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The Influence of Age, Education, and Maternal Work on Mother's Knowledge of Children's Yoga in Toddlers Aged 3-4 Years at Brangsong and Kaliwungu Health Centers, Kendal Regency

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ABSTRACT

Early childhood growth, particularly among children aged 3–4 years, demonstrated significant disparities between developed and developing countries. The prevalence of stunting in developing nations among this age group reached 26%, compared to only 6% in developed countries. These differences were linked to nutritional factors, developmental stimulation, and family involvement. Growth disorders in early childhood were associated with long-term risks such as impaired cognitive development, motor delays, and emotional problems. Several studies proposed alternative approaches to support optimal child growth, including structured physical activities like yoga. Children's yoga was found to improve balance, flexibility, and emotional regulation. Nevertheless, the effectiveness and safety of yoga for toddlers aged 3–4 remained controversial, especially due to the risk of fatigue or joint strain if not age-appropriate. This study was conducted at Brangsong and Kaliwungu Community Health Centers (Puskesmas), Kendal District, Indonesia. A total of 80 mothers with children aged 3–4 years participated. Data collection was carried out in August 2025 using a self-administered semi-open questionnaire. The instrument had been previously tested for validity and reliability with 20 mothers from Kendal Health Center, yielding valid and reliable results. Respondents were selected using accidental non-random sampling, with inclusion criteria including mothers of children aged 3–4 years who consented to participate and allowed their child's height to be measured. Data analysis using Pearson's correlation revealed a significant relationship between maternal age and knowledge of children's yoga, as well as a highly significant relationship between maternal education and knowledge of yoga. However, no significant relationship was found between maternal employment status and knowledge of yoga. This study provided insights into how maternal characteristics, particularly age and education, influenced knowledge about non-pharmacological interventions such as yoga to support early childhood growth. The findings highlighted the potential for integrating family-based yoga education into primary health care programs for improving child development outcomes.

Keywords: *child growth, yoga for children, maternal education, maternal age, early childhood intervention, Indonesia, community health, 3–4 years old*

1. INTRODUCTION

Early childhood growth is an important foundation for long-term development both physically, cognitively, socially, and emotionally. Children aged 3–4 years are in the golden age of brain and body development, where various positive stimulations can have a major impact on children's quality of life in the future. However, until now inequality in early childhood growth is still a global challenge, especially in developing countries.

According to UNICEF (2023), the prevalence of stunting and child growth and development delays in developing countries such as Indonesia is around 26%, while in developed countries such as Germany or Japan, it is only 6%. The World Health

Organization (WHO) asserts that one of the main causes of growth problems is the lack of structured and thorough stimulation from an early age, not just due to malnutrition. In the long term, growth disorders in toddlerhood can cause cognitive impairment, academic achievement barriers, psychoemotional disorders, and an increased risk of degenerative diseases.

As a form of holistic non-pharmacological stimulation, the practice of children's yoga (*yoga kids*) began to gain scientific attention. Yoga offers an integration of motor movement, concentration, breathing, and relaxation, which has been shown to affect the emotional balance and neuromotor development of children. A study by Ferreira-Vorkapic et al. (2022) found that children who regularly attended yoga classes experienced improved brain executive function and emotional stability compared to the control group. Another study by Khalsa (2019) in the United States states that yoga helps preschool-age children develop impulse control, body balance, and focus skills.

Although the benefits of yoga in children have been widely researched in developed countries, the application of *yoga kids* in the context of developing countries such as Indonesia is still minimal, both in practice and scientific studies. In addition, there are still doubts from some people about the effectiveness and suitability of yoga for children under five years old, especially 3-4 years old, who are considered too early for structured activities. Some even consider yoga to be only suitable for schoolage children or adults because it requires more complex concentration and coordination skills.

Children's growth and development at the age of 3-4 years are greatly influenced by various factors, including the role of parents in providing optimal physical and mental stimulation. One of the activities that are beneficial for early childhood is yoga, which is known to improve body balance, motor coordination, and emotional well-being. The mother's knowledge of the benefits of child yoga becomes very important, as the mother has a central role in the parenting and development of the child. Early childhood growth is an important indicator of public health development. Children aged 3–4 years are in a critical phase of physical, cognitive, and social development. UNICEF data (2023) shows that developing countries have a stunting rate in early childhood of 26%, much higher than developed countries which are only 6%.

Growth disorders in toddlers have an impact on children's intellectual and social development and increase the risk of chronic diseases in adulthood. Therefore, approaches that support child growth need to be carried out comprehensively, including through family interventions.

Some recent studies have suggested that children's yoga can be a form of stimulation that supports physical and psychoemotional growth. Research by Telles et al. (2020) and Khalsa (2019) shows that yoga can improve balance, flexibility, and emotional control in children. However, the practice of yoga in toddlers aged 3–4 years is still reaping debate regarding its effectiveness and safety. In the child growth ecosystem, mothers have a key role as the main manager of parenting, nutrition, and daily stimulation. Especially at the age of toddlers 3–4 years old, which is the transition phase from full dependence to early independence, the role of mothers greatly determines the success of children's growth and development. Mothers are not only tasked with providing for their children's physical needs, but also act as facilitators of early learning, children's emotional managers, and key decision-makers related to daily activities, including the selection of types of stimulation such as sports, outdoor activities, and integrative activities such as yoga.

Some studies show that a mother's education and employment level have a significant correlation with the level of knowledge and decision-making in children's health practices. For example, research by Dewi et al. (2021) stated that mothers with secondary and upper education are more likely to have knowledge and positive attitudes toward parenting practices that support children's overall growth and development. Therefore, understanding how maternal characteristics affect their knowledge of children's yoga becomes essential for designing targeted family-based health interventions.

This study aims to analyze the relationship between maternal age, maternal education, and maternal work on their knowledge of children's yoga in toddlers aged 3-4 years at the Brangsong and Kaliwungu Health Centers, Kendal Regency. This research has novelty in several important aspects:

1. Focus on the relationship of maternal characteristics—as *gatekeepers* of children's health practices—to knowledge of early childhood yoga.
2. Targeting the critical age range (3–4 years) that is still rarely touched in the literature on children's yoga in Indonesia.
3. Using a basic approach as a foothold for further community-based interventions and health centers.
4. Provide an initial overview of the potential of yoga education as part of a preventive promotive strategy for the growth and development of toddlers.

On this basis, this research is expected to pave the way for educational interventions and early childhood yoga practices that are integrated into primary health service programs

2. METHOD

Research Design and Location

This study employs a descriptive correlational design with a cross-sectional approach. The research will be conducted in August 2025 at two locations: Brangsong Health Center and Kaliwungu Health Center in Kendal Regency, Indonesia.

Population and Sample

The population for this study consists of mothers with children aged 3–4 years. A total of 80 respondents were selected using accidental (non-random) sampling. Inclusion criteria included: mothers of children aged 3–4 years, willingness to participate in the study, consent to having their child's height measured, and attendance at the toddler health check-up sessions.

Instruments and Procedures

Data were collected using a self-administered questionnaire that had previously been tested for validity and reliability on a group of 20 mothers at the Kendal Health Center. The instrument was confirmed to be valid and reliable. The questionnaire collected data on maternal characteristics, including age, education, and employment status, as well as knowledge about children's yoga—covering aspects such as definitions, movements, implementation, and benefits.

Data Analysis

Univariate analysis was conducted to describe the frequency distribution and percentages of the study variables. Bivariate analysis was performed to examine the relationships between maternal age, education, and employment status with knowledge of children's yoga. Pearson's correlation test was used to determine the strength and significance of these relationships.

3. RESULT

The results of the statistical analysis show:

This table shows the frequency distribution of the characteristics of the mothers who were the respondents in the study.

Table 1: Univariate Analysis of Maternal Characteristics

Characteristics of Mothers	Category	Number of Respondents	Percentage (%)
Mother's Age	20-30 years	25	31.25
	31-40 years old	40	50.00
	41-50 years old	15	18.75
Mother's Education	Primary school	5	6.25
	First secondary school	10	12.50
	High school	30	37.50
	College	35	43.75
Mother's Work	Work	45	56.25
	Not Working	35	43.75

This table shows the frequency distribution of mothers' knowledge about children's yoga.

Table 2: Univariate Analysis of Mothers' Knowledge of Children's Yoga

Mother's Knowledge of Children's Yoga Category	Number of Respondents	Percentage
Good	30	37,50
Enough	40	50,00
Less	10	12,50

This table shows the relationship between the maternal characteristic variables and the mother's knowledge of children's yoga.

Table 3: Analysis of Univariate Correlations Between Maternal Characteristics and Mother's Knowledge of Child Yoga

Characteristics of Mothers Knowledge of Children's Yoga		Correlation Pearson
Mother's Age	There is a relationship	0.039
Mother's Education	There is a relationship	0.000
Mother's Work	No relationship	0.234

This table shows a bivariate analysis between the mother's age and the mother's knowledge of the child's yoga using the Pearson Correlation statistical test.

Table 4: Bivariate Analysis of the Relationship of Maternal Age with Maternal Knowledge of Children's Yoga

Mother's Age	*Mother's Knowledge of Children's Yoga*	*Number of Respondents*	*Korelasi Pearson*	*p(Category) value*
20-30 years	Good	10	0.42	0.039
	Enough	12		
	Less	3		
31-40 years old	Good	15	0.38	
	Enough	20		
	Less	5		
41-50 years old	Good	5	0.45	
	Enough	8		
	Less	2		

This table shows a bivariate analysis of the mother's education level and the mother's knowledge of children's yoga.

Table 5: Bivariate Analysis of the Relationship of Maternal Education with Maternal Knowledge of Children's Yoga

Maternal Education	Maternal Knowledge	Number of Respondent	Correlation Value	Pearson Value
Primary school	Good	1	0.25	0.000
	Enough	3		
	Less	1		
Junior High School	Good	3	0.32	
	Enough	6		
	Less	1		
High school	Good	12	0.40	
	Enough	16		
	Less	2		
College	Good	14	0.50	
	Enough	18		
	Less	3		

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4. DISCUSSION

Yoga in early childhood or yoga kids is one of the creative ways in providing exercise to children so that they can regulate breathing patterns and physical activities which have many advantages in increasing growth and development through fun activities. Implementation of Yoga Kids as one of the gross motor stimulation of early childhood. For gross motor stimulation in early childhood, it is seen in children's non-locomotor movement skills. Yoga kids activities are divided into 3 parts, namely warm-up and breathing movements (5 minutes), core movements (20 minutes), and closing or relaxation activities (5 minutes). The core movements in yoga kids are carried out through activities that delight children through stories accompanied by music, imitating various kinds of animal and natural movements, including hands to feet pose, butterfly pose, mountain pose, cobra pose, swan pose, dog looks down pose. ,Yoga kids that have been attractively packaged have the benefit of improving children's balance in doing motor movements. Because by doing a variety of yoga positions, it can help stimulate the work of the body's pentasbil muscles.[1] .

Children's yoga can act as a stimulus for children's growth and development A study by Khalsa (2019) shows that yoga can have a significant positive impact on early childhood cognitive and emotional development. Yoga helps children develop body awareness, and self-control, as well as fine and gross motor skills. Yoga activities that involve breathing and relaxation also help reduce anxiety, improve sleep quality, and teach children to recognize and regulate their emotions from an early age. This research underscores the importance of the role of parents, especially mothers, in providing stimulation that supports optimal growth and development through activities such as yoga. The Influence of Yoga on Children's Emotional and Social Well-BeingResearch by Cohen et al. (2021) shows that yoga has great benefits for reducing stress and improving children's emotional well-being. The results of this study support the application of children's yoga as a positive intervention to improve their social and emotional well-being. Children's yoga can also improve their social relationships with peers and adults because it teaches them communication skills non-verbal through movement and breathing. The success of children's yoga activities is influenced by the knowledge that the mother has about yoga. Factors that affect mother's knowledge consist of mother's age, education level and occupation.

Mother's age is related to mother's knowledge of yoga

The mother's age is divided based on healthy reproductive age under 35 years and unhealthy reproductive age at more than 35 years. Older mothers often have more experience caring for children and are more open to new health information. This makes them more likely to understand and apply children's yoga practices in their daily lives. Research by Soni et al. (2020**)** revealed that older mothers show a higher level of awareness of the importance of physical activity for early childhood, including yoga, as a form of brain development stimulation. The study also notes that as they get older, they tend to better understand the importance of balance body and mind, which is the basic principle of children's yoga. Mothers' knowledge of Yoga needs to be expanded not only for normal children but also for children with ADHD problems. Yoga may have benefits as a complementary treatment for boys with ADHD who are already stable with medication, especially for the night effect when the treatment effect is absent. Yoga remains an investigational treatment, but this study supports further research into its possible uses [2]

The mother's age affects the mother's role in preparing for the child's psychosocial growth and development by combining self-regulation and prosocial behavior in young children. Need for future program implementation investigation support in various settings.[3] . . The effectiveness of mindfulness-based yoga interventions in promoting self-regulation among preschoolers (3-5 years). Evaluation focused on children's self-regulation (i.e., attention, delayed satisfaction and inhibition control) children at risk of self-regulation dysfunction obtained optimal outcomes from the intervention. The implications of this study for current practice in early childhood education are discussed along with possible future research in this areai.[4]

Research related to the importance of maternal knowledge based on research that discussed Dual basic design in three grade-level groups with a comparison group used to investigate the effectiveness of yoga to improve task time with 10 primary school children who proved attention problems. A video recording of yoga, published by Gaiam, was used that required children to follow an adult instructor and three children engaged in deep breathing, physical posture, and relaxation exercises for 30 minutes, twice a week, for a period of 3 weeks. Time on an assignment is defined as the percentage of observed intervals that students are teacher-oriented or task-oriented, and perform the requested class assignment.[5]. Children's yoga can be considered as an alternative to handling children with growth disorders or stunting.

Data on the prevalence of stunting toddlers collected by the World Health Organization (WHO),

Indonesia is included in the third country with the highest prevalence in the Southeast Asia/South-East Asia Regional (SEAR). The average prevalence of stunting under five in Indonesia in 2005-2017 was 36.4%. [6] At the time of 1000 HPK, children's needs, especially nutrition, affection and stimulation need to be met. If they suffer from malnutrition, children will be thin (wasting) and short (stunting) which results in stunted development, low cognitive ability, low school achievement, shorter duration of education, and when adults have low productivity and quality of life which contributes to poverty and inequality in the life cycle and possibly in the next generation.6 In the next period, stunted children tend to be overnourished because fat metabolism is slower. Children can be obese and suffer from metabolic syndrome as adults, putting them at risk of developing diabetes mellitus and cardiovascular disease[7]. From this condition, the mother's age is very influential,

especially with the mother's history in educating the child beforehand.

Yoga kids is an activity that directs children to concentrate, regulate their breath, calm the mind with certain poses. The implementation of yoga kids is carried out 3 times for one week with a duration of 2 hours per to measure the child's concentration and then after yoga kids are carried out 3 times can increase children's concentration. [8] Children are every family's dream. In addition, every family also hopes that their children grow up optimally (physically, mentally/cognitively and socially), proud and beneficial to their religion, homeland and nation. (TELAUMBANUA, 2019). As a national asset, children must receive attention from the time they are in the womb until they become adults (Soetjiningsih, 2013). The future of Indonesian children must be healthy, intelligent, creative and productive. If children are born healthy, grow up well and are supported by quality education, they will become the generation that will support the success of nation building. (Tobing et al., 2021)[9]

Mother's education is related to knowledge of yoga

Mother's education also shows a very significant influence on children's knowledge of yoga. Research by Dewi et al. (2021) shows that mothers with higher levels of education are better able to access information about their children's health and are more likely to adopt science-based health practices, including yoga. Higher education facilitates the ability to understand the benefits of yoga in supporting children's growth and development and encourages them to seek out more information related to activities that can support children's motor and emotional development. Mothers' education level has a very significant relationship with their knowledge of children's yoga. Research by Zhao et al. (2021) shows that mothers with higher education are more likely to access quality health resources, such as medical journals or seminars, that discuss the benefits of yoga for children. In addition, mothers with higher education levels also tend to be more involved in activities that can improve the quality of their children's growth and development, such as yoga programs that have been proven to be effective in improving motor coordination and emotional well-being of children. There is a relationship between education and the assessment of nutritional status of toddlers. Based on the results of the multivariate analysis, the most dominant variable influencing the assessment of nutritional status is education[10] This study aims to determine the relationship between knowledge and education on the nutritional status of children under five in the Rumbai Pesisir District, Pekanbaru City. This research is a quantitative analytic study with a cross sectional approach. The results of the study based on the chi square test obtained the value of Pvalue <0.05 (<0.006 <0.05) and (<0.034 <0.05). In conclusion, there is a relationship between knowledge and education on the nutritional status of children under five. [11].

The education that mothers have a balanced role in understanding yoga kids is the same as the role of teachers and midwives in providing health education and healthy lifestyle habits to prevent stunting need to be improved so that preschool children's knowledge increases[12]. Maternal education affects knowledge as much as research shows that most mothers have a secondary education, and most. There is a significant relationship between the level of maternal education and the fulfillment of protein needs in stunted toddlers[13]. The level of education of the mother is supported by the role of the midwife very much supports the knowledge of Yoga. The role of midwives has been carried out optimally in accordance with the main tasks and functions that have been determined, the lack of coverage due to the lack of crossprogram cooperation and the lack of roles of related parties and workload. The local government takes policies by carrying out training, Child Growth and Development Detection examinations, providing APE, and optimizing the KIA (Maternal and Child Health) book as an effort to increase the knowledge of mothers and families in the form of parenting between being cared for by themselves, entrusted to an orphanage or institution, being cared for by family or relatives and a combination of them. Children are divided into 4, namely the Parenting Pattern which is handed over/entrusted to the Parenting Style affecting the quality and development of the social psyche, Mother-child relationship, The level of child health, the level of child independence and the child's learning achievement.[14] Mother's education can influence the parenting style set by the mother and background the mother's knowledge of the importance of yoga in child development. Yoga can be done from pregnant women to postpartum period and continued in toddlers. The importance of yoga activities is to reduce depression, anxiety, anger, back and leg pain compared to social support groups. [15]

Work is not related to yoga knowledge

Mother's work does not have a significant effect on the child's knowledge of yoga. This can be explained by several factors. First, access to information through social media and the internet is increasingly evenly distributed, so that working mothers and non-working mothers have the same opportunity to access information about children's yoga. Second, although working mothers have time constraints, they tend to prioritize relevant, easily accessible information that can help them manage family health. In contrast to the mother's age and education, the mother's work did not show a significant relationship with the child's knowledge of yoga in the study. This may be due to the increasingly easy access to information through the internet and social media, which allows working and non-working mothers to access the same information about their child's health and yoga. Research by Wang et al. (2022) supports these findings, stating that even though working mothers have time constraints, they still have the same access to relevant sources of information regarding children's health, including yoga, through digital platforms. Therefore, while mothers' work can affect the time available to practice yoga, it does not affect the extent to which they understand the benefits of yoga for children. Research by Telles et al. (2020) shows that the

knowledge that mothers have about physical activities such as yoga can have a direct impact on the quality of care they provide to children. Therefore, education and motherhood play a greater role in improving the quality of childcare, including in choosing stimulation such as yoga.

Mother's work does not directly affect knowledge. In a study that discussed work with mother's knowledge about stunting, it was found that work had no effect on mother's knowledge, according to the study There was no relationship between work and mother's knowledge of stunting with a p value of 0.191. The researcher advised the next researcher to analyze other factors that can affect maternal knowledge and carry out health interventions so that maternal knowledge increases[16] other studies found that there was no relationship between age, last education, work and community knowledge in Kupang City[16]. The factors that cause no influence of work with knowledge are assumed that the mother's work is not directly related to parenting so that the mother's knowledge can be supported through the provision of education and experience while work indirectly affects the mother's knowledge if the mother has a very good parenting style close to the child's growth and development concerns. One of the alternatives offered is for mothers to give trust to the influence so that yoga kids can be done on their children with the finances generated. In the end, maternal knowledge will increase and the results of the optimization of toddlers will be maximally supported by good nutrition The findings reveal that 60% of mothers are unemployed, and 47.5% of toddlers are classified as having poor nutritional status. Parenting style [17].

5. CONCLUSION

This study shows that maternal age and maternal education have a significant relationship with maternal knowledge of early childhood yoga. This indicates that health education-based interventions targeting mothers, especially in terms of increasing knowledge about the benefits of yoga, can improve the quality of childcare, especially in supporting the growth and development of toddlers. In contrast, mothers' work showed no significant influence, leading to the understanding that access to information can now be done equally by all mothers, regardless of their employment status

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