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## SOCIAL SUPPORT FOR CHILD GROWTH AND DEVELOPMENT IN AN UNDERDEVELOPED VILLAGE OF INDONESIA

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**Abstract:** - The first years of life is very important because it is developmental basic or determinant of the next development of toddler. Support fulfillment of growth and development is needed at this time. Especially balance nutrition, stimulation, and early education support. But the reality showed us that there are many children get less support for their growth and development based on data low nutrition prevalence 13,9%, severity nutrition 5,7%, and short stature prevalence 37,2% of too short stature 18% (Indonesian Health Research, 2013) and almost 16% of toddler got brain and nerves development problems (Indonesian Health Ministry, 2006), it's also support by the data of early childhood education participation of toddler 69,4% (Indonesian Education Ministry, 2013). It could be really need to assest social support for child growth and development in an underdeveloped village as there are 183 underdeveloped district in Indonesia (RPJMN 2010-2014 in Hamidi, 2014). Objective: This study aimed to analyze the effect of social support for growth and development of 3-6 years children in Soket Dajah Village Bangkalan District. Method: The study design was observational-analitic with cross-sectional, sample were 50 mothers and her 3-6 years children in Soket Dajah village. Social support as independent variables, growth and development as dependent variables. Data was collected by interview uses questionnaires, informal interview and anthropometric measurements, analyzed by path analysis test. Result: The data analysis showed that the majority of social support was good (64%), most of the child growth was appropriate (88%), most of the child development was appropriate (50%). Path analysis test showed that there was an effect of social support to child growth and development according to  $t=5,443 > t_{table}=2.0$  and  $t=6,317 > t_{table}=2.0$ . The conclusion was social support affected growth and development of 3-6 years children, so that the health workers, CHWs and public figures were expected to be more active to provide education about the benefits of health care in society like nurturing guidance class, early childhood education and other society child-health service to make sure that parents could understand and were expected to participate actively in all activities of optimizing child growth and development.

**Keywords:** Social Support, Child, Growth, Development

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## INTRODUCTION

Child health level could show us the health of next generation because child as the next generation have potencial bases to be developed in developing nation (Hidayat, 2007). Health developed as a part of the action in developing human completely such as action in child health care through an early childhood health care (Indonesian Health Ministry, 2005).

BP-BKB (2010) toddler is “golden period” that would be happened once in human life cycle and would never back again. Child would growth so fast at the age between 3-6 years old, even it’s not as fast as before (Papalia, et al, 2014). At this age, self capacity building happens emotionally and socially, physical coordination, skill of concrete thinking (NRCFCPPP, 2009) and brain sinaps developing gets multiple more than adult (Huttenlocher, 1987 in Fasli, 2015). Optimal growth and development achievement depends on biological potention that is the result of any related interaction, such as genetic factor, bio-physical-psycho-social environment and behavior. This is a unique process and different result to give own character for every child (Soetjningsih, 1995). Soket Dajah village is one of underdeveloped village in Bangkalan district. Most of villagers are a farmer or farm workers 63,1% and rain watering farm system 63,1% (Statistic Center of Bangkalan, 2011). It could give an impact economically to fulfill their daily life needed depend on harvest product conditionally and harvest selling. In this village, there are 104 toddler based on local midwife report on January 2015. That child are growing and developing by low income family relatively and fragile as underdeveloped village.

Underdeveloped area is district area that relatively less developed than other area scale nationally and people are left behind relatively (Indonesian Ministy of underdeveloped area in Hamidi, 2015). There are too many underdeveloped area, and too complex and different health problems, one of them is child growth and development problem.

Early reseach of study showed that only 78,13% toddler is participated in posyandu as regular society health care, severity malnutrition 0,44% (Bangkalan Health departement, 2013) and early education participation of toddler in Bangkalan district is only 43% in 2013.

Child growth and development care could reach children in this village by health and nutrition care in 3 posyandu. But, only one of them are integrated with early education and parenting guidance class as Taman Posyandu that could give holistical care for child growth and development. The fact show that there are only 37 children were registered in early education less than 50% as the younger age is 3 year and the oldest is 6 year and more. The number of Taman Posyandu participation give us a description of low mother conciousness and knowledge

as child caregiver and it could be influenced by low social support that mother could accept from environment to optimize her child growth and development.

Community could give a social support out of family to parenting context of parent (Crnic and Acevedo, 1995 in Berns, 2007). Social support to mother help her to fulfill child needed. It could be assessed through the participation of mother who join Taman Posyandu to enroll her children in early childhood education, attend parenting guidance class, and come to posyandu. It couldn't be optimal because it is still influenced by the weather, season or work hour to sell their harvest called "*pasaran* time" and the agricultural season so the attendance of parents to join parenting guidance class and posyandu may be lower if the meeting is not taken by thinking over about it.

According to research of Stevens (1988) social support for mother, mainly instrumental support that comes from the support of family members and experts can lead to the ability of parenting, while, organizing and facilitating a holistic early childhood have an impact on growth and development, both physical-motoric, cognitive, language and social development becomes more complete and better, so better preparation of children (school readiness) to join further education (Hastuti in Dirjen PAUDNI 2011). early childhood education contribute to: (1) increasing the efficiency of education, namely decreasing grade repetition rate and improve the child's ability to complete higher education; (2) increasing the productivity of labor, welfare, and tax revenue; and (3) declining crime rates and social welfare issues (UNESCO, 2005 in Dirjen PAUDNI 2011). According to Barnett (2009) in Dirjen PAUDNI (2011) welfare of children who attend and who do not join early childhood education in adult life have significant differences. An early childhood education integration efforts, parenting guidance class and posyandu can be one of the community-based efforts to optimize children's growth mainly in underdeveloped areas so that children in underdeveloped villages are able to compete with children who live in the city and get a more adequate social support.

Inadequate social support in Soket Dajah society proposed by midwife because of lack of education possessed by the population, especially women who graduate only in elementary school or did not complete elementary school because of the lack of proper support for early marriages are happening in this village so that women could not complete elementary school, it could impact to less parenting knowledge of expectant mother that obtained only from cultures in her family that applied to her children. One of the things that is very rooted about infant nutrition knowledge that has been given to eat smooth banana (age 0 days). it shows lack of knowledge of mothers about balanced nutrition for children as well as wrong culture about banana is considered as a good thing for child health and this certainly can cause problems for

child growth that is according to the data of Bangkalan Health Department that child malnutrition in Tragah reached 2.93% in 2012 and it is one of the highest in Bangkalan.

Systemic complexity is less support of optimal children growth and development could not be resolved and yet get optimal support of the community as well as can be seen from the low number of volunteers or CHWs who are willing to support the activities of Taman Posyandu or posyandu in the region that there are only 5 CHWs to 3 Posyandu that there are needed 15 CHWs ideally. In addition, the low participation in the community also supports the low number of children who attend Taman Posyandu and that is only 40% with the lowest age was 3 years, according to data of midwife.

Based on the problems described above, the researchers felt the need to conduct research on Social Support on the growth and development of children in Soket Dajah Village of Bangkalan District.

## **MATERIALS AND METHODS**

This research was analytic observational research is conducted to determine the effect of two variables: social support variables and the dependent variable is the growth and development of children and it was conducted in April 2015.

Population is the whole subject of study that meet the criteria established (Nursalam, 2008). The population in this study were all children aged 3-6 years old and his mother were grouped in children who join Taman Posyandu as many as 21 children and who do not join Taman Posyandu in rural as many as 35 children.

The sampling method is simple random sampling to obtain a sample of cases that represent the parent population. Based on formula calculation, researcher get minimum sample size 50 respondents who join and didn't join Taman Posyandu as child growth and development optimalization activities. The sample needed to fulfill the inclusion criteria, such as: 1) babysitter is the mother, 2) The child does not have congenital abnormalities and severe illnesses, 3) The mother gives consent to participate in research and, exclusion criteria, such as: 1) Type of nuclear family is not family (extended, single parent family), 2) There is also a toddler brother.

In this data collection techniques, researchers used data from the primary data source. Primary data is the first data obtained by researchers when the study is the informal interview, weigh children with scales and measure the child's height with microtoise as well as measuring the circumference of the child's head with metlin. Researchers also used questionnaire to interview.

Forms of data collection instruments is the scale (1-4). Secondary data were obtained from the midwife about the identity of respondents, and a general description of the location.

Data were analyzed by univariate analyzes that performed on each variable of the results of this study to look at the frequency distribution and percentage of research results, and also processing of data on the variables examined using multivariate PLS programme. Multivariate analysis using path analysis, namely the development of the regression statistics, so that regression analysis can be considered as a special form of path analysis. Path analysis aims to describe and test the model of the relationship between variables in the form of causality (Sugiyono, 2009).

## **RESULT AND DISCUSSION**

Soket Dajah Village is an underdeveloped village of 18 underdeveloped villages. The total area of the village was 1.65 Km. Villagers thoroughly as many as 1470 women and 1167 men and the majority of the population are farmers.

Available health worker is only one midwife with educational background of midwifery diploma. Midwives have been certified APN, but yet have some basic certifications such as CTU, etc. Availability of health workers is not sufficient given the area and number of residents in thi village will reduce the affordability because midwife's location is difficult to reach by people, the quality and acceptability of the people in the village for health workers that is still many villagers entrust their health to the local shaman if experiencing health problems so that the existence of shamans still have a role in village life, including providing aid delivery services and public health services.

Total of CHWs is inadequate that there should be at least 5 CHWs to support 1 Posyandu cadres can affect the quality of child growth and development care in underdeveloped village.

The implementation of Taman Posyandu as one of child growth and development health care is one roof integrative services. Posyandu was held once a month regularly, parenting guidance class was 1-2 times a month, and early childhood education was held for 6 days in a week.

### 1.1 Social Support

**Table 1 Crosstab based Social Support in mothers of children aged 3-6 years in Soket Dajah Village of Bangkalan District in April 2015**

Social Support	F	%
Very Good	17	34
Good	32	64
Enough	1	2
Less	0	0
Total	50	100

Description for the above table is mothers of children aged 3-6 years in this village get mostly good social support (64%), very good (34%) and enough (2%).

Social support based on interpersonal relationship to help people, in generally it was given by someone that mean to us. It could be giving information, caring, appreciating, helping or support financially, so that people feel valuable, loveable, and caring (Sarason, 1987; Sarafino, 2006).

Good social support obtained from the magnitude of the support obtained and has been felt by the mother in the form of emotional support and appreciation, friendship support, instrumental support and informative support from the mother's participation in the activity of child growth and development in village, according to informal interviews that comes from emotional support and appreciation as well as instrumental support which both the husband and the mother in this village primarily Madurese race with "taneyan lanjhang" culture where all the closest relatives build houses in a yard with a place to pray together. The main provision of social support and culture course hard felt in urban environments tend to be more individualized. Besides active CHWs to participate satisfy emotional and appreciation support and support by peer group, friendship and informative support assisted by health workers can help mothers to supply the needs in providing parenting on children. Fulfillment of a good social support for mothers will help to supply the needs of mothers in giving parenting to child.

**Table 2 Cross tab based on the 3-6 years old child growth in Soket Dajah Village April 2015**

Growth	F	%
Appropriate	44	88
Doubth	5	10

Not Appropriate	1	2
Total	50	100
t = 5,443, t table =2.0		

Description for the above table is mothers of children aged 3-6 years in this village get mostly appropriate growth (88%), doubt (10%), and not appropriate (2%). Statistical test showed that there's an effect of social support to the growth of children.

Social support give positive impact of growth and development (Suryanto et al., 2014), regular health care, not only while our child got sick but also weighing regularly every month to support their optimal growth and development (Soetjningsih, 1995).

Overall children who join Taman Posyandu has an appropriate growth because children who attend posyandu get social support services of their health such as weighing and height at regular intervals in an integrated Taman Posyandu even though there is no measurement of the circumference of the head by Nelhauss graph so that the monitoring of the nutritional status of children can continue to be monitored well and the PMT as well as joint training of cadres for the processing of additional food at home using nutritious local foodstuffs has helped mothers in meeting the nutritional needs of children in a nurturing and stimulation at home. Whereas children who do not join the park Posyandu is not uncommon in attendance at posyandu are irregular, especially during the "pasaran" trade and farmer season who makes the mother for months ignoring the presence in posyandu as child health center so that their growth problems unknown to the mother and never solved, as well as the mother nor understand nutritionally balanced according to the results of an informal interview.

**Table 3 Cross tab based on the 3-6 years old child development in the Soket Dajah Village April 2015**

Development	F	%
Appropriate	25	50
Doubth	8	16
Maybe any deviation	17	34
Total	50	100
t= 6,317 , t table=2.0		

Description for the above table is mothers of children aged 3-6 years in this village get mostly appropriate development (50%), doubt (16%), and maybe any deviation (34%). Statistical test showed that there's an effect of social support to the development of children.

Bronfenbrenner (1994) said that if we want to understand human development, we need to know the whole ecological system that growth happened. This sistem consist of 5 subsistem that support and guide human growth socially. At first, mycosystem based on relationship between development and environment such as school, and family, and macrosystem based on the culture, economics, knowledge.

Mothers who participate in Taman Posyandu get a briefing how to provide stimulation at home and children could receive stimulation regularly and also developmental evaluation every semester. While children and his mother who had never been exposed services provided in Taman Posyandu such as early childhood education as a means of stimulation of children according to age and family-toddler guidance class to support mothers' knowledge and provide stimulation at home can affect children who have the disorder and developmental delays could not monitored so there may be a deviation according to the data in the table 3. In addition to low economic community in the underdeveloped village of livelihood as farmers or farm laborers according to informal interviews also supports the difficulty of joining the early childhood education in this village besides the mother expressed about the mileage is considered far and mother felt did not have time to deliver children show the less mothering conciousness of the importance of it and aspects of child development that affect it.

## **CONCLUSION**

There is an effect of Social support for Child Growth and Development. Hopely there would be an education for society about the importance of supporting child growth and development especially in underdeveloped area in Indonesia.

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