

RELATIONSHIP BETWEEN PARENTING PATTERNS AND FOOD INTAKE WITH THE INCIDENCE OF WASTING IN TODDLERS IN THE WORK AREA OF PADANG RUBEK COMMUNITY HEALTH CENTER

Lestari Nadiyah^{1*}, Marniati^{2*}, Teuku Muliadi³, Rinawati⁴

Universitas Teuku Umar, Meulaboh

Corresponding E-mail: author_ lestarinadiyah298@mail.com^{1*}, author_ marniati@utu.ac.id^{2*}

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Abstract

Wasting is one of the indicators of nutritional status in children. Wasting or thin toddlers is a combination of the trms wasted and severe wasted which is based on the weight index according to height (BB/TB) with a treshold (Z-score) <-2 SD. Based on the table, the study is the high number of wasting toddlers in the padang rubek health center work area in the last 3 years, namely in 2022, wasting toddlers reached 20 people (8,4%). In 2023, the number of wasting toddlers reached 24 people (8,8%) and inceased again in 2024 to 35 people (10,7%), this is figure is considered high because based on the WHO target the wasting figure is <5%. The purpose of this study was to analyze the relationship between maternal parenting patterns and food itake with the incidence of wasting in toddlers in the padang rubek health center work area. The research design used was cross-sectional. The number of samples was 35 people. This study focuses children under five years of age who are malnourished at the padang rubek community health center. Data analysis used the Chi-square statistical test, with a signivicant value of 95%. The results of this study indicate that there is a relationship between parenting patterns and wasting events ($p = 0.020$), there is a relationship between energy intake and wasting events ($p = 0.003$), and there is a relationship between protein intake and wasting events ($p = 0.009$). conclusion, there is a relationship between parenting patterns and food intake whit wasting events in toddlers in the padang rubek health center work area. Sugestions are to provide educatio about nutritious food and good parenting patterns to mothers of toddlers.

Keywords: *wasting, parenting patterns, energy intake, protein intake.*

INTRODUCTION

Children's nutritional status is greatly influenced by various factors, including food intake and maternal parenting patterns. Inappropriate feeding of children can cause children to lose important nutritional intake, which risks inhibiting patterns for toddlers realated to healthy eating patterns also play an important role in supporting children's nutritional status, especially during the transition from breast milk to solid foods. Wasting is a combination of wasted and severe wasted, which is characterized by a weight-for height index (BB/TB) with a Z-Score limit of <-2. Factor that influence wasting include oeconomic factors (Ni'mah, 2015), as well as direct factors such as childcare patterns, health service, and inadequate environments (Mulyati, et al., 2021) and creativity, the impact of wasting on toddlers is very serious, because it can reduce intelligence, productivity, and creativity, and threaten mental health (Kemenkes RI, 2020; WHO, 2019).

Parenting is an interaction between children and parents during the parenting process, which includes educating, guiding, taking care of basic needs such as eating, drinking, clothing, and cleanliness. Poor or poor parenting can lead to unhealthy behavior and have an impact on nutritional status, including wasting (Putri, 2019). Indonesia still faces high malnutrition problems, with the prevalence of malnutrition, stunting, and wasting still above the threshold according to the World Heallth Organization (2023), the estimated prevalence of wasting in toddlers in 2020 was 14.5%, and it decreased in 2021 by 6,7%, decreated again in 2022 by 8% and decreased in rate of 7,7%. because WHO in 2025 targeted a wasting prevalence of <5%. The country with the highest wasting rate in the world is Africa, reaching 20,6% in 2023. SSGI data for 2021 indicates that the prevalence of malnutrition among toddlers in Indonesia 7,1%. However, the percentage of wasting toddlers increased bt 0,6% in 2022, which is 7,7%, whilw in 2023 it also increased bg 8,5%. Indonesia has set a target. To reduce the prevalence of malnutrition to 7% by 2024. (Kemenkes RI, 2024). The prevalens of wasting toddlers SSGI 2022, the wasting rate in Nagan Raya Regency in 2021 wa 10,1% and in 2022 it decreased from the previous year of 8,6%, and in 2023 the prevalence of wasting in Nagan Raya increased by 17,6%.

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From the results of the initial survey at the Padang Rubek Health Center, the number of toddlers in 2022 was 8,4%, then in 2023 it increased from the previous 8,8% and in 2024 it was 10,7%. This means that there is an increase in the number of wasting toddlers in the Padang Rubek Health Center Work area, Kuala Pesisir District from 2023 to 2024.

LITERATURE REVIEW

Wasting is a combination of wasting (thin) and severe wasting (very thin) which is characterized by a meight index according to body length (BB/PB) or weight according to height (BB/TB) with a Z-Score limit <-2 SD (Kemenkes, 2020). Wasting in children is a symptom of acute malnutrition, usually due to food intake or high incidence of infectious disiaes such as diarrhea (Susanti, et al., 2018). One form of malnutrition that is currently a global problem is stunting and wasting, known as acute nutritional problem, occurs when a child's weight decreases while their height continues to increase (Hanin, 2022). Wasting or severe malnutrition can be caused by several factors, such as lack of protein and energy intake, food insecurity, unbalanced diet, and disease. However, severe malnutrition is usually not caused by one factor alone, but by a combination of several factors, such as social, political, and economic conditions, as well as infection and inflammation (Kiyonki, et al., 2017). The impact of wasting according to Siregar (2024), toddlers will experience a decrease in the ability to exslore the environment, less sociable, less happy, and tend to be apathetic.

Parenting patterns are the behavior of mothers in caring for or looking after their children. Mothers behaviors include playing a role in providing breast milk or providing complementary foods, teaching proper eating habits, providing nutritious food, the ability to control the amount of food portions that must be consumend, preparing hygienic food, and proper eating patterns, so that nutritional intake can be well received bg children. Parenting habits that have been implemented properly and correctly often occur in toddlers with normal weigh or who do not experience wasting (Febriani, 2020). The mother's parenting pattern in raising children is very closely related to the incidence of wasting in children. Previous research indicates that positive maternal parenting patterns are associated with better nutritional status in children (Yudianti, 2016).

Good nutrition is essential for the growth and development of the body. A belanced and nutritious food intake can meet the energy and nutritional needs required by the body. According to Adriani (2017), food intake is a from of eating behavior that can quantitatively improve nutritional status. Nutritious food can provide good nutrition for the body, including energy, fiber, fat, protein, minerals, vitamins, and other nutrients needed for growth and development. Food plays an important role in the growth and development of the body, and can maintain and repair damaged cells, regulate body metabolism, maintain fluid balance in the body, protect the body from disease, and function as a source of energy (Rahmi, 2020). However, lack of food intake can cause nutritional problems, such as wasting. According to Noflidaputri (2022), wasting directly caused by inadequate food intake and infestious diseases, while indirectly caused by food availability, sanitation, health services, parenting patterns, family purchasing power, education, and knowledge. Sufficient energy and protein intake is very important to meet the body's nutritional needs. Protein has a primary function in forming antibodies, and Protein deficiency can lead to decreased immunity (Erika, et al., 2020). Therefore, it is important to understand the factors that influence wasting and how a balanced diet can help prevent nutritional prob.

METHOD

This study used a cross-sectional design to determinan the relationship between maternal parenting patterns and food intake with the incidence of wasting in toddlers in the Padang Rubek Health center work area. This design allows data collection in a certain periode of time to identify the correlation between variables (Sugiono, 2019). The technique used was total sampling techingue was used with a population of 35 people. This study used primary and secondary data collection methods. Primary data were obtained from measuring BB/TB and Z-Score of toddlers, direct interviews with mothers of toddlers about parenting patterns and food intake, and maternal personal data. Secondary data were obtained from the health center. Data analysis was carried out using the chi-square test to identify the relationship between categorical variables, such as maternal parenting patterns and food intake, with the incidence of wasting. The chi-square test was chosen because it is effective in measuring the association between non-parametric variables (Sugiono, 2017).

RESULTS AND DISCUSSION

RESULTS

Based on the results of research conducted in the Padang Rubek Health center work area regarding the

Relationship between parenting patterns and food intake with the incident of wasting in toddlers, the following conclusions can be drawn.

Univariate Analysis

Table 1. Distribution of Toddler Gender in the Padang Rubek Health Center Work Area

No	Gender	Frekuensi(f)	Percentage (%)
1.	Female	12	34,3
2.	Male	23	65,7
	Total	35	100

Table 1 shows that of the 35 respondents studied, the respondents in the highest category were male, numbering 23 people (62.7), while the rest were female, numbering 12 people (34.3).

Table 2. Characteristics of Toddler Age in the Padang Rubek Health Center Work Area

No	Toddler Age	Frekuensi(f)	Percentage (%)
1.	1 – 2 years	21	60,0
2.	3 – 4 years	14	40,0
	Total	35	100

Table 2 shows that of the 35 respondents studied, there were 21 respondents aged 1 year – 2 years (60), while the remaining 14 respondents aged 3 years – 4 years (40) were included.

Table 3. Distribution of Mother's Occupation in the Padang Rubek Health Center Work Area

No	Pekerjaan	Frekuensi(f)	Percentage (%)
1	IRT	30	86,6
2	Wirausaha	1	2,9
3	Guru	3	8,6
	Total	35	100

Table 3 shows that of the 35 respondents studied, the highest category of respondents worked as housewives as many as 30 people (86.6), the least respondents worked as entrepreneurs 1 person (2.9), more than that respondents who worked as teachers as many as 3 people (8.6).

Table 4. Distribution of Mother's Education in the Padang Rubek Health Center Work Area

No	Pendidikan	Frekuensi(f)	Percentage (%)
1	Elementary School	1	2,9
2	Junior High School	7	20,0
3	High School	15	42,9
4	College	12	34,3
	Total	35	100

Table 4. shows that of the 35 respondents studied, the highest category of respondents had a high school education of 15 (42.9) and respondents with a bachelor's degree were 12 people (34.3), those with a junior high school education were 7 people (20.0), the rest of the respondents in the lowest category had an elementary school education of 1 person (2.9).

Table 5. Distribution of Maternal Age in the Padang Rubek Health Center Work Area

No	Toddler Age	Frekuensi(f)	Percentage (%)
1	24 – 30 years	14	40,0
2	31 – 35 years	15	42,9
3	36 – 40 years	6	17,1
Total		35	100

Table 5 shows that of the 35 respondents studied, the highest category of maternal age was 31-35 years old, 15 people (42.9) and the lowest category was 36-40 years old, 6 people (17.1) and the remaining respondents were 24-30 years old, 14 people (40.0).

Table 6. Frequency Distribution Of Respondents And Nutritional Status

No	Nutritional status (BB/TB)	Frekuensi(f)	Percentage (%)
1	thin	21	60.0
2	Very thin	14	40,0
Total		35	100

Table 1 shows that of the 35 respondents studied, the highest category of nutritional status was thin (wasting) as many as 21 people (60.0), the remaining respondents had a nutritional status of very thin (extremely thin) as 14 people (40.0).

Table 7. Frequency Distribution of Mother's Parenting Patterns for Toddlers in the Padang Rubek Health Center Work Area

No	Parenting pattern	Frekuensi (f)	Percentage (%)
1.	Good	12	34,3
2.	Less good	23	65,7
Total		35	100

Table 2. shows that of the 35 respondents studied, respondents who had poor parenting patterns were the highest category as many as 32 people (65.7), the rest of the respondents who had good parenting patterns were 12 people (35.3).

Table 8. Frequency Distribution of Energy Intake in Toddlers in the Padang Rubek Health Center Work Area

No	Energy intake	Frekuensi (f)	Percentage (%)
1.	Lack	22	62,9
2.	Enough	13	37,1
Total		35	100

Table3. shows that of the 35 respondents studied, the respondents who had the highest category of insufficient energy intake were 22 people or (62,9), while the remaining respondents who had sufficient energy intake were 13 people or (37,1).

Table 9. Frequency Distribution of Protein Intake in Toddlers in the Padang Rubek Health Center Work Area

No	Protein intake	Frekuensi (f)	Percentage (%)
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1.	Lack	18	51,4
2.	Enough	17	48,6
Total		35	100

Table 4. shows that of the 35 respondents studied, the respondents who had the highest category of insufficient protein intake were 18 people (51.4), the remaining respondents who had sufficient protein intake 17 people (48,6).

Bivariate Analysis

Bivariate analysis aims to see the relationship between parenting patterns and food intake with the incidence of wasting in toddlers with a statistical significance level determined by p-value (0.05). Thus the following results were obtained:

Table 10. Relationship Analysis Between Maternal Parenting Style and Wasting Incidence in Toddlers at Padang Rubek Health Center

Incidence of Wasting							
Parenting pattern	Mild		Severe		Total		<i>p value</i>
	F	%	F	%	f	%	
Good	4	11,42	8	22,87	12	34,29	0,020
Not good	17	48,58	6	17,13	23	65,71	
Total	21	60	14	40	35	100	

Based on table 5. The results of the chi-square test of the relationship between parenting patterns and the incidence of wasting in toddlers in the Padang Rubek Health Center Work area. A p-value of 0,020 was obtained so that H_a was accepted and H_o was rejected, which shows that there is a significant relationship between parenting patterns and the incidence of wasting in toddlers in the Padang Health Center Work area.

Table 11. Cross Tabulation of the Relationship Between Energy Intake and Wasting Incidents in Toddlers in the Padang Rubek Health Center Work Area

Incidence of Wasting							
Energy intake	Mild		Severe		Total		p value
	F	%	F	%	f	%	
kurang	9	25,7	13	37,15	22	62,85	0,003
cukup	12	34,3	1	2,85	13	37,15	
Total	21	60	14	40	35	100	

Based on table 6. The results of the chi-square test of the relationship between energy intake and the incidence of wasting in toddlers in the Padang Rubek Health Center Work area. A p-value of 0,003 was obtained so that H_a was accepted and H_o was rejected, which shows that there is a significant relationship between parenting patterns and the incidence the prevalence of wasting in children under five years old in the Padang Rubek Public Health Center Area.

Table 12. Cross Tabulation of the Relationship Between Protein Intake and Wasting Incidents in Toddlers in the Padang Rubek Health Center Work Area

Incidence of Wasting							p value
Protein intake	Mild		Severe		Total		
	F	%	f	%	f	%	
kurang	7	20	11	31,43	18	51,43	0,009
Cukup	14	40	3	8,57	17	48,57	
Total	21	60	14	40	35	100	

Based on table 6. The results of the chi-square test of the relationship between protein intake and the incidence of

wasting in toddlers in the Padang Rubek Health Center Work area. A p-value of 0,009 was obtained so that H_a was accepted and H_o was rejected, which shows that there is a significant relationship between parenting patterns and the incidence the prevalence of wasting in children under five years old in the Padang Rubek Public Health Center Area.

DISCUSSION

The result of the study based on the relationship between parenting patterns and food intake with the incidence of wasting in toddlers in the padang rubek tealth center work area with 35 responden. From the data on the nutritional status of toddlers was 21 people (60,0%), and the number of very thin toddlers was 14 people 40%). Then the data on maternal parenting patterns where from the 35 respondents studied, the maternal parenting patterns was good for 12 people (34,3%), and the maternal parenting pattern was lacking for 23 people (65,7%). Then the data on energy intake, from the 35 respondents studied, the energy intake was lacking for 22 people (62,9%) and the energy intake was sufficient for 13 people (47,1%). Data on protein intake, from the 35 respondents studied, the protein intake was lacking for 18 people (51,4%) and the protein intake was sufficient for 17 people (48,7%).

Relationship Between Mother's Parenting Pattern And The Incedent Of Wasting In Toddlers

The results of the study based on the relationship between mother's parenting pattern and the incident of wasting in toddlers that have been obtained in table 5 using the Chi-square test, the P-value = 0,020 or <0,05 was obtained. This means that there is a significant relationship between parenting patterns and the incident of wasting in toddlers, where inappropriate parenting patterns and lack of attention to istimulation can increase wasting in toddlers. This study is in line with the study of Hawazen, et al., 2024 stating that there is a significant relationship between parenting patterns and the incident of wasting in toddlers, meaning that parenting patterns can affect the incident of wasting in toddlers. The result of this study are also in line with the study of Noflidaputri, et al., 2022 stating that there is a significant relationship between parenting patterns and the incident of wasting in the work area of the Muara Labuh Health Center, South Solok Regency in 2022.

Relationship Between Energy Intake And Wasting Incidents In Toddlers

The results of the study based on the relationship between energy intake and wasting incidents in toddlers that have been obtained in table 6 using the Chi-Square test, obtained a P-value = 0,003 or <0,05. This means that there is a significant relationship between energy intake and wasting incidents in toddlers where insufficient energy intake can cause calorie deficiency which can lead to wasting. This study is in line with the research of Nasution, et al., 2024 which states that there is a significant relationship between energy intake and wasting incidents in toddlers, lack inadequate energy intake increases the likelihood of wasting in toddlers. Furthermore this study is in line with the research of Ferlina, et al., (2020) which found a significant relationship between energy intake and nutritional status of toddlers. .

Relationship Between Protein Intake And Wasting Incidents In Toddlers

The results of the study based on the relationship between protein intake and wasting incidents in toddlers that have been obtained in table 7 using the Chi-Square test, obtained a P-value = 0,009 or <0,05. This means that there is a significant relationship between energy intake and wasting incidents in toddlers where insufficient energy intake can cause protein deficiency, which can cause wasting. This study is in line with the study of Erika, et al., 2020 which states that there is a significant relationship between protein intake and wasting in toddlers. This means that lack of protein intake is a risk factor for wasting. In addition, the result of the study by Syarfaini, et al., 2022 in his study stated that there is a significant relationship between protein intake and wasting in toddlers.

CONCLUSION

Based on the results and discussions in this study, it can be concluded as follows:

1. There is a significant relationship between parenting patrens and wasting incidents in toddlers at Padang Rubek Health Center as evidenced by the P-value = 0,020 or <0,05, meaning H_a is accepted and H_o is rejected.
2. There is a significant relationship between energy intake and wasting incidents in toddlers at Padang Rubek Health Center work area as evidenced by the P-value = 0,003 or <0,05, meaning H_a is accepted and H_o is rejected.
3. There is a significant relationship between protein intake and wasting incidents in toddlers at Padang Rubek Health Center work area as evidenced by the P-value = 0,009 or <0,05, meaning H_a is accepted and H_o is rejected.

4. Of the three independent variables, there is a significant relationship to the dependent variable.

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