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## Description of Parents' Knowledge in Modifying Food Ingredients in Efforts to Prevent Stunting in Children in the Tugusari Agricultural Area

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### ABSTRACT

Stunting is one of the health problems, especially problems in the growth process that occurs in children caused by several causative factors including maternal factors, infant, economic, and sociocultural. The high incidence of nutritional diseases, especially stunting, is closely related to the nutrient intake given to children, especially in the first thousand days of life. The adverse effects that can be caused by nutritional problems in the toddler period in the long term are such as disruption of the brain, intelligence, physical growth disorders, and metabolic disorders in the body; this can increase the risk of children experiencing lagging behind other children both physically and cognitively. The purpose of this study was to determine the description of parents' knowledge of modifying food ingredients in an effort to prevent stunting in children. In this study, the design used was descriptive observational. The population in this study were parents who had children under five (6-24 months) in the agricultural area of Tugusari Village with a total of 67 mothers of toddlers. The sampling technique used by researchers was to use non-probability sampling techniques, namely purposive sampling with a total sample obtained of 57 respondents. Then data collection techniques were carried out by distributing questionnaires to respondents directly. The results of this study are the knowledge of parents in modifying food ingredients in an effort to prevent stunting in the Tugusari agricultural area in the moderate category, because the highest percentage of respondents' knowledge level is in the moderate knowledge category with a total of 38 people (66.7%), while the number of respondents with good knowledge category is 13 people (22.8%), and respondents with poor knowledge category have the least percentage value, totaling six people (10.5%). This concludes that most parents or research respondents already know enough about food modifications, especially complementary foods that mothers will give to each of their children to prevent stunting.

Keywords: knowledge, stunting, food modification

### INTRODUCTION

Stunting is one of the health problems, especially problems in the growth process that occurs in children caused by several factors including maternal, infant, economic, and socio-cultural. In this regard, according to the Ministry of Health of the Republic of Indonesia, stunting also known as "dwarf" is a condition where toddlers have a body length or height less than their age (Ministry of Health Republic of Indonesia, 2018). Stunting which occurs in the first 1000 days starting at conception until the age of two years, has adverse functional consequences for the future of the toddler itself such as an increased risk of cognitive problems, falling behind in education or school, loss of productivity, and if accompanied by weight gain. Excessive intake in childhood can increase the risk of chronic nutrition-related diseases in adulthood (World Health Organization, 2014). The incidence of stunting or stunting is a global issue related to health problems and the main nutritional problems experienced by toddlers today, including Indonesia (Ministry of Health Republic of Indonesia, 2018).

Based on data from the Ministry of Health of the Republic of Indonesia, in 2017, as much as 22% or around 150.8 million children under five in the world experienced stunting. Still, this percentage can be said to have decreased compared to the number of stunting in 2000 reached 32.6%. In this regard, Indonesia is one of the developing countries in Asia with a high prevalence of stunting in 88 countries in the world. Indonesia is included in the top five in the highest stunting cases according to UNICEF in 2014 (Mediani, 2020). According to data from the Nutrition Status Monitoring (PSG), in 2015 the prevalence of under-fives experiencing stunting in Indonesia was 29% which then decreased in 2016

to 27.5% and increased again in 2017 to 29.6% (Ministry of Health Republic of Indonesia, 2018). In this regard, according to the results of research conducted by Susanto et al. (2021) explained that the prevalence of underweight toddlers in agricultural areas of Indonesia is 3%, short toddlers are 18.9%, and malnourished toddlers are 5% (Susanto et al., 2021). The purpose of this study was to determine the description of parents' knowledge of modifying food ingredients in an effort to prevent stunting in children.

## METHOD

This research was conducted in the agricultural area of Tugusari Village in May–June 2022. The research design used was descriptive observational or non-experimental research where the researcher described how the description of parents' knowledge in modifying food ingredients to prevent stunting in children in the Tugusari agricultural area. In this study, the sample used was mothers with children under five with an age range of 6-24 months based on predetermined inclusion and exclusion criteria. The number of samples in this study was 57 mothers of children under five who were taken from a total of 67 populations in the research area. This study uses a non-probability sampling technique, namely purposive sampling in the sampling process where the sampling method is carried out by selecting research subjects based on certain characteristics that are related to population characteristics that the researcher has previously determined. This study's data sources include primary and secondary data sources. Primary data sources in this study were obtained by taking data directly to research respondents using a questionnaire of respondents' characteristics and knowledge of food modification modified from previous research (Jayanti, 2014). Secondary data in this study was obtained by looking at the recording of public health care cadres in the research area. Based on the results of statistical tests on the questionnaire used with a total of 23 questions, it is known that there are 22 valid questions to be studied with the value of the validity test results > 0.279 and the reliability test being > 0.660. In this study, the data analysis used is the univariate analysis where the data obtained from the research results will be analyzed and presented using a frequency distribution table which includes the characteristics of parents and the level of knowledge of parents in modifying food ingredients.

## RESULT

The results of this study include the characteristics of the respondents and the level of knowledge of parents in modifying food ingredients which are then analyzed using univariate analysis and presented using a frequency distribution table based on the results of the answers to the questionnaire obtained from the research respondents.

### Respondent Characteristics

#### a. Child Characteristics

Table 1. Child Characteristics

Child Characteristics	Frequency	Percentage (%)
Age		
Infants (6-12 months)	15	26.3
Toddlers (13-24 months)	42	73.7
Gender		
Male	30	52.6
Female	27	47.4

Based on table 1, it is known that the research respondents are mothers of toddlers who have toddlers with an age range of 6 - 4 months who live permanently in agricultural areas, Tugusari Village. Based on the results of the statistical tests used, it is known that in the characteristics of the respondents related to the age of toddlers, most mothers of toddlers have children with a toddler age range are 42 people (73.7%), and respondents who have infant age children are 15 people (26.3%). Meanwhile, in the next characteristic related to the gender of children under five, the number of respondents or mothers of children under five who have a child with a male gender is 30 people (52.6%), and respondents who have a child with a female gender are 27 people (47.4%).

b. Mother Characteristics

Table 2. Mother Characteristics

Mother Characteristics	Frequency	Percentage (%)
<b>Age</b>		
Late Adolescent (17-25)	15	26.6
Early Adults (26-35)	36	63.2
Late Adulthood (36-45)	6	10.5
<b>Level of Education</b>		
Elementary School	38	66.7
Middle School	14	24.6
High School	5	8.8
<b>Employment Status</b>		
Worker	12	21.1
Housewife	45	78.9
<b>Number of Family Members</b>		
Large family (> 7 People)	4	7.0
Moderate Family (5 - 7 People)	23	40.4
Small Family (≤ 4 People)	30	52.6
<b>Family Income</b>		
< Regional Minimum Wage	5	8.8
Regional Minimum Wage	52	91.2

From the results of data analysis on the characteristics of mothers of children under five, it is known that the number of respondents who are 17-25 years old or entering late adolescence are 15 people (26.3%), 26-35 years old or who enter the early adult stage, which is 36 people (63.2%), and those aged 36-45 years or entering the late adult stage, which amounted to 6 people (10.5%). In the second characteristic, namely the education level of mothers of children under five, the results show that the majority of the education levels of mothers of children under five are at the elementary school level, amounting to 38 people (66.7%), middle school totaling 14 people (24.6%), and High school amounted to 5 people (8.8%). In the third characteristic, which is related to employment status, the results show that the majority of the work status of mothers under five are working with a total of 12 people (21.1%), and respondents who are just become a housewife a total of 45 people (78.9%). In the fourth characteristic, which is related to the number of family members, the results show that the majority of mothers under five have small family members with a total of respondents being 30 (52.6%), moderate family members with 23 respondents (40.4%), and large family members with the number of respondents 4 people (7.0%). While the next characteristic is related to family income, the majority of mothers under five have family incomes above the Regional Minimum Wage with 52 respondents (91.2%).

**Knowledge of Parents in Modifying Food**

Table 3. Knowledge of Parents in Modifying Food

Knowledge Category	Frequency	Percentage (%)
Not Enough	6	10.5
Enough	38	66.7
Good	13	22.8
Total	57	100

Based on table 3 above, it can be explained that the highest percentage of respondents' knowledge level is in the category of sufficient knowledge with 38 people (66.7%), while the number of respondents with good knowledge category is 13 people (22.8%), and respondents with the category of lack of knowledge has a percentage value of at least 6 people (10.5%).

## DISCUSSION

### Respondent Characteristics

#### a. Child Characteristics

In this study, the results showed that the majority of research respondents had children aged 13-24 months or toddlers with a total of 42 respondents (73.7%), while 15 respondents (26.3%) had children aged 6-12 months or infants. This study is in line with the research conducted by Jayanti (2014) where in her research, the majority of respondents have children with an age range of 13-18 months with a percentage of 38.0%. The study also explained that the toddler age group is also very easy to change nutritional status because children aged 1-3 years are passive consumers where everything they consume depends on the food intake given by their parents (Jayanti, 2014).

According Muaris (2006) in Jayanti (2014) explain that children under five are children who have reached the age of one year or more, known as children under five years old (Jayanti, 2014). At this time children are often referred to as the golden age because the age of toddlers is an important period in the process of growth and development. Growth and development at this age are determining factors for children to achieve success in the process of growth and development because the period of growth and development at this age is fast and cannot be repeated. According to the Ministry of Health of the Republic of Indonesia, toddler age is a stage of development that is quite vulnerable to various diseases, including diseases caused by excess or lack of intake of certain types of nutrients (Ministry of Health Republic of Indonesia, 2015).

In the opinion of the researcher, mother's knowledge can also be influenced by the age of her toddler because with age the higher the type of food requested will be more varied so that the mother will have more knowledge and experience in processing and modifying the food to be given to toddlers to meet the nutritional intake needed in the growth process.

In this study, the results showed that the number of respondents who had children under five with male gender approached the same proportion as respondents who had female children under five, namely with a total of 30 respondents (52.6%) for respondents with boys under five, boys, and 27 respondents (47.4%) for respondents with girls under five. This study is in line with research conducted by Setyorini (2017) where in this study the number of respondents who had male children under five tended to be more than respondents who had female children under five, namely 42 respondents (50.6%). In addition, this study is also in line with research conducted by Jayanti (2014) where in his research it was explained that the number of respondents who had children under five with male gender was greater than the number of respondents who had female children under five, namely 45 people (Jayanti, 2014). In this study it was explained that food intake that needs to be considered is not only in boys, although according to Brown (2005) in Jayanti (2014) it is stated that in boys there is more muscle tissue development than girls so boys -batteries do more physical activity.

Based on the theory, gender is one of the factors in determining the size of a person's nutritional intake needs depending on the amount and level of activity carried out. Boys generally need more nutritional intake than girls, this is because boys tend to move more and are able to do things that girls usually can't do. However, according to Jayanti (2014) explains that the gender of children under five cannot be classified because both male and female toddlers have the same needs, namely both are in a period of growth and development (Jayanti, 2014). In this regard, according to Kuswandi &

Gender is one of the factors that influence the level of nutritional intake provided by parents because by looking at the number and level of activity carried out by boys under five in general more than girls. This can also affect the type of nutritional intake that will be given by parents to meet the nutritional intake needed so that parents will pay more attention to the type and variety of food that will be given to avoid boredom of toddlers in consuming the food that will be given and meet the nutritional needs needed. in the process of growth.

#### b. Mother Characteristics

In the age category of mothers under five, the results of the study found that the highest number of respondents is in the age range of 26-35 years or in the early adulthood stage with a percentage of 63.2% or 36 mothers under five. Most respondents who have good knowledge are in the early adult age range with a total of 8 respondents (14.0%). In the category of sufficient knowledge based on age, the majority of respondents who have sufficient knowledge category are in the early adult age range, with a total of 25 respondents (43.9%). This is in accordance with the results of research conducted by Khairunnisa & Ghinanda (2022) where in this study the majority of respondents were in the age range of 26-35 years or early adulthood with a total of 55 respondents (61.1%) and a minority of respondents in the age range 46-55 years old or late adult with 1 respondent (1.1%). The research also explained that mothers under early adulthood are considered too young and do not have enough experience in providing parenting to their children so in the

age range below early adulthood, mothers of toddlers will rely more on outside information to increase knowledge about good foods for their toddlers (Khairunnisa & Ghinanda, 2022). The results of this study contradict the research conducted by Kuswandi and Khotimah (2014) where in her research it is explained that younger mothers can prevent malnutrition in their toddlers and in other words, older mothers (> 35 years) are at almost 11 times greater risk to have children with malnutrition (Kuswandi and Khotimah, 2014). According to Khomsan (2007) in Kuswandi and Khotimah (2014) explain that age is one of the important indicators in determining a person's productivity where at a younger age the productivity level will be higher than at an older age because a person's physical condition and health at a young age tend to be more excellent than someone who has an older age (Kuswandi and Khotimah, 2014). On the characteristics of the age of the mother under five, the researcher argues that as you get older, a person's knowledge and experience will increase because his grasping power and mindset will be more mature by looking at the sources of information obtained from the surrounding environment, but in adulthood, this ability will begin to decline due to several factors. The difference between the opinion of the researcher and several theories related to age and knowledge is caused by several factors such as the level of education, the availability of information service sources, and environmental conditions.

In the category of education level, the results of research that have been carried out illustrate that the majority of research respondents have an education level in the basic education category, namely 38 people (66.7%). Based on the category of education level, the majority of respondents who have a good level of knowledge are in the secondary education and higher education categories, with 6 respondents (10.5%) in the secondary education category, and 5 respondents (8.8%) in the higher education category. Furthermore, in the category of sufficient knowledge, the majority of respondents are from the range of basic education and secondary education with a total of 8 respondents (14.0%) in secondary education, and 30 respondents (52.6%) in the range of basic education. As for the category of lack of knowledge, the majority of respondents only came from basic education with a total of 6 respondents (10.5%). The results of this study are in line with research conducted by Khairunnisa and Ghinanda (2022), where in his research it was found that most mothers who have higher education also have good knowledge and application of feeding rules, and a mother who has a higher education is considered to be able to receive information that can increase mother's knowledge and experience in the process of giving complementary foods (Khairunnisa & Ghinanda, 2022). The results of this study are also in line with research conducted by Jayanti (2014) where in this study the majority of respondents had a basic education level of 62 people (78.5%), and in this study it was explained that a person's education is one of the important elements capable of affecting the nutritional status of children under five because the level of education of the mother can affect the pattern of food consumption through the selection of the right food for their children under five (Jayanti, 2014). In the opinion of the researcher, the higher the quality of one's education, the higher the knowledge and experience possessed so that with this knowledge one can do the best parenting for their children, especially regarding the pattern of giving complementary foods according to their knowledge. There is a difference between the opinion of researchers and the results obtained because in this technological era everyone can easily access related sources of information, especially those available on online media so that it can help the community, especially mothers of toddlers, in adding information or insight related to knowledge of complementary feeding based on breastfeeding. Modification of food ingredients to increase the nutritional intake given to children under five. the higher the quality of one's education, the higher the knowledge and experience possessed so that with this knowledge one can do the best parenting for their children, especially regarding the pattern of giving complementary foods according to their knowledge. There is a difference between the opinion of researchers and the results obtained because in this technological era everyone can easily access related sources of information, especially those available on online media so that it can help the community, especially mothers of toddlers, in adding information or insight related to knowledge of complementary feeding based on breastfeeding. modification of food ingredients to increase the nutritional intake given to children under five.

In the Employment Status category, the results of research that have been carried out illustrate that the majority of research respondents' status as a Housewife (IRT) or not as a worker with a total of 45 respondents (78.9%). By looking at the work status of mothers of children under five, the level of knowledge of respondents who have good knowledge categories is the majority of respondents who are workers, namely 7 respondents (12.3%), in the category of sufficient knowledge the majority of respondents come from mothers of toddlers who are mothers. households with a



total of 33 respondents (57.9%), and in the category of lack of knowledge, the majority of respondents came from mothers of children under five with the status of housewives or not working with a total of 6 respondents (10.5%). The results of this study are in line with research conducted by Khairunnisa and Ghinanda (2022) which explains that the majority of research respondents are mothers who do not work with a total of 76 respondents (84.4%), and a minority of research respondents who are currently working as many as 6 respondents. (6.7%). The study also explained that the mother's employment status will affect her social relationships with many people outside the home environment, so that by doing so, it is possible for mothers to obtain more positive and negative information from the social environment outside the home and be able to improve the quality of their knowledge (Khairunnisa & Ghinanda, 2022). In a study conducted by Jayanti (2014) it was explained that the work of a mother is an important factor in determining the quantity and quality of food to be given to her toddler (Jayanti, 2014). According to Marfuah's theory (2017) on the research of Khairunnisa and Ghinanda (2022) explaining that mothers who only work at home or as housewives and have a fair amount of time at home are not always able to give complementary feeding on time, this is proven by the results of research conducted by Khairunnisa and Ghinanda (2022) who explained that many mothers who work at home or only have the status of housewives have started giving additional food or complementary feeding before the recommended time or before the right age (Khairunnisa & Ghinanda, 2022).

In the category of the number of family members, the results of research that have been carried out illustrate that the majority of research respondents has a number of family members with a small category with the number of respondents as many as 30 respondents (52.6%). By looking at the number of family members of research respondents, the number of respondents who have good knowledge categories are the majority of respondents who have small and medium families with the same number of respondents as many as 6 people (10.5%), and in the category of sufficient knowledge, the majority of mothers toddlers have a system or a small number of families with a total of 21 respondents (36.8%). The results of this study are in line with research conducted by Jayanti (2014) where in his research the majority of respondents had a moderate number of family members, namely 49 people (62.0%), and in the study it was explained that the number of family members is one of the factors that can affect the nutritional status of children because the larger the family members, the level of competition for household resources will be limited, especially the limited time and energy that a mother has to care for each family member, especially toddlers (Jayanti, 2014). The results of this study are not in accordance with research conducted by Khotimah and Sutedjo (2014), where in that research is explained that there is no significant effect between the number of family members on the nutritional status of children under five (Khotimah and Sutedjo, 2014). Based on the characteristics of this study, the researcher argues that mothers of toddlers or research respondents with fewer family members will have a better level of knowledge because more time will be available to learn something, especially about the modification of complementary foods that will be given to their toddlers. In addition, with a smaller number of members, it is possible for a mother to be able to meet the nutritional needs of her toddler more optimally because food consumption expenditure is more affordable compared to a larger number of family members. The difference between the opinion of the researcher and several theories regarding the number of family members with this knowledge is caused by several factors such as education level,

In the family income category, the results of research that have been carried out illustrate that the majority of research respondents have a family income level in the upper of Regional Minimum Wage (Rp 2,350,000) as many as 52 respondents (91.2%). These results are in accordance with the research conducted by Khairunnisa and Ghinanda (2022) which explained that in their research the majority of the respondent's family income levels were in the middle range > Rp. 750.000 - Rp. 2,500,000 with the number of respondents as many as 42 respondents (46.7%). The research also explained that the level of family income is a factor that determines the quality and quantity of food to be consumed because the family's ability to provide food ingredients depends on the size of the income (Khairunnisa & Ghinanda, 2022). The results of this study are also in line with research conducted by Kuswandi & Khotimah (2014) where in his research it was explained that the incidence of malnutrition in children under five tends to occur more in families with low incomes, namely the percentage (48.4%), and the amount of income with the incidence of malnutrition has a significant relationship according to the analysis carried out. conducted. The study also explained that mothers who have high incomes or incomes can be better at preventing their children under five from experiencing malnutrition compared to mothers who have low incomes where mothers with low-income levels are twice as likely to have children under five with nutritional status bad (Kuswandi and Khotimah, 2014). Based on characteristics related to family income, the researcher argues that a better level of family income will affect the level of variation in complementary foods that will be given by mothers of toddlers to their children because with a sufficient amount of income, the number of ingredients that can be obtained and the types of food that can be processed will vary in type and content.

### Knowledge of Parents in Modifying Food

Based on the theory, food modification is an act of changing the shape and taste of food from a less attractive to a more attractive shape or taste and displaying a better shape than the previous form by adding, subtracting, and even changing the composition of the food ingredients used (Ambohamzah, 2021). According to Masturoh and Anggita (2018), it is explained that knowledge is one of the results of knowing and this occurs after someone has sensed a certain object (Masturoh, 2021). While according to Notoatmodjo (2012), explains that knowledge is the result of knowing individuals from memory and understanding an object by using all the senses they have and can create new knowledge or form individual habits (Notoatmodjo, 2012). According to Khomsan (2007) in Jayanti (2014) explains that knowledge is everything that a mother knows about attitudes and behavior in choosing food, processing food, and preparing food, especially for her toddler (Jayanti, 2014).

Based on the data that has been obtained from the 57 respondents, it is known that 6 research respondents (10.5%) have a low level of knowledge based on the data from the analysis of questions in each indicator. While the number of respondents who have a sufficient level of knowledge based on the results of the analysis of the answers to the question items in each indicator is 38 respondents (66.7%), and the number of respondents who have a good level of knowledge based on the results of the analysis of answers to each question indicator is 13 respondents (22.8%). From these results, it can be concluded that the majority of parents or research respondents already know enough about food modification, especially complementary foods that must be given by mothers to each child in an effort to prevent stunting in children.

These results are in accordance with the research conducted by Sugiarto (2021) which in his research explains that the majority of the knowledge level of mothers under two years about modification of complementary feeding materials is good with the number of respondents as many as 46 people (90.0%), while mothers of baduta who have low knowledge regarding knowledge of modification of MPASI as many as 5 people (10.0%) (Sugiarto, 2021). In this study, it was also explained that 43 people (84%). In this regard, the nutritional status of children under five, especially two years of age, can be influenced by one of them, namely the result of inappropriate complementary feeding, namely under-five mothers who do not consider the modification of complementary foods by considering the age of the children under five, frequency of eating, number of meals, texture and variety of complementary foods, cleanliness in processing food, and the active response of toddlers when given these complementary foods (Sugiarto, 2021). This study is also in line with the research conducted by Jayanti (2014) in which the research explained that the results showed that the distribution of the nutritional knowledge level of mothers under five was almost evenly distributed in the sufficient category with the number of respondents as many as 37 respondents (45.6%). The study also explained that a mother's lack of knowledge about nutrition or the ability to apply nutritional information in daily life is one of the factors that influence the occurrence of nutritional disorders in children (Jayanti, 2014). and the active response of toddlers when given these complementary foods (Sugiarto, 2021). This study is also in line with the research conducted by Jayanti (2014) in which the research explained that the results showed that the distribution of knowledge levels of maternal nutrition under five was almost evenly distributed in the sufficient category with the number of respondents as many as 37 respondents (45.6%). The study also explained that a mother's lack of knowledge about nutrition or the ability to apply nutritional information in daily life is one of the factors that influence the occurrence of nutritional disorders in children (Jayanti, 2014). and the active response of toddlers when given these complementary foods (Sugiarto, 2021). This study is also in line with the research conducted by Jayanti (2014) in which the research explained that the results showed that the distribution of the nutritional knowledge level of mothers under five was almost evenly distributed in the sufficient category with the number of respondents as many as 37 respondents (45.6%). The study also explained that a mother's lack of knowledge about nutrition or the ability to apply nutritional information in daily life is one of the factors that influence the occurrence of nutritional disorders in children (Jayanti, 2014). This study is also in line with the research conducted by Jayanti (2014) in which the research explained that the results showed that the distribution of the nutritional knowledge level of mothers under five was almost evenly distributed in the sufficient category with the number of respondents as many as 37 respondents (45.6%). The study also explained that a mother's lack of knowledge about nutrition or the ability to apply nutritional information in daily life is one of the factors that influence the occurrence of nutritional disorders in children (Jayanti, 2014). This study is also in line with the research conducted by Jayanti (2014) in which the research explained that the results showed that the distribution of the nutritional knowledge level of mothers under five was almost evenly distributed in the sufficient category with the number of respondents as many as 37 respondents (45.6%). The study also explained that a mother's lack of knowledge about nutrition or the ability to apply nutritional information in daily life is one of the factors that influence the occurrence of nutritional disorders in children (Jayanti, 2014).

In the opinion of the researcher, the level of knowledge of people in modifying food ingredients is still in the good category, this is because the majority of research respondents are able to answer all questions from each indicator and

the majority of respondents are able to obtain sufficient scores and are even able to obtain good grades compared to obtaining low scores of each question item available on the research questionnaire.

## CONCLUSION

The characteristics of parents who have children aged 6-24 months in the agricultural area of Tugusari Village and are ready to be respondents in this study are the majority in the age range of 26-35 years old with a total of 36 mothers under five. While in the age range of late teens (17 – 25 years old) the number of respondents was 15 mothers of toddlers and in the range of late adulthood (36 – 45 years old), the number of respondents was 6 mothers of children under five. By looking at other characteristics, it is explained that the majority of mothers under five have a basic education level with a total of 38 respondents, while in the secondary education category the number of research respondents is 14 respondents, and in the higher education category, the number of research respondents is 5 respondents. In addition to other characteristics related to work, the majority of mothers under five are housewives or not workers with a total of 45 respondents. In this study, the majority of respondents had a number of family members in a small category as many as 30 respondents, 23 respondents had a number of family members in the moderate family category, and 4 other respondents had a large number of family members in the category of family. Meanwhile, based on the last characteristic, which is about income, the majority of mothers of children under five have a family income level > RMW (Rp.2,350,000) as many as 52 respondents, and mothers of toddlers who have a family income level of < RMW (Rp.2,350,000..) tend to be more a little, namely the number of 5 respondents.

Based on the data that has been obtained from the 57 respondents, it is known that 6 respondents (10.5%) have a low level of knowledge based on the data from the analysis of questions in each indicator. While the number of respondents who have a sufficient level of knowledge based on the results of the analysis of the answers to the question items in each indicator is 38 respondents (66.7%), and the number of respondents who have a good level of knowledge based on the results of the analysis of answers to each question indicator is 13 respondents (22,8%). From these results, it can be concluded that the majority of parents or research respondents already know enough about food modification, especially complementary foods that must be given by mothers to each child in an effort to prevent stunting in children.

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