



## The Relationship Between Parental Parenting And Nutritional Status In Toddlers

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### ABSTRACT

**Introduction:** In developing countries, pain and mortality in children under five are largely influenced by nutrition, so the morbidity and mortality rates in this period can be useful information about malnutrition in society. *Childcare* can be defined as the behaviour practised by caregivers (mother, father, grandmother, caregiver) in providing food, health maintenance, stimulation and emotional support needed by children for growth and development, including parental affection and responsibility. This study aimed to determine whether there was a relationship between parental parenting and the state of nutritional status in toddlers. **Method:** This type of research is analytical research with a cross-sectional approach. The population in this study was all mothers who had toddlers in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District, which amounted to 75 people (total sampling). Data were obtained by interview using questionnaires. The results of the chi-square statistical test have a value of  $p = 0.011 < 0.05$ . **Result :** The results of this study show that parental parenting is very influential on the nutritional status of toddlers. Still found toddlers with nutritional status in the underweight category of 20.0%, short category height of 40.0% and nutritional status of the thin category of 11.4%. It is recommended to every parent to pay more attention to actions and parenting patterns in eating, basic care, as well as sanitation and the environment so that it will able to improve the nutritional status of toddlers.

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## 1. INTRODUCTION

Children under five are the age group that most often suffers from malnutrition. For this reason, the nutritional status of toddlers needs to be considered good by providing balanced nutritious food, which is very important for growth. UNICEF data in 2015 showed that 10-12 million (50-69.7%) of children under five in the world (4 million of whom are under one year old) have very poor nutritional status, resulting in death, continuous malnutrition, and increased child mortality (Fatimah, 2020). Every year it is estimated that 7% of children under five die; this means that every 2 minutes, there is the death of one toddler and among them due to malnutrition. Of all 4-24 million children aged 4.9 million in Indonesia, about a quarter are now in a state of malnutrition (Almatsier, 2009).

Nutritional status is influenced by a vast array of variables (multifactorial). One factor that influences adolescents' nutritional status is body image, which is a person's perception of their own body shape and size, which is influenced by their actual body shape and size and their expectations of the ideal body shape and size. If these expectations are not in line with the actual body condition, a negative body image will result (Anggraeni, 2015; Doloksaribu, 2019) .

To overcome this situation, food availability is needed, and the important thing is maternal parenting, especially in terms of feeding children, because it will affect toddlers' growth and development process. The pattern of the maternal upbringing of her child is closely related to the mother's situation, especially health, education, knowledge and skills about childcare. The role of the family, especially the mother in parenting, will determine the child's growth and development (Issom & Putra, 2018). The mother's behaviour in breastfeeding or feeding, a healthy way of eating, giving nutritious food and controlling the size of the portion spent will improve the child's nutritional status (Fitriatun, 2019).

In addition to death, diarrhoea in toddlers causes dehydration and stunted growth (growth failure) and is the leading cause of malnutrition in children under five (Sugiarto, 2019). For toddlers who do not receive exclusive breastfeeding, diarrhoea can be prevented by paying close attention to the hygiene, nutrition, and food content of every food consumed, as well as by managing the toddler's diet properly and prohibiting the consumption of outside food or instant food (Adinda, 2020; Rohmah, 2016).

The initial survey conducted by researchers in Dusun XX Bandar Klippa Village found that five toddlers were malnourished. This situation is caused by the busyness of parents, who, on average, are labour workers who pay little attention to feeding the child, as well as the common knowledge of parents about a clean and healthy lifestyle to realize sanitation and a supportive environment for healthy toddlers.

From the description above, researchers are interested in researching the relationship between parental parenting and the nutritional status of toddlers in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District.

## 2. METHOD

Research that is an analytical survey using a cross-sectional type approach, which is a type of research that emphasizes the timing of the observational measurement of independent and dependent variable data only once at one time, namely analyzing the relationship between parental parenting and the nutritional status of toddlers. This research was conducted in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District, from September to November 2021. The reason for taking the research location in Dusun XX Bandar Klippa Village, Percut Sei Tuan District, was because it was found that there was still a low nutritional status in toddlers due to lack of attention and parental parenting. The population in this study was all mothers who had toddlers in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District, in October, with as many as 75 people. Primary data collection was carried out by direct interviews using questionnaires. Data analysis was conducted with chi-square analysts with a value of  $p=0.011 < 0.05$ .

## 3. RESULT

The chi-square test will be used to see the relationship between the independent and dependent variables.

**Table 1 Frequency Distribution of Characteristics of Toddler Mothers**

No	Characteristic	Sum	%
1	<b>Age</b>		
	20-35 years	45	60,0
	> 35 years	30	40,0
	<b>Sum</b>	<b>75</b>	<b>100,0</b>
2	<b>Education</b>		
	SD	7	9.3

SMP	24	32,0
SMA	44	58,7
<b>Sum</b>	<b>75</b>	<b>100,0</b>

Based on the table above, it can be seen that the age of mothers in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District, is mostly 45 people aged 20-35 years (60.0%) and a small part with an age of > 35 years as many as 30 people (40.0%). Maternal education is mostly with high school education, with as many as 44 people (58.7%) and a small part with elementary education, as many as seven people (9.3%).

**Table 2 Frequency Distribution of Toddler Characteristics**

No	Characteristics of Toddlers	Sum	%
<b>1</b>	<b>Age</b>		
	9-11 months	18	24,0
	12-24 months	41	54,7
	25-59 months	16	21,3
	<b>Sum</b>	<b>75</b>	<b>100,0</b>
<b>2</b>	<b>Gender</b>		
	Man	47	62,7
	Woman	28	37,3
	<b>Sum</b>	<b>75</b>	<b>100,0</b>

Based on the table above, it can be seen that the age of toddlers in Dusun XX Bandar Klippa Village, Percut Sei Tuan District, is mostly 41 people aged 12-24 months (54.7%) and a small part with an age of 25-59 months as many as 16 people (21.3%). The sex of toddlers was mostly 47 men (62.7%) and a small part with women, as many as 28 people (37.3%).

**Table 3 Distribution of Toddlers by Age with Nutritional Status (BB/U Index)**

No	Age (month)	Nutritional Status (BB/U)						Total	
		Usual		Less		very lacking		n	%
		n	%	n	%	n	%	n	%
1	9-11 months	16	21,3	2	2,7	0	0	18	24
2	12-24 months	37	49,3	4	5,4	0	0	41	54,7
3	25-59 months	11	14,7	3	4	2	2,7	16	21,3

Based on the table above, it can be seen that the age of toddlers with nutritional status (BB / U index) is from 18 toddlers in the age group of 9-11 months, mostly in the normal nutritional status category, namely 16 people (21.3%), from 41 toddlers in the age group of 12-24 months, most of them are in the normal nutritional status category, namely as many as 37 people (49.3%) and from 16 toddlers in the age group of 25-59 months, most of them are in the normal nutritional status category, namely as many as 11 people ( 14,7%).

**Table 4 Distribution of Toddlers by Age with Nutritional Status (TB/U Index)**

No	Age (month)	Nutritional Status (TB/U)						Total	
		Usual		Short		Very Short		n	%
		n	%	n	%	n	%		
1	9-11 months	16	21,3	2	2,7	0	0	18	24
2	12-24 months	38	50,7	1	1,3	2	2,7	41	54,7
3	25-59 months	7	9,3	5	6,7	4	5,3	16	21,3

Based on the table above, it can be seen that the age of toddlers with nutritional status (TB/U index) is from 18 toddlers in the age group of 9-11 months, mostly in the category of normal nutritional status, as many as 16 people (21.3%), from 41 toddlers in the age group of 12-24 months, most of them in the normal nutritional status category, namely 38 people (50.7%) and from 16 toddlers in the age group of 25-59 months, most of them are in the normal nutritional status category, namely seven people (9.3%).

**Table 5 Distribution of Toddlers by Age with Nutritional Status (BB/TB Index)**

No	Age (month)	Nutritional Status (BB/TB)										Total	
		Very Fat		Fat		Fat Risks		Usual		Very Thin		n	%
		n	%	N	%	n	%	n	%	n	%		
1	9-11 months	0	0	2	2,7	4	5,3	8	10,7	4	5,3	18	24
2	12-24 months	3	4	2	2,7	2	2,7	34	45,3	0	0	41	54,7
3	25-59 months	0	0	2	2,7	6	8	3	4	5	6,6	16	21,3

Based on the table above, it can be seen that the age of toddlers with nutritional status (BB / TB index) is from 18 toddlers in the age group of 9-11 months, mostly in the normal status category of 8 people (10.7%), from 41 toddlers in the age group of 12-24 months, most of them are in the normal nutritional status category, namely 34 people (45.3%) and from 16 toddlers in the age group of 25-59 months, most of them are in the category of nutritional status at risk of obesity, namely as many as six people (8%).

**Table 6 Distribution of Toddlers by Age with Feeding Practices**

No	Age (month)	Feeding Practices				Total	
		Good		Bad		n	%
		N	%	n	%		
1	9-11 months	11	14,7	7	9,3	18	24
2	12-24 months	40	53,3	1	1,3	41	54,7
3	25-59 months	10	13,3	6	8	16	21,3

Based on the table above, it can be seen that the age of toddlers with feeding practices is from 18 toddlers in the age group of 9-11 months; most of them are in the category of good feeding practices as many as 11 people (14.7%), from 41 toddlers in the age group of 12-24 months, most of them are in the category of good feeding practices, namely as many as 40 people (53.3%) and from 16 toddlers in the age group of 25-59 months, most of them are in the category of good feeding practices, namely as many as ten people ( 13,3%).

**Table 7 Frequency Distribution of Toddler Basic Care Practices**

No	Basic Child Care Practices	Sum	%
1	Good	55	73,3
2	Bad	20	26,7
	<b>Sum</b>	<b>75</b>	<b>100</b>

Based on the table above, it can be seen that the basic care practices of children are mostly in the good category of 55 people (73.3%) and a small part of the poor, as many as 20 people (26.7%).

**Table 8 Frequency Distribution of Environmental Hygiene and Sanitation Practices**

No	Environmental Hygiene and Sanitation Practices	Sum	%
1	Good	41	54,6
2	Bad	34	45,4
	<b>Sum</b>	<b>75</b>	<b>100</b>

Based on the table above, it can be seen that environmental hygiene and sanitation practices are mostly in the good category of 41 people (54.6%) and a small part of bad, as many as 34 people (45.4%).

**Bivariate Analysis****Table 9 Relationship of Parenting with Nutritional Status in Hamlet XX Bandar Klippa Village Percut Sei Tuan Subdistrict**

No	Parenting	Nutritional Status				Total	p Value
		Usual		Abnormal			
		N	%	n	%		
1	Feeding Practices						
	Good	63	84	0	0	63	84
	Bad	0	0	12	16	12	16
2	Basic Care Practices						
	Good	50	66,7	5	6,6	55	73,3
	Bad	13	17,4	7	9,3	20	26,7
3	Environmental Hygiene & Sanitation Practices						
	Good	36	48	5	6,7	41	54,7
	Bad	27	36	7	9,3	34	45,3

Based on the results of a bivariate analysis between maternal parenting variables and the nutritional status of toddlers, it was found that:

- a. The analysis of the relationship between feeding practices and the nutritional status of toddlers showed that there were as many as 12 people (16%) with poor feeding practices resulting in abnormal nutritional status.
- b. The analysis of the relationship between basic care practices and the nutritional status of toddlers showed that there were as many as five people (6.6%) with good basic care practices resulting in abnormal nutritional status. Meanwhile, among the

poor basic care practices, there were seven people (9.3%), resulting in abnormal nutritional status.

- c. The analysis of the relationship between environmental hygiene and sanitation practices and the nutritional status of toddlers showed that there were as many as five people (6.7%) with good environmental hygiene and sanitation practices resulting in abnormal nutritional status. Meanwhile, among the poor environmental hygiene and sanitation practices, there were seven people (9.3%), resulting in abnormal nutritional status.

#### **4. DISCUSS**

##### **Nutritional Status Overview of Toddlers**

The study's results found toddlers with an abnormal weight category nutritional status of 20.0%, abnormal category height of 40.0% and nutritional status of the abnormal category of 11.4%. Based on this, it shows that the nutritional status of toddlers still needs attention. In this case, the nutritional status of toddlers in Dusun XX Bandar Klippa Village is related to maternal feeding practices and basic care practices for toddlers. The practice of feeding toddlers, in addition to sufficient quality and quantity to produce good health, is no less important than the direct attention and supervision of the mother, especially regarding feeding practices. Nutritional status in toddlers can impact their physical and mental growth. Children with poor nutritional status will look short and thin compared to their healthier peers. Overcoming malnutrition in toddlers requires the role of parents in toddler care and feeding practices.

Universally applicable healthy eating behaviour consists of eating a variety of recommended food groups, namely carbohydrates, fruits and vegetables, proteins, and fats. Fruits and vegetables are sources of the vitamins and minerals necessary to maintain the body's physiological functions (Krasevec, 2017). Generally, only small amounts of vitamins and minerals are required. However, because the body cannot produce them, it must regularly be supplied with foods containing vitamins and minerals (Manullang, 2015).

##### **The Relationship between Parental Parenting and Nutritional Status**

- a. Relationship of Feeding Practices with Nutritional Status



The results showed that as many as 50.0% of children with abnormal nutritional status whose feeding practices were not good. This shows that the practice of feeding affects the nutritional status of children. Referring to these results, it can be explained that the worse the practice of feeding toddlers, the more abnormal the nutritional status in toddlers. The practice of feeding toddlers is important to pay attention to because a toddler will need a good food intake, which will affect the nutritional status of the toddler.

The time mothers spend cooking and preparing food for the family decreases, increasing the purchasing of cooked foods in rural areas (Siregar, 2020). Urban and rural households have distinct preferences for animal foods, as indicated by differences in participation rates and consumption levels (Saputri, 2016). Among livestock products, households in cities and villages consume the most purebred chicken eggs and purebred chicken meat. For fishery groups, the most consumed species are sea fish in the form of cob/tuna/skipjack tuna/skipjack fish (Ariani, 2018).

In this study, the practice of feeding was good, although it was still found that mothers who had not done good feeding care for their children were 17.4%. According to research that has been carried out on children under five in Durian IV Village, Pantai Labu District, Deli Serdang Regency, it also shows that feeding practices are mostly in the good category, which is 84%, while in the wrong category by 16%.

This result explains that in the upbringing of feeding, there are already many mothers who behave well. This is shown by the efforts of some mothers to serve and give their food to their children even though mothers have a busy time working. However, many mothers in Dusun XX are still not well-behaved because of the mother's work which requires much time to work, mothers concentrate more on completing their work, so they are neglected in giving food to toddlers. Toddlers still eat a lot alone and without being accompanied by family members. In this case, it is necessary to improve the practice of feeding toddlers to improve their nutritional status of toddlers further.

The practice of feeding in terms of improving the nutritional status of toddlers in this study was shown by the behaviour of the mother in the preparation and feeding given by the mother herself can be attributed to the results of the study obtained that the upbringing of feeding carried out by the mother herself can prevent health disorders. Health problems include diarrheal diseases and decreased immunity of toddlers due to a lack of balanced nutritional intake.

The toddler foodstuffs already contain animal protein sources such as chicken and ox meat. However, the feeding is less supervised by the mother, so many children still do not finish the food because toddlers eat more by themselves. The food served is generally the mother's own processed food, namely rice, fish and vegetables; mothers usually process food once a day, namely in the morning, before doing activities in the morning.

In the morning, the mother feeds directly to the toddler. However, during the day, the average toddler eats alone or is taken care of by another family because the mother prioritizes work over feeding the toddler. This parental substitute does not necessarily understand and have sufficient knowledge about the toddler's nutritional needs, so that it will affect the child's nutritional status.

According to Atikah (2009), a dominant factor that causes malnutrition is improper behaviour among people in choosing and giving food to their family members, especially children. Providing the right food and care for toddlers to achieve good nutritional status through the parenting mothers do to their children will affect their nutritional status.

#### b. Relationship of Toddler Basic Care Practices with Nutritional Status

The results of a study on the variables of basic care practices for toddlers that were not good were found with a percentage of abnormal nutritional status of 17.4%. This shows that the variables of basic care practices for toddlers affect the nutritional status of children. Referring to the test results, it can be explained that the less good the basic care practices of toddlers are, the more important the nutritional status of children will increase. This shows that the practice of basic care for toddlers does not mean that it is not important to pay attention to because doing good basic care practices in toddlers will affect the nutritional status of toddlers

The results also showed that if the toddler is sick, the mother has sought basic treatment in the right place, namely to the Puskesmas, doctor's practice and midwife practice. Mothers are also actively visiting posyandu; in addition to aiming to immunize mothers, they also specifically come to weigh and measure the height of toddlers regularly. This is to Khomson's (2007) opinion that immunization is a preventive effort so that toddlers avoid diseases that can be life-threatening; with immunization, the mortality rate can be reduced. This is because most mothers always pay attention to the child's health and hygiene and the environment's cleanliness. This can be seen from the behaviour of mothers who directly take their children to health services if the child is sick.

c. Relationship of Environmental Hygiene and Sanitation Practices with Nutritional Status

The results of a study on the variables of poor environmental hygiene and sanitation practices were found with a percentage of abnormal nutritional status of 18.8%. This shows that the variables of environmental hygiene and sanitation practices do not affect the nutritional status of children. Referring to the test results, it can be explained that the less good the environmental hygiene and sanitation practices, it does not necessarily improve the nutritional status of toddlers.

This does not mean that environmental hygiene and sanitation practices are not important to pay attention to, but in this study, other factors that are more dominant affect the nutritional status of children. In this study, environmental hygiene and sanitation practices were quite encouraging, namely more good ones. However, it was still found that mothers who had not carried out environmental hygiene and sanitation care were 45.7%.

Mothers prepare closed and clean food so that food is avoided dirt or flies as a source of disease transmission, bathing toddlers only one time a day; this is considering that the mother's time to work is very unlikely to carry out environmental hygiene and sanitation practices properly, it is proven that good environmental hygiene and sanitation practices only reach 54.3%.

Who states that in maintaining a healthy body, we must pay attention to the following: bathe twice a day, hair, hands, feet, and clothes must be clean, maintain food and drink hygiene, avoid the occurrence of diseases from infectious sources such as flies/faeces, and others. A less supportive environment in maintaining health can be a trigger for the vulnerability of babies and toddlers to diseases. Therefore, it is necessary to create a healthy environment and behaviour.

## 5. CONCLUSION

1. From the study results, it can be concluded that parental parenting influences toddlers' nutritional status. Still found toddlers with nutritional status in the underweight category of 20.0%, short category height of 40.0% and nutritional status of the thin category of 11.4%. There is an influence of parenting factors in terms of feeding practices on the nutritional status of toddlers in Hamlet XX Bandar Klippa Village, Percut Sei Tuan District.

2. Advice to mothers should not only prepare toddler food, but it requires supervision and direct feeding to toddlers. Moreover, pay more attention to child parenting in terms of direct feeding practices to improve the nutritional status of toddlers. Advice to mothers should not only prepare toddler food, but it requires supervision and direct feeding to toddlers. Moreover, pay more attention to child parenting in terms of direct feeding practices to improve the nutritional status of toddlers.

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