

## CHAPTER V CONCLUSIONS AND RECOMMENDATIONS

### A. Conclusions

1. The characteristics of mothers have age averaged of 30.76 years old (case group), and 29.65 years old (control group), were elementary school graduates (case group) and middle school graduates (control group), did not work, and family income was less than the regional minimum wage or less than Rp 1.983.261.
2. The characteristics of the children were on age average of 40.87 months old (case group) and 41.00 months old (control group), were male, had an average birth length of 47.87 cm (case group), and 49.74 cm (control group), had an average height at data collection was 87,52 cm (case group) and 96.25 cm (control group), had an average birth weight was 2.95 kg (case group) and 3.02 kg (control group), and had an average weight at data collection was 11.48 kg (case group) and 13.85 kg (control group).
3. The description of family support on mother related to prevention efforts of stunting in the work area of Puskesmas 2 Sumbang was dominated by moderate family support, namely 42 respondents (67.7%) for the case group and 35 respondents (56.5%) for the control group.
4. The description of stunting incidence in children aged 24-59 months old in this research was 62 of 124 children with a percentage of 50%.
5. Family support on mothers had a significant influence with the incidence of stunting on children aged 24-59 months ( $p$ -value=0.00) with moderate category of closeness ( $r=0.38$ ). The higher the family support, the higher the incidence of not stunting. Mothers who received low family support were 2.67 times more at risk to have stunting children than mothers who received moderate family support. Mothers who received low family support were 17.60 times more at risk to have stunting children than mothers who received high family support ( $OR_1=2.67$ ;  $OR_2=17.60$ ).

## **B. Recommendations**

Based on the results of the research, the researcher can recommend several things including:

### **1. Puskesmas 2 Sumbang**

The results of this research were expected to provide information about the importance of family support on mothers from pregnancy until the child is 2 years old to health cadres, pregnant women, mothers who have children less than 2 years old, and the families of the mothers themselves. In addition, it was hoped that there will be a continuation to hold a program to socialize the importance of family support on mother with the incidence of stunting.

### **2. For Respondents and Communities**

The importance of family support for mothers from pregnancy until the child is 2 years old as stated in the results of this research was expected to be an evaluation for people who have pregnant women or children under 2 years old to support mothers to prevent stunting. Mothers and families can participate in health center activities such as pregnant women's classes or posyandu so that they will get exposure to information about stunting prevention that can be applied every day.

### **3. For Institution**

The results of the research can be used as learning material for nursing majors, especially family nursing and pediatric nursing. That way, students get exposure to information about one of the risk factors for stunting, namely family support.

### **4. For Further Researchers**

If possible, further research can use a prospective cohort approach so that family support can be observed and researched in pregnant women until the child is 2 years old. In addition, in-depth interviews are also needed to explore more information on the family support.