

Mother's Perception of the Effect of the Bina Keluarga Balita (BKB) Program on Growth Development

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Abstract

The Bina Keluarga Balita (Toddler Family Development) program is designed to monitor and handle problems in the community. Mother's perception of this program should be assessed to find out their understanding of this program, monitor the growth of toddlers by examining the Kartu Menuju Sehat (Health Care Cards), and observe the development of toddlers by examining the Kartu Kembang Anak (Child Development Cards). This study aims to assess mothers' perception of the influence of the Bina Keluarga Balita program on the growth and development of toddlers. This quantitative research employed a cross-sectional design. The data were processed using a chi-square test. This study involved 45 mothers of children under five, The sampling was determined using the Lameshow formula. This study has revealed a relationship between mothers' perception of the growth and development of toddlers, as shown by the statistical result of $p < 0.05$. Meanwhile, the relationship between the mothers' perception of the growth and development of toddlers has a p -value = 0.007. Finally, the relationship between the mother's perception of the development and the development of toddlers has a p -value = 0.017. It is concluded that the mothers' perception and toddlers' growth and development have an interrelated relationship. Thus, a good perception will create more significant growth and development in toddlers.

Keywords: Bina Keluarga Balita (BKB), KKA, KMS, Mothers' Perception

Introduction

The golden age of children is between 0-6 years old while the first 1000 days of life is a period of very rapid intelligence development (Oktriyanto, 2016). In the process of growth and development, children under five require the first basic needs, namely physical-biomedical nurturing needs that include fulfillment of nutritional needs, breastfeeding, complementary feeding, balanced menus, immunizations, and education. These needs enable children to manage attitudes and behavior according to norms and rules. Moreover, the need for emotion or affection should be obtained from the bond and interaction between parents and children to ensure the realization of a sense of security. The last need is the need for stimulation (sharpening), which refers to a process of preparing children to readily enter the next stage of growth and development through gradual learning, education, and coaching according to their age (Wijayanti, 2018).

The 2019 National Medium Term Development Plan (RPJMN) determines that the percentage of children's nutritional status is 28%. However, this goal has not been achieved because at least 29.9% of children suffer from undernutrition, and short and very short nutritional problems are still

found (Riskesdas, 2018). The 2018 Basic Health Research (Riskesdas) explains that the prevalence of short toddlers is another benchmark to measure the success of programs carried out by the government. The 2015 Dual System Education (PSG) survey reports that the prevalence of stunted toddlers in Indonesia has reached 29%. This figure decreased to 27.5% in 2016. However, the prevalence of short toddlers increased to 29.6% in 2017. Therefore, it is necessary to have participation from all parties so that the designs created by the government can overcome the stunting problem (Rahmadhita, 2020).

The Bina Keluarga Balita (Toddler Family Development) Program is a part of the Family Planning program to increase parents' and other family members' insights and skills in fostering or caring for children according to their age and development stages (Wahyuni et al., 2014). The Bina Keluarga Balita program (henceforth called BKB) is a policy that affects people's lives and an activity that must be carried out collaboratively by cadres, child caretakers, parents, caregivers, etc. BKB aims to directly and institutionally solve problems in the community that affect people's lives (Hariani et al., 2019).

A study by Djabbar (2013) has discovered that BKB has not been successfully implemented in the application process because many parents still do not understand the content of the BKB Program. As a result, children do not grow and develop optimally. Handayani et al. (2017) state that working parents will negatively influence children's cognitive and mental functions. Unfortunately, parents sometimes do not really understand this.

Method

This quantitative descriptive research was conducted by providing information or data in the form of numbers and explanations. The data were then presented based on descriptive statistical analysis. This study employed a cross-sectional design by observing the independent and dependent variables at the same time. This study observed the mother's perception of the influence of the BKB Program on toddlers' growth and development.

Data were collected using a questionnaire and interviews with mothers of children under five. The population of this study was mothers of children under five who met the predetermined criteria. Meanwhile, the sampling was selected using the Lameshow formula, as follows.

$$n = \frac{N \cdot Z_{1-\alpha}^2 \cdot p \cdot q}{d^2 (N-1) + Z_{1-\alpha}^2 \cdot p \cdot q}$$

Information:

- n : Number of samples
- p : Approximate proportion (0.2)
- q : 1-p
- d : Absolute precision (10%)
- $Z_{1-\alpha}^2$: Statistics Z (Z = 1.96 for $\alpha = 0.05$)
- N : Large population

The samples of this study were 45 people who met the sample criteria. They were selected from five villages in Simpang Tiga District, Pidie Regency in February 2021. These villages were Raya Paleu Village, Lambideng Village, Cot Paleu Village, Mamplam Village, and Sagoe Village.

The relationship between variables was determined by comparing the chi-square test with a 95% confidence level and the p-value with an alpha error rate of 5% (0.05). If the p-value is < 0.05, H_a will be accepted. Meanwhile, if a p-value is > 0.05, H_a will be rejected. The 2 x 2 chi-square table test has an expected value of < 5 (1, 2, 3, 4, and 5), as shown by Fisher's test. If the 2 x 2 table does not have an expected value of < 5 (0 cells), the continuity correction is seen. The research data are presented in the form of tables and textbular/narrative. Thus, readers can easily understand the results of this research.

Results

This study interviewed 45 mothers of children under five. Table 1 shows that 26.7% of interviewees are 36 years old (12 people), and 73.3% are 36 years old (33 people). The data on education show that 13.3% of the respondents (6 people) earned a diploma's or bachelor's degree in maternal education, 60% (27 people) earned a high school level, and 6.7% (12 people) earned a junior high school and elementary school levels². The data on occupation show that 88.9% (40 people) are housewives, 6.7% (3 people) are honorary teachers, and 4.4% (2 people) are farmers. Meanwhile, the data on toddlers show that 46.7% (21 people) of toddlers are 12 months old, and 53.3% (24 people) are under 12 months old. The Health Care Cards show that 24.4% of toddlers (11 children) have unrising graphs of growth while 75.6% (34 people) have rising graphs of growth.

Table 1. Distribution of Samples' Characteristics

Variables	Jumlah	
	n	%
1. Umur ibu		
a. Dewasa Awal (26-35Tahun)	12	26.7
b. Dewasa Akhir (36-45 Tahun)	33	73.3
2. Pekerjaan ibu		
a. IRT	40	88.9
b. Guru Honorer	3	6.7
c. Tani	2	4,4
3. Pendidikan ibu		
a. Tinggi (DIII/S1)	6	13,3
b. Menengah (SMA)	27	60
c. Dasar (SD/SMP)	12	26,7
4. Umur Balita		
a. Diatas 12 Bulan	21	46,7
b. Dibawah 12 Bulan	24	53,3
5. Grafik KMS		
a. Tidak naik	11	24.4
b. Naik	34	75.6
Total	45	100

Meanwhile, Table 2 shows that 77.8% of mothers (35 people) have a good perception of the BKB Program while 22.2% (10 people) have a poor perception. Moreover, 75.6% of toddlers (34 people) show growth in accordance with the variable of Health Care Cards while 24.4% (11 people) do not. Meanwhile, 80% of toddlers (36 people) show growth in accordance with the Child Development Cards while 20% (9 people) do not.

Table 2. Frequency Distribution of Mothers' Perception of Health Care Cards and Child Development Cards

Variables	Jumlah	
	n	%
1. Persepsi Ibu Balita		
a. Baik	35	77.8
b. Kurang	10	22.2
2. Health Care Cards		
a. Sesuai	34	75.6
b. Tidak Sesuai	11	24.4
3. KKA		
a. Sesuai	36	80
b. Tidak Sesuai	9	20
Total	45	100

Table 3 shows that the mother's perception is significantly related to their toddlers' growth. This statement is shown by the p-value of 0.007. Moreover, the mothers' knowledge is related to the toddler's development with a p-value of 0.017. This result indicates a relationship between the two variables.

Table 3. Relationships between Mothers' Perceptions and Toddlers' Growth and Toddlers' Development

Persepsi Ibu	Pertumbuhan Balita (Health Care Cards)				Total	α	P-value	
	Tidak sesuai		Sesuai					
	n	%	n	%				
Tidak baik	6	60	4	40	10	100	0.05	0.007
Baik	5	14.3	30	85.7	35	100		
Total	9	20	36	80	45	100		
Persepsi Ibu	Perkembangan Balita (KKA)				Total	α	P-value	
	Tidak sesuai		Sesuai					
	n	%	n	%				
Tidak baik	5	50	5	50	10	100	0,05	0,017
Baik	4	11,4	31	88,6	35	100		
Total	9	20	36	80	45	100		

Discussion

The Effects of Mother's Perception of Toddler Family Development Programs on Toddlers' Growth

Table 7 shows that the statistical test value is $p = 0.007$ ($p < 0.05$). This score indicates a relationship between the mothers' perception of the Toddler Family Development Program and the toddlers' growth. The obtained results are supported by Oktriyanto (2016) who states that toddlers with family

participation in caring them for show more significant growth in physical and other aspects than those without family participation. The result of this research is also supported by Rahmayanti and Fitriyah (2019) who have discovered that mothers' perception of BKB greatly affects their toddlers' growth process. This program is expected to increase mothers' knowledge and consists of counseling and weighing toddlers. Therefore, any abnormalities can be detected early.

Meanwhile, Djabbar (2013) has revealed that Health Care Cards are used to record children's growth, and this record is easily understood by parents after attending counseling using the doctrinal method of the BKB program. Meanwhile, Surya (2015), deploys that parental attention to children helps them grow; the better the parents' perception is, the better the children's achievements will be.

The relationship between mothers' perception and their toddlers' growth is determined by the mothers' insight or knowledge of being a quality parent. Therefore, the knowledge from the BKB counseling is expected to help toddlers grow more optimally (Furqon, 2014).

Mothers' Perception of the Effect of Toddler Family Development Program on Toddlers' Development

Diana (2010) argues that the development of toddlers is seen from the physical, psychological, and intelligent aspects. If the growth and development needs are met, toddlers' growth and development will be amazing at the age of three. Furqon (2014) also argues that mothers' excellent perceptions depend on the quality of human resources, trained cadres, extension presenters, the budget of the BKB program, materials, and media to implement the program.

Table 8 shows that the result of the statistical test value is $p = 0.017$ ($p < 0.05$). This result indicates a relationship between mothers' perception of the influence of the toddler family development program and toddlers' development. The results of this study are also supported by Djabbar (2013), who discovers that toddlers' development can be seen using Child Development Cards. After attending the BKB program, parents will more easily monitor their toddlers' development.

The good mental or spiritual development of children will require them to be courteous. As a result, they get a sense of comfort and security from the family and the surrounding environment. This teaching is one of the materials from the BKB program (Rahmayanti & Fitriyah, 2019). This program consists of activities that use media in the form of educational game tools (APE) and counseling simulations. The stimulation process is summarized in the form of a booklet used as an implementation guide. Meanwhile, APE is a game tool that can optimize children's development (Furqon, et al 2014).

The relationship between mothers' perception and the toddlers' development is shown in mothers' insight or knowledge who try to be a quality parent. Thus, knowledge from the BKB counseling program helps toddlers develop more optimally (Furqon, 2014). The results of this study also meet the objectives of the BKB Program, namely increasing the knowledge, skills, awareness, and attitudes of parents to prepare education for toddlers. In addition, BKB aims to understand toddlers' development and the next life (Djabbar, 2013).

Conclusion

The results of this study show that the mothers have a good perception of the BKB Program because their toddlers have good growth and development. This result concludes a relationship between the mothers' perception and their toddlers' growth with a p-value of 0.007. Moreover, the

mothers' perceptions are significantly related to their toddlers' development as shown by a p-value of 0.017.

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