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Research Article

Factor Analysis of Food Intake and Family Care with the Nutritional Status of Toddlers in Rw 004 Kaliabang Tengah North Bekasi in 2022

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Abstract

Aims: The success of health development can be seen from the nutritional status of a community. Toddlers are a very vulnerable group with nutritional problems and require special attention because of the bad consequences that can be caused if they experience malnutrition. The age range from 0 to 3 years is the golden period in children's growth and development. In this age range, the growth of brain cells takes place faster than other periods. For this reason, children need a safe and loving environment as well as nutritional intake and stimulation from parents or caregivers.

Methods : This research is quantitative analytic in nature with a cross sectional approach. The population in this study were all mothers who had toddlers aged 0-59 months, totaling 126 people, with a total sample of 35 people and the sampling technique used simple random sampling.

Results : Obtained from 35 respondents as much as 71.4% (25 toddlers) with good nutritional status, 20% (7 toddlers) with underweight and as much as 8.6% (3 toddlers) with wasting. Bivariate analysis with the chi square test obtained results, from 71.4% (25 toddlers) with standard food intake showed good nutritional status and those who did not get food intake according to standards experienced underweight as much as 20% (7 toddlers) and wasting as much as 8.6% (3 toddlers). And as much as 51.4% (18 toddlers) with good parenting style showed good nutritional status compared to 28.6% (10 toddlers) with underweight details of 20% (7 toddlers) and wasting 8.6% (3 toddlers).

Conclusions : the nutritional status of toddlers in RW 004 Kaliabang Tengah, North Bekasi is influenced by food intake and parenting provided by the family for toddlers with a P Value of 0.000.

Keywords:

Family Care, Food Intake, Nutritional Status, Toddlers

INTRODUCTION

The success of health development can be seen from the nutritional status of a community. Good nutritional status is a determinant and an inseparable part of national development as a whole. Toddlers are a very vulnerable group with nutritional problems and require special attention because of the bad consequences that can be caused if they experience malnutrition (1).

One that plays an important role in determining the growth and development of

early childhood is how the parenting style is given to children. The pattern of care given is in the form of a series of daily activities carried out by parents or caregivers in providing protection for children, caring for them, meeting their needs, and supporting the growth and development of children. Appropriate parenting will stimulate children to reach their optimal potential. WHO (2018) recommends parenting patterns using the Nurturing Care approach. The Nurturing Care approach is a form of integration of 5 components of care, namely

fulfilling children's health, fulfilling adequate nutrition, responsive care, providing early learning opportunities (stimulation), and ensuring the safety and security of children (2)

The 2021 Indonesian Nutritional Status Study (SSGI) explained that there are 3 nutritional status problems in Indonesia, namely stunting, wasting, and underweight. Currently the prevalence of stunting has decreased from 27.7% in 2019 to 24.4%, but the prevalence of underweight has increased from 16.3% to 17%. If reviewed according to WHO standards, only Bali Province has a good nutritional status with a prevalence of stunting below 20%, namely 10.9% and wasting below 5%, namely as much as 3% (3)

Based on data on the nutritional status of toddlers in 2021 at the Bekasi City Health Office in the Kaliabang Tengah Village, North Bekasi, where the research location was taken, the data was obtained: Out of 5045 children weighed, 136 toddlers (2.7%) were underweight (BB /U), 208 toddlers (4.12%) with short/stunting (TB/U) status, and 78 toddlers (1.55%) thin/wasting toddlers. 4 Based on the data above, researchers are interested in conducting an assessment and analysis more about the factor analysis of food intake and parenting patterns of families with the nutritional status of toddlers, especially in the area of Rw 004 Kaliabang Tengah, North Bekasi, which is the location where the research was conducted.

METHODS

This type of research is a quantitative analytic research and the research design used is a cross sectional approach, namely a variable in the research object is examined, measured and collected at the same time. (12)

The population and sample in this study were all mothers of toddlers who had toddlers aged 0-59 months who visited the Posyandu in the RW 004 Kaliabang Tengah Bekasi area, which was carried out on

December 6 2022 which were recorded in the Posyandu Melati report book, totaling 126 toddlers, with the number of samples as many as 35 respondents. And the sampling technique used is simple random sampling.

The inclusion research criteria were mothers of toddlers aged 0-59 months who visited the posyandu and were willing to be respondents and exclusion criteria were mothers of toddlers aged 0-59 months who came to posyandu and were not willing to be respondents and mothers of toddlers who had aged 0-59 months who did not come or visit the posyandu when the study was conducted. The purpose of this study was to analyze whether food intake and family upbringing factors affect the nutritional status of toddlers, and to find out what percentage of toddlers with good nutritional status, underweight, stunting and wasting in the area of Rw 004 Kaliabang Tengah, North Bekasi in 2022.

Data collection was obtained from primary data in the form of questionnaires given to mothers or caregivers of toddlers who are willing to be respondents who pay visits to Posyandu Melati in RW 004 Kaliabang Tengah Bekasi Utara in 2022 in the form of data on age and sex of toddlers, as well as food intake and parenting patterns given to toddlers and secondary data in the form of a Melati posyandu report book recorded in the EPPGBM application at the Central Kaliabang Health Center, North Bekasi in 2022.

The method used in this study is using univariate analysis, this analysis is used to determine the distribution of frequency and percentage of sex and gender of toddlers, food intake given by toddlers and family parenting patterns on the nutritional status of toddlers aged 0-59 months in Rw 004 Kaliabang Tengah Bekasi Utara and continued with bivariate analysis which was conducted to examine the relationship between the independent variables and the dependent variable using the chi-square test (X^2) (13).

RESULTS

Univariate analysis

Characteristics of Respondents

Table 1. Frequency Distribution of Toddlers by Gender, Age and Caregivers of Toddlers in Rw 004 Kaliabang Tengah, North Bekasi, 2022

Variabel	<i>f</i>	%
Jenis Kelamin Balita		
Laki-laki	22	62,9
Perempuan	13	37,1
Usia Balita		
0 – 24 bln	18	51,4
25 – 36 bln	8	22,9
37 – 48 bln	5	14,3
49 – 59 bln	4	11,4
Pengasuh Balita		
Ibu Balita	30	85,7
Kakek/Nenek/pengasuh	5	14,3

Source: Primary data processed with the SPSS program

From the frequency distribution table above, the results show that most of the under-fives are dominated by boys with a percentage of 62.9% (22 under-fives) and most of the under-fives are dominated by ages 0-24 months with a percentage of 51, 4% (18 toddlers). And most of the toddlers are directly cared for by toddler mothers with a percentage of 85.7% (30 toddlers).

Table 2. Frequency Distribution of Toddler Food Intake in Rw 004 Central Kaliabang, North Bekasi in 2022

Variabel	<i>f</i>	%
Asupan Makanan		
Sesuai Standar	25	71,4
Tidak Sesuai Standar	10	28,6
Total	35	100

Source: Primary data processed with the SPSS program

From the table above it can be seen that most of the toddlers in RW 004 received standard food intake with a percentage of 71.4% (25 toddlers) and 28.6% (10 toddlers) did not get standard food intake.

Table 3. Frequency Distribution of Toddler Parenting Patterns in Rw 004 Central Kaliabang, North Bekasi in 2022

Variabel	<i>f</i>	%
Pola Asuh		
Baik	18	51,4
Cukup	7	20,0
Kurang Baik	10	28,6
Total	35	100

Source: Primary data processed with the SPSS program

From the data above, it was found that 51.4% (18 toddlers) got good parenting, 20.0% (7 toddlers) got pretty good parenting and 28.6% (10 toddlers) parenting which is not good.

Table 4. Frequency Distribution of Toddler Nutrition Status in Rw 004 Central Kaliabang North Bekasi in 2022

Variabel	f	%
Status Gizi Balita		
Baik	25	71,4
Underweight	7	20,0
Wasting	3	8,6
Total	35	100

Source: Primary data processed with the SPSS program

Based on the data above, the results showed that 71.4% (25 toddlers) showed good nutritional status, 20.0% (7 toddlers) were underweight and 8.6% (3 toddlers) experienced wasting.

Bivariate Analysis

Analysis of the Relationship Between Food Intake and Nutritional Status of Toddlers in RW 004 Kaliabang Tengah, Bekasi Utara

Table 5. Relationship between Food Intake and Toddler Nutritional Status in RW 004 Kaliabang Tengah, Bekasi Utara

Asupan Makanan	Status Gizi Balita			Total (n%)	P Value
	Baik (n%)	Underweight (n%)	Wasting (n%)		
Sesuai Standart	25 (71,4%)	0 (0%)	0 (0%)	25 (71,4%)	0,000
Tidak Sesuai Standart	0 (0%)	7 (20%)	3 (8,6%)	10 (28,6%)	
Jumlah	25 (71,4%)	7 (20%)	3 (8,6%)	35 (100%)	

Source: Primary data processed with the SPSS program

From the cross table above it can be seen that of the 35 respondents, 71.4% (25 toddlers) who received food according to standards showed good nutritional status compared to those who did not receive food intake according to standards experienced underweight as much as 20% (7 toddlers) and wasting as much as 8.6% (3 toddlers). P Value 0.000 000 or p value <a (0.05), which means that there is a significant relationship between family parenting and the nutritional status of toddlers in RW 004 Kaliabang Tengah, North Bekasi in 2022.

The results of this study were supported by data on the nutritional status of toddlers in 2021 at the Bekasi City Health Office in the Kaliabang Tengah Village, North Bekasi, where the research location was taken, obtained data: Out of 5045 children under five weighed, 136 toddlers (2.7%) with nutritional status underweight (BB/U), 208 toddlers (4.12%) with stunting (TB/U) status, and 78 toddlers (1.55%) thin/wasting toddlers.(13) And also in line with research data conducted by Dwi Pratiwi (2016) in the working area of the Belimbing Health Center, Padang City, it was found that toddlers with less nutritional status were mostly toddlers with low/poor parenting patterns of 56.0% compared to toddlers 40.5% who have normal or good nutritional status with moderate and good parenting patterns. (14)

Analysis of the Relationship Between Family Parenting and Toddler Nutritional Status in RW 004 Kaliabang Tengah, Bekasi Utara

Table 6. Relationship between family upbringing and toddler nutritional status in RW 004 Kaliabang Tengah, Bekasi Utara in 2022

Pola Asuh	Status Gizi Balita			Total (n%)	P Value
	Baik (n%)	Underweight (n%)	Wasting (n%)		
Baik	18 (51,4%)	0 (0%)	0 (0%)	18 (51,4%)	0,000
Cukup	7 (20%)	0 (0%)	0 (0%)	7 (20%)	
Kurang	0 (0%)	7 (20%)	3 (8,6%)	10 (28,6%)	
Jumlah	25 (71,4%)	7 (20%)	3 (8,6%)	35 (100%)	

Source: 2022 primary data processed using the SPSS 26 program

Based on the cross table above, it can be seen that of the 35 toddler respondents in Rw 004 Kaliabang Tengah Bekasi Utara, as many as 51.4% (18 toddlers) who received good family or parenting patterns had good nutritional status and as many as 28.6% had good parenting patterns. Poor foster care had wasted and underweight status, with a breakdown of 8.6% experiencing wasting and 20% experiencing underweight. and P Value 0.000 000 or p value <a (0.05), which means that there is a significant relationship between the provision of food intake for toddlers and the nutritional status of toddlers in RW 004 Kaliabang Tengah, Bekasi Utara.

This research is in line with research conducted by Mona Rahayu Putri (2019) which states that there is a relationship between parenting styles and the nutritional status of toddlers in the working area of the Bulang Health Center, Padang City. And in his research it was also explained that the nutritional status of toddlers was one of them influenced by the practice of mother's upbringing, and childcare was one of the factors that determined the growth and development of children. (16)

This research is also supported by research conducted by Angga Herlambang, et al in the work area of the Krui Health Center, Pesisir Barat Regency in 2020 that most of the respondents who had normal nutritional status as many as 231 people (82.6%) were

from parenting mothers who provided nutritional intake enough for their toddler in the form of a balanced diet. (17)

According to researchers, families or caregivers for toddlers in this case play a very important role in the nutritional status of toddlers, based on previous studies and the theory put forward by Almatsier Sunita (2015) in his book which explains that foods rich in nutrients greatly affect growth and development. the brain and other organs needed to achieve optimal educational results, for this reason the family is the first party that must pay attention to the nutritional intake of their children.

DISCUSSION

Toddlers are children who are over one year old or often known as children under the age of five. The stages at this time are grouped into 2 large groups, namely children aged 1-3 years (toddlers) and children aged 3-5 years (preschoolers). At the age of 1-3 years (toddlers) we often call it the passive group, namely the period when children are still fully dependent on their parents or other people who care for them to carry out important activities, such as bathing, defecating and eating (5)

The nutritional status of children under five describes the condition of the child's body which is closely related to food intake, and the process of absorption of nutrients and

the utilization of nutrients contained in food and the health condition of these children. The prevalence of nutrition in children aged 1-5 years can be used as a benchmark for nutrition in an area or community, whether the nutritional condition of the community is good or not can be seen from the prevalence of nutrition in children aged 1-5 years, because at that age they are very vulnerable to experiencing nutritional problems. Nutritional problems arise from how the consumption or intake of food given to toddlers by their parents. (6)

Consumption or intake of food given to children is necessary to meet the physical and mental needs of children. Because physical and mental are different things but are related to one another. Foods that contain lots of nutrients greatly affect the growth and development of the brain and other organs needed by the body to achieve optimal results. To achieve this, the family is the first party that must pay attention to the intake of nutrients or food for their children. (7)

Parenting is in the form of attitudes and behavior of mothers or other caregivers in interacting or fostering relationships with children, providing food, building and maintaining close relationships with children, maintaining cleanliness, giving

affection, and so on. All of these are related to the mother's health condition, both physical and mental, the nutritional status of the mother, education and knowledge and skills on good parenting practices, roles in the family or in society, types of activities or daily activities, customs or patterns in a family. family and community, and from the mother or child caregiver. Malnutrition as a result of a lack of nutritional intake usually occurs in poor families or underprivileged families, while the wrong parenting pattern occurs in wealthy families who pay less attention to the balance of nutrients in the food given to children. The parenting style given to children will significantly influence the emergence of nutritional problems or cases of malnutrition (8).

WHO (2018) recommends parenting patterns based on the Nurturing Care approach. The Nurturing Care approach is a form of integration of 5 components of care, namely fulfilling children's health, fulfilling adequate nutrition, responsive care, providing early learning opportunities (stimulation), and ensuring the safety and security of children. (9).

The recommended Adequacy of Energy, protein, fat, fiber and water based on (RDA 2019) Age 0-6 years, can be seen in the following table :

Table 7. Figures Adequacy of energy, protein, fat, carbohydrates, fiber and water for toddlers

Recommended Adequacy of Energy, Protein, Fat, Carbohydrate, Fiber and Water (per person per day)

Kelompok Umur	Berat Badan (kg)	Tinggi Badan (kg)	Energi (kkal)	Protein (g)	Lemak (g)			Karbohidrat (g)	Serat (g)	Air (ml)
					Total	Omega 3	Omega 6			
Bayi/Anak										
0-5 bulan	6	60	550	9	31	0,5	4,4	59	0	700
6-11 bulan	9	72	800	15	35	0,5	4,4	105	11	900
1-3 tahun	13	92	1350	20	45	0,7	7	215	19	1150
4-6 tahun	19	113	1400	25	50	0,9	10	220	20	1450

Source: AKG 2019

The Child Anthropometry Standard is a collection of data on size, proportion, body composition which is used as a reference for assessing the nutritional status and growth trends of children. The classification of children's nutritional status assessment is based on the Anthropometric Index according to the nutritional status category in the WHO Child Growth Standards for children aged 0-5 years and The WHO Reference 2007 for children aged 5-18 years (10). The Z score is the deviation value of BB or TB from BB or TB values are normal according to WHO growth standards (11).

CONCLUSION

Based on the results of the study entitled Factor Analysis of Food Intake and Family Parenting with Toddler Nutritional Status in RW 004 Kaliabang Tengah Bekasi Utara, several things can be concluded, as follows:

1. From the results of the research conducted, the majority of toddlers were dominated by the male sex as much as 62.9% (22 toddlers) and as much as 37.1% (13 toddlers) were female. Most of the age of toddlers is dominated by ages 0-24 months as much as 51.4% (18 toddlers), ages 25-36 months as many as 22.9% (8 toddlers), ages 37-48 months as much as 14.3% (5 toddlers) and 49-59 months of age as much as 11.4% (4 toddlers).
2. Out of 35 respondents, 71.4% (25 toddlers) had good nutritional status, 20% (7 fives) with underweight and as much as 8.6% (3 fives) with wasting.
3. Of the 35 respondents, 71.4% (25 toddlers) received food intake according to standards and 28.6% (10 toddlers) received food intake that did not meet standards. And as much as 51.4% (18 toddlers) got good parenting, 20% (7 toddlers) got pretty good parenting and the remaining 28.6% (10 toddlers) got bad parenting.

4. There is a significant relationship between food intake and the nutritional status of toddlers in Rw 004 Kaliabang Tengah, North Bekasi with a P value of 0.000 or a p value <a 0.05.

There is a significant relationship between family upbringing and the nutritional status of toddlers in Rw 004 Kaliabang Tengah Bekasi Utara with a P value of 0.000 or a p value <a 0.05

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