

CORRELATION OF MATERNAL PARENTING IN TODDLER FEEDING WITH THE INCIDENCE OF STUNTING

Arum Zultiara^{1*}, Khairunnas², Marniati^{3*}, Itza Mulyani⁴
^{1,2,3,4} Nutrition Study Program /Faculty of Public Health, Universitas Teuku Umar
Corresponding E-mail: marniati@utu.ac.id

Abstract

This study aims to see if there is a relationship between maternal parenting in toddler feeding and the incidence of stunting in Samatiga District, West Aceh Regency. Stunting is a condition of a person's height that is less than normal based on age and sex with a z-score value of less than -2 SD. Problem in this study is the high rate of stunting over the past three years, which is 23.7% of toddlers experiencing stunting from a total of 1,234 toddlers. This study used a cross-sectional survey design. Location and Duration of Research: this research was conducted in Samatiga sub-district in November 2023. Methods: this research is quantitative, with a population of all mothers who have toddlers 1,234 people. Sampling using the quota sampling method, where the population was sampled as many as 93 respondents. Then the data was analyzed using univariate and bivariate and then tested with the Spearman Rank Correlation Model. Results: there is a relationship between feeding parenting patterns and the incidence of stunting in toddlers, namely with a value (Pvalue $0.000 < 0.05$). Conclusion: there is a relationship between parenting in feeding with the incidence of stunting, it can be proven by the correlation value $r 0.567$ which means there is a high closeness between parenting in feeding with the incidence of stunting in toddlers. Suggestion: It is hoped that the health center and other related parties will increase the motivation of mothers through education on the importance of good feeding parenting in fulfilling child nutrition

Keywords: *Feeding, Parenting, Stunting, Toddler*

1. INTRODUCTION

Stunting is a condition where children who experience growth disorders that cause their bodies to be shorter than their peers with a z-score value of less than -2 SD (Unicef, 2020). The impact of stunting on children in the short term is impaired brain development, intelligence, physical growth, and metabolic disorders (Ramdhani et al., 2020). While the long term can have adverse effects characterized by decreased cognitive ability and learning achievement, decreased immunity that causes illness, and increased risk of diabetes, obesity, heart and vascular disease, cancer, stroke, and disability in old age (Unicef, 2020). Many factors can cause stunting, one of which is due to the lack of good parenting in child feeding (Kaloko et al., 2022). Previous research also said stunting can occur because children do not consume nutritious food provided by their caregivers (Lestari et al., 2022). Other important factors that influence stunting in toddlers are poor parenting, low levels of knowledge, poor environmental conditions, sanitation and clean water, and lack of nutritional food intake (Christiana et al., 2022). One of the efforts that can be made in preventing stunting is to improve parenting in toddlers (Kaloko et al., 2022). On the other hand, in preventing stunting, it is necessary to fulfill adequate nutrition for children according to their age and gender. According to the opinion (Putri et al., 2020) stunting prevention can be done with an intense approach between mothers or caregivers and toddlers, both in feeding and daily life. Indonesia's stunting prevalence has decreased from 37.2% in 2013 (Kemenkes, 2013). To 29.9% in 2018 (KEMENKES, 2018). In the following year, based on the Indonesian Nutrition Status Survey (SSGI), the latest data on the prevalence of stunting in Indonesia dropped from 24.4% in 2021 to 21.6% in 2022 (Kemenkes, 2023). From the data of the Indonesian Nutrition Status Study (SSGI) 2022 Aceh Province with stunting prevalence (31.2%), in 2023 Aceh dropped with a prevalence of (29.4%).

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West Aceh district alone has a prevalence of stunting (33.4%). Samatiga sub-district in West Aceh Regency itself has a high rate of stunting among children under five with 22 (23.7%) children under five in 2023. According to the results of direct surveys conducted by researchers on mothers of toddlers, where mothers feel that they have not maximally provided parenting to their children. Based on the problems and surveys above, the researchers are interested in conducting research on “The Relationship between Maternal Parenting in Toddler Feeding and the Incidence of Stunting”.

2. IMPLEMENTATION METHOD

This type of research is an analytic survey with a cross-sectional design, approach that aims to examine the relationship between maternal parenting in feeding toddlers with the incidence of stunting. This study was conducted in November 2023 in Samatiga District, West Aceh Regency. The population of this study were all mothers who had toddlers 1,234. Sampling was carried out using the Slovin formula, the number of samples used in this study were some mothers who had toddlers in Samatiga sub-district, namely 93 respondents. Then the data was analyzed using univariate and bivariate and tested with the Spearman Rank Correlation Model.

3. RESULTS AND DISCUSSION

Table 1 Frequency Distribution of Maternal Parenting in Toddler Feeding

Mother's Parenting	Frequency	Percentage (%)
Democratic	60	64,5%
Authoritarian	12	12,9%
Permissive	8	8,6%
Neglect	13	14,0%

Based on the table above, it is known that out of 93 respondents, it was found that almost most of the parenting of feeding toddlers with parenting of feeding Democratic category, with a total of 60 respondents (64.5%) and followed by 8 respondents (8.6%) with the lowest feeding parenting provided by mothers is the Permissive category.

Table 2 Frequency Distribution of the Incidence of Stunting in Toddlers

Mother's Parenting	Incidence of Stunting		Total
	Normal	Stunting	
Democratic	60	0	60
Authoritarian	2	10	12
Permissive	8	0	8
Neglect	1	12	13
Total	71 (76,3%)	22 (23,7%)	93

Based on the table above, it can be seen that out of 93 respondents, 71 respondents were not stunted (87.5%) and 22 respondents were stunted (23.7%). From the table above it is also known that of the 93 respondents, with 4 categories of parenting patterns given by mothers of toddlers, it was found that of the 71 (76.3%) toddlers who did not experience stunting were obtained from 60 toddlers with a democratic category of feeding parenting, 2 of authoritarian feeding parenting, 8 of permissive feeding parenting and 1 of neglect feeding parenting. Then 22 (23.7%) toddlers who experienced stunting were obtained from 10 toddlers with parenting feeding in the authoritarian category and 12 parenting feeding given in the neglect category.

Table 2 The Relationship between Maternal Parenting Patterns and the Incidence of Stunting in Toddlers in Samatiga District

Feeding Parenting	Incidence of Stunting				Total		P value; r
	Not Stunting		Stunting		f	%	
	f	%	f	%			
Democratic	60	100	0	0	60	100	0,000 0,567**
Authoritarian	2	16,7	10	83,3	12	100	
Permissive	8	100	0	0	8	100	
Neglect	1	7,7	12	92,3	13	100	

Based on the table above, it is known that out of 60 respondents with feeding parenting used in the Democratic category, all of them did not experience stunting. On the other hand, of the 12 respondents with authoritarian parenting 10 of them were stunted and the other 8 toddlers who were given permissive category feeding parenting did not get stunted toddlers. Furthermore, 13 respondents with neglect parenting 12 of them experienced stunting. The significant degree value pvalue (0.000 < 0.05) obtained from the Spearman's Rho statistical test results, so H_a is accepted. The correlation coefficient r of 0.567** indicates that there is a significant relationship between maternal parenting in feeding and the incidence of stunting in toddlers in Samatiga District, West Aceh Regency in 2023.

3.1 Maternal Parenting in Toddler Feeding

From the results of the research obtained, it can be explained that of the 93 respondents, almost all of them used maternal parenting in feeding toddlers in the democratic category, namely a total of 60 respondents (64.5%). A term for parenting in the feeding of children by mothers, which refers to how and where mothers feed their children. Feeding parenting is a method of parenting applied by parents to their children related to feeding which is intended to meet nutritional needs, survival, growth, and development. Parents are responsible for the state of mealtimes in the home, the type and amount of food served, and the child's meal schedule. Parents are primarily responsible for providing a supportive environment for their child's growth and development. Child feeding methods not only provide nutrients necessary for life, health restoration, growth, and development, but also teach children to accept and choose healthy foods, (R & Darmawi, 2022).

Literature has been written about four eating styles, and three of them negatively impact physical and mental health. There are several types of eating parenting, or feeding styles: Democratic or authoritative, authoritarian, permissive or indulgent, and neglectful or abandonment (Widiyarti, 2018). Factors that influence parenting in child feeding are: Internal Factors (Parents' personality: The way fathers and mothers interact with their children is influenced by their personality, Parental education: Highly educated parents tend to practice democratic parenting because they understand their children's rights, Parental employment: Working parents usually have limited time to supervise their children. This can cause difficulties when raising children, Previous experience as a parent: parents who already know how to take care of their children According to Azwar (2019), You will also be better able to identify signs of normal growth and development in your child, their age: Age is a factor that influences how one nurtures their parents. This is due to the fact that parents will carry age-appropriate traits with them. This age will also affect the way the child communicates.

The way people see the world and think is influenced by their age. According to Azwar (2019), as a person becomes more mature and strong, their thoughts and actions become more mature (Sevriani, 2022). External Factors (Child's innate perception: Parents' perception of the child is not influenced by the child's nature, so the interaction between parents and children is not the same for each child, Birth of the child: Parents' perceptions of children are not always the same. With the birth of another child, the relationship between parents and children will change, Behavior of each family member: the behavior of each family member can affect and change the pattern of interaction, Interaction between family members: Family members interact with each other closely and are

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difficult to separate, the influence of the environment: The family interaction process is not influenced by the environment (Hasan, 2018 in (Sevriani, 2022).

3.2 The Relationship of Maternal Parenting in Toddler Feeding with the Incidence of Stunting

Based on the results obtained from the cross tabulation and Spearman's Rho statistical test, the data of 32 respondents studied obtained a significant degree value of p value ($0.000 < \alpha 0.05$), so H_a is accepted, which means that there is a relationship between maternal parenting in feeding toddlers with cases of stunting in toddlers in Deuah Village, Samatiga District, West Aceh Regency in 2023. While the correlation value of r is 0.567^{**} which means that the relationship between parenting of feeding toddlers with the incidence of stunting in toddlers has a significant degree of closeness. According to the researchers, poor feeding patterns provided by mothers both in the selection of food menus, meal times that are less considered cause children to experience malnutrition which causes stunting in toddlers. It can be seen from the results that have been obtained through data processing between maternal parenting and the incidence of stunting that there is a high relationship and closeness between maternal parenting in feeding and stunting in toddlers in Samatiga District, West Aceh Regency.

Similar to Gunawan's research, the results of the relationship test using Spearman Rank with a significance level of 0.05 obtained the result of p value = 0.000 ($p < 0.05$). The results of the relationship test with a significant level of 0.05 obtained p value = 0.000 (p less than 0.05) From these results, the decision is H_0 rejected and H_a accepted so it is concluded that there is a relationship between stunting and parenting feeding in toddlers aged 2-5 years in Mekarjaya Village, Banjaran District, Bandung Regency (Gunawan et al., 2020). Research (Widyaningsih et al., 2018) states the same thing as the results of this study, namely that there is a relationship between maternal parenting in feeding toddlers with stunting based on the p value = $0.015 < \text{than } 0.05$. In this study, more stunting toddlers received less parenting, namely a form of neglect parenting of 51.2%. This research is also in line with research by (Hayati & Rija Helty, 2022), it is known that there is a Relationship between Feeding Parenting and the incidence of Stunting in Toddlers at UPT Puskesmas Bahorok Langkat Regency in 2021.

In line with research (Dayuningsih, 2020), it is known that toddlers who get poor feeding parenting are 6 times more likely to experience stunting than toddlers whose eating parenting is good. Another parallel study also showed that there was a significant relationship between dietary parenting and the level of stunting in children aged between 24 and 59 months in the working area of Puskesmas Leuwigajah Cimahi Selatan. To meet the nutritional needs of toddlers, mothers can carry out toddler feeding patterns, including how the menu is prepared, processed, served, and given to toddlers in the household, better quantity and nutritional value. It is very important for mothers to know how to manage healthy food for toddlers (Fatonah et al., 2020).

4. CONCLUSION

The significant degree value of p value ($0.000 < \alpha 0.05$) obtained from the results of the Spearman's Rho statistical test, H_a is accepted, which means that there is a relationship between parenting in feeding toddlers and the incidence of stunting. The results obtained from this study are that there is a strong relationship between maternal parenting in toddler feeding and the incidence of stunting in toddlers in Samatiga District, West Aceh Regency in 2023. The correlation coefficient r of 0.567^{**} indicates that there is a significant relationship between maternal parenting in feeding and the incidence of stunting.

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