



THE ROLE OF PARENTS IN THE NUTRITIONAL STATUS OF TODDLER IN NUTRITIONAL CONSCIOUS FAMILIES

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ABSTRACT

A Nutrition Aware Family is a family with balanced nutritional behavior that is able to recognize, prevent and overcome nutritional problems in each member of the family. Objective: This study aims to determine the relationship between the role of parents and the nutritional status of toddlers in nutrition conscious families in Banyuanyar sub-district. This type of research is correlational analytic, using an analytical observation design with a cross-sectional approach. The population in this study was all 65 children under 5 years of age who live in RW 12, Banyuanyar Village. The sampling technique used accidental sampling where the subjects taken as respondents were subjects who were met or happened to come to the service at Posyandu RW 12, Banyuanyar Village, Surakarta City. Data collection was carried out using an instrument in the form of a questionnaire regarding the assessment of families' nutritional awareness with behavioral indicators, namely measuring body weight regularly, giving exclusive breast milk, consuming a variety of foods, using iodized salt and consuming nutritional supplements as recommended. Apart from the questionnaire, researchers used observation sheets of the results of anthropometric measurements of toddlers, namely weight, height and age of toddlers. Measurements using Microtoise, measuring table, scales and metline. The results of the analysis using the Chi square test showed that Kadarzi's behavior of regularly weighing his body had a p value of 0.037, a p value of 0.000 for giving exclusive breast milk and a p value of 0.021 for giving a variety of foods. This research can be concluded that there is a significant relationship between Kadarzi behavior and the nutritional status of toddlers at Posyandu Medang Kamolan RW 12 is an important indicator in nutritionally aware families related to the nutritional status of toddlers.

Keywords: nutrition aware family; nutritional status; the role of parents

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INTRODUCTION

A Nutrition Aware Family is a family with balanced nutritional behavior that is able to recognize, prevent and overcome nutritional problems for each member of the family (Wijayanti & Nindya, 2017). A family is said to have good Kadarzi behavior if they have implemented the five Kadarzi indicators, namely, weighing themselves regularly, giving exclusive breast milk, eating a variety of foods, using iodized salt and consuming nutritional supplements. The Kadarzi family assistance process aims to encourage, encourage, guide and provide convenience for families to overcome the nutritional problems they are experiencing (Aditriya & Widyaningsih, 2021).

One of the health problems in the world due to lack of nutrition is the death of children under five years of age (toddlers). Based on the results of the 2022 Indonesian Nutritional Status Survey (SSGI), it provides an overview of the nutritional status of toddlers and its

determinants using a cross-sectional two-stage stratified sampling method (cross-sectional) with a total sample of 334,848 infants and toddlers in 486 districts/cities in 33 provinces in Indonesia, through anthropometric measurements and interviews, it was found that the rate of wasting increased from 7.1% to 7.7%, and underweight from 17 to 17.1%, while the incidence of stunting decreased from 24.4% to 21.6%. The prevalence of stunting in Central Java Province, the city of Surakarta is ranked 31st with a figure of 16.2%, wasting is ranked 19th with a figure of 7.1%, and underweight is ranked 26th with a figure of 15.5% (Ministry of Health, 2023).

The nutritional problem of children under five is essentially a public health problem whose causes are multifactorial, such as social, economic, cultural, parenting, education and environmental problems. In the 2020 Indonesian Health Profile, it is stated that the problem of malnutrition is greatly influenced by society's lack of knowledge, socio-economic conditions and the incidence of disease. The development of the nutritional status of infants and toddlers can be monitored through the results of recording and reporting nutritional improvement programs which are reflected in the results of weighing babies and toddlers every month (Ministry of Health of the Republic of Indonesia, 2021b). This research aims to determine the relationship between the role of parents and the nutritional status of toddlers in nutrition conscious families in Banyuanyar sub-district.

METHOD

The type of research used in this research is that researchers use correlational analytical research. The design used is an analytical observation design with a cross-sectional approach. The research was conducted at Posyandu RW 12, Banyuanyar Village, Surakarta City, September-October 2023. The population in this study was all 65 children under 5 years of age who lived in RW 12, Banyuanyar Village. The sampling technique used in this research was non-probability sampling in the form of accidental sampling, a total of 65 people who were met or who came to the Poyandu RW 12 service, Banyuanyar Village, Surakarta City. The independent variable in this research is the role of parents, the instrument used in the research is a questionnaire regarding the assessment of nutritional awareness of families where there are indicators of nutritional behavior, namely weighing regularly, giving exclusive breast milk, consuming a variety of foods, using iodized salt and consuming supplements. nutrition as recommended. The dependent variable in this study is the nutritional status of toddlers using an observation sheet of the results of anthropometric measurements of toddlers, namely weight, height and age of toddlers. Measurements using Microtoise, measuring table, scales and metline. Analysis of research results used the chi square test, with an alpha value of 5% (0.05).

RESULTS

Based on table 1, it was found that the characteristics of mothers at the highest age level, namely the range 20-35 years, amounted to 41 respondents (63.1%). Most mothers' education was at university, namely 32 respondents (49.2%). Meanwhile, for the characteristics of toddlers, the maximum age range is 13-≤35 months, namely 31 (47.7%) with female gender being 34 respondents (52.3%) greater than male, 31 respondents (47.7%) with Low birth weight was 8 respondents (12.3%) and normal was 57 respondents (87.7%).

Table 1.
 Characteristics of respondents based on mother's age, mother's education, toddler's age, gender and toddler's birth weight (n=65)

Variable	f	%
Mother's Characteristics		
Mother's Age		
<20 Years	1	1.5
20-35 Years	41	63.1
>35 Years	23	35.4
Mother's Education		
Elementary School	2	3.1
Junior High School	7	10.8
Senior High School	24	36.9
College	32	49.2
Toddler Characteristics		
Toddler Age		
≤ 12 Months	7	10.8
13- ≤ 35 Months	31	47.7
36- ≤60 Months	27	41.5
Gender		
Man	31	47.7
Woman	34	52.3
Birth Weight		
LBW (<2.5 kg)	8	12.3
Normal (≥ 2.5 kg)	57	87.7

Table 2.
 Frequency Distribution of Respondents based on Parental Role in Nutrition Aware Families (n=65)

	Kadarzi's behavior	f	%
Weigh your weight regularly	Not Routine (< 4 times in a row)	6	9.2
	Routine (≥ 4 times in a row)	59	90.8
Providing exclusive breastfeeding	Not exclusive breastfeeding	10	15.4
	Exclusive breastfeeding	55	84.6
Eat Diversified	No	41	63.1
	Yes	24	36.9
Use iodized salt	No	0	0
	Yes	65	100
Providing Supplementation (Vitamin A Nutrient)	No	0	0
	Yes	65	100

Table 2, the results show that the role of parents in Nutrition Aware Families in Banyuanyar Village routinely weighs their weight ≥ 4 times in a row, 59 respondents (90.8%), the majority of mothers also provide exclusive breastfeeding, 55 mothers (84.6%) However, on the other hand, most of the toddlers do not consume a variety of foods, only 24 toddlers (36.9%) choose the type of food that tends to be relatively the same, not varied. Mothers are aware and understand that they have used iodized salt in every dish given to their toddlers, in fact all 65 mothers have used it (100%). All 65 children under five (100%) have also been given Vitamin A nutritional supplementation.

Table 3 regarding the frequency of toddlers based on the nutritional status of toddlers in nutritionally aware families in Banyuanyar Village, Surakarta, of the 65 toddlers who had their nutritional status checked, it was found that 49 children (75.4%) had good (normal) nutritional status. others experienced malnutrition as many as 2 children (3.1%),

undernutrition 3 children (4.6%), risk of overnutrition 5 children (7.7%), overnutrition 4 children (6.1%) and the rest were obese as many as 2 children (3.1%).

Table 3.
Frequency Distribution of Respondents based on Nutritional Status of Toddlers in Nutrition Aware Families (n=65)

Nutritional Status of Toddlers	f	%
Stunting	2	3.1
Malnutrition	3	4.6
Good Nutrition (Normal)	49	75.4
Risk of Overnutrition	5	7.7
More Nutrition	4	6.1
Obesity	2	3.1

Table 4.
Kadarzi Behavior with Nutritional Status of Toddlers in Banyuanyar Village, Surakarta (n=65)

Kadarzi's behavior	Nutritional Status of Toddlers (based on BB/TB)											
	Bad		Not enough		Normal		Risk of Overnutrition		More Nutrition		Obesity	
	f	%	f	%	f	%	f	%	f	%	f	%
Weigh your weight regularly												
Not a routine	0	0	1	16.7	2	33.3	1	16.7	1	16.7	1	16.7
Routine	2	3.4	2	3.4	47	79.7	4	6.8	3	5.1	1	1.7
X^2	<i>p value = 0,037</i>											
Providing exclusive breastfeeding												
No	2	20	3	30	2	20	2	20	0	0	1	10
Yes	0	0	0	0	47	85.5	3	5.5	4	7.3	1	1.8
X^2	<i>p value = 0,000</i>											
Eat Diversified												
No	2	4.9	3	7.3	32	78	2	4.9	1	0.4	1	2.4
Yes	0	0	0	0	16	69.6	3	13	3	13	1	4.3
X^2	<i>p value : 0,021</i>											
Use iodized salt												
No	0	0	0	0	0	0	0	0	0	0	0	0
Yes	2	3.1	3	4.6	49	75.4	5	7.7	4	6.2	2	3.1
Providing Vitamin A Nutrient Supplementation												
No	0	0	0	0	0	0	0	0	0	0	0	0
Yes	2	3.1	3	4.6	49	75.4	5	7.7	4	6.2	2	3.1

Table 4 regarding statistical tests of Kadarzi's behavior and the nutritional status of toddlers in Banyuanyar Village, Surakarta, there is a significant relationship between Kadarzi's behavior and the nutritional status of toddlers as evidenced by the value (p value 0.037) for Kadarzi's behavior of weighing regularly; (p value 0.000) in exclusive breastfeeding and (p value 0.021) in diverse feeding behavior.

DISCUSSION

The research was carried out at Posyandu Medang Kamolan RW 12, Banyuanyar Village, Surakarta City. The geographic location of the Posyandu is strategic with various residences for Medang Kamolan Posyandu Cadres. The Medang Kamolan Posyandu is located in the Banyuanyar sub-district area, precisely in RW 12, consisting of 5 RTs with 65 children aged ≤12 months to 60 months. The time for conducting the research is from September to October 2023. The implementation of this research was evaluated in November 2023 and reported

promptly in December 2023 as a follow-up in the coming year to treat toddlers who have experienced stunting and prevent those at risk of stunting.

According to Akbar (2022), stunting or failure to thrive is a condition that describes chronic malnutrition status during a child's growth and development from the start of life. This is presented with a z-score value and height for age of less than minus two standard deviations based on WHO growth standards. At Posyandu Medang Kamolan, 3 children (4.6%) were found to be malnourished and 2 children (3.1%) were malnourished. The information conveyed by the mother was caused by several factors, including the mother's nutritional status during pregnancy, the child's nutritional intake and the conditions of the Covid pandemic during pregnancy. In line with research by Susilawati dan Ginting (2023), the results showed that 30 respondents (85.7%) had nutritional status of mothers during pregnancy experiencing a lack of calorie energy and 17 children (43.6%) experienced a lack of energy intake.

According to Suryani (2023), the impacts caused by stunting can be long-term and short-term impacts. The short-term impact of stunting is disruption of brain development, intelligence, impaired physical growth and disruption of body metabolism. The long-term impact of stunting is a decrease in cognitive abilities and learning achievement, a child's immune system decreases, causing children to be susceptible to disease, at risk of developing diabetes, obesity, heart and blood vessel disease, cancer, stroke and disability in old age.

The role of parents, especially mothers, is very important in the growth and development of children, especially in the golden period. Nutritional problems in toddlers that often arise at this age include rejection of food, children tend to have difficulty eating, only certain types of food are liked. eaten by children (Adawiyah et al., 2021). In this research, results were obtained regarding the role of parents in nutritionally aware families in the Banyuanyar sub-district, precisely at Posyandu Medang Kamolan RW 12, it can be said that more than half of the number of toddlers in Posyandu Medang Komulan is not optimal. This is in line with the results of research conducted by Anggraini (2021), that the role of parents in the incidence of stunting has a very important role for children. The role of parents in this case is to accompany their children in meeting their daily needs, which includes providing highly nutritious food intake and preventing health problems in children, especially toddlers (Anggraini, 2021). In connection with this, the author recommends that parents at Posyandu Medang Komulan RW in the sub-district, as well as monitoring the growth and development of toddlers while participating in the community health center, which in this case is Posyandu Medang Komulan RW 12, Banyuanyar Subdistrict, Surakarta.

The nutritional status of toddlers in nutritionally aware families at Posyandu Medang Komulan RW 12 Banyuanyar Village, Surakarta showed that 16 toddlers with abnormal nutrition were found, including 2 toddlers with malnutrition (3.1%) and 3 toddlers with malnutrition (4.6%). Meanwhile, 5 children (7.7%) are at risk, 4 children with overnutrition (6.1%) and 2 children with obesity (3.1%). From these results, half of all toddlers' nutritional status at Posyandu Medang Komulan has adequate nutritional status. According to Qolbi et al., (2020), nutritional status is a condition resulting from a balance between the intake of nutrients from food and the need for nutrients needed for body metabolism. Each individual requires different nutritional intake between individuals, this depends on the person's age, gender, daily body activity and body weight. This is in accordance with the statement by Wijayanti & Nindya (2017), that the better the implementation of Kadarzi behavior, the better the nutritional status of toddlers will be on their growth and development ($p=0.000$).

The age group under 5 years (toddlers) is a nutritionally vulnerable group because they have relatively high needs for growth and development compared to adults. Meanwhile, the age of 7 months is the starting point for malnutrition problems because it is estimated that at the age of 6 months the nutritional content of breast milk will begin to decrease, while the provision of complementary foods for breast milk will begin to be sufficient (Ministry of Health of the Republic of Indonesia, 2021a). Thus, all mothers and family members involved must be able to apply Kadarzi behavior to their toddlers to avoid nutritional problems, especially stunting (Widad, 2019).

According to Mosarofah et al., (2019), the application of Kadarzi behavior in families that meet the five indicators can be concluded that the better the application of Kadarzi, the better the nutritional status of toddlers, especially in the aspect of eating a variety of foods, which is an important indicator in nutritionally aware families. is an indicator related to the nutritional status of toddlers. The target achievements of the Kadarzi indicators in this study that were not optimal were regular weight weighing, exclusive breastfeeding, and eating a variety of foods. Based on these indicators, mothers are expected to be able to provide and fulfill varied food needs such as carbohydrates, animal protein, vegetable and vegetable menus every day so that toddlers' consumption becomes more diverse. Posyandu cadres and Community Health Centers can provide education and motivate mothers with toddlers to visit the posyandu and can implement Kadarzi behavior (Widyaningsih et al., 2020).

In line with previous research by Tatu, (2021), with the title Risk Factors Associated with Stunting Incidents in Toddlers in Kabuna Village, Kakuluk Mesak District, Belu Regency, the results obtained were 51 mothers (82.3%) visited Posyandu ≥ 8 times in a year, where the mother's motivation to visit the Posyandu is greater (Tatu et al., 2021). According to Terawan Agus Putranto (2020), the causes of stunting are very diverse, but there are two direct factors that influence the problem of children's nutritional status (stunting), namely food factors and infectious diseases, both of which influence each other. The first direct causal factor is consumption of food that does not meet the principles of balanced nutrition. The second direct causal factor is infectious diseases which are related to the high incidence of infectious diseases and poor environmental health.

According to Hayati (2023), indirect causes of stunting are food security in the family, parenting patterns, as well as health and environmental health services. Food security is the family's ability to meet the food needs of all family members in sufficient quantities and of good quality. Parenting patterns are the family's ability to provide time, attention and support for children so that they can grow and develop optimally physically, mentally and socially. The results of the study showed that the 2 children who experienced malnutrition were children whose parenting patterns were not optimal because their mothers did not provide exclusive breast milk. The results of this research are in line with Salamah's research (2021) entitled Factors that influence the incidence of stunting in the Surian health center working area, where the results showed that 55 toddlers (59.8%) who experienced stunting did not receive exclusive breast milk (Salamah & Noflidaputri, 2021).

Health services and environmental sanitation are the availability of clean water and basic health care facilities that are affordable for the entire family. These factors are closely related to the family's level of education, knowledge and skills. The higher the education, knowledge and skills, the better the level of family food security, the better the pattern of child care and the greater the family's use of existing services. Family food security is also related to food availability, food prices, and family purchasing power, as well as knowledge (Julianti &

Sartika, 2022). The results of the research that has been carried out show a significant relationship between Kadarzi's behavior and the nutritional status of toddlers based on Kadarzi's behavior of weighing themselves regularly (p value 0.037), exclusive breastfeeding (p value 0.000) and behavior of providing a variety of foods (p value 0.021). The nutritional status of toddlers is closely related to the family, especially families who are aware of the nutrition of the toddler. Families who understand and have awareness about good nutritional status, the nutritional status of toddlers will also be good, and vice versa, if awareness about nutrition is poor or even not good, then the nutritional status of toddlers will also be bad. In this regard, nutritional status is closely related to families being nutritionally aware (Oktaviani et al., 2020).

This is related to the results of research conducted by Sakti (2020) that children who experience deficient or even poor nutritional status, which in this case is called stunting, can disrupt the child's motor development, both gross and fine motor skills. The child's brain development during the golden age period will not be optimal. Researchers also explain that children's social and affective development is disrupted (Sakti, 2020). Apart from Kadarzi's behavior, another factor that also influences the nutritional status of toddlers is the parenting style of parents, where the parents' parenting style is good, the nutritional status of toddlers will also be good. So there is a significant relationship between parenting patterns and the nutritional status of toddlers (Maulid et al., 2020).

According to Rahmawati (2019), if the role of the family can be carried out well, the family can increase its role, especially in providing nutrition to children under five. Fulfilling nutrition for toddlers cannot be separated from the role of the family who cares for the child, so fulfilling nutrition can be done by teaching families about the nutritional needs of toddlers. Parenting also contributes to the well-being and happiness as well as a good quality of life for the child as a whole. On the other hand, if child care is inadequate, especially food and health security, the child could be one of the factors that causes children to suffer from malnutrition (Sulistiyansih & Niamah, 2020).

Nutritional status must be monitored frequently, especially the role of parents, which is the main indicator. Most of the mothers of toddlers who have been studied at Posyandu Medang Komolan, RW 12, Banyuanyar Village, most of them understand and understand the importance of the role of parents and nutritionally conscious parenting for their toddlers. This can also be seen from the education of parents in RW 12, Banyuanyar Subdistrict, 32 respondents (49.2%) have a fairly high level of education, namely tertiary education, so it is assumed that knowledge about toddler health, especially regarding nutritional problems, is quite good (Maflahah, 2019). The results of this research are in line with the statement put forward by Aditriya (2021) that some parents are aware of the importance of nutrition for children and their families, but it is the children themselves who may lack appetite or not have an appetite, and even like to choose food that they only like (Aditriya & Widyaningsih, 2021).

CONCLUSION

This research can be concluded that there is a significant relationship between Kadarzi behavior and the nutritional status of toddlers at Posyandu Medang Kamolan RW 12, Banyuanyar Village, Surakarta as proven by the results. The better the application of Kadarzi, the better the nutritional status of toddlers, especially in the aspect of eating a variety of foods, is an indicator. What is important for families to be aware of nutrition is related to the nutritional status of toddlers.

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