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The Relationship Between Mothers' Knowledge About the First 1000 Days of Life (HPK) With Child Growth and Development at the Posyandu Baugenvile Sabandar Village, Karangtengah Subdistrict, Cianjur District

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ABSTRACT

The research method used was quantitative with a descriptive and cross-sectional approach. The study population involved 30 mothers with children aged 0-24 months at Posyandu Baugenvile. The results of univariate analysis showed that most children had normal weight (70%) and appropriate development (73.3%), while the majority of mothers had sufficient knowledge about HPK (66.7%). Bivariate analysis revealed a significant association between mothers' knowledge of HPK and child growth ($p=0.013$) and development ($p=0.022$). This finding suggests that better maternal knowledge of HPK is positively associated with child growth and development. The conclusion of this study is that maternal knowledge of HPK has a significant effect on child growth and development. Therefore, improved health education for mothers on HPK can contribute positively to child growth and development. Recommendations are given for more intensive health education programs at the posyandu level to improve maternal knowledge and support optimal child development.

Keywords: First 1000 Days of Life, Maternal Knowledge, Child Growth and Development, Posyandu, Health Education

INTRODUCTION

The first thousand days of life (1000 HPK) is the early stage of life that begins with the formation of the fetus in the womb (270 days) until the first two years of life (730 days), commonly referred to as the golden period. During the time in the womb, important organs such as the brain, heart, liver, kidneys, lungs, and bones begin to form and develop. After that, for two years following birth, the child starts to adapt to their environment, and this marks the peak of the child's cognitive function development.

The Indonesian government has launched the "1,000 Days of Early Life Movement," known as 1,000 HPK. The first 1,000 days of life (HPK), which begin at conception and last until the child is two years old, is the most critical period for improving a child's physical and cognitive development. The first 1,000 days of life

(HPK) is referred to as the window of opportunity. The golden period that occurs during the first 1000 days after birth to optimally support a child's growth and development.

RESEARCH METHOD

In this study, the approach used is cross-sectional research, involving observation or data collection of dependent and independent variables only once at a single point in time. The sampling technique employed is total sampling, with a total of 30 individuals. The instruments used in this research are questionnaires and KPSP.

RESULT AND DISCUSSION

Table 1. Frequency Distribution of Child Growth at the Baugenvile Posyandu in Sabandar Village, Karangtengah District, Cianjur Regency, Year 2024

Nutritional Status	Frequency	Percentage (%)
Very Underweight	0	0,0
Underweight	9	30,0
Normal weight	21	70,0
More Weight	0	0,0
Total	30	100,0

Table 2. Frequency Distribution of Child Development at the Baugenvile Posyandu in Sabandar Village, Karangtengah District, Cianjur Regency, Year 2024.

Development	Frequency	Percentage (%)
Very Underweight	0	0,0
Underweight	9	30,0
Normal weight	21	70,0
More Weight	0	0,0
Total	30	100,0

Accordance	22	73,3
Doubtful	8	26,7
Deviated	0	0,0
Total	30	100,0

Table 3. Frequency Distribution of Mothers' Knowledge at the Baugenvile Posyandu in Sabandar Village, Karangtengah District, Cianjur Regency, Year 2024.

Knowledge	Frequency	Percentage (%)
Good	10	33,3
Enough	20	66,7
Not Enough	0	0
Total	30	100,0

Table 4. The Relationship Between Mother's Knowledge About the First 1000 Days of Life and Child Growth at the Baugenvile Posyandu in Sabandar Village, Karangtengah District, Cianjur Regency in 2024.

Knowledge	Underweight		Normal Weight		Total		P
	N	%	N	%	N	%	
Good	0	0,0	10	33,4	10	33,3	0,013
Enough	9	30,0	11	36,7	20	66,7	
Total	9	30,0	21	70,0	30	100,0	

Table 5. The Relationship Between Mother's Knowledge About the First 1000 Days of Life and Child Development at the Baugenvile Posyandu in Sabandar Village, Karangtengah District, Cianjur Regency in 2024.

Knowledge	Accordance		Doubtful		Total		P
	N	%	N	%	N	%	
Good	10	33,3	0	0,0	10	33,3	0,022
Enough	12	40,0	8	26,7	20	66,7	
Total	22	73,3	8	26,7	30	100,0	

CONCLUSION

Most children have a normal weight, totaling 21 individuals (70%).

Most children have development that is appropriate, totaling 22 individuals (73.3%).

Most mothers have sufficient knowledge, totaling 20 individuals (66.7%). The results of the statistical test yielded a p-value of 0.013, which indicates that there is a relationship between

Mother's Knowledge about the first 1000 days of life and Child Growth. The statistical test also produced a p-value of 0.022, suggesting that there is a relationship between Mother's Knowledge about the first 1000 days of life and Child Development.

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