

The Relationship Between Parenting Styles and Nutritional Status of Toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren

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ABSTRACT

Effective parenting styles can significantly enhance the nutritional status of children. Poor nutritional status in toddlers can negatively impact their growth and development. This study aims to analyze the relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren. This study utilized a descriptive correlational design with a cross-sectional approach. It was conducted in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren, in September 2023, with a sample size of 56 respondents. The research instrument was a questionnaire. Data analysis was performed using the chi-square test with $\alpha \leq 0.05$. The demographic results showed that the majority of respondents, 41 individuals (73.2%), were aged 20-35 years, 36 individuals (64.3%) had a high school education, and 29 individuals (51.8%) were housewives. Most toddlers, 31 individuals (55.4%), were male, and 14 individuals (25.0%) were aged 49-60 months. Parenting styles were categorized as poor (9 individuals, 16.1%), adequate (18 individuals, 32.1%), and good (29 individuals, 51.8%). The nutritional status of toddlers was classified as poor (1 individual, 1.8%), undernourished (4 individuals, 7.1%), normal (40 individuals, 71.4%), and overweight (11 individuals, 19.6%). Data analysis indicated a significant relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren (p-value $0.027 < 0.05$). There is a significant relationship between parenting styles and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Kelurahan Tosaren.

Keywords : Nutritional Status, Parenting Styles, Toddlers

INTRODUCTION

Children are the next generation of the nation who will continue development in the future. In order for development to run well, the quality of children needs to be considered as early as possible. The first person to interact with children is parents, because parents are the first people children know since childhood. Parents will be role models and role models for their children, the good and bad behavior of parents tends to be an example. Likewise, mental development and attitudes and nutritional status of children are influenced by the attitudes and parenting patterns of parents in everyday life.(Pratiwi et al., 2022).

Nutritional problems are influenced by many factors that influence each other in a complex way. At the household level, nutritional status is influenced by the household's ability to provide food in sufficient quantities and types and parenting patterns that are influenced by education factors. Behavior and health conditions of the household. One of the causes of malnutrition in toddlers is due to inadequate child care patterns.(Khadijah & Palifiana, 2022).

Nutrition is a measure of a person's body condition that can be seen from the food consumed and the use of nutrients in the body (Sari et al., 2021). Toddlers (0-5 years) are the age group that most often suffers from malnutrition or is one of the groups of people who are vulnerable to nutrition. Malnutrition is the impact of not meeting children's nutritional needs that have been going on for a long time ((Hartono & Susanto, 2021).

Based on data from the World Health Organization (WHO) in 2014, an estimated 161

million toddlers were affected by nutritional problems. The largest nutritional problems occurred in toddlers, reaching 51 million toddlers. Toddler deaths due to nutrition were 2.8 million people and experienced micronutrient deficiencies of around 2 billion. In 2016, 45% of deaths in children under the age of 5 were related to malnutrition. This mostly occurred in low to middle income countries. In 2020, globally there were 462 million people experiencing malnutrition. The World Health Organization (WHO) has launched the Global Nutrition target 2025 with targets including reducing the prevalence of toddlers with malnutrition (WHO, 2021).

Meanwhile, the United Nations International Children's Emergency Fund (UNICEF) estimates that 45.4 million children under five globally were malnourished in 2020. Most malnourished children are found in areas of humanitarian conflict, poverty, and limited nutritional health services. Based on the region, the percentage of toddlers suffering from malnutrition is highest in South Asia, which is 14.7%. It is followed by West and Central Africa with a percentage of 7.2%. Latin America and the Caribbean have the lowest percentage, which is 1.3% (UNICEF, 2021).

Indonesia is currently still faced with various nutritional problems, especially malnutrition and overnutrition or obesity. In Indonesia, based on the 2023 Indonesian Nutritional Status Study (SSGI) survey, the prevalence of stunting was 21.6%. This figure is down from 24.4% from 2021 data. This figure is still far from the prevalence rate targeted in the RPJMN which has been planned for 2020-2024, which is 14%. (Ministry of Health, 2020).

Based on monthly weighing data from the Pesantren Health Center of Kediri City and Regency in 2021, the percentage of underweight toddlers (BB/A) was 9.8% while the RPJMN target was 15%, for the percentage of stunting toddlers (TB/A) was 12.4% and the RPJMN target was 18.4%, while the percentage of wasting toddlers was 8.0% and the RPJMN target was 7.8%. One of the indicators used to see the success of the nutrition program is weight according to height (BB/TB) which indicates acute nutritional problems in a work area. The second indicator is height according to age (TB/A) which indicates nutritional problems that have occurred over a long period of time (chronic/stunting), (East Java Health Office, 2021).

Parenting as an interaction, encouragement for children to change behavior, knowledge and values so that children can be independent, grow and develop healthily and optimally, have self-confidence, have a curious nature, be friendly and oriented towards success. Good parenting from parents will improve optimal nutritional status. Because the condition of toddler nutritional status is not optimal, it has the potential to be bad for the growth and development of children (Midu & Wibowo, 2021).

Lack of food intake is also caused by poor behavior or parenting patterns of parents towards children. One of the reasons is because parents pay less attention to the nutrition of the food given to children, parents only give food that they like and when children have difficulty eating, parents are indifferent and do not try to persuade children to eat (Sari et al., 2021). The impact is impaired physical growth and mental development, besides that it can also increase the risk of illness and death in children. According to research conducted by Putri (2019), about the relationship between parenting patterns and nutritional status of toddlers with a correlational analytical research design shows a significant relationship. This shows that parenting patterns have a very close relationship in the sense that if the parenting patterns applied are good, the nutritional status of toddlers will be better.

Based on a preliminary study conducted at the Tosaren Village Integrated Health Post, the work area of the Pesantren Health Center with a data collection method from January-July 2023 with a total of 62 toddlers, 1 baby with poor nutritional status was obtained, 3 babies with undernutrition, 8 babies with risk of overnutrition. Based on the description above, the researcher is interested in conducting a study entitled "The Relationship between Parenting Patterns and Toddler Nutritional Status in RW 11 Nusa Indah Integrated Health Post, Tosaren

Village.

METHODS

The design in this study uses a descriptive correlative method with a cross-sectional approach, namely a type of research that emphasizes the variables of cause or risk and effect that occur in the object of research measured and collected simultaneously and at the same time. This research was conducted in RW 11 Posyandu Nusa Indah, Tosaren Village in September 2023 with a sample of 56 respondents. The sampling technique used was purposive sampling and the research instrument used was a questionnaire. Data analysis in this study used the chi-square test $\alpha \leq 0.05$.

RESULTS

A. Respondent Characteristics

In this study, the distribution Characteristics of respondents of parents of toddlers and toddlers in RW 11 Posyandu Nusa Indah, Tosaren Village in 2024 can be seen in table 1. The characteristics of the respondents of parents of toddlers based on Table 1 can be interpreted that the majority of parent respondents, 41 people (73.2%) are aged 20-35 years, 36 people (64.3%) have a high school education and 29 people (51.8%) work as housewives (IRT). The characteristics of the toddler respondents in Table 1 can be interpreted that the majority of toddler respondents, 31 people (55.4%) were male and the majority of respondents, 14 people (25.0%) were aged 49-60 months.

Table 1. Respondent Characteristics

Respondent Characteristics	f	%
Parent		
Age		
<20 years	2	3.6
20-35 years	41	73.2
>35 years	13	23.2
Education		
JUNIOR HIGH SCHOOL	6	10.7
SENIOR HIGH SCHOOL	36	64.3
College	14	25.0
Work		
housewife	29	51.8
Farmer	5	8.9
Trader	2	3.6
Self-employed	10	17.9
Private employees	9	16.1
civil servant	1	1.8
Toddler		
Gender		
Man	31	55.4
Woman	25	44.6
Age		
1-5 months	5	8.9
6-12 months	3	5.4
13-24 months	12	21.4

25-36 months	10	17.9
37-48 months	12	21.4
49-60 months	14	25.0

Source: Primary Data, 2024

B. Parenting Pattern Data

Table 2. Parenting Patterns

Parenting Patterns	f	%
Not enough	9	16.1
Enough	18	32.1
Good	29	51.8
Total	56	100

Source: Primary Data, 2024

Frequency distribution of parenting patterns in RW 11 Posyandu Nusa Indah, Tosaren Village in 2024 can be seen in table 2 below.

Based on table 2, it can be interpreted that the majority of respondents, 29 people (51.8%) have good parenting patterns.

C. Toddler Nutritional Status Data

Frequency distribution The nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Tosaren Village in 2024 can be seen in table 3 below.

Table 3. Nutritional Status of Toddlers

Toddler Nutritional Status	f	%
Malnutrition	1	1.8
Malnutrition	4	7.1
Normal Nutrition	40	71.4
More Nutrition	11	19.6
Total	56	100

Source: Primary Data, 2024

Based on table 3, it can be interpreted that the majority of respondents, 40 people (71.4%) have normal toddler nutritional status.

D. Cross Tabulation Analysis of Parenting Patterns on Toddler Nutritional Status

The results of the cross-tabulation of parenting patterns on the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Tosaren Village in 2024 can be seen in table 4. Based on table 4, the results showed that almost most of the respondents with good and bad parenting patterns had normal toddler nutritional status, as many as 21 people (72.4%).

DISCUSSION

A. Identify Parenting Patterns

The results of the study showed that the majority of respondents, namely 29 people (51.8%), had good parenting patterns. Parenting patterns are a form of interaction carried out by parents with their children, including fulfilling the physical, psychological, and social needs of children, as well as implementing norms in society (Khadijah & Palifiana, 2022).

Good parenting is generally characterized by the application of democratic parenting, where the child's interests are a priority but there is still control from the parents. Parents who apply this parenting pattern are rational, do not expect excessive things from the child's abilities, and give the child the freedom to make their own choices (Putri, 2019). The

advantages of implementing democratic parenting are to create children who are happy, confident, able to control themselves, can cope with stress, have a sense of achievement, and are able to communicate well (Khadijah & Palifiana, 2022).

In contrast, authoritarian parenting, which is the opposite of democratic parenting, tends to use absolute standards and threats, so that the will of the parents becomes a coercion for the child. Authoritarian parenting results in one-way communication and no compromise, so that children become hesitant, have weak personalities, and are unable to make good decisions (Mardiani, 2021). Factors such as parental age, education, occupation, and number of children also influence the parenting style applied (Pratiwi et al., 2022). Poor parenting can cause children to experience various problems, such as difficulty in decision-making and suboptimal psychological development (Putri, 2019).

Good parenting quality has been proven to produce toddlers with better health status and optimal nutritional status. Research by Nugroho et al. (2020) states that children who are raised with good parenting patterns have a low risk of experiencing health problems and malnutrition. Good hygiene habits, such as washing hands before and after eating, are also very important in maintaining children's health and preventing diseases that can affect their nutritional status. Midu & Wibowo (2021) state that hygiene habits, including cleanliness of food, drinks, body, and environment, are important factors in preventing diseases that affect the nutritional status of toddlers.

Nutrition education and intervention are essential in supporting good parenting. Wahyuni (2022) emphasized the importance of nutrition education for parents to ensure that children get sufficient and nutritious food intake. Nutrition education programs implemented in the community or through integrated health post activities have proven effective in increasing knowledge and good nutrition practices among parents.

According to the researcher's opinion based on the results of this study, it shows that the majority of respondents have good parenting patterns, which contribute to the normal nutritional status of toddlers. These findings are in line with the theory that democratic parenting patterns have a positive impact on child development, including nutritional and health aspects. Good parenting patterns allow parents to pay better attention to nutritional intake, hygiene, and overall health of children.

B. Identification of Toddler Nutritional Status

In this study, the results showed that the majority of respondents, namely 40 people (71.4%) had normal toddler nutritional status. Toddler nutritional status is an important indicator in assessing children's health and development, which includes parameters of weight, height, and head circumference according to age standards (Ministry of Health of the Republic of Indonesia, 2020). Good nutritional status in toddlers is the result of a combination of genetic factors, the environment, and especially good parenting patterns (Sari et al., 2021).

Good parenting patterns, as found in this study, namely 29 people (51.8%), are also thought to play a role in supporting the normal nutritional status of toddlers. Research by Handayani (2021) shows that good parenting patterns, including providing nutritious food, sufficient physical activity, and attention to children's health, greatly influence the nutritional status of toddlers. Responsive and supportive parenting patterns can improve the quality of children's nutrition, as reflected in the normal nutritional status indicators in the respondents of this study.

In addition, hygiene habits and health practices also play an important role in determining the nutritional status of toddlers. Midu & Wibowo (2021) emphasized that hygiene habits such as washing hands before eating, food hygiene, and a healthy environment can reduce the risk of infectious diseases that affect children's nutritional status.

The importance of access to health services is also no less significant. Research by Wahyuni (2022) shows that families with access to adequate health services tend to have

children with better nutritional status. In addition, appropriate nutritional interventions and education about the importance of balanced nutrition for toddlers greatly affect children's nutritional status. Sari et al. (2021) highlighted that parental education about nutrition is very important in supporting adequate and nutritious food intake for children.

Adequate and balanced nutrition is a key factor in supporting children's growth and development. According to research by Sari et al. (2021), deficiencies in micronutrients, such as iron, zinc, and vitamin A, can cause significant growth and development disorders. Therefore, it is important to ensure that children get adequate nutritional intake, both from daily food and supplements if needed.

Fathers' involvement in parenting also plays an important role in the nutritional status and development of children. A study by Handayani (2021) showed that fathers who are actively involved in parenting activities can improve the quality of interactions with children, which has a positive impact on the nutritional status and health of children. Therefore, promoting fathers' involvement in parenting is an important part of efforts to improve the nutritional status of toddlers.

Family social and economic factors are still important variables in determining the nutritional status of toddlers. Wahyuni (2022) stated that families with low economic status often face limited access to nutritious food and adequate health facilities. Therefore, policy interventions that support improving family economic welfare and access to health services are needed.

Campaigns and public education on the importance of balanced nutrition for toddlers need to be continuously encouraged. Educational programs at integrated health posts and community activities that increase understanding of nutrition and child health can help improve the nutritional status of toddlers. According to research by Situmorang (2020), effective educational programs can improve parental knowledge and behavior in providing good nutritional intake for children.

According to researchers, comprehensive interventions such as nutrition education and increasing access to health services, as well as promoting good parenting in the community, are needed to continue improving the nutritional status of toddlers. Researchers also see the need for active father involvement in parenting as one of the important factors that can support children's health and well-being.

C. The Relationship Between Parenting Patterns and Toddler Nutritional Status

The results of the study showed that there was a significant relationship between parenting patterns and toddler nutritional status, with a significance value of 0.027 (p -value < 0.05). Research by Midu & Wibowo (2021) found that maternal parenting patterns were significantly related to toddler nutritional status. Another study by Putri & Ramadhan (2022) found that there was a relationship between parenting patterns and toddler nutritional disorders.

The majority of parent respondents, 41 people (73.2%) were aged 20-35 years, which is a productive age and is generally more responsive to health information and good parenting (Kurniawati et al., 2020). In this study, the majority of parent respondents, 36 people (64.3%) had a high school education. This level of education affects the parenting patterns applied, where parents with better education tend to better understand the importance of balanced nutrition and parenting that supports child development (Choi et al., 2020).

In this study, 29 (51.8%) respondents worked as housewives, which allowed them to focus more on taking care of their children and implementing parenting patterns that support children's nutritional and developmental needs (Brown et al. 2020). There were 31 toddler respondents (55.4%) male and 14 (25.0%) aged 49-60 months. Age and gender of toddlers also play a role in their nutritional status, where boys may have different calorie needs than girls, and children aged 49-60 months are in a critical developmental phase that requires optimal nutritional intake (Singh et al., 2021).

Parenting patterns play an important role in shaping children's eating behavior and habits, which ultimately affect their nutritional status. Democratic parenting patterns, characterized by balanced attention and control, result in healthier children with better nutritional status (Yulianti & Pratiwi, 2020). Research by Black et al. (2020) found that parenting interventions involving nutritional education for parents can significantly improve children's nutritional intake and nutritional status.

In contrast, authoritarian parenting, which uses a strict control and threatening approach, can have a negative impact on children's nutritional status. Children raised with authoritarian parenting may have less opportunity to learn about healthy food choices and may experience stress, which affects their appetite and metabolism (Surya & Wulandari, 2019). According to research by Zhao et al. (2020), children raised with an authoritarian style are more susceptible to nutritional problems due to lack of freedom in choosing food and lack of adequate nutrition education from parents.

Hygiene factors, which are one of the indicators of parenting patterns, also have a significant impact on the nutritional status of toddlers. Good hygiene habits, such as washing hands before eating and ensuring that the food consumed is clean and safe, can prevent various diseases that affect children's nutritional status (Khan et al., 2020).

According to Indriani et al. (2021) stated that children who are raised in an environment with good hygiene habits tend to have better nutritional status and are less affected by infectious diseases such as diarrhea. Research by Black et al. (2020) found that nutritional education for parents and parenting interventions can significantly improve the nutritional intake and nutritional status of children in developing countries.

Responsive and supportive parenting styles, such as democratic parenting, not only pay attention to nutritional aspects but also support children's emotional and social development. Dugas et al. (2021) found that parenting styles involving positive interactions and emotional reinforcement can improve children's social skills, help them cope better with stress and improve their overall quality of life.

Parenting patterns are also influenced by family social and economic factors. Kurniawati et al. (2020) showed that families with higher levels of education and income tend to implement more democratic parenting patterns, which are associated with better child nutritional status. This shows the importance of social and economic support in improving the quality of parenting patterns and child nutritional status.

According to researchers, good parenting patterns, especially democratic parenting patterns and attention to cleanliness, have a very positive effect on the nutritional status of toddlers. Parental education on the importance of effective parenting patterns and healthy living habits and maintaining cleanliness is very necessary to improve the nutritional status of children and ensure their optimal growth and development.

CONCLUSION

Parenting patterns In RW 11 Posyandu Nusa Indah, Tosaren Village, the results were lacking 9 people (16.1%), sufficient 18 people (32.1%) and good 29 people (51.8%). The nutritional status of toddlers was poor 1 person (1.8%), lacking 4 people (7.1%), normal 40 people (71.4%) and more 11 people (19.6%). The results of the analysis showed that there was a relationship between parenting patterns and the nutritional status of toddlers in RW 11 Posyandu Nusa Indah, Tosaren Village. (p-value 0.027 <0.05).

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