

The Relationship Between Family Characteristics and Diet with Nutritional Status in Toddlers Aged 6-59 Months

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Abstract

Introduction: Nutrition as a measure of success in fulfilling nutrition for children indicated by the child's weight and height. Food as everything that comes from biological sources and water, both processed and untreated, which is intended as food or drink for human consumption in 2020 stunting was 47.10%, wasting 8.60, underweighting 32.40%. The results of the Timor-Leste Food Nutrition Survey in 2020 Aileu Regency stunting prevalence 53.9%, underweight prevalence 32.2%, wasting prevalence 6.7%. **Objective:** General Objective to determine the relationship between family characteristics and diet with nutritional status in toddlers aged 6-59 months in the working area of the Lequidoe health center, Lequidoe sub-district, Aileu district in 2022. **Method:** The method used in the study is a correlational descriptive method with a cross sectional approach, population, the sample in this study is 315 mothers who have children aged 6-59. **Result and Discussion:** The results showed that there was a significant relationship between maternal knowledge and nutritional status of toddlers with a p -value of 0.02 ($p < 0.05$). The number of family members there is a significant relationship with the nutritional status of toddlers. p -value 0.01 ($p < 0.05$). Family income was significantly associated with infant nutritional status p -value 0.03 ($p < 0.05$). Diet was not significantly associated with nutritional status of toddlers. p -value 0.0741 ($p < 0.05$). Feeding frequency There was a significant relationship with the nutritional status of toddlers p -value 0.00 ($p < 0.05$). **Conclusion:** according to the results of the study show that there is a significant relationship between variabel knowledge, funding, number of family members, frequency of eating there is a significant relationship with nutritional status toddlers. Variable diet has no relationship with nutritional status, Recommendations to puskesmas as a reference to smooth the process of service to the local community.

Keywords: Knowledge; Income; Family Members; Diet; Frequency of Eating; Nutritional Status;

Introduction

Nutritional status is a measure of nutritional state that has a balance between the amount of energy in our body and the amount of energy available based on individual needs (Hasrul, Hamzah, & Hafid, 2020). Nutritional status is a daily food that can provide benefits to the body and have an impact on meaningful health and nutritional status. Young people are the next generation of the nation and become the future capital of the country's development (Benefactor, Mahanim, & Siregar, 2022). The quality of life and the quality of human resources in the future depend on the current quality of life of the child. To achieve good quality, we must educate children from an early age, from parents to adults (Novi Arianti, Rodja Suantara, & Suarjana, 2015)

Childhood is an important point because it is a dangerous time to produce quality human resources for the future (Purwati & Faiz, 2023). Especially in the second and third stages of pregnancy, and the duration of the first year, it is certain that the birth of a baby is the stage where red money (golden period), where the brain is still in the process of developing. alone at the optimal time.

If there are health problems that will have an impact on the child's health condition, while another factor that ultimately strengthens the child's body is his nutritional status, (Soetginingsih, 2014). Efforts to achieve positive quality child nutritional status cannot be separated from the role of parents and parents. The mother is as she sees her owner so the mother's responsibility is to provide food and provide life.

This is reflected in the continuous child feeding arrangements implemented by mother and child, which will eventually end in behavior and attitude. Children are passive consumers, meaning that children receive food according to what has been prepared from their mother (Anggraini, Chandra, Ns, An, & Latifiyan, 2016)

Sustainable food in children is inadequate because it is influenced by several factors, namely the mother's level of education about knowledge about nutrition and health conditions, family numbers, family income and food consumption habits, food at home, and emotional relationships between families, as well as other attitudes that are reflected in daily life. Because these factors cause knowledge of giving food to children can have a negative impact on children's food and nutritional status conditions (LOLAN & SUTRIYAWAN, 2021)

According to the 2017 Global Nutrition Report, there are nutritional problems worldwide, including the prevalence of 52 million stunted children under five (8%), short term (above), WHO/UNICEF recommendations in the Global Strategy for Children and Youth There are four important foods that must be considered to achieve optimal growth and development, namely; the first to breastfeed the baby for 30 minutes after birth, both only provide exclusive breastfeeding until the baby is 6 months old, the third provides complementary foods (MP) from the age of 6 months to 2 years. Doc, the second room remains breastfed until the child is 2 years old.

The World Health Organization (WHO, 2015) estimates, 54% of child and infant deaths are caused by poor and poor nutritional status. In developing countries such as Indonesia in 2006 there were 19.19% of children with low nutritional status and 8.3% in

those countries with unhealthy nutritional status and underweight. In 2008, the nutritional status of smallpox patients and infants with low nutritional status was estimated at 19 (Abeng, Ismail, & Huriyati, 2014). The World Bank in 2002 calculated that 47% of young children in India were malnourished.

Child malnutrition is largely the result of infections and food given without command to infants and children born up to five years of age. There are 30% of mothers in the country who have low body weight, and there will be no change when they grow up. Infants are an age group that is a priority for the government, in terms of improving the nutritional quality of normal age children. Therefore, at this age, children need good nutrition for their growth and well-being. Infants who are undernourished have a high risk of death compared to babies who are well nourished (WHO, 2015).

Adolescent nutrition in Timor-Leste twenty-five percent (25%) of Timor-Leste's population are adolescents (Census, 2015). Recognition of the importance of adolescent health and nutrition has increased around the world, and Timor-Leste has also turned its attention to the issue.

The nutritional status of adolescents in Timor-Leste has not been optimal. A 2015 World Health Organization survey of students aged 13-17 showed that 21.8% of students were underweight – with the prevalence of boys (28%) higher than girls (16%) (WHO-SERAO, 2017).

Only 4.4% of students are obese, while only 0.8% are obese – a figure much lower than in other countries. Another study showed that 33.4% of girls aged 15-19 years were underweight, with 2 According to him, adolescent nutrition in Timor-Leste is a new country that has recently been hit by various problems affecting the country's development. One of the problems facing the country is malnutrition. Malnutrition sufferers in Timor-Leste are pregnant women and children under the age of 5 years. According to WHO data, Timor-Leste is ranked in the world by 54% after 59% and 58%.

The majority of Timor-Leste's population lives in rural areas where their daily lives are as farmers. They grow and produce a wide variety of food from their own fields but the country still faces malnutrition. The National Action Plan to End Hunger and Malnutrition in Timor-Leste is a commitment to end hunger and malnutrition in Timor-Leste which was clearly stated in 2010 by the relevant ministries (KONSSANTIL) of the National Ministry.

Council for Security, Food Sovereignty and Nutrition in Timor-Leste, namely the Ministry of Agriculture and Fisheries, Health, Finance, Tourism, Trade, Industry and Environment, Education and Social Solidarity. The ministries are currently working on the structure of the Council on the Sovereignty of National Security, Food and Nutrition in Timor-Leste (CONSSANTIL). Other CONSSANTIL members are the Minister of Foreign Affairs for Professional Training and Employment, Equality Enhancement, Private Sector Support and Improvement, as well as the Presidency of the Democratic Republic of Timor-Leste, the Provider of Human Rights and Justice and Civil Society representatives (HASATIL).

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According to the results of the 2020 food and nutrition survey, every year. The Food and Nutrition Survey of Timor-Leste in 2010 showed a shortage rate of 58, in 2016 a shortage rate of 47, in 2020 a shortage rate of 47, The results of food and nutrition research in 2020 in Aileu Municipality showed that the prevalence of the short rate was 53.9%, the prevalence of the low rate was 32.2%, the prevalence of the low rate was 6.7%. This means that the problem of malnutrition in the short-term category compared to other cities in Aileu Municipality is in the fourth quarter of this year.

Based on data from the Lequidoe Health Center for 2019-2021, in 2019 the number of mothers who brought their children to the Lequidoe Health Center amounted to 1250 people, ten of whom were children. In 2020, it was seen that the number of mothers who brought their children for treatment to the Lequidoe Health Center was 1091 people, where in 2021 as many as eight (7) people were given short-term treatment, seven (7) of whom were given short-term treatment. Long-term treatment at the Lequidoe Health Center, in 2022 according to secondary data taken by the author at the Lequidoe Health Center with children aged 6-59 months, as many as 1478 were developed by seven health posts in the Lequidoe Health Center area. Aileu district has four administrative posts namely Lequidoe Administration Post, Remexio Administration Post, Laulara Administration Post, Aileu. Potential products in the Lequidoe Administration Post are sabraka tangerinha, pharina, fehuk, batar, hudi, taro etc.

The marketing process at the Lequidoe Administration Post will take place once a week and the next day people will bring their products that I mentioned above will go to the Taibesi market (Dili) so that they can get money to get back the needs of the community. house. The people at the Lequidoe Administrative Post are mostly farmers by profession. People in the Lequidoe Administration Post are still infected with problems such as water, and roads, inadequate consumption patterns, the number of families in the household > 4.

Therefore I want to conduct a study at the Lequidoe Health Center The Lequidoe Administration Post, for another reason, is the first food and nutrition study in 2020 that shows that the overall malnutrition problem is still high in each city at 20%. We also have a policy from the National Action Plan for the Eradication of Hunger and Nutrition in Timor-Leste launched in 2010, but according to the results that I accessed from food and nutrition research resources in 2020 shows that every year the problem of malnutrition is always high in terms of the following three indicators, weight gain, weight gain, underweight.

Method

The method used in this study is: correlational descriptive method with a cross-sectional approach. This means that to determine the condition of the object of illustration, the independent variable and the characteristics of families with food consumption habits and dependent variables are the nutritional conditions of children aged 6-59 months. According to (Sugiyono, (2015). The location of this research was carried out in seven (7) sucos, namely the following sucos, namely Namolesu, Bereleu, Manucasa,

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Acubilitoho, Betulau, Fahisoi, Faturilau which covers the area of Lequidoe Health Center, Liquidoe Administration Post, Aileu City in 2022.

This research was carried out on August 10, 2022 in seven (7) sucos, namely the following sucos, namely Namolesu, Bereleu, Manucasa, Acubilitoho, Betulau, Fahisoi, Faturilau which is the coverage area of the Lequidoe Health Center, Liquidoe Aileu City Administration Post in 2022. The population in this study was mothers aged 6-59 months as many as 1478 people. The sample in this study was 315 mothers aged 6-59 months. The sampling technique uses proportional sampling techniques, bivariate data analysis techniques and SPSS programs.

Result and Discussion

Result

Based on the results of data analysis, there is a relationship between maternal knowledge of nutritional status with an R-value of 0.02 ($r < 0.05$). This means that maternal knowledge about good nutritional status is in the low and good categories, and maternal knowledge about nutritional status is lacking in the low and good categories. Based on the results of data analysis, there is a relationship between the number of family members and nutritional conditions with a value of 0.01 ($r < 0.05$). That is, the number of family members can also contribute to the state of nutrition. There is a significant relationship between family income and nutritional conditions with an R-value of 0.03 ($r < 0.05$). That is, low family income can also contribute to the state of nutrition. There was no significant relationship between the type of food consumption and nutritional state with an R-value of 0.0741 ($r > 0.05$) There was a significant relationship between the frequency of food consumption on nutritional state with an R-value of 0.00 ($r < 0.055$).

Discussion

Knowledge is the result of "knowing" and occurs after the discovery of certain objects, about human senses, the science of sight, hearing, new things about nutritional problems that have empirical experience and are taken into consideration that contain debriefing, a process related to food itself and others, therefore knowledge of a nutrient that is easy in food selection determines how to improve and meet the criteria health. (Suharto, 2008).

According to Padiola (2012) in (Clara and Wardani, 2020) A family is a group of people who live in a community, are related by blood and in a household determine the size or size of the family as a small family < 7 people and a large family > 7 people and has a household at the head of the family (coconut head).

According to Padiola (2012) at (Handayani, 2020), which is included in the family are those who are unable to meet the needs of daily life because they have not found a job (in this case those who have not entered productive age) so they need support from others (in terms of parents) The results showed the number of family members in the nutritional status category, the number of family members > 7 o 44%, and the number of family members < 7 with a score of 56%.

Based on statistical analysis, the number of family members has a significant relationship with the nutritional status of the Lequidoe Health Center, with a chi- value. Therefore, the number of family members is also one of the determining factors for mothers in providing food. to children within six months to five six months of age.

Income such as receiving goods or money from other parties, and obtaining self-service results in the form of a sum of money and operating prices (Disionary of the Language of Melajo, 2012) profit or income as a transparent description of the position of the economy in a society that collects overall profits is divided into two parts, one, high income and two, low income. Poor family economic conditions can hinder the buying process. Poor families generally form many families.

The poverty factor is the relative lack of access and passivity to participate in improving the quality of family and self (Nurhol, 2016). The results showed that family income in nutritional conditions was categorized as family income > Based on statistical analysis, family income was significantly related to nutritional conditions at the Lequidoe Health Center, with a chi square p-value test value of $0.03 < 0.05$) or an r value lower than aa. Therefore, family income is also a determining factor for mothers in providing food to children in the last six months to five and nine months.

Food consumption habits are a way that individuals or groups do school meals that can be consumed to respond to the influence of physical, psychological and social habits (Suprihantini, 2019). Food customs are not an inheritance factor or a factor that exists during life, but a learning outcome (Suhardjo, 1989). Changes in food habits can be driven by factors such as education, health, nutrition, and food marketing or distribution activities.

The results showed that the type of food consumption in a nutritional state was categorized as a type of good food consumption by 64%, while the type of low food consumption with a percentage of 36%. Based on statistical analysis, the type of food consumption has a significant relationship with the nutritional status of the Lequidoe Health Center, with a significant relationship. Therefore, the type of food consumption is also one of the determining factors for mothers in providing food. to children over the past six months and the sample was also different.

Conclusion

Based on the results of research I conducted at the Lequidoe Health Center, Lequidoe Administration Post of Aileu City in 2022 as follows: There is a significant relationship between maternal knowledge of nutritional status and an r-value of 0.02 ($r < 0.05$). This means that good maternal knowledge of nutritional status is included in the low and good categories, and insufficient maternal knowledge of nutritional status is included in the low and good categories. The number of family members to the nutritional status of the R-value of 0.01 ($R < 0.05$) means that the number of family members can also contribute to the nutritional status of the family income with an R-value of 0.03 ($R < 0.05$). This means that the number of family members can also contribute to the frequency of food consumption on nutritional status with an R-value of 0.03 ($r < 0.05$).

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This means that the number of family members can also contribute to the frequency of food consumption on nutritional status with an R-value of 0.03 ($r < 0.05$). This means that low family income can also contribute to the frequency of nutritional status to nutritional status to nutritional status. There was no significant relationship between the type of food consumption and nutritional state with an R-value of 0.0741 ($r > 0.05$)

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