



Parenting and Nutritional Status of Children Health: Results From A Cross-Sectional Survey

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Abstract. Infant and child mortality in developing countries, especially Indonesia, is still high. One of the causes of morbidity and mortality is nutritional problem. There were 18.1% cases with malnutrition and 7,7% in Indonesia. There are many causes of malnutrition in children, such as early detection in the assessment of nutritional status and food consumption patterns. The purpose of this study is to determine the relationship of parenting with infant nutritional status in Independent Clinic of Midwives Kasih Ibu Soesrini. This observational cross-sectional research was done in March-April 2023. The population is toddler and children aged 13-59 months old, who came to do health check and immunization which were taken randomly. The research instrument used were questionnaires through interviews, weighing and measure the body length. There were 96 samples in the study with 65.6% children with good nutritional status and 70.8% with good parenting. Chi-square test results showed a significant relationship between parenting with calculated chi-square value 12.157 [p-value=0.001]. As the conclusion, there were many children with good parenting but less history of breastfeeding. There was significant relationship between parenting and nutritional status of the children. It is very important to have good parenting to the children because of its affects to the nutritional status of children.

Keywords : Parenting, Nutritional, Children, Health, Stunting

INTRODUCTION

Children, as the nation's next generation, have abilities that can be developed in continuing the nation's development, by reflecting the nation's health status. Lack of health services, low nutritional status, and diseases related to natural immune deficiency are part of the infant and toddler mortality rate in Indonesia. In developing nations, particularly Indonesia, malnutrition continues to be a major cause of death for newborns and young children [under five]. In 2022 incidences of stunting indicated a rate of 21.6% [1]. It is believed that eating a poor diet is the mechanism underlying food insecurity's negative health effects. Food insecurity may induce or worsen inadequate nutritional intake due to time and budget constraints; nevertheless, there is conflicting data relating food insecurity with dietary intake in children [2]. At this phase, nutrition has a crucial role to optimize this process [3]. The highest position in prevalence of child nutrition problems in Indonesia is occupied by 12-24 months toddlers.

The cause of the problem of stunting in toddlers is the lack of early detection in assessing nutritional status and food consumption patterns which are closely related to monitoring the nutritional status of toddlers. The causal factors that influence nutritional status are very diverse, namely indirect nutritional factors, namely the resilience of family purchasing power and socio-cultural background. Various factors can influence the nutritional status of toddlers, both directly and indirectly, such as exclusive breastfeeding, parenting patterns, and environmental sanitation [4].

Nourishment is pivotal for supporting a brilliant stage over the initial two years. Nourishing issues that foster almost immediately will prompt more troublesome future medical conditions. The most pervasive wholesome issues are tracked down inside the ages of 12 to two years [5].

Other factors include the level of education and nutritional knowledge as well as the number of family members. Child's growth and is an important process, especially in the first 2 years of life. The second factor that influences nutritional status is internal factors, which include food digestibility, health status, physiological status, activities, age, gender and body size. Because the nutritional problem of toddlers is still a very important thing to pay attention to, it is perceived social support. Also, stress is a necessary to carry out research to determine the relationship between parenting patterns with the nutritional status of toddlers and children. Eating behavior in children is a reflection of parents' parenting patterns. Mothers have a role in toddler nutrition, their parenting style also plays a major role in the occurrence of growth and development disorders [6].

4-month-old age range is crucial and requires more care because this is when growth failure starts to show symptoms. Toddlers who experience growth and development issues may be at risk for additional health issues. Numerous researches have demonstrated the connection between children's nutritional status and low quality of life, cardiac problems, and delayed cognitive development. The nutritional status of children is impacted by two factors: direct and indirect. One indirect element that affects nutritional status is parenting style [7]. Youngsters who live in food-uncertain families have an eating regimen quality like that of their food-secure companions [8].

This study aims to determine the relationship between parenting patterns and exclusive breastfeeding with the nutritional status of toddlers at the Independent Clinic of Midwives Kasih Ibu Soesrini, Lampung.

SUBJECT AND METHOD

The Independent Clinic of Midwives Kasih Ibu Soesrini, Lampung, was the site of this study. This Research design uses observational analytics. The population in this study were all toddlers aged 13-59 months who came and were weighed at the Independent Clinic of Midwives Kasih Ibu Soesrini Lampung with a number toddlers who came aged 13-59 months and met the inclusion and exclusion criteria in this study.

Sampling technique used is *random sampling* with inclusion criteria, namely: toddlers aged 13 to 59 months who were willing to be research respondents and had previously been registered at Independent Clinic of Midwives Kasih Ibu Soesrini. The exclusion criteria are: toddlers who have congenital or chronic diseases, incomplete data on the toddler's date of birth recorded in the posyandu register and respondents who did not fill out the data collection instrument. Data collection in this research used scales, *check lists* and questionnaires. The scales used are SSS brand dacin. To obtain accurate data, data collection was carried out through interviews whose questions were guided by the questionnaire. Data analysis on this research namely: [1] Descriptive analysis, which produces a percentage of each variable. [2] Inferential analysis, namely bivariate analysis to see the relationship between each independent variable and the dependent variable using the *Chi square test*.

RESULT

In addition to parenting styles, the high percentage of toddlers at the Independent Clinic of Midwives Kasih Ibu Soesrini Lampung with good nutritional status is likely bolstered by additional factors, such as the fact that most toddlers [55.20%] are still aged 12-36 months and this makes parents more protective monitor and maintain the nutritional intake of toddlers. Then the number of toddlers in the family where it turns out that the majority of respondents [65.62%] only have one toddler so mothers are more focused on providing food, caring for and bringing toddlers to the posyandu in monitoring the toddler's health.

Every parent is different from the next because of several factors that affect them, such as parent-child ratio, parental work experience, and other factors. Many researchers have found that the quality of an infant's education greatly influences its position; the higher the level of an infant's education, the better the parent-child relationship will be; the lower the level of an infant's education, the better the child's status will be. Accordingly, the behavior of adults is not always positive with regard to the growth and development as well as the mental state of children, especially those who are sick.

Table 1. General characteristics of the research sample at
Independent Clinic of Midwife Kasih Ibu Soesrini

Characteristics Respondent	Amount	Percentage (%)
Age Toddler		
12-36 months	53	55.20
37- 60 months	43	44.80
Amount Child toddler in family		
1 toddler	63	65.62
> 1 toddler	33	34.38
Working Mother		
Stay At Home Mother	81	84.38
Apart from domestic workers (laborers, entrepreneurs, civil servants)	15	15.62
Education final Mother		
No school	3	3.12
Elementary school	36	37.50
Junior high school	34	35.41
High school	17	17.70
Academic / Bachelor Degree etc.	6	6.27
Illness Toddler 3 months final		
a. No Sick	31	32.29
b. Acute Respiratory Syndrome	68	67.71
A nurturing role toddler		
a. Parent	61	63.54
b. Family (Grandmother, Grandfather, Siblings)	24	25
c. Neighbor	5	5.20
d. Servant	6	6.26

Table 2. Parenting Patterns for Toddlers at
Independent Clinic of Midwife Kasih Ibu Soesrini

Pattern Foster	Nutritional status				Amount (n)	%
	Not enough		Good			
	n	%	n	%		
No Good	17	60.7	11	39.3	28	100
Good	16	23.5	52	76.5	68	100
Total	33	34.4	63	65.6	96	100

$\alpha = 0.1$ p- value =0.001

DISCUSSION

Parenting Style

There are several factors that might affect children's nutritional status. One of these elements A critical job in a youngster's wholesome condition is the mother's nurturing style. Particularly at the baby age, food admission is totally managed and is the obligation of the parental figure, where socially in Indonesia, the fundamental guardian for kids is the mother. Moms who execute great nurturing designs will quite often have little children with great nourishment, while moms who carry out poor nurturing designs will more often than not have babies who experience unfortunate sustenance. It made sense of that definitive nurturing impacts moms' taking care of practices, which then by implication influences the healthful status of little children. Parenting has a negative correlation with weight restriction and a good correlation with recommendations for healthy eating. Inconsistency was linked negatively to monitoring and favorably to encouraging overconsumption and weight restriction [9]. The nutritional condition of young children under five is significantly influenced by the parenting style of their mothers [10]. Higher calorie intake is correlated with a child's compliance with parental orders [11]. Parenting styles are one of the variables that contribute to poor nutrition [12]. Children's ability to meet their recommended daily intake of food is influenced by the feeding styles of their parents [13].

A parent's parenting style is a collection of attitudes, beliefs, and behaviors they use to interact with their children. These attitudes, beliefs, and behaviors serve as a general context in which parents regulate and guide their children [7]. Assuming the discoveries in this study are that most of babies have unfortunate nourishment and are undernourished by moms who apply dictator and lenient nurturing styles, expressed that weight in kids is more normal in guardians who apply tyrant and lenient nurturing styles [12]. Feeding habits were also linked to general parenting styles, with authoritarian women demonstrating the lowest levels of monitoring and authoritative moms demonstrating the greatest amounts of instruction on healthy eating [9].

The most crucial element in a child's growth and development is their parenting style. The toddler years are the most crucial since this is when the brain develops and gets more intelligent. Mothers need to be more watchful during this time to make sure the toddler does not encounter anything that might impede their development. Children's nutritional status is a key indication of their overall health, and it plays a major role in their ability to stay healthy and recover from illnesses [14]. Early-life eating habits carry over into later years [15].

The adoption of family meals and other eating patterns, together with an increase in physical activity since children under five play more during this period, are the main causes of nutritional issues in children under five [16]. Parenting patterns are the ways that a mother or other caregiver behave and think about being near to their kid and giving them food, love, and care [17].

The examples provided are the best strategies for teaching children to have positive experiences, including eating. This design has two components: promptness as well as excellence. Parental warmth, recognition, and participation in the child's daily activities are achieved through responsiveness. As indicated by the kid's age, social control, close oversight, clear assumptions, and predictable course

describe this nurturing style. The tyrant design is a nurturing design that underscores control and submission that ought not be addressed or haggled by the youngster. Guardians attempt to apply a bunch of guidelines that have been made and rebuff youngsters assuming kids disregard them. Parent connections will quite often be far off from youngsters and less warm. This example makes youngsters pull out, need certainty and experience issues speaking with guardians [13].

Tests given to young Australians conceptualized parenting styles based on aspects of demandingness [defined as setting boundaries; a feature of authoritative and dictatorial parenting] and responsiveness [characterized as warmth and nurturing; a hallmark of definitive and tolerant parenting]; however, the results were less consistent than when the four aspects of parenting style were used [18]. While preschool-aged children's varied diets are influenced by perceived stress from parents and food insecurity in the household. Pediatricians should be aware of these two things, especially when they are seen together, and assist in improving children's dietary quality. It means a lot to address dietary quality very early in life, as one review has shown that offspring of guardians with expanded pressure [19].

Research points to the possibility that food patterns and behaviors formed in infancy might carry over into adulthood. A youngster may be more susceptible to developing chronic illnesses if they are experiencing food insecurity during pivotal times in their development. When these eating habits are changed early on in life, children who experience food insecurity may benefit from improved health and a lower lifetime risk of chronic illnesses [2].

Nurturing style was reliably connected with youngster's BMI [20]. Many mothers do not immediately take their children to the nearest health service if they are sick; this is considered normal because mothers believe it is better to take care of their children. Mothers who do not provide enough health care practices, mothers who have had one child in the last month, suffer from more illnesses. those who are ill at home, so that the mother can treat the child right away when the child is ill. It has become a tradition for mothers whose children have more dietary restrictions from generation to generation that when their children are sick they should not eat eggs or fish because they will give off a fishy smell. Mothers who do not take their children to the integrated service post [posyandu] to be weighed more, this is related to the mother's wishes, sometimes the mother is so busy working that she forgets the posyandu schedule or because of health issues such as infectious diseases [covid] which could attack the child when they come to the health facility [10].

Nurturing style is an overall conduct structure that decides the close to home setting wherein guardians and kids cooperate and mirrors the profound environment wherein youngsters are raised [21]. Nourishment is vital for supporting a brilliant stage over the initial two years. Nourishing issues that foster almost immediately will prompt more troublesome future medical conditions [5]. According to [22], children whose parents have an authoritative parenting style tend to eat more fruits and vegetables and eat fewer unhealthy foods. However, these relationships may be influenced by the mothers' employment status and parenting arrangements. Young children's eating habits are most likely influenced by particular feeding techniques and parenting philosophies. Several feeding behaviors by parents, such as pushing kids to eat past fullness, have been linked to an increased risk of obesity and overeating [23]. Targeted health education should be implemented, especially to encourage fathers to

be actively involved, to ensure the physical and mental health development of children. The emotional and behavioral problems of preschool-aged children in Ma'anshan City are relatively high and influenced by various factors, among which the parenting style is closely related to children's emotional and behavioral problems [24]. It is vital to enhance nutritional status during childhood and adolescence since proper dietary intake during this era can help achieve ideal height in adulthood [4].

Despite the fact that parental feeding habits could be a strong predictor of children's nutritional status in this model. To improve the effectiveness of interventions in this way, parents' knowledge and attitude must be improved, and parenting skills must be improved [25]. Families with low training by and large when medical issues occur for their family, they will request help when medical conditions are serious [26].

CONCLUSION

To conclude, there is a correlation between the nutritional status of toddlers and parenting styles. These two variables are one of the elements that are roundabout causes in evaluating wholesome status in little children. It is necessary to intensify nutritional education in villages in order to increase nutritional knowledge and emphasize the significance of exclusive breastfeeding for toddlers. It should be imparted in pregnant ladies in regards to conduct the antenatal care assessments.

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