



RELATIONSHIP OF PARENT PARENTS WITH NUTRITIONAL STATUS IN CHILDREN AGE (3-5 YEARS)

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ABSTRACT

Based on reports from the City Health Office of 22 health centers in the city of Padang, the Nanggalo Health Center is one of the Puskesmas prone to malnutrition (21.88%). The purpose of this study was to determine whether there is a relationship between parenting styles and nutritional status of children under five (3-5 years) at the Nanggalo Padang Public Health Center in 2018. This type of analytic research is using a cross-sectional approach. This research was conducted from August to December . The population in this study were all mothers who had children under five (3-5 years) at the Nanggalo Public Health Center. Sampling was done by means of accidental sampling and univariate and bivariate analysis using the Chi-Square test. The results of this study indicate 22.9% of children under five have abnormal nutritional status and 41.7% of children under five have inappropriate parenting. After the Chi Square statistical test was carried out, it was found that Pvalue = 0.018 ($p < 0.05$). There was a significant relationship between parenting styles with the nutritional status of children under five. The conclusion of this study is that there are still many inappropriate parenting styles that cause malnutrition. It is hoped that the Nanggalo Padang Puskesmas will provide counseling to mothers with malnourished children under five, about feeding practices and nutrition practices with correct parenting in order to improve the nutritional status of children under five.

Keywords : *Parenting patterns, toddlers, nutritional status*

INTRODUCTION

Nutritional problems, often related to food shortages, are not always resolved in the form of increasing food production and procurement. At certain times, for example, in a crisis (drought, war, chaos, social, economic crisis), nutritional problems arise as a result of food security problems at the household level, namely the household's ability to obtain food for all members. Nutritional problems in developing countries are generally still dominated by protein deficiency (KEP), iron anemia problems, iodine deficiency disorders (IDD), vitamin A deficiency (VAD) problems, and obesity problems, especially in big cities (Suparias). , 2016).

Child care or the interaction of mother and child is seen closely as an indicator of the quality and quantity of mother's role in caring for children. Therefore, parenting is a risk factor for malnutrition or developmental disorders in children. The role of mothers in the family has a big role in instilling eating habits in children (Adriani, 2012).

Many factors that cause malnutrition such as parental education, cultural factors, poverty, parenting are also factors that cause problems with nutritional status. Parenting is a parenting practice that is applied to toddlers and health care. When the child cannot be released by himself, all the needs of the child depend on the parents. The first year



of a child's life is the basis for determining habits in the following year, including eating habits (Indriyani, 2013).

Malnutrition is measured based on developing children based on poverty, which is an important indicator for monitoring people's health and nutritional status. In 2013, 17% per 78 million children under five years in developing countries were undernourished (low body weight) according to age based on WHO standards. The highest prevalence was in the South Asia region with 30%, followed by West Africa 21%, Oceania and East Africa 19%, Southeast Asia and Central Africa 16% and South Africa 12% (WHO, 2014).

Based on Nutritional Status Monitoring (PSG) data, the percentage of nutritional status of children under five in Indonesia based on the BB / U classification has increased, namely in 2015 the status of malnutrition (3.9%), malnutrition (14.4%), good nutrition (79.7%) %, over nutrition (1.6%), while in 2016 there were poor nutritional status (3.4%), malnutrition (14.4%), good nutrition (80.7%), overnutrition (1.5 %) (Indonesian Ministry of Health, 2017).

The improvement in nutrition of children under five in West Sumatra Province compared to other provinces in Indonesia has shown significant results. Percentage of nutritional status in West Sumatra in 2015 based on the BB / U classification were malnutrition status (2.8%), malnutrition (14.5%), good nutrition (81.5%). Over nutrition (1.2%), whereas in 2016 malnutrition (2.1%), under nutrition (13.9%), good nutrition (83.3%), over nutrition (0.7%) (Ministry of Agriculture RI Health, 2017).

For the city of Padang in 2015, out of 89,793 reported children under five, weighed only 56,260 toddlers or the participation rate of bringing their children to the posyandu was only 62.7%, of these weighing children under the Red Line

found as many as 340 people (0.6 %) (Padang City Health Office 2015). Based on the results of reports from the Padang City Health Office, of the 22 Puskesmas in the city of Padang, Nanggalo District is one of the sub-districts prone to malnutrition 21.88% (Padang City Health Office 2015).

According to the results of Lola Mutia's research, entitled *The Relationship between Parents' Parenting Patterns and the Nutritional Status of Toddlers in Binuang Village, Puskesmas Pauh Padang Work Area in 2012* with a total sample of 72 children under five, it shows that more than half of children under five have normal nutritional status, which is 72.2%. and more than half have a good parenting style, which is 70.8% (Lola Mutia, 2012). Furthermore, according to the results of research by Hafrida (2004) in Belawan Bahari, Belawan Medan, there is a tendency for parenting with nutritional status. The better the parenting style, the greater the proportion of good nutrition in children. From the results of the research, it can be seen that of the 40 respondents, there are 30 people (75%) with good parenting who have a good nutritional status and 10 people (25%) with poor parenting who have poor nutritional status.

Based on the description above, the researchers are interested in conducting research with the title "The relationship of parenting between parents and nutritional status of under five years of age (3-5 years) in the Work Area of the Public Health Center Nanggalo Padang".

MATERIAL AND METHODS

This type of research is analytical, with a cross sectional study design. This research was conducted to determine the relationship between parenting style and nutritional status of children under five in the work area of Puskesmas Nanggalo, Padang in 2018. The population of this



research is mothers who have under five years of age (3-5 years). at Puskesmas Nanggalo Padang. Sampling was done by consecutive sampling technique. This research will be carried out in the Puskesmas Nanggalo Padang Work Area from August to December, data collection

is done by means of a questionnaire which is asked directly to mothers who have toddlers, data processing is done manually then the data is analyzed Bivariate using the Chi-square statistical test.

RESULTS

Tabel 1 Bivariat Analysis
The Relationship between Parenting Style and Nutritional

Parenting Parents	Child Nutritional Status								Total	
	Bad		Less		Well		More		f	%
	f	%	F	%	F	%	f	%		
Not corresponding	3	15	3	15	11	55	3	15	20	100
Corresponding	1	3,6	1	3,6	26	92,9	0	0	28	100
Jumlah	4	8,3	4	8,3	37	77,1	3	62	48	100

$p=0.018$

DISCUSSION

Based on table 1 above, it is found that out of 48 people, there are 20 respondents that parenting styles are not in accordance with malnutrition status, namely 3 people (15%), malnutrition 3 people (15%) and over nutrition 3 people (15%). Based on statistical tests using the Chi Square test, it shows the value of $p = 0.018$ ($p < 0.05$), which means that there is a significant relationship between parenting styles and nutritional status of children under five (3-5 years).

Based on the table above, it is found that the proportion of the nutritional status of toddlers who are not normal with respondents who have inappropriate parenting is higher (45%) than those who have appropriate parenting (7.2%). After conducting the statistical test results showed $p = 0.018$ ($p < 0.05$) which means that there is a significant relationship between parenting styles with the nutritional status of children under five (3-5 years) in the work area of the Nanggalo Padang Public Health Center..

This research is the same as the research conducted by Lola Mutia, entitled the relationship between maternal parenting and the nutritional status of children under five in the Pauh Padang Public Health Center 2012, that there is a significant relationship between maternal parenting and nutritional status of children under five. This study is in accordance with the theory put forward by Soekirman (2000) which states that the incidence of malnutrition in children is very much determined by family parenting practices. Parenting patterns in the form of attitudes and behavior of mothers or other caregivers in terms of their closeness to children. Providing food, caring for cleanliness and giving love are closely related to the condition of the mother in terms of health, nutritional status, education, knowledge of good parenting.

According to Lubis (2008), children still need parental guidance in choosing foods so that growth is not disrupted. The form of mother's attention / support for the child includes attention



when the child eats and the attitude of the parents in feeding, preparing food, food hygiene and the equipment used must receive special attention. Food that is not clean and has been contaminated can cause diarrhea or intestinal worms in children.

From the description above, it can be concluded that parenting style is very important to realize the nutritional status of children under five to be better. Good parenting can prevent infectious diseases, fulfill food consumption, create a clean environment and properly process food. It is hoped that the Puskesmas Nanggalo Padang will further increase the counseling to mothers who have children under five on how to do good parenting so that the problem of malnutrition in toddlers can be reduced.

CONCLUSION

In this study it can be concluded that there is a significant relationship between parenting styles and nutritional status of children aged 3-5 years. It is suggested that the Puskesmas Nanggalo Padang or health workers increase the activities of counseling and training for cadres on feeding practices, psychosocial stimulation and health practices in order to improve the nutritional status of children under five.

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