

## Relationship of Mother Knowledge on Nutrition Status of Toddler in Integrated Health Service Post – Working Area Sayur Matinggi Public Health Center

SYERA MAHYUNI HARAHAP, S.KM, M.Kes  
College Teacher of Sentral Academy of Midwifery  
Padangsidimpuan, Indonesia

### **Abstract:**

*The aims of this study was to determine the relationship between Mother Knowledge on Nutritional Status of Toddler in Integrated Health Service Post Working Area Sayur Matinggi Public Health Service Tapanuli Selatan District in 2017. Type of research used analytical study with Cross Sectional design. The population in this study were all mothers who have toddler at Integrated Health Service Post Working Area of Sayur Matinggi Public Health Center with the number of samples as many as 78 people with purposive sampling technique that sampling is based on certain characteristics set by the researchers themselves. The result of the research showed that the nutritional status of under-five years children (toddler) based on BB/U and TB/U was good compared to malnutrition, 67.2% and 76.8% compared to 56.4% and 43.3% respectively. There is a relationship of knowledge ( $p= 0.0001$ ) with nutritional status in children under five years (toddler) at Integrated Health Service Working Area of Sayur Matinggi Public Health Center. It is suggested that Sayur Matinggi Public Health Center will improve the approach and training to village midwives, cadres and mothers of village apparatus to increase promotional activities and counseling about the importance of nutrition in under fives years (toddler) as growth and development, to mother to always pay attention to the nutritional status of children under five years by bringing toddlers to integrated health service every month for weighing.*

**Key words:** knowledge, mother, nutrition status, toddler

## **INTRODUCTION**

Nutrition plays an important role in the human life cycle. In children, malnutrition will cause growth and developmental disorders that if not addressed early can continue into adulthood. To determine the nutritional deficiency, can be done assessment of nutritional status which is also one of the growth benchmarks in children. According to the Centers for Disease Control (CDC), nutritional status in children is divided into good nutrition, mild malnutrition, moderate malnutrition, severe malnutrition, overweight, and obesity (Supariasa 2002).

Childhood is the most vulnerable to nutrition and disease. Because at this time children under five years suffered a transition from baby food to adult food so that toddlers often have difficulty to eat because the mother who can not set a balanced diet for toddlers. There are 3 types of eating disorders in toddlers that is, difficult to eat, picky eating, and difficult to control appetite.

Successful development of a nation is determined by the availability of qualified human resources (HR) quality, ie human resources that have a strong physical, strong mental, excellent health, and smart. Empirical evidence suggests that this is largely determined by good nutritional status. A good nutritional status is determined by the amount of food intake consumed. The problem of poor and bad nutrition is directly influenced by the factors of food consumption and infectious diseases. Indirectly influenced by the pattern of care, availability of food, socioeconomic factors, culture and politics.

Causes of malnutrition can be seen from various factors that can lead to the occurrence of malnutrition cases. According to UNICEF there are two direct causes of malnutrition, ie (1) Lack of nutritional intake from food. This is due to the limited

amount of food consumed or food that does not meet the nutrients needed for social and economic reasons of poverty. (2) Due to the occurrence of an infectious disease. This is caused by the destruction of some body functions so that the body can not absorb substances food well. Other factors that cause the occurrence of malnutrition cases are (1) unavailable factors of food that are nutritious and affordable by the community; (2) Behavior and culture in food processing and foster care of children; (3) Bad scarcity and inadequate health care (UNICEF, 2007).

Lack of knowledge of nutrition and health of parents, especially mothers is one of the causes of malnutrition in infants. In the countryside food is much influenced by socioeconomic and cultural circumstances. There is a taboo to eat in toddlers for example children not given fish because it can cause intestinal worms, nuts are not given because it can cause stomach and bloating (Balawati, 2010).

Early supplementary feeding in food intake can cause digestive disorders such as diarrhea, vomiting, and difficult to defecate. Conversely, too slow feeding results in infants having trouble learning to chew, not liking solid foods, and babies malnourished. Children who have poor nutritional status/malnutrition caused by the bad food, type and quality. The shortcomings are influenced by low family income, mother/family knowledge about nutrition, and habits/assumptions that are believed by the mother (Mery Susanty, 2011).

Based on the results of monitoring the nutritional status of children under five years in Tapanuli Selatan District in 2009, there were 98 or 48.60% are malnourished of children under five years who below red line (BRL) of total 246 toddlers, and 123 children malnourished or about 51.39 % of total BRL toddlers. In 2012, malnourished toddlers decreased to 76 people or 46.36% of BRL toddlers totaling 371 toddlers, and

malnourished toddlers increased to as many as 187 toddlers or about 53.64% of BRL toddlers. Meanwhile, in 2014 malnourished toddlers increased to 276 or 81.84% of BRL toddlers, amounting to 446 toddlers, and malnourished toddlers decreased to only 87 toddlers or about 18.16% of BRL toddlers, (Health Profile of Tapanuli Selatan District, 2014).

Of 10 mothers who have toddlers, 7 have low education and led to a lack of maternal information on nutrition education, leading to poor maternal knowledge of nutrition. Mother's behavior here means mother's perception of the handling of nutritional status, views on the benefits and services provided by public health center or integrated health service post. Most of the mothers are lazy to come even though just to weigh their toddler to integrated health service post which only once a month.

From the survey recorded from the Sayur Matinggi Public Health Center, this study is expected to reveal the relationship of mother knowledge on nutritional status of children under five years (toddler) in working area of Sayur Matinggi Public Health Center. The aims of this research is to know the knowledge of mother on nutritional status of toddler in Working Area of Sayur Matinggi Public Health Center.

## **RESEARCH METHODS**

The type of research used is an analytical study with Cross Sectional design. This research was conducted in the working area of Sayur Matinggi Public Health Center. The time of research is from September to December 2017.

The population is all mothers who have children under five years (toddler) in Integrated Health Service Post working area of Sayur Matinggi Public Health Center and the sample are mothers who have children under 5 (age 12-59 month) and

reside in working area of Sayur Matinggi Public Health Center. Pursuant to purposive sampling technique, total sample is 78 people. Methods of data analysis in this study:

1. Univariate Analysis
2. Bivariate Analysis

## **RESULTS AND DISCUSSION**

### **Distribution of Mother Characteristics on Nutritional Status of Toddlers in Integrated Health Service Post Working Area of Sayur Matinggi Public Health Center**

Results of nutritional status of toddler based on BB/U and TB/U were better than malnutrition of toddler, that is 67,2% and 76,8% compared to 56,4% and 43,3%.

The study was conducted on samples that met the criteria of the study with the number of respondents as many as 100 people. Respondents in question are mothers who have children aged (12-59 months) who are in the work area of Sayur Matinggi Public Health Center. The description of respondents consisting of mother's age, mother's education, and mother's job.

The results of the research have found that the most mother age in the age range 20-30 years, that is 67 people or 67.0%. These results are consistent with the research that has been done by Muntofiah (2008) which states that the age of the parents has a significant influence on the nutritional status of toddler, whereas younger mothers (<29 years) have a 3 times higher likelihood of having a toddler with nutritional status which is good when compared to the elderly mother ( $p = 0,004$ ,  $OR = 0,32$ ). And in line with research conducted In'am (2016) age young mothers have more babies with good nutritional status (40, 4%) than older mothers (17.0%).

While the highest level of mother education is high school level or equal, that is 87 people or 87.0%. This is in

accordance with research that has been done previously by Trimanto (2008) where the higher the level of parent education, the higher the concern for health, especially information about maintaining the nutritional status of children. And from research of In'am (2016) indicate that mother education level very influence to nutritional status of balita where mother who have high school education more good nutrition status (42,6%) than bad nutrition stustus (19,1%)

As for the level of employment of most mothers are farmers, ie as many as 72 people or 72, 0%. Similarly, mothers are often outside the home and their lack of attention to children will affect the nutritional status of these infants in line with Mahyuni's study (2014) where working mothers (38.9%) have toddler with poor nutritional status and non-employment (28, 6%) with good nutritional status.

### **Relationship of Knowledge of Mother On Nutritional Status of Toddler at Integrated Health Service Post Working Area of Sayur Matinggi Public Health Center**

Based on Chi Square statistical test results to find out the relationship between knowledge of mother with nutritional status of toddler showed p value  $<0.001$ . These results are in accordance with the results of research from Kurniawati (2012), obtained p value = 0.001 there is a relationship between the level of knowledge of mother about nutrition with nutritional status of children in Baledono Village Purworejo District. In addition, according to research conducted by Yudi (2008), where the value of p is 0.026 then there is a relationship between knowledge of mother with nutritional status of children aged 6-24 months in Medan Area Subdistrict. And also in line with the research conducted by Mahyuni (2014) in the Working Area of Sayur Matinggi Public Health Center where the statistical test results obtained obtained p value = 0.017 which means there is

a significant relationship between knowledge with nutritional status of toddler.

**Table 1. Relationship of Knowledge of Mothers with Nutritional Status of Toddlers at Integrated Health Service Post Working Area of Sayur Matinggi Public Health Center**

Knowledge of Mother	Nutritional Status (TB/U)				P Value
	Good		Less		
	N	%	N	%	
Good	45	57.7	5	6.4	<0.001
Less	8	10.2	22	28.2	

Knowledge is a thing that comes from the senses and experiences that have been processed by reason and arise spontaneously. As for the nature of knowledge it self consists of three things, ie spontaneous, intuitive, and subjective. In addition knowledge is also true because in accordance with the existing reality (Suryana, 2015), according to Surjaweni (2014) knowledge is the only action taken in matters relating to existing information, such as with the status of children or toddler.

A good nutritional status is a key requirement for the realization of quality human resources, especially for toddlers. Toddlers who experience disturbance or malnutrition at an early age will disrupt growth, causing pain and death. Nutritional disorders are generally caused by a lack of nutritional intake, infection and most importantly the lack of parental attention (Junaidi, 2012).

The better the mother's knowledge about nutrition hence feeding pattern and health care pattern will be better, it also influenced level of mother education is higher, the better the pattern of feeding and health care pattern in toddler.

## CONCLUSION

1. Characteristics (age, education and job) on mothers who have toddlers are still many aged 20-30 years old with high school education, and working as farmers.
2. The relationship between knowledge of mother with nutritional status in toddlers has a significant relationship, with a p value = 0.001.

## BIBLIOGRAPHY

1. Badan Perencanaan Pembangunan Nasional (BPPN). 2007. *Rencana aksi nasional pangan dan gizi 2006-2010*.
2. Baliwati, F.Y. 2010. *Pengantar Pangan dan Gizi*, Penebar Swadaya, Jakarta
3. In'am, Miftahul 2016. Hubungan Tingkat Pengetahuan Orang Tua Dengan Status Gizi Anak Di Bawah 5 Tahun Di Posyandu Wilayah Kerja Puskesmas Nusukan Surakarta PSPD Fakultas Kedokteran UMS: SURAKARTA
4. Junaidi, 2013. Faktor-Faktor yang Berhubungan dengan Status Gizi Anak Usia Prasekolah di Taman Kanak-Kanak Nurul Huda Kecamatan Indra Jaya Kabupaten Pidie 2012. *Sains Riset Volume 3- No. 1*
5. Mahyuni, Syera 2014. Pengaruh Perilaku Ibu Terhadap Kejadian Bawah Garis Merah di Wilayah Kerja Puskesmas Sayur Mtinggi Kabupaten Tapanuli Selatan PSIKM USU: Medan Thesis
6. Muthofiah, S., 2008. Hubungan antara Pengetahuan, Sikap dan Prilaku Ibu dengan Status Gizi anak Balita.
7. Supariasa. 2002. *Penilaian Status Gizi*. Jakarta: EGC.
8. Susanty, Mery 2011. Hubungan Perilaku Tentang Pencegahan Malnutrisi dengan Kejadian Gizi Buruk di



Desa Bukit Padi Kecamatan Jemaja Kabupaten Natuna T.. PSIKM FK Unand: Padang

9. Dinas Kesehatan Tapanuli Selatan. 2014. Profil Kesehatan Kabupaten Tapanuli Selatan Tahun 2013.