



ABSTRACT

Linking minds and growth: maternal mental health and child stunting : a systematic review

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Introduction: Maternal mental health during pregnancy has a significant impact on early childhood development, but its association with child growth outcomes, notably stunting, has received less attention, particularly in Indonesia.

Object : This systematic review aims to consolidate available information on the relationship between maternal mental health during pregnancy and child stunting. Examining and analyzing this study provides insights into the particular problems and potential for addressing maternal mental health and child development.

Methods: A thorough search of electronic databases was carried out to find relevant papers on the relationship between maternal mental health during gestation (including depression, anxiety, and stress) and child stunting. Studies published in peer-reviewed publications within the past five years were included. Data extraction and quality assessment were carried out based on predetermined criteria. Findings were synthesized narratively, and studies that met the inclusion criteria were included in the review.

Result: There is a link between poor maternal mental health during pregnancy and an elevated risk of child stunting. Maternal sadness and stress were frequently identified as potential causes for stunting, including impaired maternal-infant bonding, poor caregiving practices, and changed physiological responses during maternity. This systematic analysis emphasizes the significance of addressing maternal mental health during pregnancy as an important indicator of child growth and development.

Conclusion: Interventions that promote maternal mental well-being during the perinatal period have an opportunity to reduce stunting and improve maternal and child health outcomes. More research is required to understand the underlying causes and guide targeted interventions suited to the specific needs of Indonesian mothers and children.

Keywords: Maternal factors, 12-23 months old, Stunting

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