

The Effect of Eating Food Patterns with Nutritional Status of Age 12 - 24 Months in The Working Area of Pademawu Pademawu District, Pademawu District, Pamekasan District

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**ABSTRACT**

Malnutrition is a malnourishment condition resulting from the imbalance of micro nutrient an macro nutrien. Parental diet can help create problems related to the nutritional status of toddlers. Giving the child a right opportunity to consume food does not assure the toddler to be free of his nutritional stasis. That's why researches are interested in studying the effectof a diet for twelfth-twenty fourth months old of child'snutritional status.

The sample design of this study is taken for sixty nine respondents, data gathering on the foster diet variabel diet question naire and variable data nutritional status with anthropo metric mesures. The collected data was analyzed using cross table analysis.

Cross table analysis showsthat there is a linkbetween the foster diet and thetwelfth-twenty fourth months old of child's nutritional status, and the diet of democratic food has the highest impact on the nutritional status of the toodler twelfth-twenty fourth months old of child's nutritional status at the medical center of Pademawu, Pamekasan.

The study found that there is a nurturing pattern of eating under the child's twelfth-twenty fourth months old of child's nutritional status by the most dominan foster pattern is the democratic upbringing in the workplace of the medical center of Pademawu, Pamekasan.

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**1. INTRODUCTION**

Indonesia is a developing country that has complex problems, especially in nutrition. The problem of malnutrition that has received a lot of attention lately [1] is a chronic nutritional problem in the form of short children (stunting) and acute malnutrition in the form of thin children (wasting).

Malnutrition or malnutrition is a condition of malnutrition due to unbalanced micronutrient and macronutrient content [2]. More than two million deaths of children under the age of 5 years in the world, are associated with malnutrition, especially stunting. Data from the Global Nutrition Report (2018), there are 150.8 million (22.2%) toddlers in the world experiencing stunting. The prevalence of stunting in Indonesia reaches 37%. Whereas in Pamekasan Regency as one of 100 districts / cities selected from all regencies / cities in Indonesia for intervention with stunting prevalence reaching 44.6%. Data in the Work Area (Pademawu Public Health Center, 2019), there were 10 villages in 2018 who experienced stunting, with 69 children experiencing stunting [3].

The impact of malnutrition at the beginning of a child's life will continue in every human life cycle, namely on brain development that adversely affects the child's performance. Child's brain development during the golden period (0-2 years), will cause brain cells to not grow fully [4].

In research [5], found that the causes of stunting in school children are the mother's education level and economic level. Research [6] obtained the results that one of the factors that had a significant relationship to the incidence of stunting was parenting and family income. Research conducted by [7] found the highest incidence of stunting in newborn infants and poverty (low economic status). Thus, babies who are newborns and are in families with low income, are more at risk of suffering from stunting.

## 2. RESEARCH METHOD

In this study using analytic observational research to determine the Pattern of Eating Parenting with Toddler Nutrition Status Age 12-24 months in the Work Area Pademawu Puskesmas Pademawu District Pamekasan Regency.

In this study, the population taken was all children under the age of 12-24 months, namely 69 people with problematic nutritional status in the Work Area of Pademawu Health Center, Pademawu District, Pamekasan Regency

Determination of respondents in this study was conducted by purposive sampling technique. Calculation of the total number of samples of 69 respondents obtained through total sampling technique that is a way of taking all the samples

## 3. RESULTS AND DISCUSSIONS

### a. Characteristics of Puskesmas by Number of Two-Year-Old Toddler

No	Village	Male	Female	Amount (Frequency)	Percentage (%)
1	Sentol	27	24	51	7,30
2	Lawangan Daya	53	50	103	14,75
3	Barurambat Timur	48	45	93	13,30
4	Tambung	24	20	44	6,29
5	Buddagan	39	35	74	10,59
6	Dasok	33	31	64	9,15
7	Murtajih	47	42	89	12,73
8	Lemper	24	21	45	6,44
9	Pademawu Barat	46	44	90	12,87
10	Bunder	24	22	46	6,58
	<b>Totals</b>	<b>365</b>	<b>334</b>	<b>699</b>	<b>100</b>

**b. Problematic Nutritional Status Characteristics of Two-Year Old Toddler (BADUTA) Based on Gender**

No	Gender	Frequensi	Percentage (%)
1	Male	23	33,33
2	Female	46	66,67
<b>Total</b>		<b>69</b>	<b>100</b>

**c. Frequency Distribution of Problematic Nutritional Status in Second Age Toddlers Year (BADUTA) Based on the Work of Parents (Mrs. BADUTA)**

No	Jobs	Frequensi	Percentage (%)
1	PNS/TNI/POLRI	1	1,45
2	Farmers	7	10,14
3	Private employee / Labor	3	4,36
4	Entrepreneur	7	10,14
5	Student	-	0,00
6	Housewife	51	73,91
<b>Total</b>		<b>69</b>	<b>100</b>

**d. Frequency Distribution of Problematic Nutritional Status in Two-Year-Old Toddlers (BADUTA) Based on Parental Education (BADUTA Mother)**

No	Education	Frequensi	Percentage (%)
1	Not graduated from elementary school / Illiterate	1	4,87
2	Graduated from elementary school	6	8,69
3	Graduated from junior high school	18	19,25
4	Graduated from high school	33	47,83
5	Academy (D1 / D3)	1	4,87
6	S1/S2/S3	10	14,49
<b>Totals</b>		<b>69</b>	<b>100</b>

**e. Frequency Distribution of Parents' Income in Toddlers of Two Years (BADUTA) With Problematic Nutritional Status**

No	Parental Income	Frequensi	Percentage (%)
1	< 1 juta rupiah	41	59,42
2	1 – 3 juta rupiah	21	30,43
3	> 3 juta rupiah	7	10,15
<b>Total</b>		<b>69</b>	<b>100</b>

**f. Frequency Distribution of Nutrition Status for Two-Year Old Toddler (BADUTA) Short Category**

No	Village	Frequensi	Percentage (%)
1	Sentol	4	10,26
2	Lawangan Daya	9	23,08
3	Barurambat Timur	3	7,69
4	Tambung	2	5,13
5	Buddagan	8	20,51
6	Dasok	4	10,26
7	Murtajih	7	17,95
8	Lemper	1	2,56
9	Pademawu Barat	-	0,00
10	Bunder	1	2,56
<b>Totals</b>		<b>39</b>	<b>100</b>

**g. Frequency Distribution of Nutrition Status of Two-Year Old Toddler (BADUTA) Very Short Category**

No	Village	Frequensi	Percentage (%)
1	Sentol	1	3,33
2	Lawangan Daya	4	13,33
3	Barurambat Timur	3	10,01
4	Tambung	1	3,33
5	Buddagan	4	13,33
6	Dasok	8	26,67
7	Murtajih	4	13,33
8	Lemper	2	6,67
9	Pademawu Barat	2	6,67
10	Bunder	1	3,33
<b>Total</b>		<b>30</b>	<b>100</b>

**h. Frequency Distribution of Parenting Eating Control over eating (AUTHORITARY) Parents of Two-Year-Old Toddlers (BADUTA) With Problematic Nutrition Status**

No	Eating Parenting	Frequensi	Percentage (%)
1	Control over eating (Authoritarian)	21	30,43
2	Not Control over eating (Authoritarian)	48	69,57
<b>Total</b>		<b>69</b>	<b>100</b>

**i. Frequency Distribution of Parenting Eating Prompting or encouragement to eat (DEMOCRATIC) Parents of Two-Year-Old Toddlers (BADUTA) With Problematic Nutritional Status**

No	Eating Parenting	Frequensi	Percentage (%)
1	Prompting or encouragement to eat (Democratic)	64	92,39
2	Not Prompting or encouragement to eat (Democratic)	5	7,61
<b>Totals</b>		<b>69</b>	<b>100</b>

**j. Frequency Distribution of Parenting Eating Instrumental Feeding (PERMISIF) Parents of Two-Year-Old Toddlers (BADUTA) With Nutrition Status Problems.**

No	Eating Parenting	Frequensi	Percentage (%)
1	<i>Instrumental Feeding</i> (Permisif)	34	49,57
2	<i>Not Instrumental Feeding</i> (Permisif)	35	50,43
<b>Totals</b>		<b>69</b>	<b>100</b>

**k. Frequency Distribution of Emotional Feeding Parents in Two-Year-Old Toddlers With Nutrition Status Problems**

No	Eating Parenting	Frequensi	Percentage (%)
1	<i>Emotional feeding</i> (Penelantar)	6	8,21
2	<i>Not Emotional feeding</i> (Penelantar)	53	91,78
<b>Totals</b>		<b>69</b>	<b>100</b>

**l. Frequency Distribution of Parenting Eating Relationships of Parents on Toddler Age Two Years (BADUTA) With Nutritional Status Problems**

Eating Parenting	Nutritional status		
	Short	Very short	Totals
Otoriter ( <i>Control over eating</i> )			
N	48 (NOT)	21 (YES)	69
%	69,56 %	30,44 %	100 %
Demokratis ( <i>Prompting or encouragement to eat</i> )			
N	5 (NOT)	64 (YES)	69
%	7,25 %	92,75 %	100 %
Permisif ( <i>Instrumental Feeding</i> )			
N	34 (YES)	35 (NOT)	69
%	49,28 %	50,72 %	100 %
Penelantar ( <i>Emotional feeding</i> )			
N	63 (NOT)	6 (YES)	69
%	91,30 %	8,70 %	100 %

#### 4. CONCLUSION

The conclusions obtained from this study are:

- The pattern of parenting carried out by parents of infants aged 12-24 months in the working area of UPT Puskesmas Pademawu, Pasean District Pamekasan Regency mostly colors the nutritional status of toddlers
- Each type of parenting from parents does not have the same effect on the nutritional status of children aged 12-24 months in the working area of UPT Puskesmas Pademawu, Pasean District, Pamekasan Regency
- Problems of nutritional status of children aged 12-24 months in the working area of UPT Puskesmas Pademawu, Pasean Subdistrict, Pamekasan Regency are mostly influenced by parental eating patterns of parents in the democratic category
- There is a significant influence between parenting and nutritional status of toddlers aged 12-24 months in the working area of UPT Puskesmas Pademawu, Pasean District, Pamekasan Regency

#### 5. SUGGESTION

Suggestions obtained from this study are:

- To prevent malnutrition or other nutritional problems such as stunting, parents, especially mothers, are expected to pay attention to their children's feeding menus which are tailored to their nutritional needs and are more varied.
- The results of this study could be an illustration that the nutritional status of toddlers is not merely an adequate amount of food consumed, but a balanced nutritional intake menu according to each toddler's age. So that it can be used as an intervention material for UPT Pademawu Puskesmas Pademawu District Pamekasan Regency to deliver counseling materials to parents of toddlers according to age groups.

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