

## FACTORS RELATED TO PARENTING PATTERNS IN PROVIDING NUTRITION TO MOTHERS HAVING TODDLER CHILDREN

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### ABSTRACT

**Background:** Nutritional problems that frequently occur in toddlers (1–3 years) include undernutrition, overnutrition, and nutritional imbalance. This can be caused by problems with maternal parenting patterns regarding nutritional provision. not enough Good. Factors suspected to be related are education, family income, occupation, and maternal knowledge.

**Objective:** To determine factors related to parenting patterns in providing nutrition to they mom.

**Method:** Descriptive correlation with *cross section*. In Teluk Karang Subdistrict, Tebing Tinggi City. The population in this study were mothers who had toddler age *toddler* (1-3 year) in Teluk Karang Village 32 people and all were sampled. Data were analyzed univariately and bivariately using the *chi-square test* with a 95% confidence level ( $\alpha=0.05$ ).

**Results :** This study show that factors related to patterns foster care in giving nutrition child age *toddler* (age 1-3 year) in Teluk Karang Subdistrict, Tebing Tinggi City. is education  $p = 0.001$ , income ( $p = 0,000$ , work  $p = 0,000$ , knowledge  $p = 0,000$  all  $< 0,05$ ).

**Conclusion :** Education, income family, work, and knowledge Mother relate with pattern foster care in giving nutrition child age *toddler* (1-3 years). Recommended to power health For give education to mother who has child age *toddler* (1-3 years) to have good knowledge and do pattern good parenting in giving nutrition.

**Keywords:** Factors, Parenting Patterns, Nutrition, *Toddler Age*

### Introduction

Child age *toddler*, In the period This child try look for know. This is is very important period For reach growth and development intellectual optimally (Hupunau et al., 2019). The *toddler* period is a very important and necessary period of life serious attention. This time ongoing growth process very fast growing that is growth physique, development psychomotor, mental And social. Problem frequent nutrition occurs in children age *toddler* (1-3 years) includes nutrition malnutrition more, and imbalance nutrition. Malnutrition can result in growth hampered, decreased energy, as well as risk more infections

high. On the other hand, nutrition more Can appear consequence consumption food high in fat and excessive sugar, potentially cause problem health term long like obesity. Imbalance nutrition, such as intake carbohydrate excessive without enough protein and fiber, also can bother development physical and cognitive child as well as problem health others, The The Lancet also estimates around 200 million child toddlers in developing countries potential experience problem nutrition (nutrition malnutrition and undernutrition bad). North Sumatra Province has prevalence toddler including age *toddler* who experiences nutrition not enough by 26.3%; more tall from number national

(19.6%). Toddler data sufferers nutrition bad in 2019 in North Sumatra Province as many as 388 case . Many factors Still found nutrition malnutrition and undernutrition bad in North Sumatra Province such as factor poverty , consumption nutrition that low , period care pregnancy that not enough optimal, And pattern inadequate care good ( Health Office) Propsi , 2020). Causes No direct that is resilience food in the family , patterns parenting children , and service health and wellness environmental factors is closely related with level education , knowledge , and skills family . Parenting patterns child can influential to consumption food children and disease possible infection suffered child toddlers . Nutritional status can caused by conditions medical , social status economy family which includes pattern foster care mother to toddler , education mother , employment status mother , income family , expenses food House stairs , and environment social culture or socio-cultural ( Handayani , 2018). Parenting patterns in giving nutrition in mothers who have child age *toddler* (1-3 years ) is very important For support optimal growth and development of children . Diet balanced with variation nutrient- rich foods , such as fruits , vegetables , protein, and whole grains , necessary applied . Research This carried out in the sub-district Karang Bay which is a working area from Community Health Center Coral Bay . Data obtained from Community Health Center Teluk Karang that activity data coaching nutrition public based on SKDN in the work area Community Health Center Teluk Karang as of December 2022 is : S = total all toddlers who There is in the work area Community Health Center Coral Bay as

many as 13493 toddlers , K = Total toddlers who have KMS at posyandu as many as 13,493 toddlers (100%), D = Total toddlers being weighed at the integrated health post as many as 11,649 toddlers (86.3%), N = Total toddlers who are gaining weight his body month This as many as 9575 toddlers (70.9%), T = Total toddlers who are not gaining weight his body as much as 143 toddler , O = Amount toddler coming month this , but month Then No come as many as 1844 toddlers . B = Total new toddler come month This as many as 121 toddlers ( Health Center) Karang Bay , 2023). Survey the researcher 's introduction do it in the sub-district Karang Bay with observe 10 mothers who have child age *toddler* looks that pattern foster care nutrition in children not optimal. Children are left alone Eat alone , child No given appropriate food with age children No given varied food , sometimes child only given Eat with soy sauce only or shrimp crisp just with reason his son the Like meaning with soy sauce or shrimp crisp

### Research Method

Types of research is study quantitative nature correlation with approach *cross sectional*. Population in study This is all over mother who has child age *toddler* (1-3 years ). located live in the sub-district Karang Bay work area Ward Teluk Karang, Tebing Tinggi City, as many as 32 people. Samples in study This taken all over population that is mother who has child age *toddler* (1-3 years ) as many as 32 people. Research This implemented from January 2023. Data analyzed using the chi -square test

### Result

The results are shown in the table

Table 1. Frequency Distribution of Respondents Based on Age in the Subdistrict Karang Bay , Tebing Tinggi City

No	Age (year)	f	(%)
1	20-25	11	34.4
2	26-30	12	37.5
3	31-35	6	18.8
4	36-40	3	9.4
<b>Total</b>		<b>32</b>	<b>100.0</b>

Table 2. Distribution Frequency Respondents Based on Number of Children in the Subdistrict Karang Bay , Tebing Tinggi City

No	Amount Child	f	(%)
1	1 orang	8	25,0
2	2 orang	18	56,3
3	3 orang	3	9,4
4	4 orang	3	9,4
<b>Total</b>		<b>32</b>	<b>100,0</b>

Table 3. Frequency Distribution of Respondents Based on Last Education in the Sub-district Karang Bay , Tebing Tinggi City

No	Last education	f	(%)
1	Elementary	10	31.3
2	(Elementary/Juni	17	53.1
3	or High School)	5	15.6
	Secondary (High School)		
	Tall ( College)		
<b>Total</b>		<b>32</b>	<b>100.0</b>

Table 4. Distribution Frequency Respondents Based on Jobs in the Subdistrict Karang Bay , Tebing Tinggi City

No	Work	f	(%)
1	No Work	13	40.6
2	Work	19	59.4
<b>Total</b>		<b>32</b>	<b>100.0</b>

Table 5. Distribution Frequency Respondents Based on Income Family in the Village Karang Bay , Tebing Tinggi City

No	Income	f	(%)
1	Tall (> Rp. 2,731,150)	12	37.5
2	Low (< Rp. 2,731,150)	20	62.5
<b>Total</b>		<b>32</b>	<b>100.0</b>

Table 6. Distribution Frequency Knowledge in Ward Bay Tebing Tinggi City Coral

No	Knowledge	f	(%)
1	Good	11	34.4
2	not enough	21	65.6
<b>Total</b>		<b>32</b>	<b>100.0</b>

Table 7. Distribution Frequency of Parenting Patterns in Nutritional Provision for Children *Toddler* (1-3 Years ) in the Subdistrict Cliff City Karang Bay Tall

No	Pattern Foster care in Nutritional Provision	f	(%)
1	Good	9	28.1
2	Enoug	9	28.1
3	h	14	43.8
<b>Total</b>		<b>32</b>	<b>100.0</b>

#### Variables Bivariate

Table 8. Table Cross Connection Education Mother With Pattern Foster care in Nutritional Provision for Children *Toddler* (1-3 Years ) in the Subdistrict Karang Bay , Tebing Tinggi City

No	Education	Parenting in Giving Nutrition Child Age						Total	<i>p-value</i>
		<i>Toddler (1-3 Year )</i>							
		Good		Enough		Less			
		f	%	f	%	f	%		
1	Elementary (Elementary/Middle School)	0	0.0	1	3.1	9	28.1	10	31.2
2	Intermediate (SENIOR HIGH SCHOOL)	5	15.6	7	21.9	5	15.7	17	53.2

3 Tall ( College) 4 12.5 1 3.1 0 0.0 5 15.6 0.001

Amount	9	28.1	9	28.1	14	43.8	32	100.0
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**Table 9. C r o s s Relationship Table Mother's Income by Parenting Style in Nutritional Provision for Children *Toddler* (1-3 Years ) in the Subdistrict Karang Bay , Tebing Tinggi City**

No	Income Family	Parenting in Giving Nutrition Child Age						Total	<i>p-value</i>	
		<i>Toddler (1-3 Year )</i>								
		Good		Enough		Less				
		f	%	f	%	f	%			F
1	Height Rp. > 2,731,150	8	25.0	3	9.4	1	3.1	12	37.5	0,000
2	Low Rp. < 2,731,150	1	3.1	6	18.8	13	40.6	20	62.5	
Amount		9	28.1	9	28.1	14	43.8	32	100.0	

**Table 10. C r o s s Relationship Table Mother's Occupation with Parenting Style in Nutritional Provision for Children *Toddler* (1-3 Years ) in the Subdistrict Karang Bay , Tebing Tinggi City**

No	Job	Parenting in Giving Nutrition Child Age								Total	p-value
		<i>Toddler (1-3 Year )</i>									
		Good		Enough		Less					
		f	%	f	%	f	%	F	%		
1	No Work	9	28.1	3	9,4	1	3,1	13	40,6	0,000	
2	Bekerja	0	0,0	6	18,8	13	40,6	19	59,4		
	Jumlah	9	28,1	9	28,1	14	43,8	32	100,0		

From table 1 part big respondents aged 26- 30 year as much as 12 person (37.5%), part small aged 36-40 as many years as 3 person (9.4%). Based on the number of children. big income which is obtained family respondents category low ( $<$  Rp. 2,731,150) as much as 20 people (62.5%), part small own income tall ( $>$  Rp. 2,731,150) as many as 12 people (37.5%). that most of the respondents' knowledge was lacking as many as 21 people (65.6%), a small portion of respondents' knowledge was good as many as 11 people (34.4%). most of the parenting patterns in providing nutrition to toddlers ( 1-3 years) were lacking as many as 14 people (43.8%), a small portion of parenting patterns of good and sufficient nutrition were each as many as 9 people (28.1%).

From the bivariate analysis, namely, of the 10 respondents with basic education (elementary/junior high school), the majority of parenting patterns in providing children with nutrition were lacking, as many as 9 people (28.1%). Of the 17 respondents with secondary education (high school), the majority 7 respondents (21.9%) reported adequate parenting patterns in providing children with adequate nutrition. Of the 5 respondents with higher education (university), the majority reported good parenting patterns in providing children with adequate nutrition, with 4 respondents (12.5%).

The results of the bivariate test using *Chi-Square* obtained a *p - value* of

$0.001 > 0.05$ .

That of the 12 respondents with high incomes of Rp.  $>$  2,731,150 The majority of parenting patterns in providing good child nutrition were 8 people (25.0%). Of the 20 respondents with low incomes of Rp.  $<$  2,731,150, the majority of parenting patterns in providing poor child nutrition were 13 people (40.6%).

*Chi-Square test is p - value* of  $0.000 > 0.05$ , significant relationship between maternal income and parenting patterns in providing nutrition to toddlers ( 1-3 years) in Teluk Karang Subdistrict, Tebing Tinggi City. Of the 13 unemployed respondents, the majority of them (28.1%) had good parenting patterns in providing child nutrition. Of the 19 employed respondents

Of the 13 unemployed respondents, the majority of 9 (28.1%) had good parenting patterns in providing child nutrition. Of the 19 employed respondents, The majority of parenting patterns in providing nutrition to children are lacking, as many as 13 people (40.6%).

## Discussion

From Linda (2021) in Tangerang Regency, Banten, which based on bivariate tests showed that statistically there is a significant relationship between maternal education and parenting patterns in providing nutrition and the nutritional status of toddlers. ( *p-value* =  $0.002 < 0.05$ ). Puteri's (2022) research in the Alalak Selatan Community Health Center Work Area of Banjarmasin City found



that the statistical test obtained a p-value of 0.003, where  $p < (\alpha = 0.05)$ , meaning there is a relationship between maternal education and parenting patterns in providing nutrition to toddlers. family or status economy in study This measured based on opinion Which obtained family in One month. Income Family is amount income still And side job from head family, mother, And member family other in 1 month shared amount all over family members Which stated in rupiah per capita per month (Ernawati, 2019). Sources of family income are obtained from wages, salaries, rewards, home industry ladder, And agriculture food/non-food food. riches different with Income, whereas income represent capacity in the short term.

addition income ( Raffalovich , Monnat, & Tsao, 2018). Jobs is something that must be done especially For support life his family . Work generally is time - consuming activities time . Work for moms will have influence to life family . Working mothers in general child entrusted to grandmother or his brother whereas mother who does not working ( mother) House stairs ) have more time Lots For parenting his child at home (Arifin, 2020). According to researchers , knowledge is very important in determine pattern foster care Mother in giving nutrition in children age *toddler* (1-3 years ) in the sub-district Karang Bay , Tebing Tinggi City. Knowledgeable mother Good will capable choose material foods that have mark nutrition tall with affordable price within reach of the available finances . While knowledgeable mother not enough

tend give child age *toddler* (1-3 years ) food haphazard like give Eat child with crackers , or just soy sauce

### Conclusion and Suggestion

Mother's education relate significant with pattern foster care in giving nutrition child age *toddler* (1-3 years ) in the sub-district Karang Bay , Tebing Tinggi City ,  $p - value 0.001 < 0.05$  Income Mother relate significant with pattern foster care in giving nutrition child age *toddler* (1-3 years ) in the sub-district Karang Bay , Tebing Tinggi City ,  $p - value 0.000 < 0.05$  ,

Suggestions for Teluk Karang sub-district are recommended to the Village Head Karang Bay for do promotion health to public specifically mother who has child age *toddler* (1-3 years ) about pattern foster care giving good nutrition done in group small and group big so that more Lots mother who has knowledge good and giving food healthy in children , It is recommended to power health in the sub-district Karang Bay for give education health to mother who has child age *toddlers* (1-3 years ) to do pattern foster care Good in giving nutrition so that child can grow Healthy in accordance with growth and development .

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