

## RELATIONSHIP OF PARENTING PATTERNS WITH INCIDENCE OF NUTRITION IN CHILDREN IN SUB-DISTRICTS BARAN TIMUR MERAL KARIMUN DISTRICTS

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### Abstract

**Background :** Based on data from the Karimun District Health Office in 2017, there was 0.9% malnutrition, 4.8% malnutrition, and the prevalence of underweight children was 5.7%. Meanwhile, according to the Center for Data and Information, the Ministry of Health of the Republic of Indonesia in 2017 the nutritional status of children under five to 59 months according to BW / U has 3.7% malnutrition, 14.0% malnutrition, 80.1% good nutrition and 2.1% over nutrition. The purpose of this study was to determine the relationship between maternal knowledge and parenting about the nutritional status of toddlers with the incidence of malnutrition in children under five in Baran Timur Village, Meral District, Karimun Regency.

**Method :** This research used an analytical research design with a cross sectional design approach. Meral Karimun Regency. In this study, the population is all mothers who have toddlers aged 3-59 months who live in Baran Timur Village, Meral District, Karimun Regency as many as 460 people. The data is presented in the form of a cross table then the data is analyzed using the SPSS program (Social Science Program Statistics) through the chi-square statistical test using a significant level of 0.05

**Result :** from 82 respondents, it is found that 1 respondent (33.3%) with less parenting is malnutrition status, 1 respondent (33.3%) with poor parenting was malnourished and 1 respondent (33.3%) with insufficient parenting was good nutritional status. While 21 respondents (63.6%) with moderate parenting were good nutritional status and 41 respondents (89.1%) with good parenting were good nutritional status obtained a p value of 0.003

**Congclusions :** There is a relationship between parenting style and nutritional status of children under five, with a p-value of 0.003

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**Keywords: Parenting Pattern, Malnutrition, Toddler**

### INTRODUCTION

In the 2015-2019 National Medium-Term Development Framework (RPJMN) the main target of efforts to improve the nutritional status of the community is to reduce the prevalence of malnutrition in children under five from 19.6% to 17.0%, the prevalence of stunting (short and very short) in under-five children ( under 2 years) decreased from 32.9% to 28.0%, the prevalence of wasting (wasting) of children under five decreased from 12% to 9.5%, the prevalence of anemia in pregnant women decreased from 37.1% to 28.0% and the prevalence of babies with low birth weight

(LBW) decreased from 10.2% to 8% (Ministry of Health, Republic of Indonesia, 2015).

Community nutritional status is one of the health problems faced by the Indonesian state. One of the indicators of community nutritional status is the nutritional status of children under five. The effort to achieve a good nutritional status of children under five is inseparable from the role of parents, especially mothers as caregivers, because the mother is the person who is responsible for organizing family meals, including for children under five. For this reason, a mother's understanding of food and nutrition for toddlers is very important (Herlina, 2017).

Based on the results of monitoring the nutritional status of children under five (PSG) in 2016, 3.4% of children under five have a malnutrition status and 14.4% of children under five have a malnutrition status (Kemenkes RI, 2016). According to the 2016 Ministry of Health's Healthy Indonesia Profile, the achievement of nutritional status in Indonesia is 3.4% malnutrition and 14.4% malnutrition. Meanwhile, the achievements of Riau Islands Province were 3.7% malnutrition and 14.0% malnutrition.

Based on data from the Karimun District Health Office in 2017, there was 0.9% malnutrition, 4.8% malnutrition, and the prevalence of underweight children was 5.7%. Meanwhile, according to the Center for Data and Information, the Ministry of Health of the Republic of Indonesia in 2017 the nutritional status of children under five to 59 months according to BW / U has 3.7% malnutrition, 14.0% malnutrition, 80.1% good nutrition and 2.1% over nutrition.

Malnutrition in children under five can result in disruption of growth and development of children, such as increased infant mortality, mental retardation, inability to achieve, low productivity which further results in the creation of low quality human resources (Ministry of Health, 2012). Children who are malnourished based on the BB / U index have a risk of losing their intelligence level or intelligence quotient (IQ) of 10-15 points (Kemenkes RI, 2012).

Malnutrition is a disorder caused by an imbalance of nutrients needed for growth, thinking activities and all things related to life. This is caused by several things, namely food intake, infectious diseases, parenting styles, health services and sanitation (Kemenkes RI, 2017).

Based on the results of research by Agustanti, et al. (2012) regarding the relationship between parents' knowledge about nutritional status and diet with the incidence of malnutrition in toddlers, the OR = 5,677 was obtained, meaning that parents who are less knowledgeable have a chance of 5,677 times to have children under five who are deficient nutrition than parents who have good knowledge of nutritional status. Lack of knowledge of mothers about feeding occurs due to traditions and habits such as stopping breastfeeding before the age of 2 years, small children only need small amounts of food and

dietary restrictions, these are factors that cause nutritional problems in the community (Depkes RI, 2010).

Diet is the most important behavior that can affect the state of nutrition. This is because the quantity and quality of food and beverages consumed will affect the health level of individuals and society. In order for the body to remain healthy and avoid various chronic diseases or non-communicable diseases (PTM) related to nutrition, the people's diet needs to be improved towards balanced consumption. A good state of nutrition can improve the health of individuals and communities. Optimal nutrition is essential for normal growth and physical development and intelligence of infants, children and all age groups. Good nutrition makes a normal or healthy body weight and the body is not susceptible to infectious diseases (Kemenkes RI, 2014).

In previous studies, it was found that mothers who had poor parenting in the provision of food mostly had toddlers with poor nutritional status as much as 53.1 percent, while mothers who had good parenting in giving food mostly had toddlers with good nutritional status as many as 76 , 3 percent. From the results of the Chi-square test, it was found that the results of Pvalue <0.05, meaning that there was a relationship between parenting styles in giving food to the nutritional status of children under five. With an OR value of 3.6, which means that mothers who have less parenting in providing food for their children are 4 times more likely to have toddlers with less nutritional status compared to mothers who have good parenting styles in providing food (Herlina, 2017).

Of the 11 Puskesmas in Karimun Regency, Puskesmas Meral is the Puskesmas with the second lowest prevalence of malnutrition under five, 132 cases (3.9%) out of 3349 children under five with the highest sub-district, East Baran Village, with 30 cases (7 , 5%) of 401 children under five.

The purpose of this study was to determine the relationship between maternal knowledge and parenting about the nutritional status of children under five with the incidence of malnutrition among children under five in Baran Timur Village, Meral District, Karimun Regency

## **RESEARCH METHODS**

This study, researchers used an analytical research design with a cross sectional design

approach which aims to see the relationship between the independent variable and the dependent variable at the same time. The research was conducted in Baran Timur Village, Meral District, Karimun Regency. In this study, the population is all mothers who have toddlers aged 3-59 months who live in Baran Timur Village, Meral District, Karimun Regency as many as 460 people. In this study, researchers used systematic random sampling technique, namely sampling based on the order of the population members who have been given serial numbers. The type of instrument used in this study was a questionnaire, which is a written question addressed to the respondent to be answered. The data collection method / technique is done by direct communication, namely by asking questions through written questionnaires with mothers who have under-fives with malnutrition. This bivariate analysis is used to determine the relationship between the dependent variable and the independent variable. The data is presented in the form of a cross table then the data is analyzed using the SPSS program (Social Science Program Statistics) through the chi-square statistical test using a significant level of 0.05.

## **RESEARCH RESULT**

In an effort to improve the nutritional status of children under five, Puskesmas Meral has made various efforts including weighing and counseling about nutrition as well as providing additional food education (PMT) at the posyandu every month and conducting mother-to-child classes in every sub-district / village.

### **Mother's Upbringing**

It is known that the majority of maternal parenting is good, amounting to 46 respondents with a percentage of 56.1%

### **Toddler Nutritional Status**

It is known that the nutritional status of children under five is good, namely 63 respondents with a percentage of 76.8%.

### **Relationship between mother's parenting style and nutritional status of toddlers**

It can be concluded that out of 82 respondents, it was found that 1 respondent (33.3%) with poor parenting was malnutrition, 1 respondent (33.3%) with insufficient parenting was malnourished and 1 respondent (33.3%) with poor parenting is a good nutritional status.

Meanwhile, 21 respondents (63.6%) with moderate parenting were with good nutritional status and 41 respondents (89.1%) with good parenting were having good nutritional status. From statistical tests carried out using the chi-square test on SPSS version 22, the p value is 0.003, so it can be concluded that there is a relationship between maternal parenting and nutritional status of children under five.

## **DISCUSSION**

### **Mother's Upbringing**

The results of the research on maternal parenting showed that the majority was good, amounting to 46 respondents with a percentage of 56.1%.

According to Marian Zeitien (2010), nutrition parenting is a household practice that is manifested by the availability of food and health care as well as other sources for the survival, growth and development of children.

Parenting patterns include the behavior of mothers or other caregivers in terms of their closeness to children, providing food, caring for, maintaining cleanliness, providing affection and so on. All of them relate to the condition of the mother, especially in terms of health, nutritional status, general education, knowledge and skills about good child resilience, roles in the family or community, the nature of daily work, family customs, community and so on from the mother or child caregiver (Husin Cut, 2010).

This is in line with research conducted by Zulfita (2013) with the title factors affecting the incidence of malnutrition in children under five in the working area of Puskesmas Air Cold, Padang City. The results obtained from 24 children under five who have poor parenting, there are 17 (70, 7%) under five years of age were malnourished and (29.2%) had a good nutritional status. Meanwhile, of the 36 toddlers with good parenting, there were 13 (36%) who were malnourished and 23 (64%) with good nutrition. The results of this study are consistent with research by Ariga (2006) which found that the better the parenting style of the parents in feeding, the better the child's nutritional status.

In this study, it can be concluded that parents who have good parenting will produce children with good nutritional status. From the results of the analysis, it was found that 46 people had good parenting patterns, namely by giving exclusive breastfeeding, breastfeeding children until the age of 2 years and monitoring

the growth and development of children in posyandu / health services and so on.

### **Relationship between mother's parenting style and nutritional status of toddlers**

The results showed that out of 82 respondents, 1 respondent (33.3%) with poor parenting was malnourished, 1 respondent (33.3%) with insufficient parenting was malnourished and 1 respondent (33.3%) with poor parenting. lack of parenting is a good nutritional status. Meanwhile, 2 respondents (6.1%) with moderate parenting were malnourished, 10 respondents (30.3%) had moderate parenting with low nutritional status, 21 respondents (63.6%) had moderate parenting with good nutritional status. And 5 respondents (10.9%) with good parenting were under nutritional status and 41 respondents (89.1%) with good parenting were having good nutritional status. From the statistical tests carried out using the chi-square test on SPSS version 22, the p value is 0.003 from the alpha value ( $\alpha = 0.05$ ), thus  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a relationship between maternal parenting and nutritional status. toddler

Nutritional parenting is food intake in order to support the physical and biological growth of toddlers in a precise and balanced manner (Eveline & Dadang D, 2010). Meanwhile, according to Marian Zeitien (2010), nutrition parenting is a practice in the household which is manifested by the availability of food and health care as well as other sources for the survival, growth and development of children.

Health behavior is one of the main causes or risks for nutritional problems. Factors that cause nutritional status will interact with each other so that it has implications for the nutritional status of children under five. A balanced nutritional status is very important, especially for human growth, development, health and well-being (Budiyanto, 2004).

According to Soetjningsih (2008) there are three parenting styles needed by toddlers, namely adequate and balanced nutrition, basic health care and personal hygiene and environmental sanitation. Toddler feeding and toddler healthy food patterns aim to get the nutrients needed and used by the body which plays a role in maintaining and restoring health and for carrying out activities every day. The nutrients needed by toddlers are carbohydrates,

proteins, fats, vitamins, minerals (Widjaja, 2007). Many families have children under five whose nutritional status does not match the age of the toddler. This is due to a lack of care in providing good nutrition to children under five. Also, many parents allow their children to choose their own food regardless of the nutrition contained in these foods.

This is in line with the research conducted by Herlina (2017) with the title of the relationship of parenting in giving food to the nutritional status of toddlers in Pekanbaru City with the results of mothers who have poor parenting in giving food, most of whom have toddlers with under nutritional status as much as 53.1 percent, while mothers who have good parenting in providing food mostly have toddlers with good nutritional status as much as 76.3 percent. From the results of the Chi-square test, it was found that the results of Pvalue  $< 0.05$ , meaning that there was a relationship between parenting styles in giving food to the nutritional status of children under five. With an OR value of 3.6, which means that mothers who have poor parenting in providing food for their children are 4 times more likely to have toddlers with less nutritional status compared to mothers who have good parenting in providing food.

There is a relationship between mother's parenting and nutritional status because the role of parents is very influential in the child's nutritional state, parenting plays an important role in the occurrence of growth disorders in children, parental care for children affects children's development through adequate food and health conditions (Pratiwi, 2016).

Researchers concluded that the ability of families to provide food for babies and children for growth and development is a factor that affects the nutritional status of toddlers. In this study, it was found that most of the parenting styles of mothers were good in serving the health needs of their children. Parents who have good parenting have a greater chance of having children with good nutritional status. However, there are still parents who are not good at providing parenting styles for their children, which affects the nutritional status of these children.

### **CONCLUSION**

There is a relationship between parenting style and nutritional status of children under five, with a p-value of 0.003

## SUGGESTION

For Puskesmas The results of this study are expected to be used as material for consideration in preparing a health planning program to improve the nutritional status of children under five through health promotion activities involving community leaders and religious leaders to provide counseling and counseling, as well as distributing brochures and leaflets so that the public better understands and knows the importance. nutritional status in toddlers

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