

# The Relationship Between The Mother's Level Of Knowledge About Nutritious Food And The Nutritional Status Of Toddlers In Pancuran Bambu Village, Sambas District, Sibolga City 2019

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**ABSTRACT**

Improving the quality of independent human resources needs to be supported by a balanced nutritional state which must be supported by the availability of sufficient food at a price that is stable and affordable by the purchasing power of the general public. The results of the national census survey revealed that the percentage of news that was nutritious for workers was 70.88% in 2012 and in 2013 it fell to 69.59%. Toddlers with less or bad teeth by 25.82% in the same year with an increase to 28.17% in the following year. The purpose of the study was to determine the relationship between the mother's level of knowledge about nutritious food and the nutritional status of children under five in the Pancuran Bamboo sub-district, Sambas sub-district, Sibolga city in 2018. This type of research was go relative with a sample of 62 respondents. Sampling was carried out by collecting data on all patients who came to the Pancuran Bambu sub-district, Sambas Selatan sub-district, Sibolga in 2018. Based on the results, it is known that the respondents' knowledge about nutritious food for toddlers is 52 people (83.9%) good knowledgeable and the minority has less knowledge 4 people (6.5%). Characteristics of respondents it is known that the age of the majority of respondents aged 27-31 years as many as 46 people (74.2%), it is known that the education of the majority of respondents has a high school education as many as 39 people (62.9%), and the type of work of the majority of respondents work as entrepreneurs, namely as many as 38 people (61.3%). The conclusion of this study is that there is a relationship between mother's knowledge about nutritious food and the nutritional status of toddlers in Pancuran Bambu Village, Sambas District, Sibolga City in 2018 because  $P < 0.05$  ( $p = 0.00$ ) and  $r \text{ count} > r \text{ table}$  ( $r \text{ count} = 0.650 > r \text{ table} = 0.244$ ). It is necessary to increase nutritional knowledge through intensive and continuous counseling activities carried out through Posyandu activities, social gathering, or religious activities.

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## 1. Introduction

In developing countries, morbidity and mortality in children under five is much influenced by nutritional conditions, thus the morbidity and mortality rates during this period can be used as useful information regarding the state of malnutrition in the community. Malnutrition in children under five is the cumulative impact of various factors that directly or indirectly affect children's nutrition (Supariasa, 2016).

The results of the national census survey revealed that the percentage of under-fives who were malnourished was 71.88% in 2015 and in 2016 it fell to 69.59%. Toddlers with less or poor nutrition were 25.82% in the same year and increased to 28.17% in the following year (Ministry of Health of the Republic of Indonesia, 2017).

The results of District reports throughout Central Java on the development of cases of malnutrition at the end of 2014 The number of cases of children under five with malnutrition was 12,605 children consisting of 38.02% of old cases and 61.98% of new cases. From this data, it is known that the mortality rate is 0.93%, cases recovered 56.66% and cases still under treatment 42.39%. This situation reflects that the percentage of malnutrition in Indonesia is very high where almost 50% are recurrent cases related to the inability of the family so that it can be said that cases of malnutrition are still very high.

Based on a preliminary study that the author has done in the Pancuran Bambu Village, Sambas District, which is located in the Sibolga City government. The livelihoods of the population are mostly fishermen and traders with varying levels of education. The results of the survey in the sub-district revealed that 58% of toddlers aged 1 to 3 years were thin and 15% of them suffered from protein energy deficiency (KEP). It is important to know that toddlerhood, especially the age of 1 to 5 years, is a stage of rapid development. If it is not supported by adequate and balanced nutrition, children will fall into undernourished conditions because there are still many children with poor nutritional status caused by the busyness of parents at sea and trading so they do not pay attention to children's eating patterns. in this study is whether there is a relationship between the level of knowledge of mothers about nutritious food on the nutritional status of children under five in the village of Pancuran bambu, Sambas District, Sibolga City..

## 2. Method

### 2.1. Research Design

The type of research used is descriptive correlation. The research was conducted in Pancuran Bambu Village, Sambas District, Sibolga City. The data collection point in this study was carried out from July to September 2018.

### 2.2. Population and Sample

The population in this study were all mothers who have children under five in the Aek Habil Village, the working area of the Aek Habil Health Center, Sibolga City, as many as 560 people. Sample The total of all existing population

### 2.3. Analysis Techniques

Bivariate analysis was used to determine the relationship between mother's level of knowledge about nutritious food and the nutritional status of toddlers in Pancuran Bambu Village, Sambas District, Sibolga City in 2018.

## 3. Results and Discussion

Bivariate analysis was used to determine the relationship between the mother's level of knowledge about nutritious food and the nutritional status of children under five in the Pancuran Bambu Sambas Village, Sibolga City in 2019 as follows:

TABLE 1  
THE RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE ABOUT NUTRITIOUS FOOD IN THE VILLAGE OF PANCURAN BAMBU SAMBAS, SIBOLGA CITY IN 2019

Variabel	P (Value Signifikan)	r hitung	r table
Mother's knowledge of nutritious food to the nutritional status of toddlers	0.000	0.650	0.244

Based on the table above, it is known that the relationship between mother's knowledge about nutritious food and the nutritional status of children under five in the working area of the Aiek Habil Public Health Center is  $p < 0.005$  ( $p = 0.00$ ) and  $r \text{ count} > r \text{ table}$  ( $r \text{ count} = 0.650 > r \text{ table} = 0.244$ ) which means it means that  $H_0$  is rejected,  $H_a$  is accepted, it means that there is a relationship between the level of knowledge about nutritious food and the nutritional status of children under five in the village of Pancuran Bambu Sambas, Sibolga City.

## 4. Conclusion

The majority of outpatient registration services were not bad (good) as many as 24 people (53.3%). The majority of outpatient satisfaction were not satisfied as many as 23 people (51.1%).

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The results showed that the majority of outpatient registration services were not bad with satisfaction of satisfied outpatients as many as 20 people and the minority of poor service satisfaction of satisfied outpatients as many as 2 people. The results of statistical tests show the effect of outpatient registration services on patient satisfaction at the F.L. General Hospital. Tobing City of Sibolga in 2021 there is an influence because the value of p value is  $p < 0.05$  (0.003).

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