

CHILD PARENTING AND THE OCCURRENCE OF MALNOURISHED TODDLERS (HEALTH STUDIES IN THE WORKING AREA OF MONTASIK HEALTH CENTER, KEC. MONTASIK, KAB. ACEH BESAR)

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Abstract: This study discusses the parenting of children against the occurrence of malnourished toddlers in Montasik Health Center, Kab. Aceh Besar in 2006. The purpose of this study is to find out the relationship between the influence of parenting in the form of the person in charge of parenting, the type of food given, meal time, frequency of eating, how to feed, the atmosphere and who feeds the malnourished toddler. The study used *cross sectional* designs on 150 toddlers (ages 12 months – 59 months) and their parents in the working area of Montasik Health Center. The results of the study showed that the parenting of children who affect the occurrence of toddler malnutrition is the type of food given, the frequency of eating, and the dominant influence is the type of food given that has an influence three times greater than the frequency of eating.

1. 1 INTRODUCTION

According to the World Health Organization (WHO) in 1948, health is a fundamental right for everyone regardless of race, religion, politics and socioeconomic level. According to Law No. 23 of 1992 on health, it is established that health is a state of prosperity of the body, soul and social that allows everyone to live productively socially and economically (Ministry of Health.RI, 2001).

Health development has a vision towards a Healthy Indonesia 2010, meaning that the image of Indonesian society in the future its population lives in a healthy environment and behavior, able to obtain quality health services fairly and equitably and have a healthy degree. As high as possible. With the determination of this vision, health development is directed to improve the quality of healthy, intelligent and productive human resources (Depkes.RI, 2001). For that, then every individual must be prepared as early as possible from the age in the womb and toddlers in order to grow and develop as optimally as possible (Tanuwidjaya, 2002).

A child's growth and development are influenced by (i) *internal* factors such as race, family and genetics, (ii) *External* factors consisting of: (a) *Prenatal* factors, during *prenatal* times the child's growth and development are strongly influenced by nutrition. Pregnant women especially in the final trimester of pregnancy. (b) *Postnatal* factors, during the *postnatal* period of growth and development of children are strongly influenced by adequate and balanced nutrition (Tanuwidjaya, 2002).

Broadly speaking there are 3 basic needs of children for growth and development: (1) The need for milk, namely the need for stimulation for children, in the form of games or exercises, (2) The need for compassion, namely emotional needs such as the need for security and affection. parents, (3) The need for foster care, one of which is the need for adequate and balanced nutrition. Nutrition is the most important need for foster care. Nutrition is a body building substance that affects the growth and development of children in the first years of life because they are experiencing very rapid growth, especially for brain growth, so that with adequate and balanced nutrition, a child will grow into a healthy



and intelligent child (Tanuwidjaya, 2002). In a state of mild malnutrition and severe malnutrition growth and development in toddlers will be hampered. The Ministry of Health.RI confirms that severe nutritional disorders at an early age greatly inhibit the mental development and intelligence of children so as to affect the quality of children in adulthood (Hendrawan, 1995).

Malnutrition, according to the Minister of Health of the Republic of Indonesia Siti Fadilah Supari, on the Anniversary of Indonesia Nutrition Day on January 29, 2007, including the main health problems of the Indonesian people. The highest prevalence is found in children under five (Depkes.RI, 2001). One of the main factors that cause malnutrition is due to inadequate family care, namely the lack of ability of families to provide good and nutritious food, so that infants and children suffer from malnutrition (<http://www.depkes.go.id>, 11-02-2007). In 2001 more than 5000 children under five in Tangerang City experienced malnutrition and almost 80% due to family feeding errors (<http://www.sinarharapan.co.id>, 11/03/2007).

Based on Susenas data in 2001, in Indonesia, the prevalence of toddlers with good nutrition is 64.14%, malnutrition is 21.15% and malnutrition is 9.35% (Ministry of Health.RI, 2001). Provinces with high risk (>30%) for cases of malnutrition and malnutrition are East Nusa Tenggara 40.8%, provinces with moderate risk(≤30%) for cases of malnutrition and malnutrition are West Nusa Tenggara 30%, Papua 25.7%, Bangka Belitung 22.4%, Central Java 22.2%, East Java 21.9% and Nanggroe Aceh Darussalam 19.68% (Depkes.RI, 2002).

Health profile data of Nanggroe Aceh Darussalam Province in 2003 showed a prevalence of good nutrition 71.00%, malnutrition 25.80%, and malnutrition 3.19% (Dinkes, Prov. NAD, 2004).

From the www.urbanpoor.or.id website it is known that from January to November 2005 there were 71,815 toddlers suffering from severe malnutrition in Indonesia, 232 of whom died. In Nanggroe Aceh Darussalam Province there were 3,763 cases of severe malnutrition, 8 of whom died (<http://www.urbanpoor.or.id>, 18-02-2007).

Based on the 2006 nutrition case report in Nanggroe Aceh Darussalam Province, mild malnutrition 16,832 people and severe malnutrition 1,658 people with the most spread of mild malnutrition cases: (1) Pidie Regency 3,425 cases from 51,036 toddlers or 6.7%, (2) North Aceh Regency 3,332 cases from 61,540 toddlers or 5.4%, (3) Aceh Besar Regency 2,399 cases out of 49,935

toddlers or 4.8% (most in Montasik District which is 541 cases from 2020 toddlers or 26.7%). Most severe malnutrition cases: (1) Bireun Regency 414 cases out of 32,980 toddlers or 1.3%, (2) Simeulue Regency 400 cases out of 30,960 toddlers or 1.2%, (3) Aceh Besar Regency 321 cases of the 27,335 toddlers or 1.1% (in Montasik District 37 cases out of 2020 people number of toddlers or 1.83%) (Dinkes Prov). NAD, 2006).

Montasik district has an area of 13,000 ha, consisting of 53 villages, with a population of 21,156 people, more than 50% of the population in the Montasik subdistrict is recorded as poor people, namely 11,961 people. In general, they have a livelihood as farmers and ranchers (BPS Aceh Besar Regency, 2005).

Based on the above description, it is necessary to conduct research on "The Effect of Child Parenting on the Occurrence of Malnourished Toddlers in the Working Area of Montasik Health Center of Montasik District of Aceh Besar Regency in 2006".

2. 2 RESEARCH METHODS

The study uses *analytical observational* research methods with *cross sectional* design. This research was conducted in the working area of The Montasik Kec. Montasik Kab. Aceh Besar Provincial Health Center nad on the grounds that Kab. Aceh Besar was ranked third in terms of the number of mild and severe malnutrition. In addition, the working area of Montasik Health Center showed the highest percentage of toddlers who were malnourished, compared to other health centers which is 28.53% of the number of toddlers consisting of mildly malnourished toddlers 26.7% and severely malnourished toddlers 1.83%. The study was conducted from January to August 2007.

The population in this study is all toddlers (age 12 months-59 months) and their parents who are in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency as many as 2020 people. Sampling from the population is done in a simple random sample (*simple random sampling*), with lottery techniques.

The size of the sample in this study was calculated using the formula of the one-sample hypothesis test (Lemeshow, 1997) and obtained the number of samples studied by 150 respondents. For primary data obtained directly from mothers and fathers who have toddlers using questionnaires about parenting (the main person in charge of parenting, the type of food given, meal times, frequency of



eating, how to feed, atmosphere when feeding, who feeds) and from the Card To Healthy (KMS).

As for variables consist of dependent variables (related to toddler malnutrition) and independent variables (free variables). Data analysis methods use validity and reliability tests, univariate analysis, bivariate analysis, and multivariate analysis.

3 RESULTS AND DISCUSSIONS

This research was conducted in the working area of Montasik Health Center, Kec. Montasik, Kab. Aceh Besar. Montasik Subdistrict is one of the sub-districts in the district of Aceh Besar Regency, Nanggroe Aceh Darussalam Province. Montasik Health Center is a health facility located in Montasik Subdistrict located in the village of Teubang Phui Mesjid. The supporting facilities of Montasik Health Center are 1 building 2 ambulances as mobile health centers that provide services to villages and bring referral patients to the hospital, 6 pieces Puskesmas pembantu and 14 pieces of polindes spread across 14 villages, each inhabited by 1 village midwife (BPS Aceh Besar, 2005).

The focus of this study is to look at the influence of child parenting on the occurrence of malnourished toddlers that are seen in several aspects of factors. In this study, the age of the most toddlers is 24-35 months and age 36-47 months, which is 41 people (27.3%) and at least 48-59 months old, which is 29 people (19.3%). For the sex of toddlers, there were more male sexes, which was 87 people (58.0%) compared to the female sex of 63 people (42.0%). For toddlers, malnutrition is obtained more people who are not malnourished, namely 97 people (64.7%) compared to those who are malnourished which is 53 people (35.3%) with a mild malnutrition rate of 39 people (73.6%) compared to severe malnutrition which is 14 people (26.4%).

The main responsible factor is obtained more toddlers with the main person in charge in good parenting, which is 139 people (92.7%) than less good, which is 11 people (7.3%). Of the food type factors given more toddlers with age-appropriate food types are 107 people (71.3%) compared to those who are not age appropriate, which is 43 people (28.7%). For the eating time factor, more toddlers with good feeding time were 147 people (98.0%) than less good, which was 3 people (2.0%). Furthermore, from the food frequency factor obtained data on more toddlers with the frequency of eating according to

age, which is 77 people (51.3%) than non-age-appropriate, which is 73 people (48.7%). For the factor of how to feed obtained data on more toddlers by giving good food, which is 146 people (97.3%) than less good, namely 4 people (2.7%). Furthermore, from the atmosphere factor when feeding, data obtained more toddlers with atmosphere when giving good food, which is 148 people (98.7%) than less good, which is 2 people (1.3%). And from the factor of who feeds more toddlers with the category of who feeds well, which is 145 people (96.7%) than less good, which is 5 people (3.3%).

The occurrence of malnutrition in toddlers is caused by several factors. According to UNICEF (1999) the factors that cause malnutrition are very complex, namely national problems, direct causes and indirect causes. One of the indirect causes is errors in child feeding patterns (Unicef, 1999) such as the provision of the type of food given according to the age of the child, the frequency of feeding in a day according to the age of the child, sensitivity to know when the child should eat, how the attitude of caregivers in feeding children so as to grow children. Napsu eats the child, and how to create a pleasant situation that can stimulate the child's desire to eat (Engle et. Al, 1997).

In this study based on data obtained in the field that the number of toddlers who are not malnourished is more than the number of toddlers who are malnourished and the number of toddlers is mildly malnourished more than severe malnutrition. The number of malnourished toddlers in this study was 53 people (35.3%) out of 150 toddlers who were sampled for research in the working area of Montasik Health Center of Montasik District of Aceh Besar, so that from these results it can be estimated the number of malnourished toddlers in the population (estimated proportion) which is 28%-42% from 2020 toddlers in the working area of Montasik Health Center, Montasik District, Aceh Besar. According to the Aceh Besar District Health Office in 2006, the number of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency was 28.53%, meaning that the number of malnourished toddlers from the results of this study and from secondary data obtained from the Office of Health. Health of Aceh Besar Regency in 2006, the percentage lies between the estimated value of proportion.

In addition, in this study there were more toddlers with the main responsibility in good parenting, which is 92.7% compared to less good, which is 7.3%, meaning that there are already many parents in the



working area of The Montasik Health Center of Montasik District of Aceh Besar who realize that childcare should be done together by the father, and the mother so that it can produce a good quality of parenting that is nurturing that understands the needs of the child. The results of statistical tests with *fisher exact* showed that there was no influence of the main person in charge of parenting against the occurrence of malnutrition in toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar regency in 2006. From the category of food types given shows the associated influence in influencing the occurrence of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency in 2006.

Feeding children that occurs in Aceh is still influenced by culture, namely the culture of feeding that is not appropriate for children in the form of giving bananas wak to newborns and giving bananas that are milled with rice at the age of infants over 3 months and the same feeding as adult food in infants over 8 months old which can cause food can not be absorbed perfectly. Then from the category of meal times showed the absence of the influence of the occurrence of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency in 2006 where toddlers with good or poor meal times will not be suffering from malnutrition, this may be related to the type of parenting applied by caregivers to children, for example authoritative types where caregivers behave warmly but firmly, they make rules against the child but adapted to the growth and development of the child and patient and diligent, eating rules They also make it with a rigid schedule (too disciplined) but with warmth and patience make children willing to follow the rules, children still want to eat and this parenting behavior is acceptable to the child.

Furthermore, from the category of eating frequency obtained the frequency of eating that affects the occurrence of toddler malnutrition in this work area, the frequency of eating children in a day according to the Ministry of Health. RI (2005) is adjusted to the age of the child so that the intake of food can meet the needs for the growth and development of children. Vice versa, children with the frequency of eating are not age-appropriate, then the intake of nutrients is less so that the child is more likely to suffer from malnutrition as seen from the results of this study where malnourished toddlers are more abundant in children with age-inappropriate eating frequency.

Then when viewed from the category of how to feed, from the results of the study obtained data that the way of feeding does not affect the occurrence of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency in 2006, meaning that however how to feed children in the good category, namely children who are fed with Patience, perseverance, without compulsion or children who are fed in the category of less good will not cause malnutrition in the child. For the category of atmosphere when feeding, data obtained that there is no influence of atmosphere when feeding on the occurrence of malnourished toddlers in the working area of Montasik Health Center, Montasik District of Aceh Besar in 2006. This can happen because the atmosphere when feeding is very small influence on the child's eating patterns so that however the atmosphere when feeding will not make the child suffer from malnutrition.

As for the category of who feeds obtained data that who feeds does not affect the occurrence of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency in 2006, meaning that children are fed by Parents or others will not suffer from malnutrition which is important is the person who feeds the child understands the diet of the child's feeding.

4. CONCLUSION

Based on what was that the child custody that affects the occurrence of malnourished toddlers in the working area of The Montasik Health Center of Montasik District of Aceh Besar Regency in 2006 is the type of food given and the frequency of eating. Then, the most dominant child parenting affects the occurrence of malnourished toddlers in the working area of Montasik Health Center, Montasik District of Aceh Besar Regency in 2006 is the type of food provided while child care that does not affect the occurrence of malnourished toddlers in the working area of Montasik Health Center, Montasik District of Aceh Besar In 2006 is the main person in charge of parenting, meal time, how to feed, atmosphere when feeding, who feeds. From the results of this study also obtained the number of malnourished toddlers is 53 people (35.3%) so that the estimated number of malnourished toddlers in the population (estimated proportion) is 28%-42% of 2020 toddlers in the working area of Montasik Health Center montasik district of Aceh Besar.



Furthermore, based on what has been described previously, there are still toddlers who are malnourished in the working area of the Montasik Health Center, Montasik District, Kab. Aceh Besar. Although the number of children under five who are malnourished is not large. In this case, based on the results of research in the field, it was found that culture has a significant influence. The existing culture is feeding that is not appropriate for the age of the child, namely giving banana wak to newborns and giving pisak wak milled with rice to babies over 3 months old. In addition, there is also giving the same food as adults to infants aged over 8 months. This can make food not absorbed properly so that it interferes with the growth and development of existing toddlers. Cultural patterns that are formed continuously that occur in Aceh, especially in the working area of the Montasik Health Center, are one of the factors in the occurrence of malnutrition in toddlers. This cultural pattern should be accompanied by the right knowledge for mothers about their toddlers.

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