

The Effect of Hypnoparenting To Toddler's Malnutrition Status In Kebon Padangan Village, Pupuan Sub-District, Tabanan - Bali

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ABSTRACT

Period for children under 5 years old require a monitoring from health care workers in terms of their daily nutrition. However, there are a big numbers of problem related to malnutrition within these ages. Malnutrition as a health status is determined by weight for age index which ranged around -3 to -2 from standard deviation (SD). This study used pre-experiment one group pre-test – post-test design. Non-random purposive sampling was utilized to meet the sample criteria of mother who has children under 5 years with malnutrition status that did a health visit to Kebon Padangan Village Health Care Center. Data was collected with questionnaire and then analyzed by Wilcoxon Matched Pair test. After treated with hypnoparenting, the children were underwent anthropometric measurement every month in order to determine their nutritional status based by weight for age index. Average value before the treatment was -2.823 and then changed to average number of -2.403 after the intervention. There was an effect of hypnoparenting treatment to children's malnutrition status in Kebon Padangan Village, Pupuan Sub-District, Tabanan- Bali with p value at 0,036.

Keywords: Hypnoparenting, Toddler, Malnutrition Status

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BACKGROUND

One of the indicators to determine a nation's prosperity is the wellness of nutritional status in all citizen. Nutrition is an important factor that affect the quality of health, intellect, and physical strength of the future generation. The similar thing is stated on central data and information by Indonesian Ministry of Health that nutrition is the basis of health, immunity, vulnerability against disease, as well as physical and mental growth. The number of morbidity, mortality, and disability could be reduced by improving public nutritional status (Ministry of Health, 2016). This effort is important specifically for children under 5 years old (furthermore will be mentioned as "children") as they have a significant body growth and development during this state. Aware to the important role of nutrition in many aspects, it is expected to fulfill the nutrient adequacy on children (Kurnia, 2014; Wati & Priastana, 2020). The children with malnutrition are frail to immunity disorder which led to vulnerability against diseases along with the increased fatality and longer duration on morbidity state that risk to mortality (Notoadmodjo, 2011).

The number of malnutrition children in Indonesia is higher than the threshold that set by World Health Organization (WHO). In 2017, malnutrition by weight for age index for children in Indonesia was reached 14,0% which greater than 10% as WHO standard. Malnutrition children have the index range from -3 to -2 SD. If observed even further, the public nutrition intake especially the children is not well fulfilled. According to Nutritional Status Monitoring (NSM) in 2016, the number of malnutrition from weight for age index reached 3,4% on severe malnutrition, 14,4% on malnutrition, and 1,5% on over-nutrition (Ministry of Health, 2017). These numbers has similarity on the NSM 2015 which consist of 3,9% on severe malnutrition, 14,9% on malnutrition, and 1,6% on over-nutrition (Ministry of Health, 2016).

The effort in improving public nutrition aim for the increase of nutritional status through healthy diet, awareness in nutrition, and development in access to health and nutrition health services that in line with updated knowledge and technology. As the part of the updated knowledge, hypnoparenting is one of the practical knowledge that could be implemented on children with malnutrition (Ministry of Health, 2016).

Hypnoparenting is part of hypnotic method that become an alternative option to change children's negative behavior in rejecting their regular meals as part of effort for rising their nutrition intake and their nutritional status (Kusumaningrum, A & Eka, 2015). On other hand, Jafri (2014) stated that hypnoparenting is study and art in educating the children that utilizing the hypnotic principles. The core of hypnoparenting is learning the children's way of thinking and then imbued suggestions to their mind for their own good. The advantage of this method come to its practices which is simple, easy, cheap, non-invasive, harmless, as well as effective for parents to give suggestions to their children at their childhood instead the adolescence or adult phase.(Kusumaningrum, A & Eka, 2015). Considering the mechanism and benefit from hypnoparenting, it is expected to be a breakthrough in decreasing the number malnutrition on the children.

According to previous study in Kebon Padangan Village on January to March 2020, there are some information regarding the number of malnutrition in children at the village during year 2015-2018. The result which had been analyzed from village midwives archive and supervisor health care center at Pupuan Sub-district (branch #2) showed that the number of malnutrition in children on year 2015 reached 1,2% or 2 among 164 children. Good result was happened In year 2016 as there is no case of malnutrition. However, there was a rise in the malnutrition case to 3,68 % or 6 among 163 children on year 2017. The number was increasing as 8 among 159 children or 5,03 % of them was discovered on January 2018. The

same happened on February and March 2018 with respectively 5 among 150 children (3,33%) and 5 among 163 children (3,06%). Researcher also observed the insight of malnutrition status from the children's health logbook which showed a common weight around threshold area of malnutrition status. Interview was conducted on 4 mothers with malnutrition child. Some of the mothers said the decrease of their children's weight in 2 months came from the effect of the current sickness. They informed the problem regarding difficulties in persuading their children to eat while the others told their children's situation that hard to gain weight every month. One of the cause was related to lack of insight from the mothers on how to served food that was attracted and liked by their children. The respondent as well never heard about hypnoparenting for children.

Based on this background, the research focused on analyzing the the effect of hypnoparenting to children's malnutrition status in Kebon Padangan Village, Pupuan Sub-district, Tabanan - Bali.

METHODS

This study used pre-experiment one group pretest - post test design. Population for this study is mother who has children under 5 years with malnutrition status that did a health visit and recorded to the health record of Kebon Padangan Village Health Care Center in year 2020. There were 10 samples who met the research criteria as the malnutrition children that determined from weight for age index. *Purposive Sampling* was applied with specific criteria; mother who has a child that suffered with malnutrition based on weight for age index; the children in healthy condition and not in Attention Deficit Hyperactivity Disorder (ADHD).

RESULTS

Malnutrition Status on The Children

Table 1. Children's Nutritional Status Before and After Hypnoparenting

Nutritional Status	Mean	
	Before hypnoparenting	After hypnoparenting
Weight for age index	-2.823	-2.403

After hypnoparenting, the children were measured by weight for age index every month to determined their nutritional status. According to table 1, the average index before hypnoparenting was -2.823 and then raised to -2.403 after intervention.

The effect of hypnoparenting to the children's malnutrition status

Table 2. The Effect of Hypnoparenting to The Children's Malnutrition Status

Variable	Mean	Std. Deviation	95% CI of the Difference		Sig. (2 tailed)
			Lower	Upper	
Weight for age index	-2.4	1.666	-3.5937	-1.2123	0.036

The table above shows that most of the headrooms used democratic leadership style, amount of 120 people (87 %).

The results analysis of nurse job satisfaction in Inpatient Room of Mangusada Regional Hospital

The identification results of implementing nurses job satisfaction in inpatient room of Mangusada Regional Hospital are presented in the following table.

Table 2. Job Satisfaction of Implementing Nurses in Inpatient Rooms at Mangusada Regional Hospital

Job satisfaction	Frequency (f)	Percentage (%)
High	18	13
Moderate	107	77,5
Low	13	9,4
Total	138	100

From table 2, there was a significant change to children's nutritional status within the intervention of hypnoparenting. Wilcoxon Match Pair Test showed p value at 0,036 which was lower than 0,05 as the standard value. This mean there was an effect of hypnoparenting to children's malnutrition status in Kebon Padangan Village, Pupuan Sub-district, Tabanan - Bali.

DISCUSSION

According to Muslihatun (2010), children under 5 years old have high level of brain plasticity. Thus they more open to development through learning and enrichment. Health department from Ministry of Health (2010) published Antrophometric Standard for assessment of Children's Nutritional Status which stated that the malnutrition is determined by value -3 to -2 SD from weight for age index. Hypnoparenting is part of hypnotic method that become an alternative option to change children's negative behavior in rejecting their regular meals as part of effort for rising their nutrition intake and their nutritional status (Kusumaningrum, A & Eka, 2015).

As stated by Ministry of Health (2016), midwife standards for practice on malnutrition children consist of; nourishment from hygiene, healthy, and nutritious food; supplement with vitamins; provide additional meals, education to mother and family about nutrition awareness; persuading mother to accompany their children for monthly checkup in term of monitoring their growth and nutritional status; education on managing children's diet, daily care, hygiene, and disease control by health care workers. During the implementation of midwife standards for practice in parenting, midwives should; provide communication and education to mothers and their family regarding nutrition awareness; recommend the mothers to give multivitamin; persuade the provision of additional meals; suggest the mothers to bring their children to health care facilities every month; monitoring the children's weight; inform and communicate about children's growth and how to stimulate it; along with educate and guide the mothers to hypnoparenting. This method could become an option to change children's behavior in rejecting their meals as well as to increase their appetite in order to improve their lack of weight. There is no gap within the available theory and the practices of hypnoparenting.

Research from Jafri (2014) that studied about "The Effect of Hypnoparenting to The Rise of Preschoolers' Appetite in Surau Pinang" showed that there was a sign of increasing

appetite within the preschoolers sample which determined by the weight gain after underwent hypnoparenting. The result also reflect that the appetite came with increasing frequency in meals intake.

Another research by Kusumaningrum and Eka (2015), that focused about “The Effect of Hypnoparenting to Children’s Malnutrition Status Within Area of Indralaya Health Care Center“ showed no significance in terms of children’s nutritional status after received hypnoparenting. Furthermore, it need further investigation on the ideal duration of intervention and the effect of supervision upon the parents during hypnoparenting.

CONCLUSION

Based on the results, it could be stated that there is an effect of hypnoparenting to children’s malnutrition status in Kebon Padangan Village, Pupuan Sub-district, Tabanan - Bali. It is expected that hypnoparenting could be used as an option to overcome children’s malnutrition.

CONFLICTS OF INTEREST

The authors have no conflicts interest to disclose.

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