



## The Relationship Between Parenting Patterns In Fulfilling Nutrition With Body Weight In Toddlers

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**Abstract.** Growth is a quantitative change. Monitoring the growth and development of toddlers can be done through active visits to Posyandu. One of the things that can affect growth in children is parenting. Good parenting from parents will improve optimal nutritional status conditions. Eating behavior in children is a reflection of parenting patterns from parents. Mothers have a role in the nutrition of toddlers, their parenting patterns also play a role in the occurrence of growth disorders. Research Objective: To determine whether there is a relationship between parenting patterns in fulfilling nutrition with body weight in toddlers. Research Design: Analytic with Cross Sectional approach. Population: All toddlers in Hilimbosi Village as many as 114 people. Sample: 52 people with Simple Random Sampling technique. Instrument: Questionnaire and KMS sheet. Data Analysis: Mann-Whitney Test statistical test. Results: Parents with democratic parenting are 42.3%, parents with authoritarian parenting are 25.0% and parents with permissive parenting are 32.7%, the appropriate weight of toddlers is 75.0%, and the weight of toddlers is not appropriate as much as 25.0%. Conclusion: There is no relationship between parenting patterns in fulfilling nutrition with body weight in toddlers ( $p = 0.605$ ). Suggestion: It is recommended for parents to pay more attention to the nutritional content of the food consumed by children by maintaining good parenting and continuing to monitor Bali's growth.

**Keywords:** *Parenting, Parents, Toddler Weight Gain.*

### INTRODUCTION

Toddlers are individuals or groups of individuals from a population who are within a certain age range. Toddlers are children aged 1-3 years (toddlers) and preschoolers (3-5 years). The age of 36 - 60 months is one of the crisis periods for toddlers who continue to form their brain tissue. Development and growth in the toddler period is a factor in the success of children's growth and development in the future (Setyawati & Hartini, 2018).

Based on data from the World Health Organization (WHO), the global prevalence of malnutrition and undernutrition in 2019 was 13%. The highest prevalence of malnutrition and undernutrition was in Southeast Asia at 25.5%, followed by Africa at 16.6%, Eastern Mediterranean at 12.3%, Western Pacific at 2.4% and the Americas at 1.6%. Nationally, the prevalence of malnutrition and undernutrition among children under five (BB/U) was 17.7%, consisting of 3.9% malnourished children under five and 13.8% undernourished children under five.

Based on the results of nutrition surveillance data in 2020 on monitoring toddler growth by measuring the Weight-for-Age index that was entered as much as 49.6% of the existing toddler target. Of the toddler targets in the entry, 160,712 (1.4%) toddlers were found to be very underweight and as many as 779,139 (6.7%) toddlers were underweight (Indonesian Health

Profile, 2020). Various factors can cause this, one of which is parenting in this case is the treatment or way of giving a toddler.

## **LITERATURE REVIEW**

Fostering patterns consist of two words, namely patterns and fostering. According to the Big Indonesian Dictionary, pattern means pattern, model, system, way of working, fixed form (structure). Meanwhile, the word foster can mean looking after (caring for and guiding) small children, guiding (helping; training and so on) and leading (heading and organizing) an agency or institution (KBBI). The pattern of parenting or child care is very dependent on the values of the family.

The role of parenting or care is mostly held by the wife or mother even though educating children is a shared responsibility. Changes in the wife's or mother's status as a career woman can affect parenting duties. Commitment between husband and wife is essential for clarity in childcare patterns and consistency. Roles can be learned through the process of socialization during the stages of child development carried out through interactions between family members. Learned roles will be reinforced through the provision of good appreciation with the affection given, attention, and friendship (Setyowati, 2012).

Toddlers are children aged 0-59 months, while toddlers are children aged 12-59 months. In this period, there is a very rapid growth acceleration so that optimal nutrient intake is needed in terms of quality and quantity. The toddler group is in the process of growth and development which is unique, meaning that it has a pattern of physical growth and development (coordination).

## **METHODS**

The research design is analytic with a cross-sectional approach. Population is a number of subjects who have certain characteristics (Ismael, 2013). Data collection was carried out using a questionnaire made by researchers based on theoretical concepts by first giving a brief explanation of the purpose and research and how to fill out the questionnaire and stated to the respondent if there were things that were not understood.

Instrument is the tools that will be used for data collection, Secondary data is data obtained from the research site in the form of the number of parents who have children under five. The population in this study were all toddlers in Hilimbosi Village, Sitolu Ori Subdistrict, totaling 114 people, with a sample of 52 people by taking the Simple Random Sampling technique by looking at inclusion, namely, mothers or families who have children aged 1-5 years, mothers or families and children who are registered as residents of Hilimbosi village, mothers or families willing to be respondents and their children as research samples, mothers or families can read and write.

Using a questionnaire sheet and KMS, the instrument used to determine the weight of toddlers is to use KMS. The score given for toddler weight is classified into: 1. appropriate, if the weight chart follows the growth line or the increase in weight is equal to the minimum weight gain (KBM), 2. inappropriate, if the weight chart follows the growth line.

## **RESULTS**

Parents with democratic parenting are 42.3%, parents with authoritarian parenting are 25.0% and parents with permissive parenting are 32.7%, the appropriate weight of toddlers is 75.0%, and the weight of toddlers is not appropriate as much as 25.0%. Conclusion: There is no relationship between parenting patterns in fulfilling nutrition with body weight in toddlers ( $p = 0.605$ ).

**Reporting Research Results****Table 1 Frequency Distribution of Respondents based on Parenting Patterns of Parents in Fulfillment of Nutrition**

No.	Parenting Pattern	Frequency (f)	Percentage(%)
1	Demoktaris	22	42,3
2	Otorite	13	25,0
3	Permisif	17	32,7
<b>Total</b>		<b>52</b>	<b>100,0</b>

Based on table 1 above, it is found that out of 52 respondents, the parenting patterns of parents in fulfilling democratic nutrition were 22 people (42.3%), authoritarian parenting patterns were 13 people (25.0%), and permissive parenting patterns were 17 people (32.7%).

**Table 2 Frequency Distribution of Respondents by Toddler Weight**

No.	Body Weight	Frekuensi (f)	Persentase (%)
1	Appropriate	39	75,0
2	Not Appropriate	13	25,0
<b>Total</b>		<b>52</b>	<b>100,0</b>

Based on table 4.2 above, it can be seen that out of 52 respondents, the appropriate weight of toddlers was 39 people (75.0%), and the inappropriate weight of toddlers was 13 people (25.0%).

**Table 3 The Relationship between Parenting Patterns in Nutritional Fulfillment**

Weight of Toddlers		Appropriate		Not Appropriate				
		F	%	F	%	F	%	
1	Demoktaris	17	32,6	5	9,7	22	42,3	<b>0,605</b>
2	Otorite	11	21,2	2	3,8	13	25,0	
3	Permisif	11	21,2	6	11,5	17	32,7	
<b>Total</b>		<b>39</b>	<b>75,0</b>	<b>13</b>	<b>25,0</b>	<b>52</b>	<b>100</b>	

Based on table 3 above found that of the 52 respondents, democratic parenting patterns were 22 people (42.3%) with the appropriate weight of toddlers as many as 17 people (32.6%)

and the weight of toddlers was not appropriate as many as 5 people (9.7%), parents who applied authoritarian parenting patterns as many as 13 people (25, 0%) with the appropriate weight of toddlers as many as 11 people (21.2%), and the weight of toddlers who do not fit there are 2 people (2.8%), while permissive parenting as many as 17 people (32.7%) with the appropriate weight of toddlers as many as 11 people (21.2%) and weight does not fit as many as 6 people (11.5%).

Based on the results of statistical tests using the chi-square test, the value of  $p$  value = 0.605 (Mann - Whitney Test) the results show the value of  $\alpha \Rightarrow 0.05$  meaning  $H_0$  failed to be rejected  $H_a$  rejected. This shows statistically there is no relationship between parenting patterns in fulfilling nutrition with body weight in toddlers in Hilimbosi Village, Sitolu Ori District, North Nias Regency.

According to the results of the research conducted that parents in Hilimbosi village are categorized as having good democratic parenting but there is still an inappropriate weight of toddlers. Researchers argue that toddler weight is not influenced by parenting patterns but can be influenced by nutritional intake and food consumption. This is in accordance with the opinion of Chikhungu (2014), which states that one of the things that affects the nutritional status of children is food intake.

## **DISCUSSION**

Based on the results of research obtained regarding "The Relationship between Parenting Patterns in Fulfillment of Nutrition with Body Weight in Toddlers in Hilimbosi Village, Sitolu Ori District, North Nias Regency" can be concluded as follows:

1. Parents with democratic parenting are 42.3%, parents with authoritarian parenting are 25.0% and parents with permissive parenting are 32.7%.
2. The appropriate weight of toddlers is 75.0%, and the weight of toddlers is not appropriate as much as 25.0%.
3. There is no relationship between parenting patterns in the fulfillment of nutrition with body weight in toddlers, with a  $p$  value of 0.605

## **CONCLUSION**

Parents should pay more attention to the nutritional content of food consumed by children by maintaining good parenting and continue to monitor the growth of toddlers at the posyandu so that the weight of toddlers is in accordance with the age of toddlers, and to health workers it is advisable to follow up on the condition of toddlers with a weight that is still not in accordance with their age.

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