

THE RELATIONSHIP OF PARENTING AND FOOD-FEEDING PATTERNS WITH THE NUTRITIONAL STATUS OF TODDLERS IN THE WORKING AREA OF THE UPT PUSKESMAS CIKEUSAL IN 2023

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Abstract

Background: The prevalence of stunting among toddlers in Serang Regency is ranked third highest in 2022 at 8.96%, while the Cikeusal Community Health Center has the highest prevalence, namely 7.8%. The high rate of malnutrition and malnutrition among children under five is an indicator of the low nutritional status of society. A number of direct and indirect factors influence various nutritional problems faced by toddlers, including food consumption and parenting and feeding patterns. **Purpose:** To ascertain the relationship between feeding patterns and parenting styles and the nutritional status of toddlers in the Cikeusal Community Health Center UPT working area in 2023. **Research Methodology:** Quantitative analysis with cross-sectional design; 109 mothers with toddlers were selected by accident sampling technique; feeding patterns and parenting styles were measured using a questionnaire; the data was analyzed using the chi-square test. **The Results:** There was a relationship between feeding patterns and parenting styles and the nutritional status of toddlers in the Cikeusal Community Health Center working area in 2022. **Conclusions and recommendations:** feeding and parenting practices have an impact on toddlers' nutritional status. Mothers should be able to teach their children healthy eating habits and minimize their risk of stunting.

Keywords: Feeding and Parenting Practices, Toddlers' Nutritional Status, Parenting Practices

Introduction

The toddler period is a period that is classified as vulnerable in the growth and development of children because during this period children easily get sick and are malnourished. Malnutrition generally occurs during the toddler years because at that age children experience rapid growth. The rate of malnutrition and poor nutrition among children under five is an indicator of the low nutritional status of society (Thamaria, 2021).

The results of the Indonesian Nutrition Status Survey (SSGI) of the Ministry of Health in 2022 show that there are four nutritional problems for children under five in Indonesia, including stunting, wasting, underweight and overweight. Stunting or short body size is a nutritional problem that is of concern to the government and the public because its prevalence is still quite high, reaching 21.6%. This figure is only down 2.8% from 2021 which was 24.4%. Other nutritional problems, wasting or thinness. The prevalence of wasted toddlers in Indonesia rose 0.6% from 7.1% in 2021 to 7.7%, while the prevalence of underweight or malnourished toddlers was 17.1% in 2022 or an increase of 0.1% from 2021. On the other hand, On the other hand, the prevalence of overweight or obese toddlers will be 3.5% in 2022 or down 0.3% from 2021 (RI Ministry of Health, 2022).

Currently there are still 5 districts/cities in Banten Province that have a prevalence of stunting among toddlers above the provincial average, one of which is Serang Regency which has the third

highest prevalence of stunting in toddlers. In 2022, the prevalence of stunting among children under five in Serang Regency has reached 8.96% or 11,534 cases out of a total of 128,747 children under five (Serang District Health Service, 2022).

Various nutritional problems experienced by toddlers are influenced by many factors including direct factors and indirect factors. One of the direct factors is related to food consumption and one of the indirect factors is related to parents' parenting patterns for their children and feeding patterns (Supariasa, 2020).

Feeding patterns play a very important role in the growth process of toddlers, because food contains many nutrients. If the feeding pattern is not achieved properly, the toddler's growth will be disrupted, the body will be thin, short and even malnutrition will occur (Khumaidi, 2019).

Based on the above, the author feels it is important to conduct research with the title "The Relationship between Parenting Patterns and Feeding Patterns and the Nutritional Status of Toddlers in the UPT Working Area of the Cikeusal Community Health Center in 2023".

Method

The design of this research is quantitative analytical research with a cross sectional design. This research was conducted in the UPT work area of the Cikeusal Community Health Center, Serang Regency in December 2023. The sample in this assessment was 109 parents of toddlers taken using accidental sampling technique. Parenting patterns and feeding patterns for toddlers are measured using questionnaire, while the nutritional status of toddlers is measured using SDIDTK in 2022 by measuring BB/TB or BB/PB. Data analysis was carried out using the Chi Square test using the SPSS program.

Research Result

Table 1. Distribution of Respondents Based on Parenting Patterns for Toddlers

Parenting Patterns for Toddlers	Amount (f)	Percentage (%)
Good	87	79.8
Not good	22	20.2

Based on The results of the research in Table 1 show that of the 109 mothers, most of them had good parenting patterns for toddlers, 87 (79.8%).

Table 2. Distribution of Respondents Based on Feeding Patterns for Toddlers

Feeding Patterns for Toddlers	Amount (f)	Percentage (%)
Appropriate	77	70.6
Less precise	32	29.4

Based on The research results in Table 2 show that from 109 mothers, the majority of them had appropriate feeding patterns for toddlers, 77 (70.6%).

Table 3. Distribution of Respondents Based on Nutritional Status of Toddlers

Nutritional Status of Toddlers	Amount (f)	Percentage (%)
Good Nutrition	99	90.8
Malnutrition	10	9.2

Based on the research results in table 3, it is known that of the 109 mothers, the majority of the toddlers' nutritional status was good, 99 (90.8%).

Table 4. Distribution of Analysis of the Relationship between Parenting Patterns and Nutritional Status of Toddlers

Parenting	Nutritional Status of Toddlers				Amount		P value	OR CI (95%)
	Good Nutrition		Malnutrition		f	%		
	f	%	f	%				
Good	83	95.4	4	4.6	87	100	0.004	7,781 (1,970-30,735)
Not good	16	72.7	6	27.3	22	100		
Total	99	90.8	10	9.2	109	100		

Based on table 4, it shows that of the 87 mothers with good parenting patterns, there are 83 (95.4%) with good nutritional status of toddlers, while of the 22 mothers with poor parenting patterns, there are 16 (72.7%) with poor nutritional status of toddlers. . The results of the Chi-Square test obtained a value of $p = 0.004 < 0.05$, which means that there is a relationship between parenting patterns and the nutritional status of toddlers in the Cikeusal Community Health Center UPT Working Area in 2023. The OR value is 7.781, so it can be stated that mothers with good parenting patterns have a 7.781 chance of nutritional status of toddlers with good nutrition compared to mothers with poor parenting patterns.

Table 5. Distribution of Analysis of the Relationship between Feeding Patterns and Nutritional Status of Toddlers

Feeding Patterns	Nutritional Status of Toddlers				Amount		P value	OR CI (95%)
	Good Nutrition		Malnutrition		f	%		
	f	%	f	%				
Appropriate	75	97.4	2	2.6	77	100	0.001	12,500 (2,483-62,926)
Less precise	24	75.0	8	25.0	32	100		
Total	99	90.8	10	9.2	109	100		

Based on table 5, it shows that of the 77 mothers with appropriate feeding patterns, there are 75 (97.4%) with good nutritional status for toddlers, while of the 32 mothers with inappropriate feeding patterns, there are 24 (75.0%) with toddler nutritional status. malnutrition. The results of the Chi-Square test obtained a value of $p = 0.004 < 0.05$, which means that there is a relationship between feeding patterns and the nutritional status of toddlers in the Cikeusal Community Health Center UPT Working

Area in 2023. The OR value is 12,500, so it can be stated that mothers with appropriate feeding patterns have the opportunity 12,500 times the nutritional status of toddlers with good nutrition compared to mothers with inappropriate feeding patterns.

Discussion

Based on the results of this research, it was found that of the 109 mothers, the majority had good parenting patterns for toddlers, 87 (79.8%).

The first care environment related to children is the parents. Children grow and develop under the care and care of parents, therefore parents are the first basis for the formation of a child's personality (Handayani, 2019). Parenting styles contribute to the well-being and happiness as well as a good quality of life for the child as a whole. A good eating pattern should be accompanied by a balanced nutritional pattern, namely the fulfillment of nutrients that have been adapted to the body's needs and obtained through daily food. By consuming nutritious and balanced food regularly, it is hoped that children's growth will run optimally and avoid nutritional problems (Istiany, 2020).

Researchers assume that most mothers provide good parenting patterns for toddlers, starting from providing regular meals with food intake that contains 4 healthy 5 perfect, being able to provide clothes that are appropriate and safe to use, being able to provide early health care to toddlers, being able to provide immunizations. in a complete manner, always accompanying toddlers and giving awards and praise if they do good deeds, establishing good communication between mother and child by giving a gentle touch so that the child feels cared for, can teach children to behave well when playing with their friends, train children to rub teeth, how to wash hands, shake hands, eat alone, bathe with soap or get children used to napping. Through good parenting, the overall quality of life of children can be improved, in addition, with good parenting, they can provide nutritious and balanced food on a regular basis so that it is hoped that it can increase children's growth and development optimally.

Based on the results of this research, it was found that of the 109 mothers, the majority had appropriate feeding patterns for toddlers, 77 (70.6%).

Feeding patterns show how a person's nutritional needs are met in the form of consumption of types of food, amount of food and frequency of eating (Almatsier, 2020). Feeding patterns are formed very closely related to a person's eating habits. Factors that influence feeding patterns are socio-economic status, educational factors, environmental factors, socio-cultural factors, religious factors (Proverawati, 2019).

Researchers assume that most feeding patterns in toddlers are correct, this indicates that most mothers give feed toddlers appropriately in terms of type of food, amount of food and frequency of eating. This is in accordance with the results of the questionnaire, most mothers feed their children with a balanced nutritional menu where the food contains carbohydrates, protein such as meat, fish, soybeans, eggs, nuts and milk. Other foods include vitamins contained in fruit and vegetables with staple meals 3 times a day plus snacks 1 to 2 times a day. The mother's role in fostering healthy eating is highly demanded in order to maintain correct feeding patterns for children. Children's health is something that needs to be taken seriously by parents, for this reason efforts are made to regulate appropriate balanced feeding patterns so that children remain healthy.

Based on the results of this study found that of the 109 mothers, the majority of children with good nutritional status were 99 (90.8%).

Malnutrition, especially in toddlers results in disruption of physical growth and intelligence. Furthermore, nutritional status will determine work productivity or economic growth. Nutritional status is a reflection of quality of life (Almatsier, 2020). Some of the impacts that occur include causing disruption of the brain, intelligence, physical growth disorders and metabolic disorders in the body, reducing the body's immunity so that it is easy to get sick, a high risk of developing diabetes, obesity,

heart and blood vessel disease, cancer, stroke and disability at age. old age, as well as uncompetitive work quality which results in low economic productivity (Ministry of Health of the Republic of Indonesia, 2020). Factors that influence nutritional status according to Supriasa (2020) include parenting patterns and feeding patterns.

Researchers assume that the majority of toddlers' nutritional status is in the good category. This indicates that the majority of children are in good health. However, it is still found that the nutritional status of toddlers is poor, this has an impact on physical growth, intelligence and metabolic disorders in children. Several factors that influence the nutritional status of toddlers include parenting patterns and feeding. This is because children under five are still under the supervision of their parents. If the parenting style of the parents is not good then the attention, affection and food intake consumed by the child will also not be good, which has an impact on disrupting the growth of the toddler. Efforts made to recognize, prevent and overcome the problem of malnutrition include weighing regularly, giving only breast milk to babies from birth to 6 months of age, eating a variety of foods, using iodized salt, and providing nutritional supplements as recommended by health workers. The nutritional supplements provided include vitamin A capsules, blood supplement tablets (TTD), additional food for pregnant women, toddlers and school-age children, complementary foods for breast milk, and multi-vitamin and mineral powder.

Based on research, it shows that the p value = $0.004 < 0.05$, which means that there is a relationship between parenting styles and the nutritional status of toddlers in the Cikeusal Community Health Center UPT Working Area in 2023. The OR value is 7.781, so it can be stated that mothers with good parenting patterns have a 7.781 chance of having a toddler's nutritional status. good nutrition compared to mothers with poor parenting patterns.

The problem of over-nutrition status and under-nutrition status is caused by factors in the wrong arrangement of food, both the quality and quantity of food. It is important to instill good eating habits from an early age because habits from childhood will become habits when children grow into teenagers and adults. Children who receive consistent care from their mothers will have good nutritional status and rarely suffer from illness (Sulistyoningsih, 2021). The role of the family, especially the mother, in caring for children will determine the child's growth and development. Raising children by their own mother will result in a relationship between the child communicating and the mother as a role model for the child which is related to verbal skills directly (Damayanti, 2021).

In accordance with Masyudi's research results, *et al.* (2019) shows there is a relationship between parenting styles and children's nutritional status. Mothers who have poor parenting styles have relatively less than optimal nutritional and health conditions for their children (p value = 0.021). Likewise with the research results of Rosdiana *et al.* (2020), the results of bivariate analysis found that there was a relationship between parenting styles and the incidence of nutritional status in toddlers (p value = 0.001). The results of further research conducted by Rosliana *et al.* (2020) shows that there is a relationship between maternal nutritional parenting and children's nutritional status. Mothers who provide effective care contribute to improving children's nutritional status. The results of other research conducted by Jalpi & Rizal (2021) show that there is a relationship between mother's parenting style and toddler nutritional status (p value = 0.018).

Researcher assuming there is a relationship between parenting patterns and the nutritional status of toddlers, this is because mothers with good parenting patterns mostly have good nutritional status for toddlers, while mothers with poor parenting patterns mostly have nutritional status in the poor category. Parenting style is one of the factors that is closely related to children's growth and development. Parenting patterns in this context include several things, namely food which is a source of nutrition, vaccinations, exclusive breastfeeding, treatment when sick, housing, environmental cleanliness, clothing and so on. The mother's understanding of the practice of providing food starts from preparing clean food utensils, how to process food ingredients cleanly and correctly, setting the food menu and

how to give food. Through good parenting, children will feel cared for, can create a sense of comfort, be protected from disease, children will be active and creative and nutritional intake is met because the mother will always supervise the child every day so that she can support the child's nutritional status to be good.

Based on The research shows that the p value = 0.004 < 0.05, which means that there is a relationship between feeding patterns and the nutritional status of toddlers in the Cikeusal Community Health Center UPT Working Area in 2023. The OR value is 12,500, so it can be stated that mothers with appropriate feeding patterns have 12,500 times the chance of nutritional status well-nourished toddlers compared to mothers with inappropriate feeding patterns.

Feeding patterns play a very important role in the growth process of toddlers, because food contains many nutrients. Nutrition is an important part of growth. This nutrition is very closely related to health and intelligence. If the diet is not achieved properly in toddlers, the toddler's growth will be disrupted, the body will be thin, short and even malnutrition will occur in toddlers (Khumaidi, 2019). Feeding patterns that are low in quality or low in nutrition result in a condition or state of malnutrition. It is better if a good feeding pattern will enable you to achieve good health and nutritional conditions (Sulistyoningsih, 2021).

In accordance with the research results of Suseno (2021), there is a relationship between feeding patterns and the nutritional status of toddlers (p value = 0.011). Likewise, the results of research conducted by Wahyuningsih & Shilfia (2020) show that there is a relationship between eating patterns and the nutritional status of toddlers (p value = 0.000). The results of further research conducted by Jago et al. (2019) shows that there is a relationship between eating patterns and nutritional status in toddlers (p value = 0.000). Likewise, the results of Kurniati's (2019) research show that there is a significant relationship between eating patterns and the nutritional status of toddlers (p value = 0.001). The results of other research conducted by Sodikin et al. (2019) that there is a significant relationship between feeding patterns and the nutritional status of toddlers (p value = 0.008).

Researchers assume that there is a relationship between feeding patterns and the nutritional status of toddlers. This can be seen from the results of the research, it was found that mothers with appropriate feeding patterns, the nutritional status of toddlers is also in normal condition, meanwhile for mothers with inappropriate feeding patterns, the nutritional status of toddlers is normal. toddler nutrition is also in poor condition. Establishing a good diet is very important and must be paid attention to, because toddlers need proper nutrition for their growth. If this is not fulfilled, toddlers can suffer from malnutrition. If the diet is good, the food intake needed by toddlers can be met. Children's health is something that needs to be taken seriously by parents, for this reason efforts are made to regulate appropriate balanced feeding patterns so that children remain healthy. Children's health can be achieved through efforts to provide balanced food according to their nutritional needs. A diet that is implemented well and appropriately is very important to help overcome nutritional problems which are very important for the growth of toddlers. A healthy diet must be accompanied by good nutritional intake in order to achieve good nutritional status. Good eating patterns must be taught to children from an early age so that children avoid poor nutritional status.

Conclusion

There is The relationship between parenting patterns and the nutritional status of toddlers with a p value = 0.004 and OR = 7.781 so it can be stated that mothers with good parenting patterns have a 7.781 times chance of having good nutritional status for toddlers compared to mothers with poor parenting patterns.

There is The relationship between feeding patterns and the nutritional status of toddlers has a p value = 0.001 OR = 12,500 so it can be stated that mothers with appropriate feeding patterns have 12,500 times the chance of having good nutritional status for toddlers compared to mothers with inappropriate feeding patterns.

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