

**MOTHER'S KNOWLEDGE ABOUT TODDLER NUTRITION
PUSKESMAS BOTANIA, BATAM CITY**

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Abstract

Background : Nutritional problems are a complex problem not only due to powerlessness or economic inadequacy, but also regarding knowledge, attitudes and behavior. The number of nutritional status at Botania Puskesmas in 2016, the prevalence of underfives with malnutrition and malnutrition is 583 (17.2%) out of 10,712 children under five. The purpose of this study was to know the knowledge of mothers about toddler nutrition.

Method : This study used a descriptive study of the population of all mothers who have children aged 1-5 years, the sampling technique used was accidental sampling. The research results were analyzed by Univariate.

Result : Research Results Maternal knowledge about toddler nutrition at Puskesmas Botania, Batam City in 2017 with good knowledge respondents as many as 20 people (50%) as large as respondents who have sufficient knowledge.

Conclusion :. Maternal knowledge about toddler nutrition at Puskesmas Botania, Batam City in 2017 with 20 respondents (50%) good knowledge as large as respondents who had sufficient knowledge

Keywords: Knowledge, Nutrition, Toddler

PRELIMINARY

Nutrition is an important factor for realizing Indonesian people. Various studies have revealed that malnutrition, especially in early childhood, will have an impact on children's growth and development. Children who are malnourished will grow small, thin, and short. Undernutrition in children also has an impact on low cognitive abilities and children's intelligence, and affects the decline in children's productivity (Depkes RI, 2014).

Nutritional status is one of the factors that determines human resources and quality of life. For this reason, the nutrition improvement program aims to improve the nutritional quality of food consumption, in order to improve the nutritional status of the community. Nutritional status is a state of growth as a result of the use, absorption and use of food (Riau Islands, 2013).

Malnutrition and malnutrition are often interpreted as a result of poverty and people's powerlessness to gain access to food, while improving the family economy does not automatically increase population nutrition rates. Because the problem of nutrition is a complex problem, not only economic incapacity or powerlessness, but also regarding knowledge, attitudes and behavior (Batam City Health Office 2015).

In 2013, there were 19.6% under-fives with malnutrition, consisting of 5.7% under-fives with malnutrition and 13.9% with malnutrition, and 4.5% for under-fives with overnutrition. Under nutrition in 2010 consisted of 13.0% under five, with a malnutrition status and 4.9% with a malnutrition status. Changes especially in the prevalence of malnutrition, namely from 5.4% in 2007, to 4.9% in 2010 and

increased in 2013 to 5.7%. The MDG target for malnutrition in 2015 is 15.5% (Risksedes 2013).

Based on data from the Batam City Health Office in 2015, it is known that there are as many as 151,203 toddlers in Batam City, the number of under-fives who are weighed is 91.240 under-fives, and it is known that 466 under-fives (0.49%) have poor nutritional status, as many as 2.952 (3 , 24%) had a poor nutritional status, and 86.136 infants (94.41%) had a good nutritional status, and as many as 1.706 infants (1.87%) had more nutritional status.

RESEARCH PURPOSES

Knowing mother's knowledge about toddler nutrition

RESEARCH METHODS

This study used a descriptive study of the population of all mothers who have children under five to five years old, the sampling technique used was incidental sampling. The research results were analyzed by Univariate.

RESEARCH RESULT

Table 1 Frequency Distribution of Respondents Based on Mother's Knowledge Level about Toddler Nutrition at Puskesmas Botania, Batam City

Mother's knowledge	Frequency (n)	Percentage (%)
Good	20	50
Enough	20	50
Total	40	100

From table 1 it is known that the frequency of maternal knowledge about good toddler nutrition is equal to the frequency of maternal knowledge about adequate nutrition for children under five, namely (20) respondents (50%).

DISCUSSION

Based on the results of the study, it is known that the number of respondents was 40 in mothers at the Botania Community Health Center, Batam City in 2017, showing that the knowledge of mothers about good nutrition for

toddlers was 20 people (50%) and knowledge of mothers about adequate nutrition for toddlers was 20 people (50%). Based on these data, it is known that the frequency level of the mother's knowledge is good and sufficient, this is influenced by the answers of respondents who vary based on the respondents' insights and experiences, the results of the study show that the majority of respondents can answer correctly to question 10 which states that carbohydrates, fats, proteins , vitamins and minerals are nutrients needed by the body is correct, namely 39 respondents (97.5%) while the most respondents who are unable to answer the question correctly are in question no.9 which states that food processing for toddlers is distinguished from family food processing, namely 23 respondents (57.5%).

According to Notoatmodjo (2010) knowledge is a very important domination for the formation of actions by someone. Knowledge is needed as support in fostering self-confidence and attitudes and behavior every day, so it can be said that knowledge is a fact that supports one's actions. Mother's knowledge and attitudes will affect the food intake in the family, especially children. Educated mothers can receive various information from outside and increase understanding and knowledge, including about parenting styles (Sartika, 2010 in Rahmawati 2014). This answers that aspects are different from one another, aspects with good nutritional knowledge have good knowledge and attitudes, while sufficient knowledge about nutrition means a lack of knowledge so that it affects attitudes in everyday life, if we don't know about toddler nutrition then the child -Children under five will experience malnutrition, thereby increasing the mortality rate for infants and toddlers as a result of lack of nutritional intake. The results of the research obtained on the knowledge of toddlers' nutrition according to research conducted by Resha (2015), namely "The Relationship between Mother's Knowledge of Nutrition in Toddlers with the Nutritional Status of Toddlers at the Sambau Health Center, Batam City in 2015" showed that from 42 respondents who had high knowledge as many as 25 people (59.5). The results of this study are influenced by the higher the mother's education, the better the mother's knowledge and the

provision of information sources from health workers, and electronic media.

Based on the results of the study, the researcher concluded that the majority of mothers' knowledge was good. This is because one of the factors that affect maternal knowledge is education, attitudes and habits, which is in line with Notoatmodjo's (2010) theory which states that education, attitudes and habits can bring someone's insight or knowledge in general to someone with a higher education. will have better knowledge than people who have less education. Education can influence a person including one's behavior in life patterns, especially in motivating them to participate in development, the higher education the easier it is to get information.

CONCLUSION

Maternal knowledge about toddler nutrition at Puskesmas Botania, Batam City in 2017 with 20 respondents (50%) good knowledge as large as respondents who had sufficient knowledge.

SUGGESTION

Suggestion For health workers and health centers are expected to be more active in providing health education about the nutritional status of toddlers so that all mothers have good knowledge about the nutritional status of toddlers. And it is hoped that the health center can form a program for mothers under five classes in which there is health education related to important nutrition for toddlers

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