

## CHAPTER V

### CONCLUSION AND RECOMMENDATION

#### 5.1 Conclusion

From the discussion of data analysis that has been carried out previously, it can be concluded that:

1. There is an effect of maternal education variables on the incidence of stunting in Indonesia.
2. There is no effect of water source variables on the incidence of stunting in Indonesia.
3. There is no effect of sanitation variables on the incidence of stunting in Indonesia.
4. There is no effect of living area variables on the incidence of stunting in Indonesia.
5. There is no effect of child's gender variables on the incidence of stunting in Indonesia.
6. There is an effect of child's diet variables on the incidence of stunting in Indonesia.
7. There is no effect of total food expenditure variables on the incidence of stunting in Indonesia.

#### 5.2 Recommendation

Based on the results of the discussion and conclusions in this study, researchers can provide several recommendations:

1. The government can improve access and quality of health services such as nutrition services, health education for pregnant women on the importance of

nutrition and child health, especially during the first 1000 days of life (HPK), and provide adequate health workers and health facilities.

2. Improving the economic welfare of the community through economic empowerment programs and creating jobs so as to increase community income. Provide social assistance for underprivileged families to fulfill basic needs such as nutritious food and children's education.
3. The government can also strengthen policies and intervention programs that focus on stunting prevention, such as supplementary feeding programs (PMT), nutrition education programs, and food fortification programs.
4. The government can improve nutrition and health education for mothers through integrated extension programs, practical skills training, nutrition counseling, and integration of health education in the curriculum, to help mothers make informed decisions on child nutrition, especially during the first 1,000 days of life, to effectively prevent stunting.
5. Future research can conduct further research by expanding the scope of data used in this study by including other variables that may affect stunting. Researchers can also expand data coverage by including data from other regions in Indonesia. Researchers can also use better analytical methods to test the relationship of the variables analyzed.