



DESCRIPTION OF PARENTAL FEEDING PATTERN IN TODDLER CHILD

Qonita Huwaida, Siti Arifah*

Faculty of Health Sciences, Universitas Muhammadiyah Surakarta Jl. A. Yani, Mendungan, Pabelan, Central Java 57162, Indonesia

*siti_arifah@ums.ac.id

ABSTRACT

The age of toddler is a golden age because the growth and development of children at this age takes place quickly and both physically, cognitively, emotionally, and socially. A good feeding pattern is useful to meet the nutritional needs they need, a good diet will also play a role in preventing nutritional problems. This study aims to describe the feeding patterns of parents in toddler-age children in Polokarto Village, Polokarto District. This research is an analytical descriptive research. The research sample consisted of 136 mothers who had toddler-age children who were taken by purposive sampling. Data collection was carried out using a questionnaire of demographic data and feeding patterns. The analysis used in this study is a univariate analysis that will be displayed in the form of distribution, frequency, and percentage. The results of the study showed that the majority of parents had the quality of feeding patterns that were included in the sufficient category, namely 79 respondents (58.1%). Most of the respondents were in the age range of 27-33 years, namely 84 respondents (61.8%). Then the majority of parents have a high school education background and almost all mothers have the status of housewives (72.8%).

Keywords: feeding pattern; parent; toddler

How to cite (in APA style)

Huwaida, Q., & Arifah, S. (2024). Description of Parental Feeding Pattern in Toddler Child. *Indonesian Journal of Global Health Research*, 6(S6), 17-24. <https://doi.org/10.37287/ijghr.v6iS6.4526>.

INTRODUCTION

According to WHO, toddler age children are a developmental period that occurs in children at the age of 1-3 years where at this stage there is cognitive and social growth and development in children. At the age of toddlers, it is very necessary to have a good nutritional intake for the child as an effort to prevent diseases and support for his physical growth and development. In other words, adequate nutrition has a great influence on the growth and development of children at the age of toddler. If a child's nutritional needs are not met in the early stages of life, children are at risk of experiencing nutritional disorders and problems which can affect the quality of life of children in the future, both physical growth and intelligence (Julinigrum, 2019). In addition, toddler age children are a golden age because the growth and development of children at this age takes place quickly both physically, cognitively, emotionally, and socially. Therefore, examination and detection of the child's growth and development rate is very important to find out the condition and detect the possibility of disorders (Natasha et al., 2022). Meeting the nutritional needs of a child and preventing malnutrition is also one of the targets of the SDGs (Sustainable Development Goals) which is expected to be achieved in 2030.

Based on the results of the Survei Status Gizi Indonesia (SSGI) by the Ministry of Health, it is known that the prevalence of stunting in Indonesia is 21.6% at the end of 2022 (Ministry of Health, 2023). In Central Java, the results of the Indonesian Nutrition Status Survey in 2022 determined that the prevalence of stunted children in Central Java was 20.8% (Ministry of Health 2023). Then based on data from the Sukoharjo Regency Health Office in 2022, as many as 8.10% of children under five are still stunted and this figure is higher than in 2021.

Polokarto is the sub-district with the highest stunting cases in Sukoharjo (Sukoharjo Regency Health Office, 2023).

Nutritional problems that occur in children are caused by improper food choices by parents. The body needs good and nutritious food so that the body's functions can run properly (Hardiyanti, 2017). One of the causes of nutritional problems in children is due to poor feeding patterns from parents. A good feeding pattern is useful to meet the nutritional needs they need. In addition, a good diet will play a role in preventing nutritional problems in children, for example stunting (Hermawan & Hermanto, 2020). Feeding patterns are also one of the indicators in assessing the optimization of a child's nutritional needs (Damanik et al., 2020). Feeding patterns are parents' efforts to feed their children both in the selection of ingredients, the preparation of food menus, the processing of ingredients, the presentation of food, the frequency, and the method of feeding which has the purpose of meeting nutritional needs in the process of children's growth and development (Noviyanti, 2020). Therefore, the understanding of the public, especially parents, about meeting nutritional needs for children is very important (Oktaviani et al., 2021). Based on this and the preliminary studies that have been carried out, the researcher is interested in researching how "Overview of Parental Feeding Patterns in Toddler-Age Children in Polokarto Village, Polokarto District" to determine the quality of parental feeding patterns in toddler-aged children in Polokarto Village, Polokarto District, considering that Polokarto District is the sub-district with the highest stunting rate in Sukoharjo Regency. This study aims to describe the feeding patterns of parents in toddler-age children in Polokarto Village, Polokarto District, Sukoharjo Regency.

METHOD

This research is an analytical descriptive research. This research was conducted in Polokarto Village, Polokarto District in August-September 2024. A total of 136 mothers were recruited to be research samples taken using purposive sampling techniques. The inclusion criteria of the sample are mothers who have children aged 1-3 years and live in Polokarto Village, Polokarto District. Data collection was carried out by demographic data questionnaire and feeding pattern questionnaire which was used to obtain the demographic characteristics of the respondents and the quality of parental feeding patterns for toddler-age children. For the feeding pattern questionnaire, the validity test showed that out of 25 questions, 24 items were valid with a correlation coefficient of at least 0.413, while the reliability test using Alpha Cronbach produced a value of 0.758 which was greater than the r table, indicating that the instrument used was reliable. In the analysis stage, the type of analysis used is univariate analysis to obtain a descriptive picture of parental feeding patterns in toddler-age children which will be divided into 3 categories, namely good (score >47), enough (score 24-47), and less (score <24). Data analysis will be displayed in the form of distribution, frequency, and percentage so that it is easy for readers to understand. This research has received an ethics permit from the Research Ethics Committee of the Faculty of Health Sciences, Universitas Muhammadiyah Surakarta with No.443/KEPK-FIK/VII/2024.

RESULT

Demographic Data

In this study, it was found that the majority of parents were in the age range of 27-33 years as many as 65 respondents (47.8%). Then, most of the mothers have a high school education background with a total of 69 people (50.7%). And almost all mothers of toddler-age children in Polokarto Village, Polokarto District, have the status of housewives, namely 99 people (72.8%).

Table 1.
Frequency Distribution by Age (n=136)

Variable	f	%	Mean	SD	Median	Min	Max
Age			29,84	5,647	29,00	17	46
<21	8	5,9					
21-26	30	22,1					
27-33	65	47,8					
>33	33	24,3					

Table 2.
Frequency Distribution Based on Education (n=136)

		Feeding Pattern			Total
		Good	Enough	Low	
Elementary School	Frequency	4	5	0	9
	%	2,9	3,7	0	6,6
Junior High School	Frequency	18	25	0	43
	%	13,2	18,4	0	31,6
Senior High School	Frequency	29	40	0	69
	%	21,3	29,4	0	50,7
Bachelor	Frequency	6	9	0	15
	%	4,4	6,6	0	11,0

Table 3.
Frequency Distribution Based on Mother's Occupation (n=136)

		Feeding Pattern			Total
		Good	Enough	Low	
Housewife	Frequency	43	56	0	99
	%	31,6	41,2	0	72,8
Employee	Frequency	8	11	0	19
	%	5,9	8,1	0	14,0
Self Employed	Frequency	5	7	0	12
	%	3,7	5,1	0	8,8
Laborer	Frequency	1	5	0	6
	%	0,7	3,7	0	4,4

Feeding Patterns

In this study, the results were obtained that most of the parents were included in the sufficient category as many as 79 respondents (58.1%).

Table 4.
Frequency Distributions Based on Feeding Patterns (n=136)

Category	f	%
Good	57	41.9
Enough	79	58.1
Low	0	0

DISCUSSION

Demographic Data

From the results of the study conducted on 136 respondents, it was found that the majority of parents were in the age range of 27-33 years as many as 65 respondents (24.3%). In early adulthood, individuals are ready to take on roles and take on greater responsibilities and it is time to engage and build relationships with the opposite sex (Siregar et al., 2022). In addition, in this phase a person will begin to adjust to a new life, in this case the role of a parent. In addition, early adulthood is a suitable time to have children because at this time the

reproductive organs are very reproductive and a person will begin to form new responsibilities, lifestyles, and commitments at this time (Paputungan, 2023). However, research by Izza & Andromeda (2019) reveals that not everyone who is in early adulthood is automatically ready to become a parent. However, psychosocial and adult attachment style play an important role in determining their readiness for the role of parenthood. In this study, data was also obtained that 8 respondents were between 17-21 years old. According to Khoirunnisa et al. (2022), a person who gets married at the age of 17-21, most of them say they are ready to have children. Although it can be said that they are still at a young age, they already have knowledge about parenting styles in caring for and educating their children. Because the majority of them have experience when taking care of their younger siblings or involved in children's education, especially at an early age. In addition, nowadays technology has developed rapidly, so it helps young parents in adding information related to how to care for and educate their children, for example the classroom *online parenting*.

The results of the study show that most parents have a high school education background. According to Rahma & Windyariani (2020), at the high school or secondary education level, an individual already has sufficient ability to analyze and solve problems, in this case it is a nutritional need of toddler-age children. The results of the study also showed that almost all mothers were housewives, namely 99 respondents (72.8%). Mothers have an important role in fulfilling their family's nutrition, especially for children. Because the main task of a mother is to take care of and meet nutritional needs so that her child grows into a quality individual. In this case, housewives have a good role because mothers have time to accompany their children when eating (Yendi et al., 2017). Mothers also have an important role in matters related to food. Starting from compiling food menus, buying groceries, how to give them to children, and determining the pattern and frequency of children's meals (Amin et al., 2021). In this case, housewives have more time to pay attention to food for their children. Even so, for working mothers, even though the number is smaller, most of them have a sufficient feeding pattern. This indicates that working mothers can also provide good nutritional intake for children with more limited time due to work demands. This is in accordance with the research of Sulistyorini & Rahayu (2010) which revealed that mothers who do not work have children with a better status than mothers who work, in other words, the nutrition of children with mothers who do not work is more fulfilled both in the type and amount of feeding.

Feeding Patterns

From the results of the study conducted on 136 respondents, it was found that as many as 79 respondents (58.1%) had the quality of feeding patterns that were included in the "adequate" category. This is influenced by several factors. Fariqi & Yunika, 2021 explained several factors that affect the feeding patterns of parents to children, one of which is the level of education and knowledge of parents. The level of education that parents, especially mothers, have a significant relationship with a child's feeding patterns. Parents with a high level of education have extensive knowledge of the nutritional needs of children so that mothers can implement good feeding patterns. This is in accordance with the results of the study, that the majority of parents have a high school education background for fathers. In addition to knowledge of children's nutritional needs, the level of education also affects a person in receiving information (Noviyanti et al., 2020). A high level of education will affect the level of knowledge about nutrition and parents' skills in processing children's food. Ignorance of good eating habits and how to feed directly and indirectly will have an impact on children's nutrition (Utami, 2018). Research by Pusparina & Suciati (2022) also revealed that a mother's education level has a significant relationship with the fulfillment of children's nutrition. The level of mother's education will determine the mother's attitude and behavior in dealing with

nutritional problems in children, because mothers have a chance to live and grow better and have a broader insight into a child's nutrition.

Furthermore, another factor that affects the feeding pattern of parents to their children is the mother's work. Working mothers have a role in increasing household income. This will have an impact on the quality and quantity of children's food. In addition, working mothers will also have greater relationships, so the pincer in getting information will be greater (Kahar et al., 2023). Other research also revealed that most working mothers said it was a bit difficult to divide their time between household affairs and office affairs (Alfons et al., 2017). However, this is contrary to the research of Yuliarsih et al. (2020) which stated that there was no significant relationship between work and feeding patterns and nutritional status in children. Parental attention is very important in meeting children's health needs, especially nutrition. Housewives have more time to manage their children's diet. Meanwhile, working mothers have more limited time to take care of and regulate their children's diet. However, working mothers can involve family members or other people in caring for and fulfilling the needs of their children, especially in terms of nutritional fulfillment. This is in line with research that states that there is no relationship between feeding patterns and the nutritional status of children in working mothers. This is because, even though mothers work, caregivers or family members who have experience and skills can feed their children daily and for foodstuffs can be prepared by mothers before work (Kusumaningtyas et al., 2017).

Interestingly, none of the respondents in any education group had "poor" quality. This shows that in general, the people of Polokarto Village already have basic knowledge about feeding patterns that are quite good. Even so, it is possible that it can be improved. With education for mothers to achieve a "good" feeding pattern overall, education has an influence on mothers' knowledge and attitudes regarding nutritional fulfillment in children after toddler. Education will increase knowledge and change mothers' attitudes for the better. Increased maternal knowledge will change the response in decision-making related to the selection of ingredients and types of food that are good for the child (Rozali, 2022). Because a good feeding pattern is to provide good nutritional variety and balance, involve children in food selection and preparation, and can teach children about the importance of nutrition (Holley et al., 2020). With education, it is hoped that mothers will be aware of the importance of diet in children as well, so that the fulfillment of nutrition for children, especially the toddler age, can be fulfilled and is expected to reduce the prevalence of stunting and other nutritional problems. Because one of the factors that causes nutritional problems or stunting in children is poor feeding patterns, so that the nutritional needs of children are not optimal. This is in accordance with Prakshita's (2019) research that The better the feeding pattern that parents give to their children, the incidence related to nutritional problems, one of which is stunting, will be reduced, so feeding patterns must be very considered.

A child's nutritional intake is related to the incidence of stunting. Stunting is caused by a long lack of energy (Wati & Musnadi, 2022). What parents can do is to maintain their children's health and try to provide a variety of foods that contain nutrients to meet the nutritional needs of children (Yuningsih, 2022). In this case, the district government has intervened to overcome it by analyzing the situation and planning activities to prevent stunting. The government has prepared an activity plan that aims to increase the coverage of stunting prevention intervention services with specific nutrition and sensitive nutrition programs that are expected to reduce the incidence of stunting. After being planned, the government made efforts to carry out the intervention with stunting crackdown carried out by various sectors of local government, non-governmental institutions, and also the community (Ntobuo & Yusuf,

2020). It is hoped that the results of this research can have an impact in making intervention program policies to improve parents' knowledge and skills in feeding patterns for children, so that the quality of parents' feeding patterns can increase, so that stunting rates can decrease. This is relevant to the Sustainable Development Goals (SDGs) targets, especially those related to improving children's health and reducing the incidence of stunting.

CONCLUSION

This study shows that the majority of parents have the quality of feeding patterns that are included in the sufficient category, namely 79 respondents (58.1%). Almost all mothers have the status of housewives. In addition, most of the respondents are in the age range category of 27-33 years and have a high school education background. This educational factor also affects the feeding pattern given to toddler-age children, because parents with a better level of education tend to have better knowledge about the fulfillment of children's nutrition. The results indicate that although most parents have room to improve this quality, especially through education related to children's nutritional needs to reduce stunting rates and other nutritional problems.

REFERENCES

- Alfons, O. L., Goni, S. Y., & Pongoh, H. (2017). Peran ibu rumah tangga dalam meningkatkan status sosial keluarga di Kelurahan Karombasan Selatan Kota Manado. *Acta Diurna Komunikasi*, 6(2).
<https://ejournal.unsrat.ac.id/v3/index.php/actadiurnakomunikasi/article/view/16572>
- Amin, S., Firdaus, A. M., & Murtafiah, W. (2021). Pelatihan materi gizi seimbang pada ibu rumah tangga untuk peningkatan status gizi. *Jurnal Terapan Abdimas*, 6(2), 102–109.
<http://e-journal.unipma.ac.id/index.php/JTA/article/view/7425%0Ahttp://e-journal.unipma.ac.id/index.php/JTA/article/download/7425/3490>
- Anwar, C., & Ulfa, Z. (2019). Hubungan Pengetahuan dan Status Pekerjaan Ibu dengan Pemberian MP-ASI pada Bayi Usia 7-12 Bulan di Wilayah Kerja Puskesmas Batoh Banda Aceh Tahun 2018. *Journal of Healthcare Technology and Medicine*, 4(1), 29.
<https://doi.org/10.33143/jhtm.v4i1.164>
- Asrida, Hatati, & Wahdaniyah, M. (2022). Dampak Pernikahan Dini Terhadap Pola Asuh Anak Dalam Keluarga. *Jurnal Kesehatan Tambusai*, 3(1), 256–261.
<https://journal.universitaspahlawan.ac.id/index.php/jkt/article/download/14491/11463>
- Damanik, S. M., Wanda, D., & Hayati, H. (2020). Feeding practices for toddlers with stunting in Jakarta: A case study. *Pediatric reports*, 12(Suppl 1), 8695.
<https://doi.org/10.4081/pr.2020.8695>
- Dinas Kesehatan Kabupaten Sukoharjo. (2023). Profil tahun 2022. Retrieved from <https://www.kemkes.go.id/id> pada 17 November 2023
- Hermawan, D. J., & Hermanto, H. (2020). Pentingnya pola asuh anak dalam perbaikan gizi untuk mencegah stunting sejak dini di Desa Brumbungan Lor Kecamatan Gending Kabupaten Probolinggo. *Jurnal Abdi Panca Marga*, 1(1), 6-9.
<https://ejournal.upm.ac.id/index.php/abdipancamarga/article/view/636>
- Holley, C. E., Haycraft, E., & Farrow, C. (2020). Unpacking the relationships between positive feeding practices and children's eating behaviours: The moderating role of child temperament. *Appetite*, 147. <https://doi.org/10.1016/j.appet.2019.104548>

- Izza, Y. S. U., & Andromeda, A. (2019). Hubungan Antara Adult Attachment Style dan Kesiapan Menjadi Orang Tua pada Masa Dewasa Awal. *Intuisi: Jurnal Psikologi Ilmiah*, 11(2), 142-149. <https://journal.unnes.ac.id/nju/INTUISI/article/view/7354>
- Juliningrum, P. P. (2019). Asupan zat gizi makronutrien pada toddler. *The Indonesian Journal of Health Science*, 11(1), 40-46. <http://jurnal.unmuhjember.ac.id/index.php/TIJHS/article/view/2236>
- Kahar, A. N. A., Hidayati, H., Jafar, M., Dalam, A., & Trisasmita, L. (2023). Hubungan sosial ekonomi dengan pola pemberian makan pada balita stunting usia 24-59 bulan di wilayah kerja Puskesmas Malimongan Baru di Kota Makassar. *The Journal of Indonesian Community Nutrition*, 12(1), 13-26. <https://journal.unhas.ac.id/index.php/mgmi/article/download/26080/9764/86840>
- Kementerian Kesehatan. (2023). Prevalensi stunting di Indonesia. Retrieved from <https://ayosehat.kemkes.go.id/prevalensi-stunting-di-indonesia-turun-ke-216-dari-244> pada 10 Januari 2024; serta <https://jatengprov.go.id/publik/pemprov-jateng-bersama-pihak-terkait-ambil-langkah-maksimal-tangani-stunting/>
- Kusumaningtyas, D. E., Soesanto, & Deliana, S. M. (2017). Pola pemberian makanan terhadap status gizi usia 12-24 bulan pada ibu bekerja. *Public Health Perspective Journal*, 2(2), 155-167. <https://doi.org/10.15294/phpj.v2i2.13586>
- Utami, R. (2018). Hubungan Antara Pendidikan, Pekerjaan Dan Ekonomi Orang Tua Dengan Status Gizi Pada Anak Usia Pra Sekolah. *Jurnal Kesehatan Madani Medika*, 9(1), 64-70. <https://doi.org/10.36569/jmm.v9i1.29>
- Natasha, P. E., Siringoringo, L., Hunun Widiastuti, S., & Butarbutar, S. (2022). Tingkat pertumbuhan dan perkembangan anak usia toddler di Paud Santa Maria Monica Bekasi Timur. *Jurnal Keperawatan Cikini*, 2(2), 26-32. <https://doi.org/10.55644/jkc.v2i2.78>
- Noviyanti, L. A. (2019). Faktor-Faktor yang Mempengaruhi Pola Pemberian Makan Balita di Wilayah Kerja Puskesmas Kencong. *Universitas Jember*. <https://jurnal.unej.ac.id/index.php/JAMS/article/download/9597/7610/>
- Ntubuo, M. (2020). Peraturan Bupati Sukoharjo Nomor 8 Tahun 2020 Tentang Pencegahan Stunting di Kabupaten Sukoharjo. Sukoharjo: Pemerintah Kabupaten Sukoharjo. Retrieved from <https://jdih.sukoharjokab.go.id/upload/dokumen/pencegahan-stunting-di-kabupaten-sukoharjo-2020-dp7i35vz9.pdf>
- Oktaviani, E., Feri, J., Susmini, S., & Soewito, B. (2021). Deteksi dini tumbuh kembang dan edukasi pada ibu tentang status gizi anak pada periode golden age. *Journal of Community Engagement in Health*, 4(2), 319-324. <https://jceh.org/index.php/JCEH/article/view/146>
- Paputungan, F. (2023). Karakteristik Perkembangan Masa Dewasa Awal *Developmental Characteristics of Early Adulthood*. *Journal of Education and Culture (JEaC)*, 3(1), 2986-1012. <https://journals.ubmg.ac.id/index.php/JEaC/article/download/1139/423>
- Prakhasita, R. C. (2019). Hubungan pola pemberian makan dengan kejadian stunting pada balita usia 12-59 bulan di wilayah kerja Puskesmas Tambak Wedi Surabaya (Doctoral dissertation, Universitas Airlangga). <https://repository.unair.ac.id/84899/>

- Pusparina, I., & Suciati, S. (2022). HUBUNGAN PENDIDIKAN IBU DAN POLA ASUH PEMBERIAN MAKAN DENGAN STATUS GIZI BALITA. *Jurnal Ilmu Kesehatan Insan Sehat*, 10(2), 87-92. <https://doi.org/10.54004/jikis.v10i2.87>
- Rahma, I., & Windyariani, S. (2020). Profil kemampuan pemecahan masalah siswa sekolah menengah atas pada materi ekosistem. *Jurnal Ilmiah Pendidikan Biologi*, 6, 281–289. <https://online-journal.unja.ac.id/biodik/article/view/9551>
- Rozali, Y. A. (2022). Penggunaan Analisis Konten Dan Analisis Tematik. *Penggunaan Analisis Konten Dan Analisis Tematik Forum Ilmiah*, 19, 68. <https://ejurnal.esaunggul.ac.id/index.php/Formil/article/view/5070>
- Siregar, E. Y., Nababan, E. M., Ginting, E. R., Nainggolan, B. A., Ritonga, D. L., & Nababan, D. (2022). Perlunya Pembinaan Terhadap Dewasa Awal Dalam Menghadapi Tugas Perkembangannya. *Lumen: Jurnal Pendidikan Agama Katekese Dan Pastoral*, 1(2), 16–22. <https://ejurnal.stpkat.ac.id/index.php/lumen/article/view/39>
- Sulistyorini, E., & Rahayu, T. (2010). Hubungan Pekerjaan Ibu Balita terhadap Status Gizi Balita di Posyandu Prima Sejahtera Desa Pandean Kecamatan Ngemplak Kabupaten Boyolali. *Jurnal Kebidanan Indonesia*, 1(2), 1–17. <https://jurnal.stikesmus.ac.id/index.php/JKebIn/article/view/6>
- Wati, L., & Musnadi, J. (2022). Hubungan asupan gizi dengan kejadian stunting pada anak di Desa Padang Kecamatan Manggeng Kabupaten Aceh Barat Daya. *Jurnal Biology Education*, 10(1), 44–52. <https://doi.org/10.32672/jbe.v10i1.4116>
- Yendi, Y. D. N., Eka, N. L. P., & Maemunah, N. (2017). Hubungan antara peran ibu dalam pemenuhan gizi anak dengan status gizi anak praekolah di TK Dharma Wanita Persatuan 2 Tlogomas Kota Malang. *Nursing News*, 2(2), 763–769. <https://publikasi.unitri.ac.id/index.php/fikes/article/view/537>
- Yuliarsih, L., Muhaimin, T., & Anwar, S. (2020). Pengaruh Pola Pemberian Makan Terhadap Status Gizi Balita di Wilayah Kerja Puskesmas Astanajapura Kabupaten Cirebon Tahun 2019. *Syntax Literate; Jurnal Ilmiah Indonesia*, 5(4), 82. <https://doi.org/10.36418/syntax-literate.v5i4.1071>
- Yuningsih, Y. (2022). Hubungan status gizi dengan stunting pada balita. *Oksitosin: Jurnal Ilmiah Kebidanan*, 9(2), 102–109. <https://doi.org/10.35316/oksitosin.v9i2.1845>