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**PARENTAL PARTICIPATION IN THE “SEKOLAH
ORANG TUA HEBAT (SOTH)” PROGRAM TO PREVENT
STUNTING AND ITS IMPACT ON PARENTING
PRACTICES**

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ABSTRACT

Introduction: The National Population and Family Planning Agency (BKKBN) of East Java Province launched a program called the Sekolah Orang Tua Hebat (SOTH) in 2022 with the aim of improving parents' ability to care for their children, particularly in terms of balanced nutrition. Rambipuji Subdistrict is one of the subdistricts in Jember Regency that will launch the SOTH program in August 2023. Rambipuji is one of the subdistricts identified as a stunting hotspot in Jember Regency. **Purpose:** The aim of this research is to analyze the influence of toddler parents' participation in the Sekolah Orang Tua Hebat (SOTH) program on parenting practices in the Rambipuji District area. **Method:** This is a quantitative cross-sectional study conducted in Rambipuji Subdistrict, covering the villages of Kaliwining, Rambigundam, Gugut, Curahmalang, Rowotamtu, and Pecoro, from April 2024 to June 2024. The population in this study was 170 participants in the Great Parents School (SOTH) program in Rambipuji District. The sample obtained during the study was 121 using a proportional stratified random sampling method. The data was then analyzed using simple linear regression analysis ($\alpha < 0.05$) with the help of SPSS software. **Result:** The results of the study indicate that the majority of parents of toddlers participating in SOTH have good parenting practices (79,3%), especially in parenting indicators. There is a correlation between the participation of parents of toddlers in the SOTH program and parenting practices. The more actively you participate in the SOTH program, the better the parenting practices will be.

Keywords: Parental Participation, Parenting Practices, Sekolah Orang Tua Hebat (SOTH)

INTRODUCTION

Based on global data from 2022, stunting cases worldwide are around 22.3% (1). The results of the 2022 Indonesian Nutrition Status Survey (SSGI) show that stunting cases in Indonesia are 21.6%, while the prevalence of stunting in East Java is around 19.2%. Jember Regency ranks fourth with the highest stunting prevalence rate in East

Java, at around 29.7% (2). According to the August 2023 maternal and child health data published by the Jember Regency Health Office, the Rambipuji District has a stunting prevalence rate of 12.19%.

Research explaining the relationship between knowledge and stunting incidents by (3). found that around 84.4% had poor knowledge about stunting prevention. Another study also shows that the proportion of stunted toddlers is higher in families with poor knowledge (88.1%) compared to families with good knowledge (12.5%) (4).

A toddler requires special attention from parents to optimize their growth and development. According to Suryawan in (5), optimizing development requires interaction between the child and parents. This is very beneficial for the overall process of a child's growth and development. Parents should identify abnormalities in the toddler's growth and development process as early as possible and stimulate the toddler's growth and development comprehensively at the physical level. This can provide intellectual and social aspects. The role of parents is very important in efforts to improve toddler growth and development. Appropriate parenting roles and patterns encourage optimal development. Parents need to participate in various activities that can improve their understanding and parenting skills.

The efforts to prevent and tackle stunting are realized through various programs with cross-sector and cross-party support. For this reason, the National Family Planning and Population Agency (BKKBN) of East Java Province launched a program called Sekolah Orang Tua Hebat (SOTH) in 2022 with the aim of improving parents' ability to care for their children, especially in terms of balanced nutrition (6,7). The SOTH program in East Java is spearheaded by Jember Regency, which launched the program in August 2023.

The Sekolah Orangtua Hebat (Great Parents School, commonly referred to as SOTH) is a special school established by the National Population and Family Planning Agency (BKKBN) in East Java Province to support the acceleration of stunting reduction by 14% by 2024 (8). SOTH is a non-formal school that is conducted in a gradual, structured, and measurable manner with the guidance of professionals. This school is a breakthrough in improving parents' skills in caring for children, especially toddlers (9,10).

Rambipuji Subdistrict is one of the subdistricts in Jember Regency that initiated the SOTH program in August 2023. Rambipuji Subdistrict has been a good driver of SOTH because it is implemented once a week instead of once every two weeks as directed by BKKBN, with 14 meetings. The SOTH program in Rambipuji Subdistrict has been running since August 2023.

Based on what has been explained above, the aim of this research is to analyze the influence of parents of toddlers' participation in the Sekolah Orang Tua Hebat (SOTH) program on parenting practices in the Rambipuji District, Jember Regency.

METHOD

This type of research is quantitative with a cross sectional approach which studies the influence of parents of toddlers' participation in the SOTH program on parenting knowledge and practices. The research locations were carried out in Rambipuji District, Jember Regency, including Kaliwining Village, Rambigundam Village, Gugut Village, Pecoro Village, Rowotamtu Village, and Curahmalang Village. Two villages that were not included in the research were Nogosari Village and Rambipuji Village because the

SOTH program in these villages had not been completed. This research was carried out from March to June 2024.

The population in this study were parents/caregivers of toddlers participating in SOTH in the Rambipuji District area, totaling 170 participants. SOTH was conducted in 13 meetings. Respondents were selected based on data from parents who were registered as active SOTH participants. The samples in the study were taken using random sampling techniques with a proportional stratified random sampling technique to obtain a sample size of 132 samples. Based on the research results, the sample obtained was only 121 respondents because there were 11 respondents who did not participate in the SOTH program at the time the research was conducted. The sample size obtained after dropouts still met the minimum sample size requirement for the study.

Parenting practices were measured using a modified version of the Parenting Skills Assessment questionnaire (10th version; PSA-10). The PSA-10 uses five indicators to measure parenting practices, namely communication with toddlers, management and supervision of toddlers, parent/toddler activities (play), toddler care, and environment (11).

Statistical analysis used

Data collection was carried out by means of documentation in the form of SOTH participant attendance lists and interviews using a parenting knowledge questionnaire with a validity test result of $r_{count} > 0.361$ and a Cronbach's alpha value of 0.891, as well as a parenting practices questionnaire with a validity test result of $r_{count} > 0.361$ and a Cronbach's alpha value of 0.957.

Data presentation is a presentation of research results that have been prepared systematically. The data presented has gone through data processing and analysis, so that it can prove a hypothesis. The data collected in this research will be presented in the form of graphs/images, tables and text (narrative). The variables that will be analyzed in this research are the participation of parents of toddlers in the SOTH program, parenting knowledge, and parenting practices.

This study did not analyze differences before and after the SOTH activities. This study focused on analyzing the impact of SOTH participation on child-rearing practices to prevent stunting. Data analysis used simple linear regression analysis to analyze the influence of parents of toddlers' participation in the SOTH program on parenting knowledge and practices. Test criteria in simple linear regression analysis with statistical significance where H_0 is rejected if the p-value < 0.05 and H_0 is accepted if the p-value is > 0.05 .

The ethical review of this research was conducted by The Ethical Committee of Medical Research Faculty of Public Health, University of Jember, No. 487/KEPK/FKMUNEJ/IV/2024.

RESULT

Characteristics of Respondents in the Rambipuji District Area

Table 1. Frequency Distribution of Demographic Characteristics

Demographic Characteristics	n	%
Parent/Caregiver Age		
17-25 Years	7	5.8
26-35 Years	94	77.7

Demographic Characteristics	n	%
36-45 Years	18	14.3
46-55 Years	2	1.6
Child Age		
30-45 Month	31	25.6
46-59 Month	90	74.4
Last Education Level		
SD	13	10.7
SMP/Equal	21	17.4
SMA/Equal	76	62.8
D3	4	3.3
D4/S1	7	5.8
Work		
IRT	95	78.5
Self-employed	21	17.4
Teacher	4	3.3
Midwife	1	0.8
Income per Month		
< Rp 2.665.392	101	83.5
≥ Rp 2.665.392	20	16.5
Receiving Social Assistance		
Yes	17	14.0
No	104	86.0
Types of Social Assistance		
BPNT	3	2.5
PKH	6	5.0
10 kg Rice	8	6.6

Based on table 1, it shows that the majority of respondents are aged 26-35 years (77.7%) and have children aged 46-59 months (74.4%). The majority of parents/caregivers' latest education is high school/equivalent (62.8%) with the majority of parents/caregivers' job type being housewives (housewives) without working (78.5%), and the majority's monthly family income is below the minimum wage, namely < IDR 2,665 ,392 (83.5%). Meanwhile, for questions in the social assistance category, social assistance recipients were only around (14%) of the total respondents, and the majority of types of social assistance received by social assistance recipients were 10 kg of rice (6.6%).

Most of the parents of toddlers in the Rambipuji District are in the early adulthood phase, namely in the age range of 26-35 years. Social development in early adulthood is a period where egocentric views change into empathetic attitudes (12). The most common age of toddlers owned by parents of SOTH participants is 46-59 months or around 4-5 years old. The toddler age is the main target of the SOTH program as a first step to increase parents' knowledge and practice of caring for children, especially toddlers (13).

This research shows that there were 13 respondents with an elementary school/equivalent level of education and 12 of them actively participated in the SOTH program for ≥ 12 meetings. This explains that the low level of parental education does not make respondents reluctant to acquire new knowledge, especially knowledge related to parenting (14).

This research shows that the majority of SOTH participants are housewives who do not work, others work as entrepreneurs, teachers and midwives. Positive and negative impacts on childcare can be caused by work. Stress due to work is widespread and can affect how one cares for children, but happiness due to work can result in better parenting patterns (10).

Caring for a child with less than average levels of opinion can increase stress when parents are unable to provide food, clothing, health care, and safe permanent housing (15). In this study, the majority of SOTH participants' family income was below the minimum wage (IDR 2,665,392). With SOTH, it is hoped that parenting stress experienced by families with incomes below the minimum wage will not occur because the SOTH program explains how important the impact of parenting is on children's growth and development (6,7).

The final demographic characteristic is related to social assistance. Social assistance is assistance provided on a non-recurring basis and is temporary in the form of money/goods received by the community with the aim of improving community welfare(15). The research results show that the majority of SOTH participants in the Rambipuji District area are not recipients of social assistance. Some of the SOTH participants who received social assistance were BPNT, PKH and 10 kg rice.

Parents' Participation in the Great Parents School (SOTH) Program in Rambipuji District

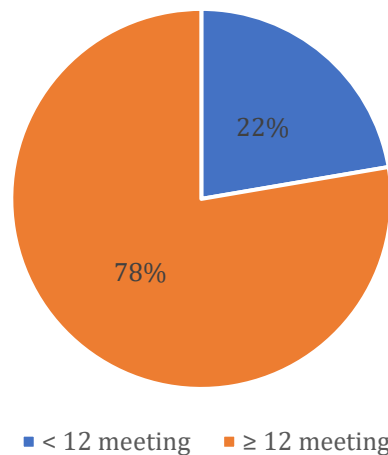


Figure 1. SOTH Participant Attendance Percentage

Based on Figure 1, it shows that the majority of respondents attended the SOTH program for ≥ 12 meetings (78%). Meanwhile, respondents who attended < 12 meetings were (22%).

The participation of parents of toddlers in the Sekolah Orang Tua Hebat (SOTH) program is said to be active if the participant attends classes for more than the same as 12 meetings. Mothers of toddlers who are full-time housewives and do not work spend more time with their children than working housewives (16,17). However, there are quite a few parents of SOTH participants who work as entrepreneurs who actively take part in the program for 13 meetings because they have a privately managed business so they have time to accompany their children and take part in the SOTH program.

Apart from work, the mother's education also determines her activeness in a meeting. In this study, the majority of parents had the highest level of education, namely high school/equivalent. The educational status of the mother greatly determines the quality of her care, the higher the level of education the mother will be, the more active she will be and will have awareness of the benefits and importance of increasing insight regarding caring for children (17).

Parenting Practices for Toddlers in Rambipuji District

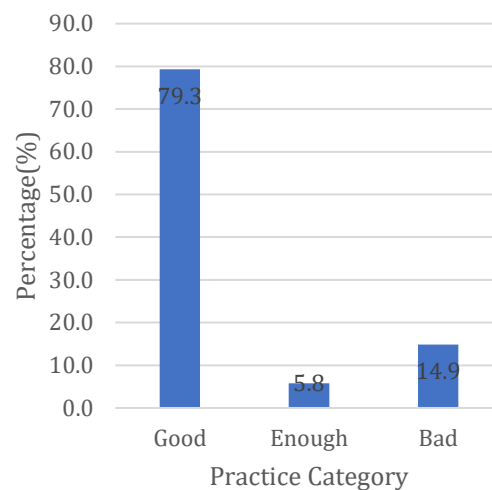


Figure 2. Results of Measurement of Parenting Practices

Based on Figure 3, it shows that the majority of SOTH participants have a good parenting knowledge category (79.34%). Meanwhile, SOTH participants had the moderate parenting practice category (5.8%), and SOTH participants had the poor category (17.4%).

Good parenting practices can influence a mother's habits, attitudes and behavior in caring for her child. Good parenting includes the mother's behavior in ensuring nutritional intake, maintaining child hygiene, maintaining the cleanliness of the child's environment, and providing health services related to the child's needs (18).

The results of the research show that the parenting practices of parents of toddlers in the Rambipuji District area are mostly in the good category with the highest measurement results being the parenting indicators. The parenting indicators in question are all forms of parental treatment of children, starting from interactions in the form of stimulation, as well as providing nutrition to children. This is in line with the results of parenting knowledge where the category of questions related to stimulation for children had the most correct answers, which means that the material that was presented during SOTH was successfully absorbed by parents of toddlers.

Furthermore, the indicator of parenting practices with the lowest average is the indicator of child management and supervision. The indicators for child management and supervision in question are related to supervision of children both in terms of growth and development.

Analysis of the Influence of Toddler Parents' Participation in the SOTH Program on Parenting Practices in Rambipuji District

Table 2. Simple Linear Regression Analysis Test (Practice)

Variable	Reg. Coeff. (B)	P-Value	R Square	Equality
(Constant)	34.746	0.0001	0.614	$Y=34.746+4.084X$
Membership of SOTH	4.084			

Based on table 4, it shows that the positive regression constant (b) value of 34,746 indicates a positive influence between the SOTH membership variable and the parenting practice variable. This shows that if the SOTH participation variable has a value of 0, then the parenting practice variable on average is 34,746. If the SOTH participation variable increases by one unit, then the parenting practice variable will increase or be fulfilled by 4,084. The significance value (p-value) is $0.0001 < 0.05$, so it can be concluded that H_0 is rejected and H_a is accepted, which means that there is an influence of parents of toddlers' participation in the SOTH program on parenting practices. The R Square value shows that the SOTH membership variable has an influence on the practice variable of 0.614 (61.4%), while 38.6% is influenced by other variables. The results of the classical assumption test on the parenting knowledge variable can be seen in the following table:

Table 3. Classical Assumptions Test Result for Parenting Practice Variables

Variable (Y1)	Normality	Homogeneity	Linearity
Parenting Practice	0.298	0.190	0.598

Based on table 5, it can be seen that the significance value (p-value) for the normality test in the Shapiro-Wilk table is >0.05 , meaning that the data used meets the normality requirements. Meanwhile, for the homogeneity test, the significance value (p-value) is >0.05 , meaning that the data used meets the homogeneity requirements. And the linearity test shows that the significance value (p-value) is >0.05 , meaning that the SOTH membership variable and the parenting practice variable have a significant linear relationship.

The same results were obtained for parenting practices which were directly proportional to the participation of parents of toddlers in the SOTH program. The results of the simple linear regression analysis test for the SOTH participation variable and the parenting practices variable show that the p-value <0.05 means that there is an influence between the participation of parents of toddlers in the SOTH program on parenting practices. The more actively you participate in the SOTH program, the more parenting practices will improve.

The results of this research are in line with the findings of which state that there is a significant influence between parenting education and childcare practices (13). The research also explains that although mothers with higher education who take parenting education have an influence on childcare practices, mothers with lower education who have a high level of compliance and who take parenting education will have more influence on childcare practices (18,19).

CONCLUSION

The conclusion of this study is that the majority of SOTH participants are aged 26-35 years (77.7%) and have toddlers aged 46-59 months (74.4%). The majority of SOTH participants' highest level of education is high school/equivalent (62.8%) and work as

domestic workers without working, and earn < IDR 2,665,392 per month. Social assistance recipients (14%) received 10 kg of rice. The majority of parents of toddlers participating in SOTH are active participants who attended ≥ 12 meetings (77.7%). The majority of parents of toddlers participating in SOTH have good parenting practices, especially in parenting indicators (77.7%). There is an influence between the participation of parents of toddlers in the SOTH program on parenting practices.

Suggestions for future researchers are to add other variables in the form of demographic characteristics that have an influence on parental care for children, as well as research to determine the child's growth or development.

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