Conference Paper

Relation between Knowledge and Mother’s Occupation with Growth and Development of Children between Ages 5-6 in Tk At-Taqwa Cimahi

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Abstract
In Indonesia, 45.7% toddlers experienced growth and development disorders. As a candidate for the nation’s next generation, the quality of their growth and development needs serious attention. Knowledge and awareness of mothers play significant role towards child growth and development. Mother’s occupation, in general, can depict the broadness of the mothers knowledge. In other words, the mother’s occupation can affect the growth and development of their children. This study aims to determine the relationship of mother’s knowledge and occupation with growth and development in children aged 5-6 years at At-Taqwa Cimahi Kindergarten in 2016. The research method used is correlative with cross-sectional design. Samples were 47 mothers with a total sampling technique. Data was obtained by using a multiple choice research questionnaire for mother and analyzed by univariate and bivariate method with Chi-Square test. The majority of respondents had good knowledge (57.4%), most did not work (55.3%), most of the growth of their children was normal (61.7%) and most of their children’s development was doubtful (55.3%). There is no relationship between mother’s knowledge with the growth of children (p value = 1.00). There is a relationship between mother’s knowledge and child development in (p Value = 0.01), between mother’s occupation with the growth of children (p Value = 0.01) and also between mother’s occupation and child development (p Value = 0.003). It is recommended that parents broaden their knowledge as effort to develop children’s growth and development abilities that can be optimized by stimulation.

Keywords: Cross-sectional, development, employment, growth, knowledge
1. Introduction

Based on the report from Kementrian Kesehatan RI, 45.7% toddlers experienced growth and development disorders (Dinas Kesehatan, 2010). Early detection of child growth and development is an activity or examination to find early developmental delays in children. With early discovery of irregularities or problems of child growth and development, interventions will be 32.6% easier to be administered towards toddlers growth and development disorders, including the usage of Kartu Menuju Sehat or KMS which is a card that contains a child's growth curve based on anthropometric index of body weight according to age. Based on the latest data from the Department of Population in 2014, the number of preschool children (5-6 years) in Indonesia is around 17.8% of the total population (Dinas Kependudukan, 2015). As a candidate for the next generation, the quality of growth and development of preschool children (5-6 years) in Indonesia needs serious attention. Based on data from the Cimahi City Health Office, it is known that the growth and development disorder of children has increased by 15.52%, while problematic growth and development in Kartasura District that has 10.18% cases of weight loss, and 2.7% delay in walking and speaking. It is concerned that children at the age of toddler who experience growth and development disorders cannot improve in the subsequent development of the age of pre-school school age (Dinkes Kota Cimahi, 2013). Results of Riset Kesehatan Dasar (2013) shows that there are several developmental disabilities that cover 6 (six) domains, namely the domain of cognition, mobility, daily activities, self-care, maintaining friendship, and the domain of participation. The population of children with problems in domain of cognition, including being 2% unable to learn new things, 1.4% unable to concentrate, and 1.4% disrupted emotions. Meanwhile for the mobility domain, they are children who are unable to stand for a long time for 30 minutes (2.5%), unable to walk as far as 1 colimeter (3.9%). The domain of self-care such as not being able to bathe by themselves (0.7%) and not yet can wear their own clothes (0.6%) and for the domain of maintaining friendship that is not able to interact and maintain friendship (0.8%) (Riset Kesehatan Dasar, 2013).

The main factors affecting the growth and development of children are external factors including the family environment, where the role of the family, especially the mother has a central and strong role in the formation of individual characteristics of children to develop both physical, intelligence and psychological development of their children. This is reinforced by the results of the Zeitlin study (in Herawati & Briawan, 2012) showing that children who are well cared for will have a good level of development. Therefore, it
requires good knowledge from parents to optimally encourage children's development and development (Adriany, 2012). Parents have an important role in optimizing the development of a child. Parents must always provide stimulation to children in all aspects of development, both gross and fine motor skills, language and social personality. This stimulation must be given routinely and continuously with love through play methods. Hence, children can have optimal development (Atkinson, R.L., Atkinson, R.C., Smith, E.E., Bem, D.J. & Nolen-Hoeksema, S, 2006). Knowledge or cognitive is a very important domain for the formation of one's actions. Based on experience and research it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge (Mubarak, W.I., 2012). Knowledge and awareness of mothers play important role in growth and development of children. Parents, especially mothers, need good knowledge to understand the level of growth and child development in accordance with his age (Rochmawati, 2006). The results of previous studies conducted by Lavika (2014) mother’s occupation is one factor that affects the child’s growth and development. Working mothers usually have good knowledge about how to stimulate the growth and development of children due to a lot of information from various sources gathered by working mothers, namely from their colleagues. This condition is very possible for a mother to exchange ideas with colleagues who have children at a growing age and develop both physiologically and psychologically, but working mothers are one of the risk factors for delays in child development because of the amount of time spent by the mother to stimulates the growth and development of children is reduced than mothers who do not work (Soetjiningsih, 2009). At-Takwa Cimahi Kindergarten is an early education institution that has a vision to grow and develop character of young children through activities, play and storytelling. As well as having a mission to foster character education for early childhood, to be an agent of change towards a more moral and civilized society. The results of a preliminary study conducted by researchers on May 2, 2016 at At-Takwa kindergarten to 10 children aged 5-6 years. The result of anthropometric measurements based on body weight and height there were 4 children with abnormal height, 5 underweight, and 1 overweight. The results of interviews conducted with a questionnaire of 10 parents by using 10 knowledge questionnaire questions there are 7 mothers (70%) who are less knowledgeable about child development where the mother is not working, whereas 3 other mothers (40%) knew of child development and growth and all three of the mothers worked. Based on the background of the problems outlined above, the author aim to investigate the
relationship of knowledge and work of mothers with child growth and development in At-Takwa Cimahi Kindergarten in 2016.

2. Methods

This study used correlative research with approach of cross-sectional, this research was conducted on 10 August 2016 - 11 August 2016. The population in this study were all preschool children aged 5-6 years in At-Taqwa Kindergarten 2015/2016 academic year totaling 47 children. The sampling technique used in this study was total sampling. The data was obtained from the results of the study through the distribution of questionnaires or questionnaires and measurements with the stages of the researcher coordinating the selection and assigning of respondents to be examined by collecting them at the At-Taqwa Cibeber Cimahi Kindergarten Hall, measurement of body weight and height were carried out on children aged 5-6 years, then proceed with requesting the respondent’s approval by giving Informed Consent to respondents in At-Taqwa Cibeber Cimahi Kindergarten Year 2015. The instrument used for data collection in this study took the form of a questionnaire or questionnaire filled out by respondents to find out the knowledge of mothers about growth and development and to measure weight and height in preschool children to measure growth and use a pre-screening developmental questionnaire (KPSP) to measure development preschool age children. The questionnaire type is multiple choice which consist of 22 questions to examine mother’s knowledge. The occupation of mother is categorized into working and not working, while for knowledge is categorized into poor, adequate, and good, for children’s growth is categorized into normal and abnormal, and for development into abnormal, doubtful, and normal. The questionnaire can be seen in figure 1. The data was then analyzed using univariate and bivariate method. Instruments for each parameter are listed in table 1. The concept of this research can be seen in Figure 2.

3. Results

The results of univariate analysis on knowledge about growth and development can be seen on table 2. It is known that of the 47 respondents, most of mothers have good knowledge, not working, and most of the children have normal growth, doubtful developments. Relationship between mother’s knowledge and the growth of children in At-Taqwa Cimahi Kindergarten are shown in table 3. Statistical test results obtained
the value of P Value = 1.00> 0.05 (α) means that there is no relationship between the knowledge of the mother with the growth of children in kindergarten At-Taqwa Cimahi. Relationship between mother’s knowledge and child development (table 4) has the statistical test results obtained the value of P Value = 0.01 <0.05 (α) means that there is a relationship between the knowledge of the mother with the development of children in kindergarten At-Taqwa Cimahi. Based statistical result of data on table 5 it can be conclude that there is a relationship between mother’s occupation with the growth of children in At-Taqwa Kindergarten Cimahi(P value = 0.01 <0.05 (α)). Relationship between mother’s occupation and child development at At-Taqwa Cimahi Kindergarten analysis resulted in p value = 0.003 <0.05 (α) means that there is a relationship between mother’s occupation and child development in At-Taqwa Kindergarten Cimahi. The data can be seen in table 6.

4. Discussion

4.1. Condition and Definition of Knowledge, Work, Growth and Development

The results is in line with Sudarti (2013) that most respondents (41.7%) has a “good” mother's knowledge of Toddler Growth and development and only 23.3% who has “less” knowledge in Bumijo Village, Jetis District, Yogyakarta City, is quite high. This is because of not all respondents have high education (Notoatmodjo2012). In addition,
the low reading interest of respondents about child development and lack of experience to monitor the growth and development of local culture also affect the mother’s knowledge. Based on research results from child interviews while conducting DDST, less

<table>
<thead>
<tr>
<th>Research Questionnaire for Mother</th>
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</thead>
<tbody>
<tr>
<td>Relationship Of Knowledge and Occupation with Growth and Development In 5-6 years old children</td>
</tr>
</tbody>
</table>

**CHARGING INSTRUCTIONS**
Read the previous question, answer the question by filling in or crossing the most appropriate letter of answer. If you want to change because the first answer, you can put a mark on the wrong answer then crossing the answer that is considered most correct.

**Identity of Respondents**
No.: __________ filled in by the researcher
Name: __________
Occupation: __________

**Knowledge Questions About Child Growth**
Information about change issues that can be seen such as ...
- a) Increasing age of the child
- b) Increased ability of children
- c) Increased children's will
- d) Increase height and weight of the child
Child development that needs to be monitored by parents is ...
- a) Motor / Movement, speech and language, socialization and independence
- b) Movement, physical, play, bound
- c) Movement, physical, socializing, participating
- d) Physical, singing, playing, playing
The ability of children to care for toys, eat alone, wear their own clothes, including development ...
- a) Socialization
- b) Independence
- c) Rough motoric
- d) Fine motor
The ability of a good child in socializing is ...
- a) Interact with the surrounding environment
- b) Interact only with parents
- c) Interact only with brother
- d) Interact only with mom
The ability of children to move and bodies that move like sitting, standing, walking are included in the development ....
- a) Fine motor
- b) Independence
- c) Socialization
- d) Rough motoric
In children aged 4-5 years who will be calm and not fussy compilation left by the mother, this is an aspect of development ...
- a) Fine motor
- b) Rough motoric
- c) Socialization
- d) Independence
How to receive children’s growth and development since ...
- a) Newborn baby
- b) 6 month old baby
- c) 1 month old baby
- d) 3 month old baby
The purpose of providing stimulation to children is ...
- a) Helps children reach a minimum level of development
- b) Helps children reach optimal play levels
- c) Helps children reach a minimum level of development
- d) Helps children reach an optimal level of development
Congenital factors that affect children’s growth and development are ....
- a) Gender, race, and ethnicity
- b) Social economy
- c) Environment
- d) Psychological
If the stimulation is received by the child too much, then the child’s reaction will ...
- a) Out of focus and the child will cry
- b) Better
- c) Getting more focused
- d) More good
The use of growth stimulants that ...
- a) Increased blood pressure
- b) The head becomes dizzy
- c) Hormone production is inhibited
- d) Blood flowing is not smooth
In children aged 3-4 years, the development that children can do is ...
- a) Teach children to store and dry their own clothes
- b) Letting children play with friends without supervision
- c) Leaving children playing games too long
- d) Let play play alone
interpersonal and fine motor skills are due to parents who never taught their children (Herlina T., Subagyo, & Agustin R, 2010). They tend to let their children develop on their own, rarely interact and provide stimulation to their children because of most of their time is for work. Children with growth and development delays were 4.5 times more
likely if their parents were illiterate than their parents who went to college (Eapen, V., Zoubeidi, T., Yunis, F., Gururaj, A.K., Sabri, S., & Ghubash, R., 2006). Field observations by researchers indicate that the average mother works as a seller, housewife, laborer, and housekeeper. The dual role that mothers often play for work must aim to meet family needs. It is hard for working mothers to find balance in their families and careers. When all of the expected balance has not yet occurred, there must be a feeling of guilt for feeling abandoned the family (Sandrariasti, 2011). Both parents work to meet their needs is one of the risk factors for delay in child development. (Mardiya, 2013).

**Table 2: Distribution of knowledge, occupation, children’s growth and development in TK At-TakwaCimahi frequency (n=47)**

<table>
<thead>
<tr>
<th>Variable</th>
<th>(n)</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>poor</td>
<td>6</td>
<td>12.8</td>
</tr>
<tr>
<td>adequate</td>
<td>14</td>
<td>29.8</td>
</tr>
<tr>
<td>good</td>
<td>27</td>
<td>57.4</td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not working</td>
<td>26</td>
<td>55.3</td>
</tr>
<tr>
<td>working</td>
<td>21</td>
<td>44.7</td>
</tr>
<tr>
<td>Growth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not normal</td>
<td>18</td>
<td>38.3</td>
</tr>
<tr>
<td>Normal</td>
<td>29</td>
<td>61.7</td>
</tr>
<tr>
<td>Development</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abnormal</td>
<td>8</td>
<td>17.0</td>
</tr>
<tr>
<td>doubtful</td>
<td>26</td>
<td>55.3</td>
</tr>
<tr>
<td>normal</td>
<td>13</td>
<td>27.7</td>
</tr>
</tbody>
</table>

**Table 3: Relationship between mother’s knowledge and children’s growth at At-TaqwaCimahi Kindergarten (n=47)**

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Not normal</th>
<th>Normal</th>
<th>Total</th>
<th>Pvalue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>n 8</td>
<td>% 40.0</td>
<td>12</td>
<td>60.0</td>
</tr>
<tr>
<td>good</td>
<td>10</td>
<td>37.0</td>
<td>17</td>
<td>63.0</td>
</tr>
</tbody>
</table>

Development is an increase in the structure and function of the body that is more complex in the ability to rough motion, smooth motion, speech, and language as well as socializing skill and independence (Kementrian Kesehatan RI, 2014). Growth and development in children occurs starting from growth and followed by physical, intellectual, and emotional development. Physical growth and development can be in
the form of an increase in the size of the function of organs ranging from the cellular level to changes in body organs. Growth and intellectual development of children can be seen from the ability symbolically and abstractly, such as the ability to speak and language are aspects related to the ability to respond to voice, speaking, communicating, following orders, etc., as well as socialization and independence are aspects related to children’s independent abilities (feeding themselves, cleaning toys after playing) separating from mother / caregiver, socializing and interacting with their environment and so on (Behrman, 2010, Kementrian Kesehatan RI 2014). Parents have an important role in optimizing the development of a child. Parents must always provide stimulation to children in all aspects of development, both gross and fine motor skills, language and social personality. This stimulation must be given routinely and continuously with love through play methods and others so that the child’s development will run optimally (Atkinson et al, 2006).
4.2. Relationship between Mother's Knowledge with the Growth and Development of Children

In At-Taqwa Cimahi Kindergarten, field observations show that even though the mother's knowledge is good, there are some children whose growth is not normal viewed from BMI based on age, this proves that knowledge alone is not enough to make the child's growth normal, but it needs efforts to meet the nutritional needs of children, where child nutrition can only be fulfilled by providing balanced food, the problem is mothers whose good knowledge is seen from the economy is still below the average regional minimum wage income in Cimahi City so that in this study economic factors play a role in supporting the growth of children in addition to knowledge. Ways that can be done to stimulate the growth of children is done by fulfilling all their needs to be able to grow, such as the fulfillment of balanced nutrition so that new cells in children can be formed optimally by fulfilling the needs for carbohydrates, proteins, vitamins, minerals, calcium, potassium and substances others are needed for growing pre-school age children (Proverawati, 2011). In addition to the body of these nutrients, according to Kementrian Kesehatan RI (2012) a growing child needs a variety of healthy foods and drinks, free of microbes and fungal food contaminants and free of harmful preservatives. In this case, parents are required to always monitor the foods and drinks commonly consumed by children, both at school and at home. This certainly requires knowledge and experience from parents regarding matters relating to the growth and development of pre-school age children. The results of this study are in line with research conducted by Setyorini (2012) obtained by mothers who lack knowledge about KMS most of the normal growth of their children (62.3%) and mothers who have good knowledge most of the growth of normal children (73.1%). Statistical test results obtained the value of P Value = 0.763> 0.05 (α) means that there is no relationship between the knowledge of the mother with the growth of children in the Posyandu II Biru Pandanan Wonosari Klaten. This is caused by sufficient economic status so that even though the mother's knowledge is lacking, the needs for her child's growth are met.

Kudarti (2013) showed relationship between maternal knowledge about nutrition and nutritional status in children under five in the Papringan Village, Kaliwungu District, Kudus Regency which means that the lack of knowledge in the study is due to the mother's education which is still low. Despite the existence of health education from health workers about the nutritional needs of children, the ability of respondents to understand counseling material is not optimal. The mother's has less interest in finding information from other sources such as print and electronic about appropriate
growth and forms of proper nutrition for children. The author’s research results found that mother’s knowledge is not related to child growth, this may occur due to several other factors. According to Yuniarti (2015) factors that affect growth are stimulation and the environment and economic status may be more influential, such as poverty which is always associated with food shortages, poor environmental health and ignorance will hamper children’s growth which affects purchasing power and Basal conditions Metabolic Rate (BMR) of children. Knowledge is important as a basis for mothers to provide food to meet nutrition in children, but in the results of this study it turns out that knowledge alone is not enough, economic factors are needed to support child growth. Besides the child’s body condition also affects its growth. According to Arisman (2006) and Proverawati (2009), each child has a different Basal Metabolic Rate (BMR), where the Basal Metabolic Rate (AMB) or Basal Metabolic Rate (BMR) is the minimum energy requirement needed by the body to run the body’s processes the vital one. From the results of this research observations, average education of mothers is medium. Hence, it is predicted that their mindset and responsiveness are good. Some of the have more than 1 child that implicate their experience of raising children is broad. Their interest in finding information about growth and child development is quite high.

Researchers’ observations in the field indicate that to be able to stimulate children, mothers need creativity that does not require a lot of money such as making toys from used and easy to obtained objects such formula milk cans to make toy car and wooden toy guns. This is in accordance with the opinion of Tri Utami (2010) that the higher the level of mother’s knowledge, the better is the development. Behavior that are based on knowledge will be more lasting than behavior that is not. Knowledge and awareness of mothers is crucial in determining the quality of children, so that parents are able to carry out their functions properly need good knowledge to understand child development in accordance with his age (Rochmawati, 2006). Rahadrjo (2012) also found that there were still mothers whose knowledge was lacking, this would have an impact on the child’s development not being fulfilled and the mother’s knowledge was lacking so the child would experience various things, such as language disorders that were used less clearly, and behavioral disorders that caused children with autism because the mother does not know about the development of her own child, it may be caused because the mother does not want to find information about how to stimulate the child’s development. This is in line with Lisnawati (2012), that in an effort to improve the health status of children, the provision of health education by health workers must be even more active to increase the mother’s knowledge about stimulation so that child development is more optimal.
The results of this study also still have mothers whose knowledge is good, but the development of their children is distorted. This is based on researchers’ observations caused by factors of their children who do have genetic disorders so that the form of stimulation given has little effect on the child’s development. These results are in line with research conducted by Kusuma (2012) which conclude that stimulation is more aimed at the learning processes and improvement in how to control and coordinate muscles that involve emotions and thoughts. In addition, stimulation that is suitable for muscle activity is a type of sensory stimulation. The results of this study can be concluded that the better the mother’s knowledge, the development of children based on KPSP will be better, while mothers whose knowledge is lacking then the development of their children may be included in the category of doubtful or even abnormal.

4.3. Relationship between Mother's occupations with the Growth and development Of Children

The results of this study indicate that the work of mothers has an important role to influence the growth of children. Field survey results conducted by researchers showed that working mothers have more ability to provide for their nutritional needs given there is additional income apart from their husbands. Purchasing power of working mothers will be different from mothers who do not work in terms of purchasing power such as milk, meat, fruit and balanced foods that are needed by children to help the growth process. This is in line with research conducted by Sukini (2014) which implicate that the nutritional status of children under five who are not in condition is as a result unbalanced food consumption and use of nutrients. Some factors that influence nutritional status are education, knowledge, social culture, social economy, environmental status, food availability and employment. Therefore, the mother’s occupation is one that affects the child's growth because working mothers usually have good knowledge about how to stimulate child growth due to get a lot of information from various sources, namely from their coworkers. This condition is very possible for a mother to exchange ideas with colleagues who have children at a growing age and develop both physiologically and psychologically. In the other way, working mothers are one of the risk factors for delays in child development because of the time spent by the mother to stimulate the growth and development of children is reduced compared to mothers who do not work. Research conducted by Suriadi (2012) found that there was a significant relationship between the occupation of mothers with the growth of children aged 4-6 years at Solomon Kindergarten in 2013 where working mothers have a high enough
purchasing power to meet the nutritional needs of children compared to mothers who only stay at home without doing any activities as housewives. Mothers who have a low income usually provide modest food intake without considering nutritional quality. (Supariasa, 2011). According to the theory put forward by Suhardjo (2014) that there are three factors that affect growth in children directly, namely: children do not get enough balanced nutritious food, children do not get adequate nutrition, and children may suffer from infectious diseases. So the size of the nutritional intake or nutrition depends on what is contained in the food consumed. The results of the study also showed that the growth of working mother’s children is not normal (9.5%). This is due to lack of knowledge about balanced nutrition or the child may have a metabolic disorder in his body.

The results of field interviews conducted by researchers show that working mothers actually do not have much time to stimulate their children, but working and wise mothers will use their leisure time after work to maximize children’s development through educational games with toys or equipment that can stimulate children to develop properly. This result is in line with research conducted by Dinda (2013) which show that there was a significant relationship between work and the development of child psychology. Meanwhile, according to Atkinson et al (2006) states that parents have an important role in optimizing the development of a child. Parents must always provide stimulation to children in all aspects of development, both gross and fine motor skills, language and social personality. This stimulation must be given routinely and continuously with love through play methods and others so that the child’s development will run optimally. Preschool (Preschool Age) is marked by the tendency of initiative-guilty. At this time the child has had several conversations, with these skills he was encouraged to do some activities, but because the child’s ability is still limited sometimes he fails. These failures cause him to choose a feeling of guilt, and for a while he does not want to take the initiative or act (Hurlock, 2012).

Preschoolers are usually easy to socialize with those around them. They generally can adjust quickly socially, they want to play with friends. The best friends chosen are of the same sex, but then develop into friends of different sexes, tend to express their emotions freely and openly, angry, jealousy in preschool children often happens they often fight over the attention of the teacher or those around, already skilled in language, most of them like to talk, especially in the group. Instead the child is given the opportunity to be a good listener. However, based on research findings, it turns out there are children whom their mothers work have doubts. This is likely due to the lack of time a mother spends interacting with her child after work. The results of interviews
with several mothers found that after a long day of work, some mothers immediately
did their homework and rested so that the time for children was reduced and handed
over their parenting to the housekeeper or siblings.

5. Conclusion

Based on the results of research that has been carried in At-Takwa Cimahi Kindergarten
in 2016, Most of the respondents have good knowledge and the majority is not work-
ing. The majority of the children havenormal growth and the There is no relationship
between mother's knowledge and child growth but, there is a relationship between
mother's knowledge and children's development between mother's occupation and the
growth of children, and between mother's occupation and child development.

6. Disclosures

The authors report no real or perceived vested interests that relate to this article that
could be construed as a conflict of interest.

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