

RELATIONSHIP OF FAMILY MOTIVATION AND THE HEALTH OFFICERS' ROLES WITH MOTHER'S BEHAVIOR IN GIVING VITAMIN A TO TODDLER (CASE STUDY IN THE TEGAL ARUM HEALTH CENTER TEBO DISTRICT, JAMBI PROVINCE)
Hubungan Motivasi Keluarga Dan Peran Petugas Kesehatan Dengan Perilaku Ibu Dalam Pemberian Vitamin A Pada Balita (Studi Kasus Di Puskesmas Tegal Arum Kabupaten Tebo, Provinsi Jambi)

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ABSTRACT

Background: Vitamin A is an indispensable nutrient for humans and very important in physiological processes of the body, including cell growth, improving visual function, improving immunology and body growth. Giving high dose of vitamin A for infants, toddlers and postpartum mothers could decrease morbidity and mortality of infants and toddlers. The percentage of Tegal Arum Public Health Center in giving Vitamin A to toddlers was low (37,30%) while the target indicator was 100%.

Objective: This study aims to determine the description and relationship of family motivation and the role of officers with maternal behavior in vitamin A in toddlers in the Tegal Arum public Health Center, Tebo Regency, Jambi Province. **Methods:** This research was a quantitative study with a cross-sectional design, using proportional random sampling. In this study, the samples were mothers who had toddlers in the working area of the Tegal Arum Public Health Center, Tebo Regency, with the number of samples in this study amounting to 82 people. **Results:** A total of 47 (57,3%) respondents had poor maternal behavior in giving vitamin A to toddlers, 45 (54,9%) respondents had low motivation, 59 (72,0%) respondents had poor family support, 54 (65,9%) of respondents have a less good role of officers. There is a relationship between motivation (p-value:0.001) family support (p-value:0.001) the role of officers (p-value:0.002) with mother's behavior in giving Vitamin A in toddlers in the Tegal Arum Public Health Center, Tebo Regency, Jambi Province **Conclusion:** As input for Public Health Center, there is a need for outreach to health workers, especially village Integrated Health care Center cadres regarding the provision of vitamin A by providing information and counseling to mothers to administer vitamin A

Keywords: Family Support, Motivation, Role of Officers and Vitamin A.

ABSTRAK

Latar Belakang: Vitamin A merupakan zat gizi yang sangat diperlukan bagi manusia, karena zat gizi ini sangat penting agar proses-proses fisiologis dalam tubuh berlangsung secara normal, termasuk pertumbuhan sel, meningkatkan fungsi penglihatan, meningkatkan imunologis dan pertumbuhan badan Pemberian vitamin A dosis tinggi pada bayi, balita dan ibu nifas dapat menurunkan angka kesakitan dan kematian bayi dan balita. Puskesmas Tegal Arum pemberian Vitamin A pada anak balita tergolong rendah dengan persentase 37,30% sedangkan target indikator gizi sebesar 100%. **Tujuan:** Penelitian ini adalah untuk mengetahui gambaran dan hubungan motivasi keluarga dan peran petugas dengan perilaku ibu dalam vitamin A pada balita di Wilayah Kerja Puskesmas Tegal Arum Kabupaten Tebo Provinsi Jambi. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan Desain penelitian ini adalah *Cross Sectional* menggunakan *Proposional Random Sampling* Pada penelitian ini yang menjadi sampel adalah ibu yang mempunyai balita di wilayah kerja puskesmas Tegal Arum Kabupaten Tebo, dengan jumlah sampel dalam penelitian ini berjumlah 82 orang. **Hasil :** Sebanyak 47 (57,3 %) responden memiliki perilaku Ibu dalam pemberian vitamin A pada balita Kurang Baik, 45 (54,9 %) responden memiliki motivasi rendah, 59 (72,0%) responden memiliki dukungan keluarga kurang baik, 54 (65,9 %) responden memiliki peran petugas kurang

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baik. Ada hubungan antara motivasi (p -value:0,001) dukungan keluarga (p -value :0,001) peran petugas (p -value:0,002) dengan perilaku ibu dalam pemberian Vitamin A pada balita di Wilayah Kerja Puskesmas Tegal Arum Kabupaten Tebo Provinsi Jambi. **Kesimpulan:** Sebagai masukan bagi Puskesmas perlu adanya sosialisasi terhadap petugas kesehatan khususnya kader posyandu desa mengenai pemberian vitamin A dengan cara memberikan informasi dan konseling kepada ibu untuk melakukan pemberian vitamin A.

Kata Kunci : Motivasi, Dukungan Keluarga, Peran Petugas dan Vitamin A

INTRODUCTION

Indicators of the success of health development include a decrease in the Infant Mortality Rate (IMR) and an increase in the nutritional status of the community. Indonesia is currently still facing multiple nutritional problems, namely a condition where on the one hand there are still many people with malnutrition, while on the other hand the number of people experiencing malnutrition tends to increase. (Irianto Kusno, 2010) This dual nutrition problem is closely related to people's lifestyles and nutritional behavior. The nutritional status of the community will be good if good nutritional behavior is carried out at every stage of life including infants (Government Regulation, 2012)

Vitamin A is an indispensable nutrient for humans because it is very important for normal physiological processes in the body, including cell growth, improving vision function, improving immunology and body growth. Vitamin A also helps prevent the development of cancer cells. Giving high doses of vitamin A to infants, toddlers and postpartum mothers can reduce infant and toddler morbidity and mortality (Farida dkk, 2010)

Lack of nutrients, one of which is not meeting the needs of vitamin A from the food consumed. Lack of vitamin A initially suffers from night blindness, namely the inability to see dim light in the afternoon, prevention by consuming sources of vitamin A, for instances animal protein and beta-carotene found in green vegetables and red/yellow fruit (Adiningsih Sri, 2010)

Judging from the data from the Jambi Provincial Health Office, it was found that the coverage of giving vitamin A capsules to toddler was 83,43%, the target indicator of community nutrition development in 2013 of 100% had not been achieved. In this case, the researchers focused on the research in Tebo Regency with the reason that Tebo Regency

was included in the five lowest levels of vitamin A for toddler with a percentage of 84,83%, which was still below the provincial Health Office's target of 100%. (Depkes RI, 2008)

Judging from the data from the Tebo District Health Office, it was found that the Tegal Arum Health Center, Tegal Arum District, Tebo Regency. In the working area of the Tegal Arum Health Center, the provision of Vitamin A to children under five is low with a percentage of 37.30% while the nutritional indicator target is 100%. (Considered to revise or remove)

According to the theory of L. Green (1980) in the translation of Zulazmi, et al that there are three factors that can influence health behavior, namely predisposing factors (knowledge, work, intentions, attitudes, motivations, perceptions, education, desires, beliefs), supporting factors (availability of facilities) health, access, priorities and commitment to health), driving factors (family, friends, experiences, employers, health workers, social support). This study is more emphasizing on the predisposing factors (knowledge, motivation) and driving factors (role of health workers). (Damayanti, 2007)

METHOD

This study was a quantitative study with a cross sectional design. This study aimed to determine the description and relationship of motivation, family support and the role of health workers in maternal behavior in vitamin A in toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province. (Notoatmodjo.S, 2012)

The population in this study were all mothers who had toddlers in the working area of the Tegal Arum Health Center, Tebo Regency totaling 548 people using the Lemeshow sample size formula. The number of samples was 82, using the proportional random

sampling technique. This research was conducted on January 20-29, 2019. (Lemeshow, 1997)

Data analysis consisted of univariate analysis. It aimed to find out the description of each variable and bivariate analysis. Besides that, it was used to prove whether there was a significant relationship between the independent and dependent variables. A bivariate analysis was conducted using

the chi-square statistical test. The results of the significance of statistical calculations can be known using a significance limit of 5% (0.05). If the calculation results showed P-value < alpha (0.05), there was a statistically significant relationship between the two tested variables. If the p-value > 0.05, there

was no significant relationship between the independent and dependent variables. The data was collected using a paper-based self-administered questionnaire (Arikunto S, 2006).

RESULTS

1. Univariate Analysis Results

This study involved 82 respondents in collecting quantitative data using questionnaires. The results of univariate analysis on motivation, family support, the role of officers, and mother's behavior gave vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province.

Table 1. Distribution of motivation, family support, the role of officers, and mother's behavior in giving vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province

Variable	Frequency (82)	%
Motivation		
Low	45	54.9
High	37	45.1
Family Support		
Poor	59	72.0
Good	23	28.0
The Role of Officers		
Poor	54	65.9
Good	28	34.1
Mother's Behavior in Giving Vitamin A		
Poor	47	57.3
Good	35	42.7

Based on table 1 showed that of 82 respondents who had low motivation, as many as 45 (54.9%), family support was poor 59 (72.0%), the role of officers was poor 54 (65.9%), and mother's behavior in giving vitamin A in toddler as much as 47 (57.3%).

2. Bivariate Analysis Results

Table 2. Relationship of motivation, family support, and the role of officers with mother's behavior in giving vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province

A bivariate analysis was conducted using the chi-square statistical test with a significance level ($\alpha = 0.05$) to find out whether the independent variable was related to the dependent variable. The results of the bivariate analysis can be seen in Table 2 as follows

Variable	Mother's Behavior in Giving Vitamin A				Total		P-Value
	Poor		Good		n	%	
	n	%	n	%			
Motivation							
Low	34	75,6	11	24,4	45	100	0,001
High	13	35,1	24	64,9	37	100	
Family Support							
Low	41	69,5	18	30,5	59	100	0,001
Good	6	26,1	17	73,9	23	100	
The Role of Officers							
Poor	38	70,4	16	29,6	54	100	0,002
Good	9	32,1	19	67,9	28	100	

Based on table 2, it was known that among 45 mothers with low motivation, 34 (75.6%) respondents whose mother's behavior in giving Vitamin A to toddlers was poor. There were only 11 (24.4%) whose mother's behavior in giving Vitamin A to good toddlers, from 37 respondents with high motivation to give Vitamin A to toddlers, there were 24 (64.9%) respondents who behave in mothers giving Vitamin A to toddlers were good. Only 13 (35.1%) respondents behave mothers giving Vitamin A to toddlers were poor. The results of the chi-square statistical test obtained p-value = 0.001 (p <0.05), which means there was a significant relationship between motivation and mother's behavior in giving Vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province.

Of the 59 mothers with low-income family support, 41 (69.5%) respondents whose mother's behavior in giving Vitamin A to toddlers was poor. There were only 18 (30.5%) respondents whose mother's behavior in giving Vitamin A to toddlers was good. Of 23 respondents with good family support in giving Vitamin A to toddlers, 17 (73.9%) respondents whose mother's behavior in giving Vitamin A to toddlers was good, and only 6 (26.1%) respondents whose mother's behavior in giving Vitamin A was good. The provision of Vitamin A to toddlers was poor. The results of the chi-square statistical test obtained p-value = 0.001 (p <0.05), meaning there was a significant relationship between family support and maternal behavior in giving Vitamin A to toddlers in the Work Area. Tegal Arum Health Center, Tebo Regency, Jambi Province

Of the 54 respondents with poor roles of officers, there were 38 (70.4%) respondents included in the category of poor mothers behavior in giving Vitamin A to toddlers, and there were only 16 (29.6%) respondents included in the good behavior of mothers in giving Vitamin A. A in toddlers. Furthermore, of the 28 respondents with good officer roles, there were 19 (67.9%) respondents whose mother's behavior in giving Vitamin A to toddlers was good, and only 9 (32.1%) respondents whose mother's behavior in giving Vitamin A in toddlers is poor. The results of the chi-square statistical test obtained p value = 0.002 (p <0.05). This means that there is a significant correlation between the role of officers and the behavior of mothers in giving Vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province.

DISCUSSION

Viewed from the biological aspect, behavior is an activity or activity of the organism (living thing) concerned. Therefore, from a biological point of view, all living things from plants, animals to humans behave, because they have their own activities (Notoatmodjo.S, 2010).

In accordance with the theory stated by Notoatmodjo (2007), motivation is an impulse from within a person that causes the person to carry out certain activities in order to achieve a goal. Motives cannot be observed. what can be observed is the activity or perhaps the reasons for the action (Notoatmodjo, S, 2007).

Motivation is behavior that is directed to achieve goals that involves three components

such as: energizing human behavior (energizing), giving behavior direction (directing), and how behavior is maintained (sustaining). Motivation is needs, wants, tensions, displeasure and expectations. Motivation is defined as the whole process of giving encouragement or stimulation to employees to work willingly without being forced (Notoatmodjo.S, 2007).

It is expected that mothers who have toddlers to give vitamin A and always monitor the growth and development of babies by always coming to the integrated healthcare center and actively seeking information through mass media, printed and electronic media.

According to researchers, to increase mother's motivation to give vitamin A, it is necessary to carry out additional activities that attract attention and encourage mothers to give vitamin A such as healthy baby and toddler competitions, healthy toddler food cooking competitions, eating together activities for toddlers, Neighborhood Association social gathering, and recitations.

According to Snehandu B. Kart in Notoadmodjo (2007) there is support from the surrounding community (social support). In a person's life in society, the person's behavior tends to seek legitimacy from the surrounding (Wahid Iqbal, 2012).

The role of the family in providing support to mothers of toddlers to provide vitamin A was to provide motivation to toddlers to be able to consume vitamin A. Family support is crucial since most people's behavior is influenced by people around them such as parents, in-laws, who either prohibit or support mothers to give vitamin A (Almatzier, 2004).

Role is a homogeneous behavior that is expected normatively by someone who holds a position in the social structure and in certain social situations. Therefore, the role of the family is a specific behavior expected by a person in a family context that describes a set of interpersonal behaviors, the nature of activities related to individuals in certain positions and situations (Mubarak, 2006).

Health workers are people who devote themselves to the health sector and have knowledge and skills through health education. They are role models for health behavior, their attitudes and behavior are drivers or reinforcers of healthy behavior in the community. To achieve this, health workers must receive

special education and training about health (Notoatmodjo.S, 2007)

According to the author, the effort that needs to be implemented was the need for socialization to health workers, especially village integrated health care cadres regarding the provision of vitamin A by providing information and counseling to mothers to administer vitamin A.

CONCLUSION

It can be concluded that 47 (57.3%) respondents have poor maternal behavior in giving vitamin A to toddlers, 45 (54.9%) respondents have poor motivation, and 59 (72.0%) respondents have poor family support. Furthermore, 54 (65.9%) respondents have a poor officer role. There is a significant correlation between motivation, family support, the role of officers and the behavior of mothers in giving vitamin A to toddlers in the Tegal Arum Health Center Work Area, Tebo Regency, Jambi Province.

SUGGESTION

The data and information obtained are used as material in making policy for the program of administering vitamin A capsules to toddlers. Therefore, the Health Office can make policies regarding the program of giving Vitamin A to children under five in the future, especially in the district health promotion sector for future planning. There is a need for socialization to health workers at the public health center and their staff, especially village integrated health center cadres regarding the administration of vitamin A by providing information and counseling to mothers to administer vitamin A.

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