



The Influence of Parenting Style on the Effectiveness of the Stunting Rate Reduction Program

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ABSTRACT:

Stunting has become a critical issue, particularly in developing countries such as Indonesia. Suboptimal parenting practices are identified as one of the contributing factors to the high prevalence of stunting. This research aims to examine the influence of parenting patterns on the effectiveness of a stunting reduction program in the village of Karangsari, Leuwigoong District, Garut Regency. Employing a quantitative approach, data collection methods encompassed observation, interviews, and the direct distribution of questionnaires to 118 respondents. The data analysis technique utilized in this study is Partial Least Squares Structural Equation Modeling (PLS-SEM). The population under investigation consists of parents whose children are affected by stunting in the village of Karangsari, Leuwigoong District. The findings of data processing reveal that (1) Parenting patterns for stunted children in the village of Karangsari, Leuwigoong District, Garut Regency, particularly democratic parenting, emerged as the most suitable pattern with a score of 91%, denoting excellent criteria; (2) The effectiveness of the stunting reduction program in the aforementioned village is characterized by a high response to program comprehension and accurate targeting, scoring 91% with criteria denoting excellence; and (3) There is a positive and significant influence of parenting patterns on the effectiveness of the stunting reduction program in the village of Karangsari, Leuwigoong District, Garut Regency, as indicated by a positive T-statistic value of 12.003 and a P-value of 0.000, which is less than 0.05.

I. INTRODUCTION

Stunting is a critical issue, and the occurrence of short stature in toddlers, commonly referred to as stunting, is a significant nutritional problem faced by young children, particularly in developing countries like Indonesia (Promkes, 2018). Stunting is defined as the failure of children under the age of five to grow properly due to chronic malnutrition and frequent illnesses, especially during the First 1000 Days of Life (Millati et al., 2021).

Stunting poses a significant threat to the quality of the Indonesian population. Children experiencing stunting are

at risk of lower intellectual development and increased vulnerability to diseases. The impact of stunting is not limited to the first two years of a child's life; individuals with stunting may face suboptimal cognitive abilities and an elevated susceptibility to diseases. The repercussions of stunting extend beyond childhood and can influence individuals into adulthood, potentially leading to a decline in productivity (Khairani, 2020).

The Garut Regency government is currently grappling with health-related issues, one of which is stunting. Stunting is a condition where malnutrition hinders a child's



proper development during childhood, resulting in a stature that is disproportionately short for their age. Despite the issuance of policies to address stunting, such as the Regent's Regulation Number 31 of 2019 on the Role of Villages in

Integrated Stunting Reduction, the incidence of stunting in Garut Regency remains high. The data from the March 2023 results of infant stunting measurements in Karangsari Village, Leuwigoong District, are presented in Table 1.

Table 1: Results of March 2023 Weighing for Stunted Toddlers in Karangsari Village, Leuwigoong District

No	Posyandu	TB/U	Gender		Total	Number of Stunted Toddlers
			M	F		
1	MERPATI 1	Sangat Pendek	3	2	5	11
		Pendek	3	3	6	
2	MERPATI 2	Sangat Pendek	1	0	1	2
		Pendek	1	0	1	
3	MERPATI 3	Sangat Pendek	2	0	2	4
		Pendek	2	0	2	
4	MERPATI 4	Sangat Pendek	0	1	1	9
		Pendek	6	2	8	
5	MERPATI 5	Sangat Pendek	2	0	2	17
		Pendek	7	8	15	
6	MERPATI 6	Sangat Pendek	2	1	3	7
		Pendek	2	2	4	
7	MERPATI 7	Sangat Pendek	0	1	1	8
		Pendek	1	6	7	
8	MERPATI 8	Sangat Pendek	0	1	1	1
		Pendek	0	0	0	
Total						59

Source: Karangsari Village

The table above indicates that, based on the results of weighing infants at various integrated health posts (posyandu), in March 2023, out of a total of 307 measured children, 59 were identified as stunted. The children with stunting were distributed across several integrated health posts in Karangsari Village, Leuwigoong District. The data obtained exhibits considerable variability, categorizing stunting into short and very short criteria. The integrated health post with the highest incidence of stunting is Posyandu Merpati 5, where 2 children fall under the category of very short and 15 children fall under the short category. Meanwhile, for the criteria of very short stunting, Posyandu Merpati 1 has 5 affected children.

According to the Ministry of Health (Kemenkes, 2015), nutritional status influences the development of a quality individual in the future, and nutritional status

determines the advancement or regression of a nation. The evaluation of the nutritional status of toddlers is closely related to the main goals of the Healthy Indonesia Program in the National Medium-Term Development Plan (RPJMN) 2020-2024, which aims to improve the health and nutritional status of children (Kemenkes, 2018). The physical condition of young children is often associated with inherited genetic factors, which are accepted without intervention from both parents. However, as commonly known, genetic factors have the smallest influence on health compared to behavioral, environmental (social, economic, cultural, and political), and healthcare factors (Latif & Istiqomah, 2017).

The behavior and habits of family members are closely tied to parenting styles (Adawiah, 2017). For instance, during pregnancy, mothers are advised to consume nutritious food, maintain personal hygiene, and engage in activities that



provide beneficial stimulation for the baby in utero. Consequently, providing parenting therapy to parents is crucial. Parenting activities are designed to enhance the knowledge and skills of parents in implementing healthy parenting styles for their children, including improving parenting practices to prevent stunting.

One of the causes of nutritional challenges within families is poor parenting. Parenting involves the family's capacity to dedicate time, attention, and support to meet the physical, mental, and social needs of a developing child within the family. Practices such as breastfeeding and supplementary feeding, psychological stimulation, environmental hygiene and sanitation practices, home healthcare for healthy children, and access to healthcare services are examples of parenting styles.

Family habits such as dietary patterns, psychosocial stimulation, hygienic lifestyles, environmental cleanliness, and the utilization of medical services are strongly correlated with the occurrence of stunting in children aged 24 to 59 months. Based on these findings, parenting styles clearly influence child nutrition. This is evidenced by the fact that households or communities in poverty do not always experience poor nutrition. In other words, toddlers with good nutritional status can be found in impoverished or marginalized households. Each child is not solely influenced by the financial capacity of the family and may experience poor nutrition. This suggests that children from wealthy families are potentially prone to malnutrition. Conversely, children with high nutritional status are still prevalent in low-income households (Bella et al., 2019). According to previous research, parenting styles can be interpreted as parents' attitudes toward their children in terms of guiding and nurturing them to ensure their love, attention, and encouragement for their physical, social, and emotional growth and development. Achieving a healthy, intelligent, and productive human resource aligns with the goals of national development.

II. LITERATURE REVIEW

Pola asuh (parenting style) refers to the capacity of individual parents and families to provide time, attention, love, and support to their children to facilitate their optimal physical, intellectual, and social growth and development (Pratiwi et al., 2016). Parenting styles play a crucial role in

the development of children under the age of five. Infancy is a period when children require a consistent supply of food and proper nutrition. As a result, healthcare and nutrition during the first year of a child's existence are crucial for their progress and development (Sarea, 2014).

Good parenting styles are essential in preventing stunting. Behaviors and habits of family members are closely related to parenting. For example, during pregnancy, mothers are advised to consume healthy food, maintain personal hygiene, and engage in enjoyable activities that can provide beneficial stimulation to the baby in utero.

According to Hurlock (2011), there are several variations of parenting styles applied to preschool-aged children, such as:

a. Authoritarian parenting

Authoritarian parenting is a parenting style in which children are forced to do what their parents want them to do. If children refuse to comply with their parents' demands, they often experience pressure and threats. The interaction between parents and children is one-sided and without negotiation (Sarea, 2014). Regarding the provision of food, authoritarian parenting typically imposes strict limits that must be followed at all times. This not only includes regulating the quantity and timing of meals, but authoritarian parents also carefully choose the types of food that their children are allowed to consume. Children are only permitted to consume prepared meals.

The authoritarian parenting approach has the potential to shape various habits in children, such as compromising their ability to recognize feelings of hunger and fullness due to a meal schedule always dictated by parents, children experiencing obesity or malnutrition, a lack of enthusiasm for food or eating activities, and children becoming increasingly anxious as mealtime approaches (Callahan, 2013).

b. Permissive Parenting Style

This permissive parenting approach provides less supervision over their children and tends to indulge them; if the child makes a mistake, parents do not discipline them. On the contrary, children appreciate this parenting style as it is comforting (Sarea, 2014). Along with permissive parenting, parents generally have ambiguous food guidelines. Children have full control over their meal schedule and the types of



food consumed. In addition to having full control over meal scheduling, children also have complete control over food choices. If a child refuses to eat the staple food or the dishes served on the dining table, parents may provide fast food. Individuals with permissive parenting styles often allow their children to chew until they are full before eating. This tendency often leads to children delaying or even ignoring mealtime (Callahan, 2013).

c. Parenting Style Democratic

The democratic parenting strategy is highly beneficial for child education. Parents prioritize the interests and needs of their children. This approach is based on adult thinking and is not overly demanding on the child but guides them based on their skills. Parents of this kind take a very loving approach to raising their children (Sarea, 2014). In the context of food presentation, the democratic parenting style is considered the most balanced, as guardians set consumption patterns for their children while allowing them to choose their food. Democratic parents consistently encourage and accompany their children while they eat without giving directives. This parenting approach is deemed optimal because guardians control the types of food consumed by the child, manage their body weight, control their emotions during meals, and educate the child to control their own food intake while being monitored by parents (Callahan, 2013).

Based on the above description, it can be concluded that the role of parents in raising children, especially stunted children, is crucial. A tentative hypothesis can be proposed that if the parenting style of parents (especially mothers) is poor, particularly in terms of child feeding, it will affect the prevalence of stunting. When a mother in her twenties is

malnourished, even during pregnancy and breastfeeding, the body and brain of her child suffer greatly. Therefore, it is the responsibility of older individuals and the family environment to provide duration, attention, love, and assistance to their children to enable them to grow and develop physically, intellectually, and socially. Parenting styles significantly determine the development of children under the age of five. The toddler stage is a delightful time (Manumbalang et al., 2017).

III. METHOD

In this study, a quantitative research methodology is employed. In terms of the time frame, the research is cross-sectional as it was conducted during a specific period. Based on the data collection method, this research refers to an environment without intervention from the researcher (non-contribute). In terms of the unit of analysis, this study is an individual research involving parents of children who experience stunting in Karangsari Village, Leuwigoong Subdistrict, Garut Regency.

The research data is derived from Karangsari Village, Leuwigoong Subdistrict, Garut Regency. The participants in this study are parents of stunted children in Karangsari Village, Leuwigoong Subdistrict, Garut Regency. Therefore, the study includes the entire population, which consists of 118 respondents, to ensure data sufficiency.

IV. RESULTS AND IMPLICATIONS

From the distribution results over 2 months, 118 respondents who filled out the questionnaire were obtained. The following are the characteristics of the respondents based on gender and education.

Table 2 Sociodemographic Percentage of Respondents

Information	Total	Percentage
Number of Samples	118	100%
Gender		
Male	59	50%
Female	59	50%
Age		
SD - SMP	82	69%
SMA – S1	36	31%



Information	Total	Percentage
Level of education		
Work	59	50%
Doesn't work	59	50%

Source: Research (2023)

Descriptive Analysis

Due to the use of the Likert scale in this study, there are 5 types of responses. The obtained cumulative values range from **the largest cumulative value of 590** to **the smallest cumulative value of 118**. Thus, the highest percentage value is obtained as $\frac{590}{590} \times 100\% = 100\%$.

Meanwhile, the lowest percentage value is $\frac{118}{590} \times 100\% = 20\%$. The score range value in this study is obtained as 16%, and the descriptive analysis assessment is presented in tabular form.

Table 3 Descriptive Analysis Assessment

Class	Percentage	Criteria
1	20% - 36%	STS
2	>36% - 52%	TS
3	>52% - 68%	N
4	>68% - 84%	S
5	>84% -100%	SS

Source: Research (2023)

Below is a description of the descriptive analysis of respondents' responses regarding the influence of parenting styles on the effectiveness of reducing stunting rates.

Parenting Styles

In this study, the theory of parenting by Hurlock (2011) is utilized, which mentions that children are raised using various parenting methods, including authoritarian

parenting, permissive parenting, and democratic parenting. The following is a descriptive analysis of respondents' responses:

a. Authoritarian Parenting Style

The table below presents the score results of responses to the authoritarian parenting style as evaluated by the respondents.

Table 4 Respondents' Responses to the Authoritarian Parenting Style Variable

No	Indicator	Rata-rata	N	Skor
1	Firm	3.15	118	372
2	Reprimand	2.97	118	350
3	Communication	4.05	118	478
4	Composition	4.50	118	531
5	Regulation	3.55	118	419
6	Meal Schedule	4.23	118	499
Total Score				2649
Percentage Score				75%

Source: Research (2023)



From the obtained scores, the authoritarian parenting style is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of good. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements

cover aspects of firmness, reprimands, communication, composition, rules, and meal schedules.

b. Permissive Parenting Style

The table below presents the score results of responses to the permissive parenting style as evaluated by respondents.

Table 5 Respondents' Responses to the Permissive Parenting Style Variable

No	Indicator	Rata-rata	N	Skor
1	Supervision	4.55	118	537
2	Clear rules	4.39	118	518
3	Attention	3.87	118	457
4	Control	3.91	118	461
Total Score				1973
Percentage Score				84%

Source: Research (2023)

From the obtained scores, the permissive parenting style is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of good. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements

cover aspects of supervision, clear rules, attention, and control.

c. Democratic Parenting Style

The table below presents the score results of responses to the democratic parenting style as evaluated by respondents.

Table 6 Respondents' Responses to the Democratic Parenting Style Variable

No	Indicator	Rata-rata	N	Skor
1	Priority	4.20	118	496
2	Demands	4.80	118	566
3	Guide	4.83	118	570
4	Chance	4.64	118	548
5	Support	4.48	118	529
6	Supervision	4.43	118	523
Total Score				3232
Percentage Score				91%

Source: Research (2023)

From the obtained scores, the democratic parenting style is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of excellent. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements

cover aspects of prioritization, demands, guidance, opportunities, support, and supervision.

Effectiveness of the Stunting Reduction Program in Karangsari Village, Leuwigoong Subdistrict, Garut Regency



In this study, the theory by Sutrisno (2007) on effectiveness is utilized. It is mentioned that to assess the success of a program, factors such as program understanding, target accuracy, timeliness, goal achievement, and tangible changes need to be considered. The following is a descriptive analysis of respondents' responses:

a. Program Understanding

The table below presents the score results of responses to the understanding of the program as evaluated by respondents.

Table 7 Respondents' Responses to the Program Understanding Variable

No	Indicator	Rata-rata	N	Skor
1	Know the program	4.42	118	522
2	Understand the program	4.33	118	511
3	Responsibility	4.33	118	511
4	The role of officers	4.41	118	520
5	Program information	4.43	118	523
6	Socialization	4.42	118	522
7	Scheduled programs	5.04	118	595
Total Score				3705
Percentage Score				91%

Source: Research (2023)

From the obtained scores, the understanding of the program is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of **excellent**. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements

cover aspects of knowing the program, understanding the program, responsibility, officer's role, program information, socialization, and scheduled programs.

b. Target Accuracy

The table below presents the score results of responses to the target accuracy as evaluated by respondents.

Table 8 Respondents' Responses to the Target Accuracy Variable

No	Indicator	Average	N	Score
1	On target	4.48	118	529
2	Compliance with the program	4.50	118	531
Total Score				1060
Percentage Score				91%

Source: Research (2023)

From the obtained scores, the target accuracy is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of excellent. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the

table above, where the provided statements cover aspects of meeting the target and program suitability.

c. Timeliness

The table below presents the score results of responses to timeliness as evaluated by respondents.



Table 9 Respondents' Responses to the Timeliness Variable

No	Indicator	Rata-rata	N	Skor
1	Timeliness in the program	4.31	118	509
2	Time effectiveness in the program	4.26	118	503
3	Time period			
4	Short term	4.07	118	480
5	Medium term	4.08	118	481
6	Long term	4.10	118	484
Total Score				2457
Percentage Score				83%

Source: Research (2023)

From the obtained scores, the timeliness is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of excellent. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements cover aspects of

timeliness in the program, effectiveness of time in the program, short-term, medium-term, and long-term duration.

d. Achievement of Goals

The table below presents the score results of responses to the achievement of goals as evaluated by respondents.

Table 10 Respondents' Responses to the Achievement of Goals Variable

No	Indicator	Rata-rata	N	Skor
1	Results of goal implementation	4.30	118	507
2	Achievement of goal implementation	4.17	118	492
3	Effectiveness of goal implementation	4.19	118	494
4	Barriers to implementation	3.81	118	450
Total Score				1943
Percentage Score				82%

Source: Research (2023)

From the obtained scores, the authoritarian parenting style is evaluated by respondents, as seen in the table. Respondents' answers fall within the criteria of good. This is evident from the distribution of questionnaires given to parents with stunted children as respondents in the study, as detailed in the table above, where the provided statements

cover aspects of the implementation results of goals, the achievement of goal implementation, the effectiveness of goal implementation, and obstacles in implementation.

e. Real Changes

The following table presents the score results of respondents' responses to real changes.

Table 11 Respondent Responses to Real Changes Variable

No	Indicator	Average	N	Score
1	Impact of the program	4.11	118	485
2	Program success	4.21	118	497
3	Ease of service	4.19	118	494
Total Score				1476
Percentage Score				83%



Source: Research (2023)

From the obtained scores, the authoritarian parenting style was assessed by the respondents, as can be seen, the respondents' answers fall within the good criteria. This is evident from the distribution of questionnaires given to parents whose children are stunted as respondents in the study, as detailed in the table above where the statements provided include the impact of the program, the success of the program, and the ease of service.

To draw conclusions based on questionnaire data and interviews that program understanding and appropriateness of targets received high responses in this study, as evidenced by respondent responses to the program understanding and appropriateness of this target variable obtaining the highest

score of 91%, which falls into the excellent criteria. This is in line with effectiveness according to Sutrisno (2007), where program understanding is measured by the community's ability to understand program activities and the appropriateness of targets in terms of what is desired or achieved.

Outer Model Evaluation

A variable is considered to meet the criteria of Cronbach's alpha or reliability if it has a Cronbach's alpha value > 0.7 . The following table shows the Cronbach's alpha values for each dimension

Table 12 Cronbach's Alpha Values by Dimension

Variable	Cronbach's Alpha
Authoritarian Parenting Style	0,653
Permissive Parenting Style	0,790
Democratic Parenting Style	0,882
Program Understanding	0,940
Right on target	0,992
On time	0,937
Achievement of Goals	0,940
Real Change	0,955

Source: Research (2023)

Based on the table above, the Cronbach's alpha values for each dimension and variable are > 0.6 . Thus, the results indicate that each research variable meets the Cronbach's alpha value criteria.

Inner Model

The assessment of goodness of fit is detailed in the fit model table. The following are the results of the fit model test in this study.

Table 13 Goodness of fit index

	Saturated Model	Estimated Model
SRMR	0,097	0,122
d_ULS	10,621	16,903
d_G	n/a	n/a
Chi-Square	Infinite	Infinite
NFI	n/a	n/a

Source: Research (2023)



From the test results, it can be seen that the SRMR value is 0.097, and the d_{ULS} value is 10.621. *The goodness-of-fit* value can be assessed from the SRMR value, where the model is considered a good fit if $SRMR < 0.1$. Therefore, it can be said that the model fits the data because the SRMR value is 0.097, which is less than 0.1.

Hypothesis Testing Analysis

Based on the test results and data processing conducted to answer the proposed hypotheses, it can be concluded that the hypotheses are accepted. The following is an analysis related to the influence between variables according to the proposed hypotheses.

Table 14 Hypothesis Testing Conclusion

Hypothesis	Description	P-Value	Results
Ha1	Parenting patterns have an influence on the effectiveness of reducing stunting rates in Karangsari Village, Leuwigoong District, Garut Regency.	0.000	Accepted

Source: Research (2023)

From the hypothesis testing results, it is found that the P-Value influencing the parenting style on the effectiveness of reducing stunting in Karangsari Village, Leuwigoong District, Garut Regency is 0.000 with a positive T Statistics value. Therefore, it can be concluded that there is an influence of parenting style on the effectiveness of reducing stunting in Karangsari Village, Leuwigoong District, Garut Regency. This investigative finding is consistent with previous research by Bella et al. (2019), where preschool children with appropriate height have regular eating habits, parenting patterns, hygiene habits, and a tendency to seek better health services than toddlers who experience stunting with similar family economic backgrounds.

V. CONCLUSION

Based on the research results, it can be concluded that the parenting style for stunted children in Karangsari Village, Leuwigoong District, Garut Regency, a democratic parenting style is suitable for this study. Meanwhile, the effectiveness of reducing stunting in Karangsari Village, Leuwigoong District, Garut Regency, understanding of the program and hitting the target received a high response in this study. Additionally, there is a positive and significant influence of parenting styles on the effectiveness of the stunting reduction program in Karangsari Village, Leuwigoong District, Garut Regency.

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