
***THE RELATIONSHIP OF MOTHER'S PARENTING PATTERNS WITH
THE NUTRITIONAL STATUS OF TODDLER AGES 24-60 MONTHS AT
POSYANDU SEKUPANG, BATAM CITY, 2024***

Winda Puspita^{1*}, Ika Novita Sari², Lisastri Syahriyas³

windapuspita364@gmail.com, ikanovitasari@univbatam.ac.id, lisastri.syahriyas@univbatam.ac.id
^{1,2,3} Department of Nursing Science, Faculty of Health, Universitas Batam,
Kepulauan Riau, Batam 29464, Indonesia.

**Corresponding Author:*

Ika Novita Sari

E-mail: ikanovitasari@univbatam.ac.id

Abstrak

Based on the preliminary survey results conducted by the research at the Sekupang community health center, there were 87 patients with nutritional deficiencies in 2023. The aim of this study is to determine the relationship between maternal parenting patterns and the occurrence of nutritional status at the Harapan Ibu integrated health service post in Sekupang in 2024. The independent variable in this study is maternal parenting style, while the dependent variable is nutritional status. The design used in this research is quantitative with a cross-sectional approach aimed at examining the relationship between the independent and dependent variables at the same time, and the sampling technique employed is total sampling. The population in this study consists of mothers with toddlers aged 24-60 months who are at the Harapan Ibu Posyandu in Sekupang, Batam City, totaling 45 mothers with toddlers, and the research was conducted in July 2024. Data collection tools using questionnaires on maternal parenting styles and nutritional status through anthropometric measurements. Analyze the data using the chi-square statistical test. The research results obtained 45 respondents, of which 5 (11.1%) experienced good maternal parenting, 7 (15.6%) experienced adequate parenting, and 33 (73.3%) experienced poor maternal parenting. Additionally, 32 respondents (71.1%) experienced malnutrition, 12 (26.7%) had good nutrition, and 1 (2.2%) experienced overnutrition. The research findings indicate a significant relationship between maternal parenting and the nutritional status of toddlers, with a p-value of $0.000 < 0.005$, thus the null hypothesis is rejected, meaning there is a relationship between maternal parenting and the nutritional status of children aged 24-60 months at the Harapan Ibu posyandu. It is recommended that research sites provide education to mothers about what maternal parenting patterns are and the nutritional status of toddlers.

Keywords: Maternal parenting patterns, nutritional st

HUBUNGAN POLA ASUH IBU DENGAN STATUS GIZI BALITA USIA 24-60 BULAN DI POSYANDU SEKUPANG KOTA BATAM TAHUN 2024

Winda Puspita^{1*}, Ika Novita Sari², Lisastri Syahriyas³
windapuspita364@gmail.com, ikanovitasari@univbatam.ac.id, lisastri.syahrias@univbatam.ac.id
^{1,2,3} Jurusan Keperawatan Fakultas Kesehatan, Universitas Batam, Kepulauan
Riau, Batam 29464, Indonesia.

*Korespondensi Penulis:
Ika Novita Sari
E-mail: ikanovitasari@univbatam.ac.id

Abstrak

Berdasarkan hasil survey pendahuluan yang dilakukan oleh penelitian di puskesmas sekupang, status gizi kurang tahun 2023 sebanyak 87 pasien, tujuan dalam penelitian ini bertujuan untuk mengetahui adanya hubungan pola asuh ibu dengan kejadian status gizi di posyandu harapan ibu sekupang tahun 2024. Variabel independen dalam penelitian ini adalah pola asuh ibu dan variabel dependen adalah status gizi. Desain yang digunakan pada penelitian ini adalah kuantitatif dengan pendekatan *cross secsional* yang bertujuan melihat hubungan variabel independen dan dependen pada waktu yang sama dan teknik pengambilan sampling yaitu *total sampling*. Populasi dalam penelitian ini adalah ibu yang memiliki balita usia 24-60 bulan yang ada di posyandu harapan ibu sekupang kota Batam yang berjumlah 45 ibu yang memiliki balita dan dilakukan pada bulan juli tahun 2024. Alat pengumpulan data menggunakan kuesioner pola asuh ibu dan status gizi menggunakan pengukuran antropometri. Analisa data menggunakan uji statistik *chi-square*. Hasil penelitian di peroleh 45 responden yang mengalami pola asuh ibu baik sebanyak 5 (11,1%), pola asuh cukup 7 (15,6%) dan pola asuh ibu kurang sebanyak 33 (73,3%), dan responden yang mengalami gizi kurang sebanyak 32 (71,1%) gizi baik sebanyak 12 (26,7%) dan yang mengalami gizi lebih sebanyak 1 (2,2%). Hasil penelitian menunjukkan adanya hubungan yang signifikan antara pola asuh ibu dengan kejadian status gizi balita dengan *p-value* $0,000 < 0,005$, maka H_0 ditolak yang berarti adanya hubungan pola asuh ibu dengan status gizi pada anak 24-60 bulan di posyandu harapan ibu. Disarankan bagi tempat penelitian memberikan penyuluhan kepada ibu-ibu tentang apa itu pola asuh ibu dan status gizi pada balita.

Kata Kunci : pola asuh ibu, status gizi balita

INTRODUCTION

The nutritional status of toddlers is an important aspect that every parent should be aware of. The need for greater attention to a child's growth and development during the toddler years is based on the fact that malnutrition during this golden period is irreversible, meaning it cannot be recovered, while nutritional deficiencies can affect a child's brain development. The nutritional status of toddlers is measured based on age, weight, and height. (Kementerian Kesehatan RI, 2022).

One of the factors that influence nutritional status (Underweight, Wasting, and Overweight) in toddlers is the parenting style in selecting and providing food. Most parents, in meeting the food supply for their toddlers, do not consider the nutrients needed for their children. The nutritional knowledge of parents and caregivers significantly affects children's food choices. The level of nutritional knowledge practiced in the family's food digestion seems to be related to the mother's positive attitude towards herself, her problem-solving abilities, and her capacity to organize the family. (Puspita et al., 2023)

Nutritional issues in Indonesia are a topic that is often discussed because the future of the nation is at stake. The fulfillment of the nutritional needs of the community is an important indicator of a country's progress in achieving a productive society in reaching its goals. (Anisa et al., 2017)

A survey on nutritional status indicates that the prevalence of malnutrition in Indonesia remains between 20% and 25%. Indonesia's medium-term development target is set at 14%. Several studies reveal that Indonesia faces a diverse range of nutritional issues that tend to be increasing compared to several other ASEAN countries.

Nutritional problems in Indonesia are still high and require immediate

attention. In Indonesia, there are 5 nutritional problems, including Protein Energy Malnutrition (PEM), Vitamin A Deficiency (VAD), Iodine Deficiency Disorders (IDD), iron deficiency or Iron Deficiency Anemia (IDA), and excess nutrition leading to obesity. (Kementerian Kesehatan RI 2022).

The parenting style towards children essentially involves preserving the child's physical life and enhancing their health, facilitating the child to develop abilities in line with their developmental stages, and encouraging the improvement of skills and behaviors in accordance with the religious and cultural values believed and upheld by both parents and the family that has raised the child. (Dianti, 2017).

According to (Tamami, 2017), parenting styles and nutritional status are changes in the attitudes and behaviors of mothers or other caregivers regarding feeding, hygiene, affection, and so on, all of which are related to the mother's physical and mental health. Good parenting from mothers will significantly contribute to the growth and development of toddlers, thereby reducing the incidence of nutritional disorders.

MATERIALS AND METHODS

The design of this research is cross-sectional. This research was conducted at the Sekupang posyandu in Batam City, with the population being all mothers who have toddlers aged 24-60 months at the Sekupang posyandu. The sample in this study used total sampling techniques, consisting of 45 respondents who have toddlers aged 24-60 months. This research was conducted on July 22-23, 2024. The data analysis techniques in this study are Univariate Analysis or descriptive research analysis, and Bivariate Analysis using the chi-square statistical test.

RESULTS AND DISCUSSION

1. Research Results

Based on the research titled "The Relationship Between Maternal Parenting Styles and Nutritional Status of Toddlers Aged 24-60 Months at the Sekupang Posyandu in Batam City"

A. Univariate Analysis

In this study, there are two respondent characteristics: maternal parenting styles and the occurrence of nutritional status in toddlers, as can be seen in the following table:

Table 4.1
Frequency Distribution of Respondents Based on Maternal Parenting Style

Parenting Style	Frequency (n)	Percentage (%)
Good	5	11,1
Enough	7	15,6
Lacking	33	73,3
Total	45	100

Based on Table 4.3, it can be seen that out of 45 respondents, the majority still inadequately apply parenting patterns, with 33 respondents (73.3%) falling into the insufficient category. Next, there are 7 respondents (15.6%) in the adequate category, and the remaining 5 respondents (11.1%) are in the good category.

Table 4.2
Frequency Distribution of Nutritional Status of Toddlers Aged 24-59 Months

Nutritional Status	Frequency (n)	Percentage (%)
Nutrition More	1	2,2
Good Nutrition	12	26,7
Insufficient Nutrition	32	71,1
Poor Nutrition	0	0
Total	45	100

Based on Table 4.4, it can be seen that out of 45 respondents, the majority of the nutritional status of toddlers falls into the undernourished category, with 32 respondents (71.1%). Following that, the good nutritional category includes 12 respondents (26.7%), and the remaining category is overnourished, with 1 respondent (2.2%).

B. Bivariate Analysis

Bivariate analysis is used to identify whether there is a relationship between the independent variable and the dependent variable. The bivariate analysis in this study aims to determine the relationship between maternal parenting patterns and the occurrence of nutritional status in toddlers at the Sekupang health post in Batam City in 2024. The statistical test used is the chi-square test.

Table 4.3
Results of the Chi-Square Test on the Relationship Between Maternal Parenting Style and Nutritional Status of Toddlers Aged 24-59 Months

Mother's Parenting Style	Nutritional Status								Total	P-Value	
	Nutrition more		Good Nutrition		Insufficient Nutrition		Poor Nutrition				
	F	%	F	%	F	%	F	%			
Good	-	-	5	11,1	-	-	-	-	5	11,1	.000
Enough	-	-	6	13,4	1	2,2	31		7	15,6	
Lacking	1	2,2	1	2,2	68,9				33	73,3	
Total	1	2,2	12	26,7	32	71,1			45	100	

Based on Table 4.5, the results of the statistical test show a p-value of $0.000 < 0.005$. Therefore, the null hypothesis is rejected, indicating a relationship between maternal parenting style and the nutritional status of children aged 24-60 months at the Posyandu in Sekupang, Batam City.

DISCUSSION

A. Mother's Parenting Style

Based on the results from Table 4.3, the findings from the questionnaire indicate that 33 respondents (73.3%) have a less effective parenting style. This is evident as mothers do not always clean the bottles after their children drink milk, and when children play outside, they do not always wear sandals. Consequently, some respondents have not adopted healthy lifestyle practices, such as washing hands before meals, cleaning milk bottles after use, and getting children accustomed to wearing sandals while playing outside. Cleanliness is a crucial aspect of a mother's parenting style. Most respondents have only completed secondary education, and many are housewives, which affects their parenting style. The experience or skills that mothers possess in providing care for toddlers are not fully developed, significantly impacting their parenting practices, such as habits related to child supervision, feeding, and implementing a healthy lifestyle.

The discussion of this research aims to understand the depiction of maternal parenting patterns in the Sekupang Posyandu, which are divided into three categories: good, adequate, and poor. Based on the research results from 45 respondents, the majority applied maternal parenting styles at a low level, with 33 respondents (73.3%) falling into the insufficient category, followed by 7 respondents (15.6%) in the adequate category, and the remaining 5 respondents (11.1%) in the good category. The mother's parenting style refers to the behavior of parents in raising toddlers. The mother's parenting style is one of the issues that can affect the nutritional status of toddlers.

Research results indicate that the majority of respondents have a secondary education, with 25 respondents (55.6%). Education level is an activity through which an individual develops their abilities, attitudes, and behaviors for

future life, whether through organized activities or unorganized ones.

Based on the research findings, there are factors that influence maternal parenting patterns towards their toddlers, which are closely related to the mother's highest level of education, specifically secondary education, and the mother's occupation as a housewife. Consequently, the lack of knowledge or understanding of good parenting practices for toddlers means that mothers need to have higher education or broader insights to know and understand their toddlers' needs.

The results of this study are in line with the research conducted by (Lali Midu et al., 2021), which states that nearly half of the respondents have inadequate parenting patterns, totaling 13 individuals (41.9%). This is marked by hygiene habits, which are one of the indicators of supported parenting patterns, along with other factors such as caregiving habits, feeding practices, and access to health services related to the nutritional status of toddlers.

Parenting is defined as the pattern of interaction between parents and children, which includes the attitudes and behaviors of parents when relating to their children. Parenting is closely related to interaction, and therefore cannot be separated from the way of communicating. Create positive communication with your child; the message you want to convey will be easily accepted by them. Positive communication can also shape children into having positive personalities. (Jazariyah, 2020).

B. The nutritional status of toddlers aged 24-60 months based on the results in Table 4.4 shows that there are 32 respondents (71.1%) categorized as undernourished. It can be concluded that maternal caregiving

in providing nutrition plays a crucial role as one of the factors contributing to

undernutrition. The nutritional status of toddlers can be assessed from the food they consume and the utilization of nutrients in the body, as well as the causes of undernutrition, which stem from inadequate food for the child (not meeting their needs). This occurs due to food security issues within the family and poor child-rearing practices. A depiction of inadequate nutritional status can certainly lead to various problems, such as infectious diseases like diarrhea, and children may not grow and develop according to their needs.

The discussion of this research aims to understand the nutritional status of toddlers aged 24 to 60 months at the Harapan Ibu Posyandu, which is divided into three categories: overnutrition, good nutrition, and undernutrition. The results of the study conducted on toddlers aged 24 to 60 months at the Harapan Ibu Posyandu, from 45 respondents, showed that a majority fell into the undernutrition category, with 32 respondents (71.1%), followed by the good nutrition category with 12 respondents (26.7%), and the remaining category of overnutrition with 1 respondent (2.2%)

Based on the research findings, there are factors that influence the growth and development of toddlers that are closely related to the mother's highest level of education and her occupation, specifically as a housewife. The research indicated that the majority of mothers had a secondary education, with 25 respondents (55.6%). Therefore, the mother's level of education significantly determines her attitudes and behaviors in facing various issues, one of which is nutrition, as mothers play a crucial role in caring for their toddlers. Thus, mothers need to have a higher education or broad knowledge to understand nutritional issues concerning their children.

The direct cause of nutritional problems in toddlers is the mismatch between the amount of nutrients consumed and the amount of nutrients required by the toddler's body. This leads to inadequate nutrition and can result in various disorders such as malnutrition or obesity in toddlers. In addition, infectious diseases also directly cause nutritional problems; infections can make children feel no hunger and not want to eat. (Purba, 2019).

Nutritional status can be influenced by various interrelated aspects. One aspect that plays a role in the nutritional status of toddlers is parenting style. Nutritional status is influenced by the mother's ability to provide adequate food, especially for the child. As children grow older, it is essential for them to have a balanced and nutritious diet to support their growth and nutritional status. (Khaeriyah, 2020).

C. The relationship between maternal parenting style and the nutritional status of toddlers

Based on Table 4.5, the results obtained from the relationship between maternal parenting style and the nutritional status of toddlers show that there is still 1 respondent (2.2%) with a maternal parenting style categorized as inadequate, yet has a child with better nutritional status. This is evident from the mother always giving snacks to the child; the food is not always finished, as this sugary intake provides glucose that can increase the child's weight from the snacks, which may cause the child not to eat. In addition, the mother does not always prepare meals, the environment is not cleaned, and even when the child is sick, the mother does not take them to a healthcare facility. There may be other factors contributing to the child's continued healthy growth, such as complete immunizations and exclusive breastfeeding. This is because the respondent has only a secondary education and is a housewife, which significantly affects her ability to care for her toddler or child due to a

lack of knowledge or skills to understand what constitutes good parenting for her child's nutritional status.

According to (Tamami, 2017), parenting styles and nutritional status involve changes in the attitudes and behaviors of mothers or other caregivers regarding feeding, hygiene, affection, and so on, all of which are related to the mother's physical and mental health. Good parenting from mothers will significantly contribute to the growth and development of toddlers, thereby reducing the incidence of nutritional disorders.

Good parenting is when a child does not experience nutritional issues that can hinder their growth and development. Proper upbringing includes dressing the child and teaching them to eat, which is a task for a mother until the child can be independent. There needs to be attention given to toddlers until they can do all of this on their own. One of the nutrients needed by children is the nutrients sourced from vegetables and fruits, as the vitamin content in these foods can help keep a child's body healthy. This is all interconnected with other nutrients that must also be consumed. Breakfast for children is a habit that should be instilled by a mother because eating in the morning can enhance the child's concentration and improve their nutritional status. (Ruswindi, 2019).

Children with malnutrition have a weak immune system, making them susceptible to illness. In general, mothers of toddlers are not very aware of infectious diseases that can lead to weight loss and do not fully understand the signs and symptoms if their child is experiencing an infectious disease. They believe that if their child is slightly ill, the child will recover on their own. If the illness suffered by the child does not improve and keeps recurring, while the intake of nutritious food is lacking

because the child refuses to eat, then the child will experience weight loss. A lack of nutritional intake during illness can cause a child to become undernourished. (Handayani, 2019).

This research aligns with (Sinekel, 2018), explaining that food intake significantly affects the nutritional status of every individual, including toddlers. Based on the results of this study, the majority of toddlers have a good eating pattern and good nutritional status. Statistical tests indicate a significant relationship between a good eating pattern, the types of food consumed, and the quantity of food consumed with the nutritional status of toddlers, with p-values of 0.003 and 0.028 respectively ($p < 0.005$).

Based on the research results obtained from 45 respondents, the highest frequency of parenting patterns categorized as inadequate was found in 33 respondents (73.3%), and the category of malnutrition was found in 32 respondents (71.1%). This indicates that maternal parenting patterns are related to the nutritional status of children at the Hope of Mothers Posyandu. The research findings show that there is an influence of maternal parenting patterns on the nutritional status of children.

The results of this study align with the research hypothesis, indicating a significant relationship between maternal parenting styles and nutritional status. When mothers have good parenting practices, it can reduce the risk of toddlers experiencing malnutrition. Based on the results of the statistical test using the Chi-Square Test, the statistical test shows a p-value of $0.000 < 0.005$, which means there is a relationship between maternal parenting patterns and nutritional status in toddlers aged 24 to 60 months at the Sekupang Posyandu.

CONCLUSION AND SUGGESTIONS

1. Conclusion

Based on the research conducted on "The Relationship Between Maternal Parenting Styles and Nutritional Status of Toddlers Aged 24-60 Months at the Harapan Ibu Posyandu in Sekupang, Batam City."

- a. From the research on the relationship between maternal parenting styles and the nutritional status of toddlers at the Harapan Ibu Posyandu in 2024, it was concluded that out of 45 individuals, the majority had poor nutritional status, with 32 respondents (71.1%).
- b. From the research on the relationship between maternal parenting styles and the nutritional status of toddlers at the Harapan Ibu Posyandu in 2024, it was concluded that out of 45 individuals, the majority had poor parenting styles, with 33 respondents (73.3%).
- c. There is a significant relationship between maternal parenting styles and the incidence of nutritional status at the Harapan Ibu Posyandu in 2024, with a p-value of $0.000 < 0.005$, indicating that there is a relationship between maternal parenting styles and the nutritional status of children aged 24-59 months at the Harapan Ibu Posyandu.

2. Suggestion

- a. For the Hope Ibu Posyandu in Sekupang, Batam City It is hoped that the relevant agencies, in this case the posyandu, will make efforts in health promotion by providing counseling to mothers about what maternal parenting is and the nutritional status of toddlers.
- b. For Batam University It is hoped that this research can serve as a reference for future studies, thereby

helping to enhance students' insights and knowledge about maternal parenting styles and the nutritional status of toddlers.

- c. For the respondents It is hoped that respondents, especially mothers with toddlers, will enhance their knowledge and seek information about toddler nutrition to support this crucial period in a child's growth and development.
- d. For future researchers The results of this research can serve as foundational data and information for future researchers, who are advised to consider techniques in sampling.

REFERENCES

- Anisa, A. F., Darozat, A., Aliyudin, A., Maharani, A., Fauzan, A. I., Fahmi, B. A., Budiarti, C., Ratnasari, D., N, D. F., & Hamim, E. A. (2017). Permasalahan Gizi Masyarakat dan Upaya Perbaikannya. *Gizi Masyarakat*, 40, 1–22.
- Dianti, Y. (2017). *Angewandte Chemie International Edition*, 6(11), 951–952., 5–24. [http://repo.iaintulungagung.ac.id/5510/5/BAB 2.pdf](http://repo.iaintulungagung.ac.id/5510/5/BAB%202.pdf)
- Handayani, T., Adriana, & Nurfianti, A. (2019). Hubungan Antara Pola Asuh Orang Tua Terhadap Status Gizi Balita di UPK Puskesmas Siantan Hulu. *ProNers*, 4(1), 1–10.
- Jazariyah. (2020). *Modul Parenting*. 52.
- Kemendes RI. (2022). Hasil Survei Status Gizi Indonesia (SSGI) 2022. *Kemendes*, 1–150.
- kementrian kesehatan RI. (2022). *mari dukung ibu untuk menyusui*.
- Khaeriyah, F., Arifin, S., & Hayatie, L. (2020). Hubungan Pendidikan Dan Pola Asuh Ibu Dengan Kejadian Gizi Kurang Dan Gizi Buruk Pada Balita Di Wilayah Kerja Puskesmas Beruntung Raya Banjarmasin. *Homeostatis*, 3(2), 173–178.
- Lali Midu, Y. A., Putri, R. M., & Adi Wibowo, R. C. (2021). Pola Asuh Ibu Berhubungan Dengan Status Gizi Pada Balita. *Jurnal Ilmiah Keperawatan Altruistik*, 67–78. <https://doi.org/10.48079/vol4.iss2.74>
- Notoatmodjo, S. (2018). *metodologi penelitian kesehatan*. PT. RINEKA CIPTA.

-
- Purba, S. S., Aritonang, E. Y., & Nasution, Z. (2019). Hubungan Pola Asuh Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas Batu Anam Kabupaten Simalungun 2018. *Jurnal Kesehatan Pena Medika*, 9(2), 48–54.
- Puspita, R. R., Kurniasih, A., Farida, N., & Keperawatan, P. S. (2023). Terhadap Status Gizi Balita Di Desa Koleang. 4(1), 975–984.
- Ruswindi, N. K., Sudirman, & Yani, A. (2019). Pola asuh dan status gizi balita. *Jurnal Kesehatan, Vol 1*(3), 2.
- Sinekel, J., Pasambuna, M., & Minggu, M. (2018). Pola Asuh Gizi dengan Kejadian Gizi Kurang pada Balita di Wilayah Kerja Puskesmas Belang Kecamatan Belang Kabupaten Minahasa Tenggara. *Ejurnal Poltekkes Manado*, 1(3), 676–684.
- Tamami, A. N. I. (2017). Pengaruh Pola Asuh Orang Tua dan Self-Regulated Learning terhadap Prokarastinasi pada Siswa MTsN 3 Pondok Pinang. *Psikologi Universitas Isam Negri*, 1–19