

***“THE RELATIONSHIP OF MOTHER'S PARENTING PATTERNS IN FEEDING WITH
THE INCIDENT OF STUNTING IN TODDLER AGE 24 MONTHS - 60 MONTHS”***

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ABSTRAK

Fenomena permasalahan yang ada pada kalangan ibu balita di Desa Panduman Kecamatan Jelbuk adalah banyak dijumpai ibu-ibu yang tidak terlalu memperhatikan cara pemberian makanan pada anaknya, cenderung memberikan anaknya makanan yang sederhana tanpa memperhatikan gizinya. nilai makanannya. Tujuan dari pengabdian masyarakat ini adalah untuk mengidentifikasi pola asuh ibu dalam memberi makan balita, mengidentifikasi kejadian stunting pada balita, dan menganalisis hubungan pola asuh ibu dalam memberi makan balita dengan kejadian stunting pada balita. Kegiatan ini dilakukan dengan memberikan penyuluhan menggunakan lembar kuisioner kepada ibu-ibu yang mempunyai balita stunting dan mengukur tinggi badannya dengan microtoise. Ibu-ibu yang mempunyai balita stunting sangat antusias dan aktif dalam menerima materi dan mengikuti kegiatan untuk memahami cara memberi makan balita yang baik dan benar.

ABSTARCT

The problem phenomenon that exists among mothers of toddlers in Panduman Village, Jelbuk sub-district is that many mothers are found who do not really pay attention to how they feed their children, they tend to give their children simple food without paying attention to the nutritional value of the food. The aim of this community service is to identify maternal parenting patterns in feeding toddlers, identify stunting incidents in toddlers, and analyze the relationship between maternal parenting patterns in feeding toddlers and stunting incidents in toddlers. This activity is carried out by providing counseling using a questionnaire sheet to mothers who have stunted toddlers and measuring their height with a microtoise. Mothers who have stunted toddlers are very enthusiastic and active in receiving materials and taking part in activities to understand how to feed toddlers properly and correctly.



INTRODUCTION

Stunting is a condition where a person is shorter than normal for their age and gender. Height is a type of anthropometric survey that shows a person's nutritional status. The presence of growth retardation indicates long-term (chronic) malnutrition (1). In 2023 it will decrease to 21.6%. The stunting prevalence rate in East Java province based on the Indonesian Nutrition Status Survey (SSGI) of the Ministry of Health shows a prevalence rate of 19.2% in 2022, this figure is below the 20% standard of the World Health Organization (WHO). The prevalence of stunting in Jember Regency according to SSGI in 2022 is still at 34.9%. Jember Regency is the region with the highest prevalence of stunted toddlers in East Java in 2022, reaching 34.9%. This figure is up 11 points from the prevalence of stunted toddlers in the area in 2021 of 23.9%. The data from the results of weighing toddlers in February 2023 included 11 community health centers with a stunting prevalence above 10 percent, one of which was the Jelbuk Community Health Center (17.55 percent). Stunting in toddlers needs special attention because it can hinder the physical and mental

development of toddlers. Stunting is associated with an increased risk of morbidity and death as well as hampered growth of motor and mental abilities. Stunting can increase the risk of obesity, because a person with a short body also has a low ideal body weight. An increase in weight of just a few kilograms can cause a person's body mass index (BMI) to rise above the normal level. Apart from that, toddlers who suffer from stunting will be more vulnerable to disease and as adults are at risk of developing degenerative diseases. The cause of stunting is malnutrition that occurs when the baby is in the womb and at birth, but stunting only appears after the child is 2 years old. Several causes of stunting in toddlers: Contributors to poor nutrition in pregnant women and children under 5 years, lack of knowledge of mothers about health and nutrition before, during and after pregnancy, health services such as ANC-Ante Natal Care (maternal and child health services during pregnancy), Post Natal Care and quality early childhood education are still limited, there is a lack of access to nutritious food. This is because the price of nutritious food in Indonesia is still relatively high. An important factor that

influences the problem of malnutrition in children under five is poor parenting patterns, especially exclusive feeding and breastfeeding due to the low level of parental knowledge, and low parental attention to the nutritional needs of toddlers. Parenting style has an important role in ensuring optimal child growth. Parenting style is an indirect cause of stunting and if not implemented well can be a direct cause of stunting, meaning that parenting style is the dominant factor in causing stunting (3). Types of Parenting Patterns in Feeding There are four types of parenting patterns in feeding that are known and described in the scientific literature, three of which have negative effects on emotional and physical health. The types of parenting or feeding styles are: authoritarian feeding style, permissive or pampering feeding style, negligent or neglectful feeding style, and authoritative or democratic feeding style (Widiyarti, 2018). Controlling (authoritarian) feeding style is where parents act authoritarian, that is, they will ask the child to finish what has been prepared without considering the child's taste. In fact, a study found that children whose mothers often restricted food, their mothers often forced their children to eat when they were not hungry. This habit makes children gain weight (Widiyarti, 2018). The indulgent (permissive) feeding style is that parents don't know what their children are eating. Parents are a little hesitant to say

“no” to their children about the food around them. They have little control over food. As a result, children find it difficult to cope with unhealthy foods and are at risk of gaining weight (Widiyarti, 2018). The neglectful feeding style is that parents do not prioritize food and shopping, and this creates anxiety for their children. If you don't know when food will be served, or if you don't get enough food in quantity or variety, your child may become somewhat focused on food and exhibit behaviors that lead to overeating (Widiyarti, 2018). And Authoritative (democratic) feeding style This is the best way to feed your children. Parents provide limited and organized food choices, but still consider the child's feelings and preferences. For example, does your child want green beans or broccoli for dinner? In this case, food choices make sense because parents still have control over their food choices (Widiyarti, 2018).

METHOD

This research activity was carried out in the Jelbuk Community Health Center Working Area, specifically in the Panduman Village area, this research took place on April 28 2024. This research activity was carried out by analyzing the relationship between maternal parenting patterns in feeding using a questionnaire instrument. Next, assess stunting in toddlers using microtoisemeasurements.

At this research stage, educational pretest and

posttest questionnaires were also carried out to find out to what extent mothers knew and understood the education that had been provided. The steps in providing education are:

1. Approach to the area where the research is carried out.
2. Formulate midwifery problems that occur in society correctly and accurately.
3. Create service strategies related to midwifery problems in the community correctly and sustainably.
4. Obtain approval and permission from the head of the community health center and the Village Midwife based on the implementation of research activities according to the schedule that has been prepared.
5. Providing counseling (Communication, information and education) to mothers who have stunted toddlers by giving questionnaires and giving vitamins to increase appetite to toddlers at the Panduman village posyandu.
6. Carry out scientific publications on midwifery service activities in the community appropriately

RESULTS

In carrying out this research, communication, information and counseling were provided to all respondents. The activity provides counseling about parenting patterns in feeding toddlers

properly and correctly, then teaches mothers how to prepare nutritious food for toddlers to prevent stunting. After providing counseling to mothers in filling out the questionnaire, the responses produced by respondents were quite enthusiastic and could be understood by mothers who have stunted toddlers.

Based on the results of this study, it shows that almost the majority of mothers who have children aged 24 - 60 months provide food with a democratic parenting style of 28 (35.7%), an authoritarian parenting pattern of 32 (64.3%) and a permissive parenting pattern of 32. 0 (0%). The results of the quality analysis of this review show that the majority of respondents have a secondary school education. Usually, parents with a high level of education will prioritize and maintain a healthy diet for their children. A person with little training would anticipate that satiety would be the most important factor in food requirements. The mother's parenting style also influences children's nutritional intake, including portion sizes, hastening meals, providing food with an attractive appearance to arouse the child's hunger and encouraging the child to eat vegetable dishes that the child likes.

1. Respondent Characteristics

Table 1 characteristics of respondents

No	Karakteristik	F	%
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1.	<u>Pendidikan</u>		
	SD	9	14,5
	SMP	17	29,0
	SMA	34	56,5
1.	<u>Usia ibu</u>		
	21- 30 tahun	40	66,1
	31- 40 tahun	20	33,9
2.	<u>Usia Balita</u> 2 tahun		
	tahun	18	30,6
	tahun	26	43,5
	tahun	15	24,2
	tahun	1	1,6
3.	<u>Pekerjaan</u> IRT		
	PetaniPNS	41	69,4
	Wiraswasta	14	22,6
	Tidak Bekerja	0	0
		5	8,1
4.	<u>Jumlah anak</u> 1 anak		
	2 anak	24	41,9
	>3 anak	32	51,6
		4	6,5

Based on table 1, it shows that the average age of respondents is 21-30 years, then the

2. Univariate Analysis

(1) Table 2. Mother's parenting patterns infeeding in Panduman Village

Pola asuh ibu dalam pemberian makan	F	%
Pola Asuh Otoriter	32	64,3 %
Pola Asuh Demokratis	28	35,7%
Pola Asuh Permisif	0	0
Total	60	100%

Based on table 2, almost the majority of mothers who have children aged 24 -60 months provide food with a democratic parenting style of 32 (64.3%), an authoritarian parenting pattern of

28 (35.7%) and a permissive parenting pattern of 0 (0). %).

(2) Table 3 incidence of stunting majority of respondents have secondary school education, namely 34 people (56.5), burdened by the situation of housewives (IRT) as many as 41 people (69.4), respondents had 2 children (51.6), the Based on table 3, it explains that the majority of whom were small children with an average of 26 babies aged 3 years (43.5). majority of toddlers are short, 47 toddlers and some toddlers are very short,13 toddlers.

Kejadian stunting	F	%
Sangat pendek	13	28,6%
Pendek	47	71,4%
Total	60	100%

3. Bivariate Data Analysis

(3) Table of maternal parenting patterns in feeding with the incidence of stunting Based on Table 4, it shows that the highest proportion of authoritarian parenting with stunting incidents was 32 (64.3%) compared to

Stunting							
N	Pola asuh ibu	Sangat pendek	Pendek	Tot al		value	OR
		F	F	f	%		
1	Pola asuh otorite r	8	24	32	64,3 %	0,449 ^a	0,453
2	Pola asuh demokra tis	5	23	28	35,7 %		

democratic parenting with 28 (35.7%) stunting incidents. The chi square test results showed $P=0.449$, which means there is no significant relationship. significant relationship between parenting style and the incidence of stunting.

DISCUSSION

Mother's Parenting Style In Feeding

Based on the research results, it shows that almost the majority of mothers who have children aged 24 - 60 months provide food with a democratic parenting style of 28 (64.3%), an authoritarian parenting pattern of 32 (35.7%) and a permissive parenting pattern of 0 (0%). The results of the quality analysis of this review show that the majority of respondents have a secondary school education. Usually, parents with a high level of education will prioritize and maintain a healthy diet for their children. A person with little training would anticipate that satiety would be the most important factor in food requirements. The mother's parenting style also influences children's nutritional intake, including portion sizes, hastening meals, providing food with an attractive appearance to arouse the child's hunger and encouraging the child to eat vegetable dishes that the child likes. The parenting behavior applied by the mother to the child which is related to eating methods and situations is called parental feeding style. Scientific literature discusses four known eating habits, three of which have a negative impact on mental and physical health. The various parenting styles are: tyrannical parenting style, soft or pampering parenting style, careless or perfunctory parenting style, and definitive or popularity-based parenting style. Previous research by Eniyati (2020) found that out of 36 respondents, it was found that the parenting

pattern applied by parents was a democratic parenting pattern for 28 respondents. Permissive parenting was 8 respondents and authoritarian parenting was 1 respondent.

Judging from the results of research using cross-sectional correlational methodology, there were 60 mothers who had inhibited young children. The results of the survey were 60 mothers who were assessed as having a democratic parenting style as many as 28 (64.3%), as many as 32 (35.7%) had an authoritarian parenting style.) and permissive parenting as much as 0 (0%). However, the number of toddlers who are still classified as stunted toddlers is 47 stunted toddlers, and 13 toddlers are very stunted due to lack of appreciation for the food given to toddlers because the mother never persuades the child if the child decides not to eat, when the mother is working she doesn't feed him but fulfills him with giving him snacks, and the mother doesn't give him a legitimate chance to really focus on her.

Stunting Incidents

Based on the research results, it shows that the majority of toddlers have a short height of 47 people (71.4), and some have a very short height of 13 people (28.6%). The results of the analysis of respondent characteristics in this study show that the average age of toddlers is 2 years - 4 years, with a mean value of 2.97 and a standard deviation of 0.789. Children aged >12 months are more likely to experience stunting than children aged <12 months because the older the child, the greater the need for nutrients. In the growth and development of toddlers, the mother's role is very dominant in caring for and educating children so that they grow and

develop into quality children. The mother's parenting style plays a role in the incidence of stunting in toddlers because the toddler's food intake is regulated by the mother. Mothers who have good parenting patterns will tend to have toddlers with better nutritional status than mothers who have poor parenting patterns. Stunting is a condition where a person is shorter than the general population (of the same age). Stunting (short stature) or height/height at a young age is used as an indicator of chronic malnutrition and is a history of long-term malnutrition in children under five years old.

Stunting is influenced by several factors, the child's age and the mother's education, because maternal education is another factor that influences the incidence of stunting in toddlers. Apart from that, stunting occurs in toddlers because in this modern era, toddlers are too focused on gadgets, resulting in a lack of attention from mothers. The results of the characteristic analysis in this study show that the majority of respondents have a high school education. A mother's parenting style towards her child is closely related to the mother's condition, especially her health, education, knowledge and skills regarding caring for her child. The interaction between toddlers and parents during parenting activities greatly contributes to the growth and development of toddlers. The nutritional status of toddlers is influenced by the mother's ability to provide

sufficient food as well as family

income, education, behavior and number of siblings.

Relationship Between Maternal Parenting Patterns In Feeding And The Incidence Of Stunting

Chi square measurement test results If the value of Asymp. Sig (2-sided) < 0.05 , then it means that H_0 is rejected and H_a is accepted. If the value of Asymp. Sig (2-sided) > 0.05 , which means H_0 is accepted and H_a is rejected. So this indicates that in this study there is no significant influence between maternal parenting patterns in feeding and the incidence of retardation in toddlers aged 24-60 months in the Jelbuk Health Center working area. Based on the research results, it shows that authoritarian parenting has 32 (64.3%) stunting incidents compared to democratic parenting with 28 (35.7%) stunting. There are chi square test results showing $P=0.449$, which means there is no significant relationship between parenting patterns with the incidence of stunting, and the results of a research survey using a correlational method with a cross-sectional approach carried out on April 28 2024 in Panduman Village, Jelbuk Health Center Working Area, Jember Regency on 60 mothers with toddlers aged 24-60 months, the results showed that the number of mothers who Lack of understanding regarding knowledge about

the food given to toddlers is caused by the

mother's lack of understanding in seducing the child when the child does not want to eat. Instead of feeding, the mother actually gives snacks while she is working. Parenting style has an important role in ensuring optimal child growth. Parenting style is an indirect cause of stunting and if not implemented well can be a direct cause of stunting, meaning that parenting style is the dominant factor in causing stunting.

Based on field results, the majority of toddlers suffer from stunting in one Panduman Village. Because mothers do not know their children's nutritional needs, this results in unbalanced children's nutrition. Parenting patterns also influence children's nutritional intake, including portion sizes, speeding up meals, serving vegetable dishes to children that they like and preparing food that looks delicious to entice them to eat more. Because child feeding depends on parental income, children are deprived of certain nutrients. Apart from that, mothers also do not realize the importance of giving children nutritionally balanced food and types of food that can help children's growth and development. Many stunting incidents occurred in Panduman Village, Jelbuk District, Jember Regency.

CONCLUSION

Mothers' parenting patterns in feeding toddlers aged 24-60 months in Panduman Village, Jember Regency mostly have an authoritarian parenting style compared to a democratic

parenting style. The results of the chi square test show that there is no significant relationship between parenting patterns and the incidence of stunting. The incidence of stunting in toddlers aged 24-60 months in Panduman Village, Jember Regency, most of the toddlers are short in height. The results of the Chi Square test show that there is no significant relationship between parenting style and the incidence of stunting.

SUGGESTION

It is hoped that this research can become a source of evidence-based practice for future researchers to develop additional research because it was only carried out for one month. Apart from that, with various analytical tests, it is hoped that future researchers can focus more on other variables that can influence the incidence of stunting in other research subjects, for example toddlers (aged 6 to 24 months).

It is hoped that Panduman Village, Jember Regency can use it as input and consideration for the village's ability to collaborate with other sectors such as the Jelbuk Community Health Center to reduce the still high incidence rate. Stunting by providing education or media about the importance of patterns. Encouraging mothers to feed their toddlers to prevent stunting.

For the Jelbuk Community Health Center, we hope that this examination can be a contribution to the local community health center in providing benefits for stunting and improving babies so that it can reduce the occurrence of

stunting and problems in caring for mothers through providing education. about design development and progress.

ABBREVIATION

IMT	:(Body Mass Index)
ANC	:(Ante Natal Care)
SSGI	:(Indonesian Nutrition Status Survey)

Informed Consent : Approval Sheet

ETHICS APPROVAL AND CONSENT TO PARTICIPATE

Research ethics letter provided by the University of Dr. Ethics Commission. Soebandi No. 356/KEPK/UDS/V/2024. This research is located in the Jelbuk Community Health Center Working Area, precisely in the Panduman Village area, this research took place for 1 month from 28 April 2024 - 28 May 2024.

This research is a type of collaborative research with a cross-sectional approach, this type of research emphasizes measurement/observation time independent and dependent variable data only once. This research wants to analyze the relationship between maternal parenting patterns in feeding as an independent variable by using a questionnaire instrument. Next, assess stunting in toddlers as a dependent variable using microtoise measurements. The population was 92 with a sample of 60 respondents using total sampling techniques. Data analysis uses the Chi Square test.

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