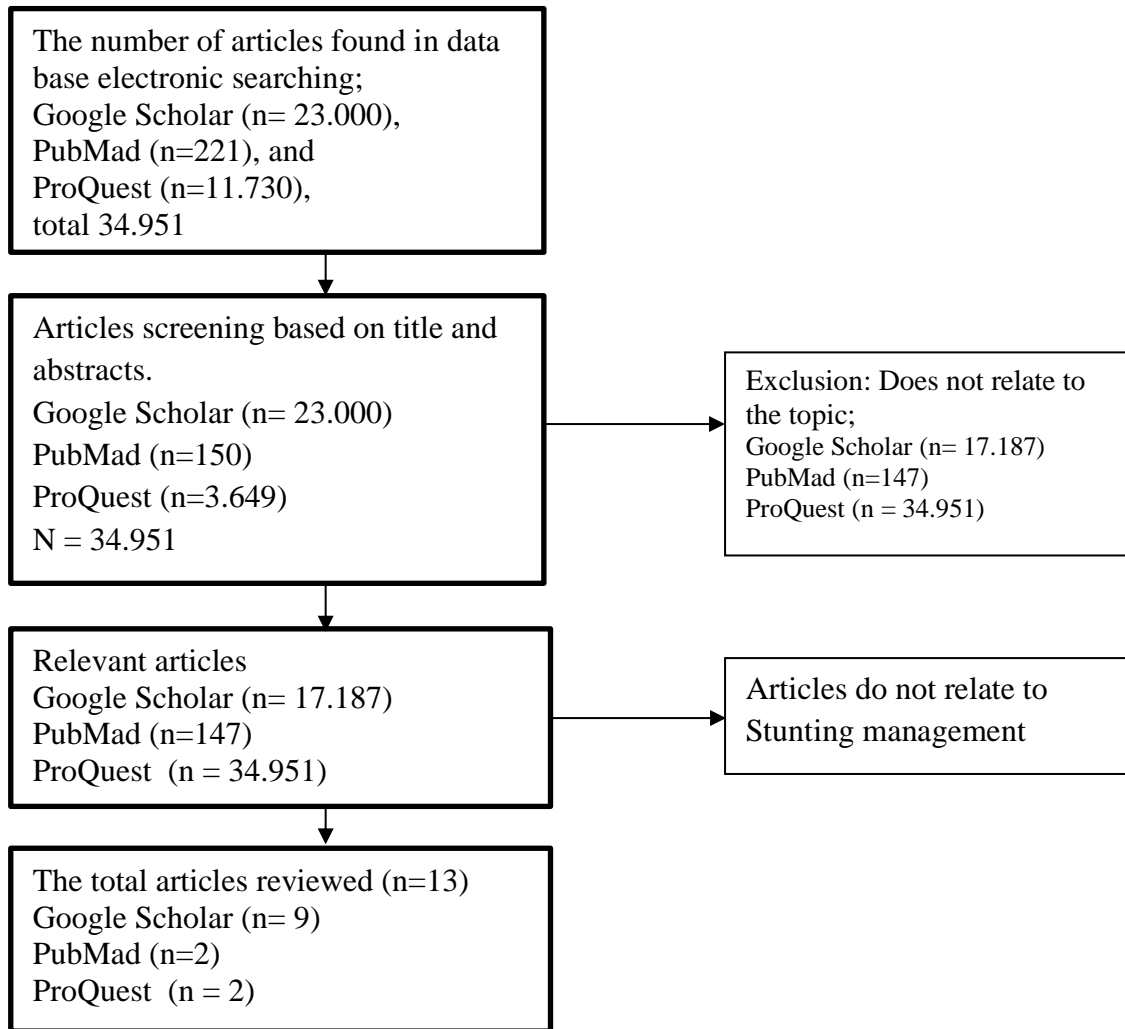


Figure 1. Prisma flowchart

Table 1. Results of Scientific Article Reviews

ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
CC1	<p><b>Author:</b> Trias Mahmudiono 1,2,* , Abdullah Al Mamun 3, Triska Susila Nindya 1, Dini Ririn Andrias 1, Hario Megatsari 4 and Richard R. Rosenkranz 5</p> <p><b>Journal Identity:</b> Nutrients MDPI</p>	The Effectiveness of Nutrition Education for Overweight/ Obese Mother with Stunted Children (NEO-MOM) in Reducing the Double Burden of Malnutrition	The research is aimed to find out effectiveness nutrition education for obese mothers with stunted children to reduce malnutrition.	The total population is 700 and the number of samples is 71 pairs of mothers and children aged 2 to 5 years	Quantitative study with 2 different treatment groups. Some 35 samples accepted treatment, nutrition education and home visits. The other 36 samples got only treatment and reading materials intervention for 12 weeks.	This treatment research results in significant increase in mother's behavior to do physical activity, eat fruits and vegetables, and to give children growth-promoting animal protein, but does not significantly affect children's height gain.



ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
CC2	<p><b>Author:</b> Kirk Dearden 1, Generose Mulokozi 2, Mary Linehan 1, Dennis Cherian 1, Scott Torres 3, Joshua West 4, Benjamin Crookston 4 and Cougar Hall 4,*</p> <p><b>Journal Identity:</b> International Journal of <i>Environmental Research and Public Health</i></p>	The Impact of a Large-Scale Social and Behavior Change Communication Intervention in the Lake Zone Region of Tanzania on Knowledge, Attitudes, and Practices Related to Stunting Prevention	The purpose of this study was to evaluate if the large-scale SBCC intervention was related to changes in Knowledge, Attitudes, and Skills (KAP) in connection with key MINCH indicators to compare between the initial, intermediate and final surveys.	A total of 14,996 women as caregivers and 6726 men as heads of households in 243 villages and 5 regions of the Lake Zone, Tanzania.	Regression analysis is used to determine differences in Knowledge, Attitudes, Skills (KAP). The initial survey in 2016 with a questionnaire (paper sheet) 2019 and 2020 through smartphones and personal digital.	Many changes in Knowledge, Attitudes, and Practices seen from the initial survey to the second survey and the initial to the final survey and related to the large-scale social and behavioral change communication (SBCC) program in the area. These results provide support for the value of a large SBCC intervention.
CC3	<p><b>Author:</b> Sunny S Kim,<sup>1</sup> Phuong Hong Nguyen,<sup>1</sup> Yisehac Yohannes,<sup>1</sup> Yewelsew Abebe,<sup>2</sup> Manisha Tharaney,<sup>3</sup> Elizabeth Drummond,<sup>4</sup> Edward A Frongillo,<sup>5</sup> Marie T Ruel,<sup>1</sup> and Purnima Menon<sup>6</sup></p> <p><b>Journal Identity:</b> The Journal of Nutrition Community and International Nutrition</p>	Behavior Change Interventions Delivered through Interpersonal Communication, Agricultural Activities, Community Mobilization, and Mass Media Increase Complementary Feeding Practices and Reduce Child Stunting in Ethiopia	The purpose of this study was to determine the impact of intensive Alive & Thrive (A&T) compared to non-intensive intervention on Practice and knowledge about Complementary Food (CF) and anthropometric results of a child.	The population of this study are 2646 families with children aged 6 – 23.9 months in the initial survey in 2015 a total of 2720 and in the final survey in 2017	A randomized group evaluation design with cross-sectional survey among families having children aged 6 – 23.9, months a total of 2646 in the initial survey in 2015 and a total of 2720 families in the final survey in 2017	Providing social and behavior change interventions using various platforms is appropriate and effective, resulting in improvements in the practice of providing complementary feeding (CF) to stunted children over a 2 year period. Nonetheless, interventions need to be continued to broaden the scope of interventions and to improve CF practices in Ethiopia.
CC4	<p><b>Author:</b> Athanasia Budi Astuti 1*, Sri Mulyanti 1, Diyono 2</p> <p><b>Journal Identity:</b> Electronic Journal of General Medicine</p>	The Effectiveness of the Interprofessional Collaboration (IPC) Program on The Attitude of Mothers and Health Cadres on Stunting at Puskesmas Karanganom Klaten Central Java Republic of Indonesia	The purpose of this study was to determine the effectiveness of Interpersonal Collaboration (IPC) on the attitudes of mothers and health cadres regarding stunting.	The population of this study were 90 mothers who had babies under 2 years old and 30 health cadres.	An experimental research was conducted using a quasi-experimental pre-test post-test design.	The result of the survey shows that one of the main factors influencing stunting is the mother's attitude towards stunting. This research seeks to find methods to change mothers' attitudes towards stunting through the Interprofessional



ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
						Collaboration (IPC) program.
CC5	<p><b>Author:</b> Joshua West1*, Ahmad Syafiq2, Benjamin Crookston1, and friends</p> <p><b>Journal Identity:</b> Scientific Research Publishing</p>	<p>Stunting-Related Knowledge: Exploring Sources of and Factors Associated with Accessing Stunting- Related Knowledge among Mothers in Rural Indonesia</p>	<p>The purpose of this study was to address two related research questions: 1) What are the primary sources of Indonesian mothers' stunting-related knowledge? 2) What factors are associated with using these various platforms to access stunting-related information</p>	<p>Mothers with children under 2 years old were taken in 5 regions in Indonesia; Sumatra, Java, Kalimantan, Nusa Tenggara and Sulawesi totaled 745 respondents</p>	<p>Mothers (n = 745) responded to questions about demographics and the source of stunting knowledge, which included hospitals, the Internet, midwives, posyandu (community health posts), and puskesmas (public health centers). Multivariate logistic regression was used to identify factors associated with mothers' reported use of the three most common sources to acquire information about stunting, including posyandu, puskesmas and the Internet</p>	<p>Indonesian mothers are using a variety of platforms and services to acquire information about stunting. These sources are different one from another and each may be an important resource for disseminating health information, especially outside of urban centers. Results from this study may help to identify characteristics of Indonesian mothers who could benefit from acquiring stunting-related information in these formats. Each of these sources of information appears to be utilized by different groups of mothers. This is an important finding as it suggests that each may continue to be a resource for mothers that might not otherwise access stunting information. The Indonesian health system in rural settings has a history of support for posyandu and puskesmas. Moving forward, the Internet may also be used to improve outcomes for children of mothers that do not access information</p>





ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
						through these more traditional means
CC6	<p><b>Author:</b> Amanda C. Haines<sup>1</sup>, Allyn C. Jones<sup>1</sup>, Heidi Kriser<sup>1</sup>, and friends</p> <p><b>Journal Identity:</b> Crookston B.T. <i>et al. Medical Research Archives</i>, vol. 6, issue 11, November 2018</p>	Analysis of Rural Indonesian Mothers' Knowledge, Attitudes, and Beliefs Regarding Stunting	The purpose of this study was to explore factors related to attitudes, knowledge, and beliefs about stunting among rural mothers in Indonesia. These findings can support the efforts of policy makers and program planners in Indonesia to reduce the prevalence of stunting	The study sample consisted of mothers of children under the age of two. The mothers were taken from five regions in Indonesia, including Sumatra, Java, Kalimantan, Nusa Tenggara Southeast and Sulawesi	The researchers conducted at-home interviews for 1 hour with 2100 mothers of children aged 6-23 months in five rural areas in Indonesia. The interviews assessed socioeconomic and educational levels, feeding practices, knowledge of nutrition and stunting, knowledge of sources of nutrition and stunting, and acute child health status	Caregivers' knowledge, attitudes, and beliefs about stunting can be significantly influenced by their exposure to accurate and inaccurate information. From this research, initiatives aimed at reducing stunting in Indonesian children should consider how to integrate the new, improved education system range of exposure and incorporates the use of social networks to influence health behavior change.
CC7	<p><b>Author :</b> Pipit Festi Wiliyanarti<sup>1</sup> , Yuanita Wulandari<sup>2</sup> and Dede Nasrullah</p> <p><b>Journal Identity:</b> Journal of Public Health Research</p>	Behavior in fulfilling nutritional needs for Indonesian children with stunting: Related culture, family support, and mother's knowledge	The purpose of this study was to measure the factors that influence behavior in fulfilling the nutritional needs of toddlers with stunting.	Mothers who have children under 5 years old (6–48 months) in Talang Village, Pamekasan Regency, Madura. The number of samples in this study is 120, selected using random sampling technique.	A descriptive analysis is used to measure the distribution and percentage of variables with a questionnaire measuring instrument	Behavior in fulfilling nutritional needs greatly determines the health status of children. Hence, parents' awareness, knowledge, and multisectors are needed to prevent stunting.
CC8	<p><b>Author:</b> Setia Nisa<sup>1,2</sup>, Prasetyaningsih<sup>2</sup></p> <p><b>Journal Identity :</b> International Journal of Public Health Excellence (IJPHE)</p>	The Effect of Providing Counseling With Audiovisual Methods on the Knowledge of Mothers of Toddlers about Stunting	<p>The aim of this study are:</p> <p>a) It is known that the average level of knowledge of mothers about stunting before being given counseling using the audiovisual method.</p> <p>b) It is known that the average level of knowledge of mothers about stunting after being given counseling using the</p>	The population of this study were mothers who have toddlers in the work area of the Marunggi Health Center, Pariaman City. The sample size for the Quasi Experiment research is 50 people.	This type of research is correlation using Pre-experimental with One Group Pretest-Posttest Design. In the research design, the researcher only intervened in one group without a comparison.	There is a significant effect of providing audio visual counseling on the level of mothers' knowledge about stunting in the working area of the Marunggi Health Center.



ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
			<p>audiovisual method.</p> <p>c) It is known that the effect of counseling with the audiovisual method about stunting at the Marunggi Health Center</p>			
CC9	<p><b>Author:</b> Zahira Mayfitriana1 Anne Agustina Suwargiani2 Arlette Suzy Setiawan3</p> <p><b>Journal Identity:</b> Article published online: 2022-11-09 Thieme Open Access</p>	Growth Stunting Prevention in Indonesia: Dentist Knowledge and Perception	This study is aimed to explore knowledge and perceptions about stunting and growth disorders prevention at the dentist in Bandung.	The number of participants in this study are 76 general dentists and 30 specialist dentists.	Data is collected using knowledge-based questionnaire containing three dimensions, namely knowledge about nutrition, growth and development, and health behavior. Besides, perception The questionnaire contains statements categorized into four dimensions: awareness, adoption, implementation, and maintenance. Questionnaires were distributed online using Google Forms. Descriptive analysis was then performed on the collected data.	Most of dentists in the Bandung city have very good knowledge about growth stunting and its prevention and perceive growth stunting and its prevention positively.
CC10	<p><b>Author :</b> Tri Siswati 1,2,*, Slamet Iskandar 1,2, Nova Pramestuti 3 , dkk.</p> <p><b>Journal Identity:</b> International Journal of Environmental Research and Public Health</p>	Effect of a Short Course on Improving the Cadres' Knowledge in the Context of Reducing Stunting through Home Visits in Yogyakarta, Indonesia	This study is aimed to determine the effect of short courses on the knowledge of cadres.	The participants in this study were 30 Posyandu cadres from 2 villages, namely Muntuk and Jatimulyo in the Dlingo District who could already read and write, and could participate in the full course.	As many as 30 cadres from 2 villages namely Muntuk and Jatimulyo in Dlingo District Yogyakarta, Indonesia, took part in the pre-test and post-test from March to May 2022. Knowledge score	The short course was found to significantly improve the cadres' understanding of CGM, CDM, and IYCF, and to enhance their effective attitude, perception of effectiveness, and self-efficacy. In light of these findings, any



ID	Author and Journal Identity	Title Journal	Objectives	Population and Sample	Method	Summary of Results
					measured by a questionnaire using right and wrong answers after a short course (post-test 1) and 4 weeks later (post-test 2)	training provided to health volunteers must be supported by direct implementation in the target population in order to boost the positive impact and enhance the effectiveness of the health program.
CC1 1	Author: Lely Suryawati1, Harmayetty Harmayetty2, Eka Misbahatul Mar'ah Has2  Journal Identity: <b>PEDIOMATER NAL NURSING JOURNAL Vol. 6, No. 2, September 2020</b>	The Effect Of Supportive Educative Nursing Program On Mother's Knowledge And Attitude Of Feeding Practice Among Stunting Children Aged 6-24 Months	The aim of this research is to analyze the effect of a supportive educative nursing program on the knowledge and attitudes of mothers in feeding stunted children aged 6-24 months.	The population and sample used in this study were 54 respondents and randomly divided into two groups: 27 respondents in treatment group and 27 respondents control group.	The questionnaire instrument was used to explore the knowledge and attitudes of mothers in feeding stunted toddlers. The research data was obtained by conducting a pre-test and post-test.	Intervention of supportive educative nursing programs has significant effect on increasing knowledge and attitudes of mothers in feeding stunting toddlers.
CC1 2	Author: Nour Sriyanah1*, Ilham Syam 1, Suradi Efendi1, Hasriani 1, Satriana Dardi2  Journal identity: Jurnal Keperawatan Volume 14 Nomor S2, Juni 2022	Description of Stunting Incident Factors In Children Based On Transcultural Nursing In The Work Area Of Health Center	The purpose of this study is to find out the description of Factors in the incidence of stunting in children aged 24-59 months based on transcultural care in the workplace area of the Kahu Community Health Center, Kahu District, Bone Regency.	The population of this study were all children aged 24-59 months, totaling 53 people who were in the working area of the Kahu Health Center, Bone Regency. year 2020.	Selecting sample using total sampling technique, with a total sample of 49 people who meet the criteria. Primary data was collected by conducting in-depth interviews and respondents using a list of available questions (questionnaire), while the secondary data is the data were obtained from the Kahu Kahu Health Center in Bone Regency.	The conclusion of this study is that the description of the factors of stunting in children aged 24-59 months is known based on transcultural nursing in the working area of Kahu District, Kahu Regency, Bone Regency.
CC 13	Author: Ika Juita Giyaningtyas1*, Achir Yani Syuhaimie Hamid2  Journal identity:	The Effect Of The Thought Stopping Therapy On Reducing Anxiety Among Mother Of Children With Stunting	The aim of this study is to determine the effect of <b>Thought-Stopping Therapy</b> to reduce anxiety in mothers of children with stunting	The sample of this study is a mother with moderate anxiety. The client is Mrs. I, 22 years old, he has a 2.5 year old diagnosed with stunting.	The method used in this study is a case report. Case report was conducted to determine the effect of	<b>Thought-Stopping Therapy</b> can be used as psychotherapy to reduce anxiety in mothers who have stunted children. Implementation of



ID	Author and Journal Identity	Tittle Journal	Objectives	Population and Sample	Method	Summary of Results
	International Journal of Nursing and Health Services				<i>Thought-Stopping Therapy</i> in reducing anxiety in mothers who have stunted children.	<i>Thought-Stopping Therapy</i> emphasizes the client's ability to control himself. This can affect how clients stop negative thoughts and turn them into positive thoughts.