FEEDING PATTERNS AND UNDERWEIGHT IN TOODLER

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ABSTRAK POLA PEMBERIAN MAKAN DENGAN UNDERWEIGHT PADA BALITA

Latar Belakang :*Underweight* merupakan indikator utama kekurangan gizi pada anak dan dapat menimbulkan dampak jangka panjang seperti gangguan kesehatan fisik dan mental, perilaku, dan kognitif .Prevalensi *underweight* pada anak balita Puskesmas Rowosari II sebesar 9,8 % mayoritas terjadi pada usia 24-60 bulan dengan persentase 0,53%. Permasalahan yang menyebabkan balita mengalami *underweight* yaitu kurangnya pengetahuan pada orangtua atau pengasuh, kurangnya asupan makanan, dan adanya penyakit infeksi. Penyakit infeksi yang diderita balita dapat mempengaruhi nafsu makan balita sehingga kebutuhan gizi dan makanan dalam tubuh balita tidak terpenuhi akibatnya balita dapat mengalami penurunan berat badan.

Tujuan :Untuk mengetahui hubungan Pola pemberian makan dengan underweight pada Balita.

Metode :Jenis penelitian ini dengan metode survey dan pendekatan *cross sectional.* Populasi dari penelitian ini adalah seluruh ibu Balita dengan status gizi underweight berjumlah 111, dengan teknik pengambilan sampel secara *purposive sampling* berjumlah 40 responden. Analisis data dengan uji *Rank Spearman*

Hasil :Dari hasil penelitian didapatkan bahwa 77.5% Balita dengan status gizi underweight, dan sebanyak 22,5 dengan status gizi nornal . Pola pemberian makan tepat sebanyak 17.5, dan pola pemberian tidak tepat sebanyak 82,5%. Dari uji statistik didapatkan nilai *p value* = 0,050 dengan nilai koefisien korelasi yaitu r = 0,312 sehingga ada hubungan antara pola pemberian makan dengan status gizi balita *underweight*.

Kesimpulan : ada hubungan pola pemberian makan terhadap status gizi *underweight* pada balita (*p value* = 0,050)

Saran:Diharapkan ibu balita dapat meningkatkan pengetahuan dengan aktif mengikuti kelas Balita, dan rutin ikut serta dalam kegiatan posyandu sehingga dapat mengetahui informasi tentang pemberian makan yang bergizi bagi balita yang berkaitan dengan perbaikan pola asuh kepada anak balita.

Kata Kunci : Balita Pola pemberian makan, Underweight

ABSTRACT

Background: Underweight is the main indicator of malnutrition in children. It causes several long-term impacts such as physical and mental health, behavioral and cognitive disorders. The prevalence of underweight in children under five at the Rowosari II Health Center is 9.8%, the majority occurs at the age of 24-60 months by 0.53%. Problems that cause it are: lack of knowledge among parents or caregivers, lack of food intake, and the presence of infectious diseases. Infectious diseases suffered by toddlers can affect the toddler's appetite so that the nutritional and food needs of the toddler's body are not met, as a result the toddler can experience weight loss.

Objective: To determine the relationship between feeding patterns and underweight in toddlers.

Method: This type of research uses survey methods and a cross sectional approach. The population of this study was all 111 mothers of toddlers with underweight nutritional status, with a purposive sampling technique of 40 respondents. Data analysis using the Spearman Rank test.

Results: From the research results it was found that 77.5% of toddlers had underweight nutritional status, and as many as 22.5 had normal nutritional status. Appropriate feeding patterns were 17.5%, and inappropriate feeding patterns were 82.5%. From statistical tests, it was found that the p value = 0.050 with a correlation coefficient value of r = 0.312 so that there was a relationship between feeding patterns and the nutritional status of underweight toddlers.

Conclusion: there is a relationship between feeding patterns and underweight nutritional status in toddlers (p value = 0.050)

Suggestion: For mothers of toddler are expected to increase their knowledge by actively attending toddler classes, and regularly participating in posyandu activities so that you can find out information about providing nutritious food for toddlers which is related to improving parenting patterns for toddlers.

Keywords: Feeding patterns, Underweight, Toddlers

INTRODUCTION

Health is one component of creating quality human resources. Nutritional status of the community as one of the factors in an effort to improve the level of health as high as possible can be started from infancy. This is because the age group that is liable to malnutrition diseases such as underweight, stunting, wasted is the group of babies and toddlers which is the golden period in children's physical, mental and emotional growth (Ministry of Health R1, 2019a). Underweight is the main indicator of malnutrition in children and can cause long-term impacts such as physical and mental health, behavioral and cognitive disorders (Aprilya Roza Werdani & Syah, 2023).

According to WHO, the prevalence of underweight in the world in 2021 is 6.7% or 45.4 million children under five. More than half of toddlers in Asia are underweight, it's attained 70% (WHO, 2021). According to the results of the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of underweight in Indonesia is 17.1%, while in Central Java it is quite high with a percentage of 17.6%, for Kendal district area it is 17.1% (Ministry of Health R1, 2019a). The prevalence of underweight in children under five at the Rowosari II Health Center is 9.8%, the majority of which occurs at the age of 24-60 months with a percentage of 0.53% (Data from the Rowosari II Health Center, 2023).

Problems that cause toddlers to be underweight are lack of knowledge among parents or caregivers, lack of food intake, and the presence of infectious diseases. Infectious diseases suffered by toddlers can affect the toddler's appetite so that the nutritional and food needs of the toddler's body are not met as a result of which the toddler can experience weight loss (Prawoto, 2019).

Based on a preliminary survey conducted in the work area of the Rowosari II Community Health Center, the majority of mothers already have good knowledge, as indicated by the majority of mothers easily getting information about balanced nutrition through posyandu and counseling or socialization from health workers. However, the pattern of feeding children is not in accordance with the type, schedule and amount of children's nutritional intake needs. Therefore, we are interested in analyzing feeding patterns with underweight nutritional status in toddlers in the work area of the Rowosari II Community Health Center. The latest thing from this research is the risk factors that cause underweight in children, namely the mothers parenting style which is the case of underweight, the higher the prevalence rate. This is in line with Luxfy Hanifah's 2023 research stating that there is a significant relationship between mothers parenting style in local PMT and the incidence of underweight toddlers in the Serdang Village community health center working area with a *p value of* 0,027 (Luxfy Hanifah, 2023)

RESEARCH METHODS
Research design

This type of research uses survey methods and a cross-sectional approach (Masturoh & Anggita, 2018). The research location is in the villages of Tanjungsari, Karangsari, Tanjunganom, Randusari in the Working Area of the Rowosari II Community Health Center. The population in this study were all Underweight (BB/U) toddlers aged 0-59 months in the Rowosari II Health Center Working Area, totaling 111 toddlers. Sampling in this study was carried out using the purposive sampling technique, so that a sample of 40 toddlers was obtained. The instruments in this study used a Feeding Pattern questionnaire, stepping scales, microtoices. Data collection techniques using interviews, measuring BB/U. Univariate data analysis was used to describe the distribution of average values (Masturoh & Anggita, 2018). Bivariate analysis of the Spearman Rank test (Masturoh & Anggita, 2018) was used to test the hypothesis of the relationship between feeding patterns and underweight nutritional status in the Rowosari II Community Health Center Working Area.

RESEARCH RESULTS
Respondent Characteristics

Respondents in this study consisted of toddlers aged 6-59 months in Tanjungsari, Karangsari, Tanjunganom, Randusari Villages in the Rowosari II Community Health Center Work Area. More details of the distribution of respondents can be seen in the following table:

Table 1. Frequency Distribution by Age of Toddlers

Toddler	N	%
6-36 month	23	57,5
37-59 month	17	42,5

source: research data in 2023

Based on Table 1, It was found that the majority of the respondents in this study were (57.5%) toddlers aged 6 -36 months.

Table 2
Frequency distribution by gender of toddlers

Gender	N	%
Boys	17	42,5
Girls	23	57,5

source: Research data in 2023

Based on Table 2. indicated that the majority of the respondents (57,5%) were girls.

Table 3
Frequency distribution by the underweight category of toddlers

Underweight toddler	N	%
Underweight	31	77,5
Normal	9	22,5

Source: Research data in 2023

Based on table 3, indicated that the majority of the respondents were underweight (77,5%).

Table 4
Frequency distribution by the feeding patterns of toddlers

Feeding patern	N	%
Inappropriate	33	82.5
Appropriate	7	17.5

Source: Research data in 2023

Based on table 4, indicated that the majority of respondents were implemented inappropriate feeding pattern (82,5%).

Table 5
Crosstab Results of the Spearman Rank Test Between Feeding Patterns and Underweight Nutritional Status in Toddlers

Feeding Pattern	Nutritional Status				Amount	
	Normal		Underweight			
	n	%	n	%	N	%
Inappropriate	7	17.5	26	65	33	82,5
Appropriate	2	5	5	12,5	7	17,5
P = 0,050	r = 0,312				α = 0,05	

Source: Research data in 2023

Based on the research results, it can be seen that the percentage of underweight toddlers who implement inappropriate feeding patterns is 65% and the percentage of normal toddlers who implement inappropriate feeding patterns is 17.5%.

The results of the analysis of feeding patterns are divided into 2 categories, appropriate and inappropriate. From the results of the analysis of Underweight Nutritional Status by the feeding patterns, it was found that the p value = 0.050 with a correlation coefficient value of r = 0.312 therefore, there is a relationship between feeding patterns and the nutritional status of underweight toddlers.

DISCUSSION
Overview of the toddlers nutritional status

Based on the research results, it can be seen that there are more toddlers aged 6-36 months (57.5%) compare to those aged 37-59 months (42.5%). There are 82,5%of toddlers who implemented by inappropriate feeding patterns (82.5%). According to Kurniawan et al., in 2022, boys will be underweight compared to girls. It because boys need more calories for growth and development. The physical growth of boys will be slower than girls. This difference will be seen when they enter adolescence, namely that boys will grow faster than girls (Kurniawan et al., 2022).

Relationship between Feeding Patterns and Underweight Toddlers

Malnutrition, especially in children under five, can disrupt physical growth and mental development, disrupt brain intelligence, and reduce body endurance. The high underweight rate is due to inaccurate consumption patterns of toddlers and mother's parenting patterns, so it will affect the nutritional status of toddlers, especially toddler weight (Azkia et al., 2023). Therefore, parents must always pay attention to feeding patterns for children with a balanced nutritional menu in accordance with the 2019 nutritional adequacy figure (AKG) for children aged 1-3 years of 1,350 kcal, 20 grams of protein, 45 grams of fat and 215 grams of carbohydrates. . For children aged 4-6 years, it is 1,400 kcal, 25 grams of protein, 50 grams of fat and 220 grams of carbohydrates (Ministry of Health R1, 2019).

According to research by Kurniawan et al., in 2022, male toddlers will be underweight compared to female toddlers. Toddler boys are more susceptible to being underweight because toddler boys need more calories for growth and development. The physical growth of male toddlers will be slower than that of girls. This difference will begin to appear when they enter adolescence, namely that boys will grow faster than girls (Kurniawan et al., 2022).

Age 6-36 months is an important period in the growth and development of toddlers. During the Baduta period, a rapid growth and development process takes place, namely physical growth, psychomotor, mental and social development. Malnutrition during the toddler years can cause physical, mental, social and intellectual growth and development disorders that are permanent and continue until the child becomes an adult (Merryana Adriani, 2019).

In this research, the most common cause of underweight is the mothers parenting style, especially the pattern of feeding children, this is in line with Luxfy Hanifah's research in 2023 which states that there is a significant relationship between the mother's parenting style in local PMT and the incidence of underweight toddlers in the work area of the community health center Serdang Village with *a p value of* 0,027 (Luxfy Hanifah, 2023).

CONCLUSION

The conclusion of this study is that there is a relationship between feeding patterns and underweight nutritional status in toddlers in the work area of the Rowosari II Community Health Center with a p value of 0.050, there is a significant relationship with the correlation coefficient value showing a moderate or sufficient relationship, namely r = 0.312.

SUGGESTION

For Community Health Centers, existing programs at Community Health Centers should be optimized to improve feeding patterns for example the toddler mother class activity program by providing balanced nutrition for children. It is hoped that mothers of toddlers can increase their knowledge about providing nutritious food for toddlers which is related to improving parenting patterns for toddlers.

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