

**MULTIFACTORS GENERALLY EXPLAIN THE EMERGENCE OF STUNTING,
CHALLENGES FOR FUTURE STUDIES TO UNCOVER THE CAUSE OF
STUNTING****Kuntoro**

Editorial Team of The Indonesian Journal of Public Health, Surabaya, Indonesia

Correspondence Address: Kuntoro

Email: kuntoro@fkm.unair.ac.id

Literacy is important for mothers who have children under five years old in preventing diseases among children. A mother who has good literacy means she can communicate effectively with health personnel who provide information about stunting. She is able to read the information written in printed media about stunting, listen to the message about stunting conveyed by health personnel, and discuss her thoughts about how to overcome stunting. A mother with good literacy also has self efficacy, meaning she believes in her ability to achieve good nutritional status for her child. She utilizes social media to find information on how to prevent stunting.

Adolescent literacy is still developing. However, adolescents may not yet communicate effectively with health personnel when it comes to preventing stunting. Consequently, early marriage among adolescents who have low communication skills with health personnel is a risk factor for increasing stunting rates. Infections among children under five years old can contribute to stunting. Basic immunization is important to prevent children from infections. Incomplete immunization cannot protect children from vaccine-preventable diseases. Young parents with low literacy levels may not fully understand the importance of complete immunization. Low literacy often results from low education levels. A mother having low literacy may lack the

willingness to access antenatal care to get complete immunization.

Children who experience stunting are more likely to become obese as adolescents. Adolescents who experienced stunting when they were five years old tend to have higher BMI, waist-to-height ratios, and hip circumferences compared to those who did not experience stunting. Adolescents who suffered from malnutrition may also show decreased levels of serum iron, transferrin, and iron reserves. Young married mothers who are poor, unemployed, less educated, and live in urban areas should be involved and targeted by the government in reducing stunting. These factors are related to mothers' literacy and should be taken into consideration in reducing stunting. Infections among children, including TB, may be related to stunting. Therefore, programs for reducing stunting should be followed by infection prevention programs.

REFERENCE

- Alfan, M.M. and Wahjuni, E.S., 2020. Hubungan Literasi Kesehatan dengan Kebiasaan Perilaku Sehat Mahasiswa Fakultas Ilmu Olahraga Universitas Negeri Surabaya. *Jurnal Pendidikan Olahraga dan Kesehatan*, 8(1), pp.37–42.
- Agushybana, F., BM, S., Jati, S.P., Martini, M. and Sriatmi, A., 2019. Description of complete basic immunization coverage among

- infant. *International Journal of Public Health Science (IJPHS)*, 8(2), p.174. <https://doi.org/10.11591/ijphs.v8i2.18888>
- Aulia, Dian Ika Puspitasari, Nailiy Huzaimah, Yulia Wardita, and Aldi Prawira Sandi. (2021). "Stunting and Maternal Factors (Education, Bamisaye, O. B. and Adepoju, O. T. (2018) 'Association between stunting and obesity among underfive children in urban and rural areas of Oyo State, Nigeria', *Malaysian Journal of Nutrition*, 24(1), pp. 25–34. <https://doi.org/10.9734/JAMMR/2018/39637>
- Desalegn, A., Mossie, A. and Gedefaw, L. (2014) 'Nutritional Iron Deficiency Anemia: Magnitude and Its Predictors among School Age Children , Southwest Ethiopia : A Community Based Cross-Sectional Study', *PLOS One*, 13(8) pp. 1–13. <https://doi.org/10.1371/journal.pone.0114059>
- Duggan, M., Lenhart, A., Lampe, C., Ellison, N.B., 2015. Parents and Social Media, Pew Research Center. Knowledge of Nutrition, Parenting, and Self-Efficacy)." *Journal of Health Science Research*, 6(1):27–31. <https://doi.org/10.24929/jik.v6i1.1498>