

Relationship between Mother's Knowledge of Feeding Patterns and Nutritional Status of 1-3 Years Old Children at Hugo Hasena Tanjung Pura Clinic, Langkat Regency

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ABSTRACT

The period of rapid growth occurs in infancy and toddlerhood. Therefore, at this time good and sufficient nutrition is needed for babies (Raharjo, 2014). Based on the results of the 2018 Ministry of Health Basic Health Research, 17.7% of infants under 5 years old (toddlers) still experience nutritional problems. This figure consists of toddlers who experience malnutrition by 3.9% and those who suffer from malnutrition by 13.8% (Kemenkes RI, 2018). The purpose of the study was to identify the frequency distribution of Mother's Knowledge About Feeding Patterns for Children aged 1-3 Years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019. The research design used was an analytical survey (Explanatory Research) with a cross-sectional approach. The research sample was all mothers who had children aged 1-3 years at Hugo Hasena Clinic, as many as 34 people. Collecting data using primary data obtained directly from mothers who have children aged 1-3 years through a questionnaire. The data were analyzed by chi-square, at the limit of the statistical significance of the calculation of p value (0.05). The results showed that there was a significant relationship between mother's knowledge about feeding patterns and the nutritional status of children aged 1-3 years with a p value of 0.000 (<0.05). It was concluded that there was a significant relationship between mother's knowledge about feeding patterns and the nutritional status of children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019.

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1. Introduction

The progress of a country is influenced by the quality of its human resources (HR). One of the criteria for qualified human resources can be seen from the degree of health. The degree of health is a reflection of the health of individuals, groups, and communities which is described by life expectancy, mortality, morbidity and nutritional status of the community. (Pratiwi et al., 2016).

Healthy children are a dream for parents who must pay attention, supervise and care for children, especially their growth and development. The five-year period (toddler age) is an important period in the growth and development of children and is a period that will determine the formation of their physical, psychological and intelligence. (Sulistiani, 2017).

The period of rapid growth occurs in infancy and toddlerhood. Therefore, at this time good and sufficient nutrition is needed for babies (Timporok et al., 2018). Children aged 1-3 years experience rapid growth and development and the body's need for calories, protein, vitamins and minerals at this age is quite high. Eating habits that are applied in the first 2 or 3 years have a lasting effect in the following years. Adequate knowledge of mothers is very important to maintain the nutritional status of children (Susanti et al., 2014).

The state of nutrition will be determined by internal and external factors. External factors that influence include the availability of food in an area, living environment, and health services available in the area of residence. While internal factors, among others, whether or not a person's food is sufficient and the body's ability to use the food. Whether or not food is sufficient can be seen from the daily diet. The diet depends on the nutritional knowledge possessed by the food organizer. Malnutrition is caused by a lack of food intake, which is caused by the unavailability of adequate food, children do not get enough balanced nutritious food, and the wrong diet. (Kamila et al., 2018).

In the first 1,000 days (from the fetus in the womb to the age of two years) a baby's life is a golden age for child growth and development. Continued in children aged 1-3 years requires good growth and development. Unfortunately, many children who should be the hope of the future of the Indonesian people still experience nutritional problems (29.9%) at an early age (Priyatna & Sos, 2014).

The prevalence of malnutrition in children under five based on the body weight index for age (W/W) in Indonesia provides a fluctuating picture from 18.4% in 2007, decreased to 17.9% in 2010, then increased again to 19.6% in 2007. In 2013. Based on the results of the 2018 Ministry of Health Basic Health Research (Riskesmas), 17.7% of infants under 5 years old (toddlers) still experience nutritional problems. This figure consists of toddlers who experience malnutrition by 3.9% and those who suffer from malnutrition by 13.8%. (Miko & Al-Rahmad, 2017).

Nutritional problems in children can be caused by several factors such as unbalanced food and infectious diseases, inadequate food security in the family such as the family's lack of ability to meet the food needs of all family members, both in number and nutrition. Nutritional problems are also caused by the family's lack of ability to provide time, attention and support for children so that they can grow and develop as well as possible mentally, socially and physically. (Suryani, 2017). Another cause of nutritional problems according to Adriani and Wirjatmadi (2014) is the habit of consuming bad food, for example, children drink too much milk so that it reduces children's interest in eating other foods, consuming less vegetables, and an imbalance between incoming energy and energy. that came out (Munawir & Ningtyias, nd).

Eating habits that are done repeatedly will shape the eating patterns of both adults and children. A good diet is characterized by the adequacy of nutrients. The nutritional status of children under five is determined by family attention through feeding, nurturing, and maintaining health where parents, especially mothers, have a significant role in determining the nutritional status of toddlers (Rusilanti et al., 2015).

Children are passive consumers, they accept whatever food is provided by their mother. The pattern of feeding carried out by mothers both in terms of quality and quantity will affect the nutritional status of children. Feeding patterns for toddlers include preparing menus, selecting food ingredients, processing food ingredients, and serving food (Puspitasari, 2014).

Nutritional knowledge is all forms of information about food substances including their sources and functions needed for the body and their application in daily life. So that the mother's knowledge about toddler nutrition is all forms of information owned by the mother regarding the nutrients needed for the toddler's body and the mother's ability to apply it in daily life. Poverty and lack of nutritious food supplies are important factors in the problem of malnutrition. Another important thing about nutritional disorders is knowledge about nutrition or the ability to absorb the information and apply it in daily life (Supariasa, 2015).

Knowledge of the body's need for nutrients affects the amount and type of food consumed. Mother's level of knowledge about nutrition affects the behavior of mothers in choosing food for all family members, especially their toddlers which has an impact on nutritional intake (Supariasa, 2015). The impact of malnutrition is low body resistance so that the body is susceptible to infectious diseases, lack of energy and protein that causes impaired growth and development of toddlers, acute lack of energy and protein can cause marasmus and kwashiorkor, physical and

cognitive limitations, decreased intelligence levels, iron deficiency anemia, disorders due to iodine deficiency and vitamin A deficiency (Rusilanti et al, 2015).

Research conducted by Endang Susilowati and Alin Himawati in 2017 on the Relationship between Mother's Level of Knowledge About Toddler Nutrition and Toddler Nutritional Status in the Working Area of Gajah 1 Demak Health Center showed that there was a significant relationship between mother's level of knowledge about toddler nutrition and toddler nutritional status. Research by Rika Susanti et al in 2014 on the Relationship between Mother's Knowledge of Nutrition and Nutritional Status of Children 1-3 Years Old based on the results of statistical tests stated that there was a significant relationship between mother's knowledge of nutrition and nutritional status of children aged 1-3 years. An initial survey conducted by researchers at the Hugo Hasena Tanjung Pura Clinic found that in 2018 there were 15 children aged 1-3 years who were malnourished. On February 2, 2019 researchers conducted a brief interview with mothers who have children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic. It was found that 3 out of 5 mothers did not know about the nutritional needs of their children. The mother only gave the food that her child wanted to eat and did not know that the food given to her child had met the nutritional needs of her child.

2. Method

2.1 Conceptual framework

The research concept framework is a research flow that shows the variables that influence and are influenced.

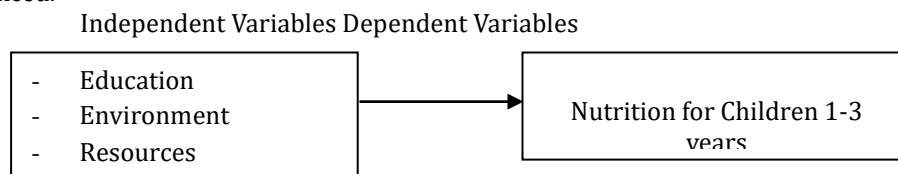


Image 1. Research Concept Framework

2.2 Hypothesis

The hypothesis is a temporary answer to a problem that is still presumption that still has to be proven true. Scientific hypotheses try to express a temporary answer to the problem to be studied. Based on the description of the theoretical review, the hypothesis of this research is the relationship between mother's knowledge about feeding patterns and nutritional status of children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019.

2.3 Research design

The research design used is an analytical survey (Explanatory Research), which is research that tries to explore how and why this phenomenon occurs. This study used a cross-sectional approach. A cross-sectional approach is used where the independent variable and the dependent variable are measured at the same time. As an independent variable mother's knowledge while the dependent variable is the nutritional status of children aged 1-3 years.

2.4 Research Location and Time

The location of the research is the place where the research is carried out (Muhammad, 2016) The location of this study was carried out at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency. Research time refers to the period of research implementation. The time of this research is planned from January to May 2019.

2.5 Population and Sample

The population in this study were all mothers who had children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency, as many as 34 people. The sample is part of the population used in the study. The sampling technique in this study is the total population, namely sampling by taking all members of the population as samples, namely all mothers who have children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency, as many as 34 people.

2.6 Method of collecting data

The types of data used are primary data and secondary data. Primary data is data that is directly taken from the subject/object of research which can be in the form of interviews, questionnaires and observations. In this study, primary data were obtained directly from mothers who have children aged 1-3 years and answers were obtained from statements provided through questionnaires. Secondary data is data obtained from the results of documentation by other parties, for example medical records, recapitulation of values, patient visit data and others. In this study, secondary data in the form of data on the number of mothers who have children aged 1-3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency.

3. Results and Discussion

3.1 Hugo Hasena Clinic Profile

Hugo Hasena Tanjung Pura Clinic, Langkat Regency is an official clinic and has a valid practice license since 2016 with a permit number: 400-1981/PB/KPT-LKT/2016.

a. Demographic Data

Demography is a science that quantitatively and qualitatively analyzes the population regarding its number, structure and development. Under the ownership of a competent and experienced pomegranate midwife named Kumita Sari Am.Keb and opening a 24-hour midwifery practice service as well as the welcome and service manners provided are very good, many patients come to the Hugo Hasena clinic, both for antenatal care, childbirth and treatment

b. Organizational structure

The organizational structure is an arrangement and relationship between each part and the existing position in an organization in carrying out operational activities to achieve the expected goals.

3.2 Research result

Univariate analysis was carried out to see the frequency distribution and presentation of the independent variable, namely mother's knowledge about feeding patterns and the dependent variable, namely the nutritional status of children aged 1-3 years.

Table 4.1.

Distribution of characteristics of mothers who have children 0-3 years in Clinic Hugo Hasena Tanjung Pura Langkat Regency in 2019 (n = 34)

No	Characteristics	F	%
1	Age		
	20-30 Years	27	79.4
	31-40 Years	7	20.6
	Total	34	100
2	Education		
	Height (D III, S1)	3	8.8
	Intermediate (high school)	24	70.6
	Basic (SD, SMP)	7	8.8
	Total	34	100
3	Work		
	Doesn't work	18	52.9
	Working	16	47.1
	Total	34	100.0
4 Sources of Information Never	Never		
		14	41.2
		20	58.8
	Total	34	100.0

Based on table 4.1 shows that most of the respondents are 20-30 years old, as many as 27 respondents (79.4%), with secondary education as many as 24 respondents (70.6%), not working as many as 18 respondents (52.9%), and never get information as many as 20 respondents (58.8%)

Table 2.

Mother's Knowledge Distribution about Feeding Patterns in Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019 (n = 34)

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No	Knowledge	F	%
1	Well	3	8.8
2	Enough	18	52.9
3	Not enough	13	38.3
Total		34	100.0

Based on Table 4.2, most of the mothers with sufficient knowledge were 18 respondents (52.9%) and those with less knowledge were 13 respondents (38.2%).

3.3 Nutritional Status of 1-3 Years Old

Table 3.

Distribution of Nutritional Status of Children Age 1-3 Years in Hugo Hasena Tanjung Clinic Langkat Regency Temple in 2019 (n = 34)

No	Nutritional status	f	%
1	More	3	8.8
2	Well	30	88.2
3	Not enough	1	2.9
Total		34	100.0

Based on table 4.3, it is found that most of the nutritional status of children aged 1-3 years is good, as many as 30 respondents (88.2%) and more than 3 respondents (8.8%).

Table 4.

Cross Table Relationship of Mother's Knowledge of Feeding Patterns with Nutritional Status of 1-3 Years Old Children at Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019 (n = 34)

Knowledge	Nutritional status						Amount		p (Sig)
	More		Well		Not enough		F	%	
	f	%	f	%	f	%			
Well	3	8.8	0	0	0	0	3	8.8	0.000
Enough	0	0	18	52.9	0	0	18	52.9	
Not enough	0	0	12	35.3	1	2.9	13	38.2	
Total	3	8.8	30	88.2	1	2.9	34	100	

Based on table 4.4, it is found that respondents with good knowledge have children who have more nutritional status as many as 3 respondents (8.8%), respondents with sufficient knowledge have children with good nutritional status as many as 18 respondents (52.9%) and respondents with less knowledge have children who have good nutritional status as many as 12 respondents (35.3%). The results of statistical analysis using the chi Square test obtained a p value of 0.000 (<0.05) so that it can be seen that there is a significant relationship between mother's knowledge about feeding patterns and the nutritional status of children aged 1-3 years at Hugo Hasena Clinic Tanjung Pura. Langkat Regency in 2019.

3.3 Discussion

a. Mother's knowledge about feeding patterns

The results of the study showed that most of the mothers with sufficient knowledge were 18 respondents (52.9%) and those with less knowledge were 13 respondents (38.2%). According to Notoadmodjo, knowledge is the result of knowing, and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most knowledge is acquired through the eyes and ears. Factors that influence knowledge are education, media/information, socio-cultural and economic, environment, experience, and age. According to Sulistyoningsih in 2015 the pattern of feeding is a variety of information about needs, selection of food ingredients,

One of the factors that influence the pattern of feeding according to Sulistyoningsih in 2015 is that education in this case is usually associated with knowledge, which will affect the selection of food ingredients and fulfillment of nutritional needs. One example, the principle that someone with low education has usually is that it is important to be filling, so that the portion of food sources of carbohydrates is more than that of other food groups. On the other hand, groups with higher education tend to choose protein sources and will try to balance them with other nutritional needs.

According to researchers, the knowledge possessed by respondents is still sufficient about

feeding patterns, this can be influenced by several factors that affect a person's knowledge, namely the level of education, information, where someone who has many sources of information will provide clearer knowledge, cultural culture, greatly influences the level of one's knowledge because new information will be filtered according to the culture and religion adopted, experience, which is related to increasing age and better education will make it easier to absorb the information provided and be wiser, socio-economic, one's income level to meet needs life. Expectations with increased or good knowledge of mothers can improve the nutritional status of children.

b. Nutritional status of children aged 1-3 years

The results of the study showed that most of the nutritional status of children aged 1-3 years was good, as many as 30 respondents (88.2%) and nutritional status more than 3 respondents (8.8%). According to Soekarman 2015 nutritional status is the state of the body as a result of food consumption and the use of nutrients. Factors that affect nutritional status are food consumption and use of nutrients in the body. The body that gets enough nutrients and is used efficiently will achieve optimal nutritional status. Deficiency of micronutrients such as vitamins and minerals has an impact on decreasing nutritional status in a long time.

Nutritional status can be influenced by parenting, health services are influenced by education level, access to information and family income level. Food access and purchasing power can affect the acquisition of good nutritional status, due to the lack of public transportation facilities so that food distribution expenditure becomes expensive. Poverty is also a cause of malnutrition, because poor families are unable to provide nutritious food, low food consumption and economic, political and social instability so that the level of community welfare is still low. According to researchers, most children have a good nutritional status, this can happen due to various factors, especially the awareness factor of the mother that it is important to improve the nutritional status of children.

c. Relationship between mother's knowledge and nutritional status of children 1-3 years old

The results showed that respondents with good knowledge have children who have more nutritional status as many as 3 respondents (8.8%), respondents with sufficient knowledge have children with good nutritional status as many as 18 respondents (52.9%) and respondents with less knowledge have children who have good nutritional status as many as 12 respondents (35.3%). The results of statistical analysis using the chi Square test obtained a p value of 0.000 (<0.05) so that it can be seen that there is a significant relationship between mother's knowledge about feeding patterns and the nutritional status of children aged 1-3 years at Hugo Hasena Clinic Tanjung Pura. Langkat Regency in 2019.

According to Notoadmodjo, there are several factors that affect a person's knowledge, namely the level of education, information, where someone who has a lot of information sources will provide clearer knowledge, cultural culture, greatly affects a person's level of knowledge because new information will be filtered according to the culture and religion that is accepted. adopted, experience, which is related to increasing age and better education will make it easier to absorb the information provided and be wiser, socio-economic, one's income level to meet the needs of life, myth, is a belief that is owned by someone, and usually happens in certain areas and made into habits, religious values, where the mother's abstract thinking ability allows her to be able to transform her religious beliefs.

Nutritional status is the state of the body as a result of food consumption and use of nutrients. Factors that affect nutritional status are food consumption and use of nutrients in the body. The body that gets enough nutrients and is used efficiently will achieve optimal nutritional status. Micronutrient deficiencies such as vitamins and minerals have an impact on decreasing nutritional status in a long time (Soekirman, 2015).

The National Development Planning Agency (BAPPENAS) in 2011, explained that other indirect factors are poor sanitation and not having clean water, smoking inside the house which can cause poor air circulation. Availability of food in a family, because not all families are able to provide food, determine food security in the household and food consumption. Parenting patterns, health services are influenced by the level of education, access to information and the level of income earned by the family. Food access and purchasing power can affect the acquisition of good nutritional status, due to the lack of public transportation facilities so that food distribution expenditure becomes expensive. Poverty is also a cause of malnutrition.

The results of this study are in accordance with the results of research conducted by Endang Susilowati and Alin Himawati in 2017 concerning the Relationship between Mother's Level of

Knowledge About Toddler Nutrition and Nutritional Status of Toddlers in the Working Area of Gajah 1 Demak Health Center. nutritional status of children. Research by Rika Susanti et al in 2014 on the Relationship between Mother's Knowledge of Nutrition and Nutritional Status of Children 1-3 Years Old based on the results of statistical tests stated that there was a significant relationship between mother's knowledge of nutrition and nutritional status of children aged 1-3 years.

According to the researcher, the mother's level of knowledge about toddler nutrition greatly affects the nutritional status of the toddler because the mother is the one with the greatest attachment to the child. The togetherness of mothers with their children is greater than that of other family members so that they better understand all the needs that children need. Mother's knowledge is the main key to meeting the nutritional needs of toddlers. Knowledge based on a good understanding can grow new good behavior as well. Mother's knowledge of nutritional needs that are well understood will be accompanied by the behavior of providing nutritious food for toddlers. Knowledge can be obtained from information on various media such as TV, radio or newspapers as in this study.

The results showed that most of the respondents with good knowledge had children who had more nutrition as many as 3 respondents (8.8%), mothers with sufficient knowledge mostly had children with good nutritional status and obtained mothers with less knowledge had children with less nutritional status as many as 9 respondents (26.5). This explains that mother's knowledge affects the nutritional status of children as evidenced by the results of this study obtained a p value of 0.000, which means that there is a relationship between mother's knowledge about feeding patterns and nutritional status of children aged 1-3 years at Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019.

According to the researcher, the results of this study are in accordance with the theories and results of other people's research. Respondents with good knowledge have children with good nutritional status compared to respondents with less knowledge.

4 Conclusion

Based on the results of the research and discussion described in the previous chapter, in this study it can be concluded that most of the mothers have sufficient knowledge as many as 18 respondents (52.9%), most of the nutritional status of children aged 1-3 years is good, as many as 30 respondents (88.2%) and the results of statistical analysis using the chi-square test obtained a p value of 0.000 (<0.05) so that it can be seen that there is a significant relationship between mother's knowledge about feeding patterns and nutritional status of children aged 1- 3 years at the Hugo Hasena Tanjung Pura Clinic, Langkat Regency in 2019.

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