

Analysis of Nutritional Status of Batita in Taman Rahayu Village, Working Area of Puskesmas Setu II Bekasi

Mamah^{1*}, Nanik Yuliwati²

Abdi Nusantara College of Health Sciences

Corresponding Author: Mamah bidanmamah20@gmail.com

ARTICLE INFO

Keywords: Analysis, Toddler Nutritional Status, Batita

Received : 15 November

Revised : 17 December

Accepted: 19 January

©2022 Mamah, Yuliwati : This is an open-access article distributed under the terms of the [Creative Commons Attribution 4.0 International](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

According to the results of the Indonesian Nutrition Status Study (SSGI) in children aged 0-59 months out of 153,228 it was found that 7.1% of children were wasted with the highest cases being in Maluku (12.0%) and the lowest being in Bali (3). ,0 %). Meanwhile, in West Java, 5.3% of children were found. The aim of this study was to analyze the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi. This research is an analytic survey research using a cross sectional research design with a population of 357 people and a sample of 79 people selected using random sampling technique. Data was taken using a questionnaire which was then processed using a statistical program. The research found that most of the toddlers (75.9%) were well nourished and only 6.3% of toddlers were malnourished. Most of them received poor parenting (72.2%), had low income (77.2%), had no history of infectious diseases (94.9%) and had poor knowledge (67.1%). The results of the statistical analysis found factors related to the nutritional status of toddlers, namely upbringing (p value = 0.008), while unrelated factors were income (p value = 0.107), history of infectious diseases (p value = 0.224), and knowledge (p value = 0.089).

INTRODUCTION

Nutrients are chemical substances in food that are used by the body for growth and development. Problems will arise if nutritional needs are not met. Nutritional problems can occur in almost all age groups, namely pregnant women, infants, toddlers, adults and the elderly. Nutrition in toddlers is a major concern because nutrition can support the growth and development of toddlers so they can be more optimal. The role of the mother in providing food is very important to prevent nutritional problems. According to the World Health Organization (WHO) in 2020, globally, 149.2 million children under the age of 5 are stunted, 45.4 million are wasted, and 38.9 million are overweight. The number of children with stunting is declining in all regions except Africa. More than half of all children affected by wasted live in South Asia and Asia as a whole is home to three-quarters of all children with severe wasted (WHO, 2021).

In Indonesia, the problem of nutritional status in children is still the main focus in efforts to improve community nutrition. According to the results of the Indonesian Nutrition Status Study (SSGI) in children aged 0-59 months out of 153,228 it was found that 7.1% of children were wasted with the highest cases being in Maluku (12.0%) and the lowest being in Bali (3.0%). Meanwhile, in West Java, 5.3% of children were found (RI Ministry of Health, 2021). According to Brooks (2015) Nutrition in food is the main element for children's growth, so that children can grow and develop according to their genetic abilities. However, there are several factors that can affect the child's food needs, such as nutritional intake, infectious diseases, parenting styles, family economy and so on.

According to Kurniasih, et al (2017) in this period of life, brain cells grow rapidly, so that by the time he is two years old the growth of brain cells has reached 80%. This period is a critical period for brain development to be able to improve children's intelligence. Sediaoetama (2014) states that at the age of one year, children's motoric, cognitive and social emotional abilities begin to develop. Children of this age will be active to explore the environment around them so they really need balanced nutrition. But food consumption depends on the amount and type of food, cooking, distribution and eating habits of individuals. If the food is not chosen properly then the body will experience a deficiency of certain nutrients.

Based on data on toddler visits in August 2021 to the Posyandu located in Taman Rahayu Village, the working area of the Setu II Health Center, out of 11 Posyandu that were actively managed, it was found that 1 person was suffering from malnutrition, 27 people were suffering from malnutrition, 23 people were suffering from excess nutrition and 16 people suffer from obesity. The results of the researcher's interviews with 3 mothers who had malnourished babies obtained data that 3 mothers did not know about the importance of nutritious food for toddlers, mothers also stated that they paid little attention to the type of food given. One mother stated that usually nutritious food is expensive. In addition, the mother also stated that her child had suffered from worms.

IMPLEMENTATION AND METHODS

This research is an analytic survey research using a cross-sectional study design to look at the factors that influence the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi. The population in this study were mothers who had toddlers who visited Posyandu, namely 357 people and a sample of 79 people were selected using a side random technique.

RESULTS AND DISCUSSION

The results of the univariate analysis found that most of the toddlers (75.9%) had good nutrition and only 6.3% of toddlers had malnutrition. Most toddlers get poor parenting (72.2%), have low income (77.2%), have no history of infectious diseases (94.9%) and have poor knowledge (67.1%).

Parenting Relationship with Toddler Nutritional Status

Table 1. Relationship between Parenting Style and Nutritional Status of Toddlers in Taman Rahayu Village, the Working Area of the Setu II Health Center in Bekasi

Parenting	Nutritional status						Total	P Value
	Malnutriti on		Good Nutrition		Overnutriti on Risk			
	n	%	n	%	n	%		
Well	0	0.0	22	100	0	0.0	22	0.008
Not good	5	8,8	38	66,7	14	24,6	57	
Total	5	6,3	60	75.9	14	17,7	79	

Based on table 1, it can be seen that of the 22 toddlers who received good parenting, none were found to be malnourished. However, of the 57 toddlers who received poor parenting, it was found that 5 (8.8%) experienced malnutrition. The results of the statistical analysis found a p value = 0.008, so it can be concluded that there is a relationship between parenting style and the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi.

Relationship between Income and Toddler Nutritional Status

Table 2. Relationship between Income and Nutritional Status of Toddlers in Taman Rahayu Village, the Working Area of the Setu II Health Center in Bekasi

Income	Nutritional status						Total	P Value
	Malnutriti on		Good Nutrition		Overnutriti on Risk			
	n	%	n	%	n	%		
Tall	0	0.0	17	94.4	1	5,6	18	0.107
Low	5	8,2	43	70.5	13	21,3	61	
Total	5	6,3	60	75.9	14	17,7	79	

Based on table 2, it can be seen that of the 18 respondents who had high incomes, no toddlers were found to be malnourished. However, out of 61 respondents who had low incomes, it was found that 5 (8.2%) toddlers experienced malnutrition. The results of the statistical analysis found a p value = 0.107, so it can be concluded that there is no relationship between income and the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi.

Correlation between History of Infectious Diseases and Nutritional Status of Toddlers

Table 3. Relationship between History of Infectious Diseases and Nutritional Status of Toddlers in Taman Rahayu Village, the Working Area of the Setu II Health Center in Bekasi

History of Infectious Diseases	Nutritional status						Total	P Value
	Malnutrition		Good Nutrition		Overnutrition Risk			
	n	%	n	%	n	%		
Yes	1	25.0	2	50.0	1	25.0	4	0.224
Not	4	5,3	58	77,3	13	17,3	75	
Total	5	6,3	60	75.9	14	17,7	79	

Based on table 3, it can be seen that out of 4 toddlers who had a history of infectious diseases, 1 (25.0%) toddler was found to be malnourished. Meanwhile, out of 75 toddlers who had a history of infectious diseases, 4 (5.3%) toddlers were found to be malnourished. The results of the statistical analysis found a p value = 0.244, so it can be concluded that there is no relationship between a history of infectious diseases and the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi.

Knowledge Relationship with Toddler Nutritional Status

Table 4. The Relationship Between Knowledge and the Nutritional Status of Toddlers in Taman Rahayu Village, the Working Area of the Setu II Health Center in Bekasi

Knowledge	Nutritional status						Total	P Value
	Malnutrition		Good Nutrition		Overnutrition Risk			
	n	%	n	%	n	%		
Well	0	0.0	6	100.0	0	0.0	6	0.089
Enough	3	15.0	11	55.0	6	30.0	20	
Not enough	2	3,8	43	81.1	8	15,1	53	
Total	5	6,3	60	75.9	14	17,7	79	

Based on table 4, it can be seen that of the 6 respondents who had good knowledge, no toddlers were found to be malnourished. Of the 20 respondents who had sufficient knowledge, it was found that 3 (15.0%) toddlers experienced

malnutrition. Meanwhile, out of 53 respondents who had insufficient knowledge, it was found that 2 (3.8%) toddlers experienced malnutrition. The results of the statistical analysis found a p value = 0.089, so it can be concluded that there is no relationship between knowledge and the nutritional status of toddlers in Taman Rahayu Village, the working area of the Setu II Health Center in Bekasi.

Parenting

According to Supriasa (2014), Parenting is the attitude of parents in interacting with their children. This attitude includes the way parents give rules, pay attention. Parenting as a parental treatment in order to meet attention. Parenting as a parental treatment in order to meet needs, provide protection and educate children in their daily lives. Parenting is an overall interaction between parents and children, in which parents provide encouragement for children by changing behavior, knowledge and values that are considered most appropriate for parents so that children can be independent, grow and develop in a healthy and optimal manner. , self-confident, curious, friendly, and success oriented. Brooks (2015) states that parents are individuals who provide care, guidance and protection from birth to maturity. Parents are people who give direct attention to children such as feeding, playing and teaching a skill. Parents also provide attention indirectly such as ensuring proper education, and advisors for children in interacting with society. The process of action and interaction between parents and children so that they can change one another is called parenting.

Therefore, it is important for parents to provide good parenting for children. However, the results of research in Taman Rahayu Village, Setu II Bekasi Public Health Center, show the opposite. The research found that the majority (72.2%) of respondents gave toddlers poor parenting. The results of this study are in line with research conducted by Jalpi & Rizal (2021) at the Banjarmasin City Health Center which found that most (54.0%) of respondents provided poor parenting styles. The results of the study also found that there was a relationship between parenting style and the nutritional status of toddlers in Taman Rahayu Village, Setu II Health Center, Bekasi. The results of the research are also in line with the research of Jalpi & Rizal (2021) which found that there is a relationship between parenting style and the nutritional status of toddlers. The results of this study are in line with the theory expressed by Boucher (2014) which states that one of the parenting styles that influences the nutritional status of children is parenting. The pattern of parental feeding to children or parental feeding is the behavior of parents showing that they provide food to their children either with consideration or without consideration to meet their children's nutritional needs.

Attorp, et al (2014) also stated that the factor that can affect nutritional status is parenting style. One of the parenting styles related to the nutritional status of children is parenting. Then define parenting as parenting practices applied by mothers to children related to the way and situation of eating. Parenting practices in providing food to children include providing age-

appropriate food, sensitivity of the mother to know when the child is eating (meal time), efforts to increase the child's appetite by persuading the child so that the child's appetite increases, creating a good, warm and healthy atmosphere for children to eat. comfortable.

Income

Notoatmodjo (2016) also stated the same thing where socio-economic conditions are a socio-cultural aspect that greatly influences health status and also influences disease patterns, and even affects death, for example obesity is found more in groups of people with high economic status and vice versa. . Malnutrition is more common among those with low economic status. The results of the study found that most (77.2%) of the respondents had low incomes. The results of this study are in line with research conducted by Gusrianti et al (2019) in the Limau Manis Selatan sub-district, the working area of the Pauh health center in Padang city, which found that 51.6% of respondents had low incomes.

The results of the study also found that there was no relationship between income and the nutritional status of toddlers in Taman Rahayu Village, Setu II Health Center, Bekasi. The results of this study are not in line with the research of Gusrianti et al (2019) which found a relationship between income and nutritional status. Someone who has a high income will find it easy to provide food for the family, both in quantity and quality. So someone who has good family food security will get good nutrition. Conversely someone who has poor food security will tend to experience malnutrition problems. This opinion is supported by Hitchcock (1999) in Supriasa (2014) which states that malnutrition problems are caused by socio-economic factors, namely income for food availability.

There is no relationship between income and the nutritional status of toddlers in Taman Rahayu Village, Working Area of the Setu II Health Center in Bekasi, according to the researchers' assumption, this is likely to be related to the majority of farming and gardening communities, so that even though the income is low, the community can still get nutritious food from farming products and own garden.

History of Infection

According to the Indonesian Ministry of Health (2021) one of the efforts to prevent malnutrition in toddlers is to pay special attention to infants and toddlers who suffer from chronic infections or recurrent acute infections and there are sources of disease transmission from inside or outside the home or immune disorders. This is according to Marimbi (2015) because infection can cause children not to feel hungry and not want to eat. This disease also spends a number of protein and calories that should be used for growth. Common diseases that worsen nutritional status are diarrhoea, upper respiratory tract infections, tuberculosis, measles, whooping cough, chronic malaria and intestinal worms.

According to the Indonesian Ministry of Health (2021) one of the efforts to prevent malnutrition in toddlers is to pay special attention to infants and

toddlers who suffer from chronic infections or recurrent acute infections and there are sources of disease transmission from inside or outside the home or immune disorders. This is according to Marimbi (2015) because infection can cause children not to feel hungry and not want to eat. This disease also spends a number of protein and calories that should be used for growth. Common diseases that worsen nutritional status are diarrhoea, upper respiratory tract infections, tuberculosis, measles, whooping cough, chronic malaria and intestinal worms.

There is no relationship between a history of infectious diseases and the nutritional status of toddlers in Taman Rahayu Village, Working Area of the Setu II Health Center in Bekasi, according to the researchers' assumption, this is because even though toddlers have a history of infectious diseases, the nutritional adequacy of toddlers is always fulfilled. The field findings also found that whenever a health problem occurs in toddlers, the mother or other family members immediately bring the toddler to the nearest health service, so that the problem of infection is resolved immediately.

Knowledge

According to Notoatmodjo (2016) Knowledge is the result of "knowing" and this occurs after people sense a particular object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste, and touch by themselves. According to the criteria level of knowledge Wawan & Dewi (2016), states that one's knowledge can be known and interpreted on a qualitative scale, namely: Good, the percentage results are 76% -100%, Enough, the percentage results are 56% -75%), Poor, the percentage results are <56%). The results of the study found that most (67.1%) of respondents had a poor level of knowledge and only as much as 7.6% of respondents who have good knowledge. The results of this study are not in line with research Zahrotun (2018) found 63.8% of respondents with a good level of knowledge and 36.2% of respondents with less knowledge.

The results of the study also found that there was no relationship between mother's knowledge and the nutritional status of toddlers in Taman Rahayu Village, Setu II Health Center, Bekasi. However, the results of the study are not in line with the research of Mustika & Syamsul (2018) at the Teupah Selatan Health Center in Simeuleu Regency which found a relationship between the level of knowledge and the nutritional status of toddlers. The results showed that the higher the mother's knowledge about nutrition, the less likely her toddler would experience malnutrition status. Likewise, on the other hand mothers who are knowledgeable about malnutrition have a high probability of experiencing malnutrition.

Mother is a person who plays an important role in determining food consumption in the family, especially in toddlers. Mother's knowledge influences the pattern of family food consumption. The mother's lack of knowledge about nutrition results in a low budget for food expenditure and a lack of quality and variety of food. In addition, nutritional disorders are also

caused by the mother's lack of ability to apply information about nutrition in everyday life (Khumaidi, 1994 in Nengsi & Risma, 2017).

There is no relationship between knowledge and the nutritional status of toddlers in Taman Rahayu Village, Working Area of the Setu II Health Center in Bekasi, according to the researchers' assumption, this is due to the source of nutrition obtained directly from farming and gardening, as well as provision of supplementary food (PMT) from the government so that the nutritional needs of toddlers are met, even though the respondents' knowledge of nutritious food is not good.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of research on the analysis of toddler nutritional status in Taman Rahayu Village, the Working Area of the Setu II Health Center in Bekasi, it can be concluded factor which related to the nutritional status of toddlers, namely parenting style, while factors that were not related were income, history of infectious diseases, and knowledge. Therefore, it is expected that parents who have toddlers pay attention to parenting.

REFERENCES

- Adriani & Wirjatmadi. (2014). *The Role of Nutrition in the Life Cycle*. Jakarta: Kencana Prenanda Media Group.
- Allen & Marotz. (2013). *Child Development Profile*. Jakarta: PT. Indexs.
- Almatsier. (2015). *Basic Principles of Nutrition Science*. Jakarta: Gramedia.
- Attorp, A, et al (2014). Associations between socioeconomic, parental and home environmental factors and fruit and vegetable consumption of children in grades five and six in British Columbia, Canada. *BMC Public Health*.
- Boucher. (2014). *Feeding Style and the Body Weight Status of Perschool Aged Children*, Kirby Mall, Elsevier
- Brooks, J. (2015). *The Process of Parenting* (8 ed.). Yogyakarta: Student Libraries.
- Carolin, Bunga Tiara et al. (2020). Analysis of factors affecting the nutritional status of toddlers (12-59 months) at the Sukadiri Community Health Center, Tangerang Regency. *Journal of Science and Culture, Special edition of the Faculty of Health Sciences*, 41 (66) : 7835-7846
- Republic of Indonesia Ministry of Health. (2013). *Malnutrition Management Chart Book*. Jakarta: Ministry of Health of the Republic of Indonesia.
- Gusrianti, Azkha, N., & Bachtiar, H. (2019). Analysis of Factors Associated with the Nutritional Status of Toddlers in the Limau Manis Selatan

Subdistrict, the Work Area of the Pauh Health Center, Padang City.
Andalas Health Journal, 8(4), 109-114.

- Jalpi, Agus & Rizal, A. (2021). Analysis of Toddler Nutritional Status (Study of Internal and External Factors) at Banjarmasin Health Center. Indonesia Health Promotion Publication Media-MPPKI, 4(3), 368-371.
- Republic of Indonesia Ministry of Health. (2014). Balanced Nutrition Guidelines. Jakarta: Director General of Nutrition and KIA, Ministry of Health, Republic of Indonesia.
- Republic of Indonesia Ministry of Health. (2021). Pocket Book of Results of the Indonesian Nutrition Status Study (SSGI) at the National, Provincial and District/City Levels in 2021. Ministry of Health of the Republic of Indonesia.
- Kurniasih, et al. (2017). Healthy and Fit thanks to Balanced Nutrition. Jakarta: Gramedia.
- Thank you, Iffan. (2019). Analysis of the Nutritional Status of Toddlers in Sumenep Madura Regency. Journal of PAMATOR 12 (1) : 35-47
- Marimbi H. (2015). Growth and development, nutritional status and basic immunization in toddlers. Yogyakarta: Nuha Med
- Marmi. (2013). Nutrition in Reproductive Health. Yogyakarta: Student Libraries.
- Maryunani, Anik. (2016). Health Sciences Child In Midwifery. Jakarta : Trans Info Media
- Mustika, Wira & Syamsul, Darwin. (2018). Analysis of Malnutrition Status Problems in Toddlers at the Teupah Selatan Health Center, Simeuleu Regency. Journal of Global Health, 1 (3) : 127-136
- Nengsi & Risma (2017). The relationship between infectious diseases and the nutritional status of children under five in the Work Area of the Anreapi Public Health Center, Polewali Mandar Regency. Journal of Public Health Vol.3, No.1, Hal: 44-57
- Notoatmodjo, Soekidjo. (2016). Health Promotion Theory & Applications. Jakarta: Rineka Cipta.
- Notoatmodjo, Soekidjo. (2018). Health Research Methodology. Jakarta: Rineka Cipta.

Mamah, Yuliwati

RI Minister of Health Number 2 of 2020 Concerning Children's Anthropometry Standards.

Sediaoetama. (2014). Nutrition Science for Students and Professionals. Jakarta: People's Council.

Soetjiningsih & Gde Ranuh. (2017). Child Development. Jakarta: EGC.