RELATIONSHIP BETWEEN FOODING BEHAVIOR BY MOTHER WITH NUTRITIONAL STATUS OF TODDLERS IN ARONGAN VILLAGE, NAGAN RAYA REGENCY

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ABSTRACT

In Indonesia, the problem of nutrition is still very high, we should prepare the Indonesian generation in a healthy, intelligent and quality manner to be able to continue the development of the Indonesian nation to be more advanced, just and prosperous. The survey results obtained data for 72 children under five, there were 83.3% under five with good nutritional status, 2.8% under five with overweight status, 12.5% under five with malnutrition status, and 1.4% under five with poor nutritional status. The purpose of the study was to determine the relationship between knowledge, attitudes and actions of mothers in giving food to the nutritional status of children under five. This study used a cross sectional analytic survey, the primary data was obtained from the measurement of the toddler's weight. The population of this research is all mothers who have toddlers totaling 72 respondents, the sample in this study is all of the total population. The research analysis was univariate and bivariate using the Chi-Square test. The results showed that there was a relationship between mother's knowledge (P-value = 0.001), mother's attitude (P-value = 0.02), and mother's actions (P-value = 0.01) with the nutritional status of children under five.

Keywords: Action, Attitude, Knowledge, Nutritional Status

INTRODUCTION

In Indonesia the problem of nutrition is still very high, the Indonesian generation that we should prepare in a healthy, intelligent and quality manner to be able to continue the development of the Indonesian nation to become more advanced, just, prosperous and prosperous (Soetjiningsih, 2002). We can prevent high nutritional problems in Indonesia by making efforts such as exclusive breastfeeding for infants aged up to 6 months, giving vitamin A capsules to toddlers aged 6-59 months, giving blood-supplementing tablets (TTD) to adolescent girls, as well as feeding additional benefits for pregnant women with SEZ and underweight children under five (Indonesian health profile 2020)[1]. In the regulation of the minister of health No. 2 of 2020 concerning standards on child anthropometry. The regulation states that the nutritional status of children under five can be measured based on three indices, namely Weight for Age (W/W), Height for Age (TB/U), and Weight for Length or Height (W/B or Height). TB).

According to data obtained from the 2018 (Riskesdas) organized by the ministry of health, it is stated that the percentage of underweight children aged 0-23 months (baduta) in Indonesia is 3.8%, while the percentage of underweight is 11.4%. . For toddlers aged 0-59 months, the percentage of severely underweight is 3.9%, while the percentage of underweight is 13.8%. Aceh Province is in the 4th place from the percentage of very underweight and underweight children under five, with the percentage of very underweight at 2.5%, and underweight at 9.2%. The province with the highest percentage of malnutrition and under-nutrition in children under five is East Nusa Tenggara, while the province with the lowest percentage is Bali (Directorate General of Public Health, Ministry of Health of the Republic of Indonesia, 2021)[2]. Based on Aceh's health profile data in 2020, Nagan Raya district is in 15th place with the percentage of under-fives with

malnutrition at 5.3%, the percentage of under-fives being short at 10.9%, and the percentage of under-fives being underweight at 5%. The area with the highest percentage of malnutrition among children under five is Simeulue district at 18%, followed by East Aceh and Aceh Besar 15%, followed by Southwest Aceh, Bener Meriah and Subulussalam 10%[3].

Various previous studies stated that the level of knowledge, attitudes and actions of mothers in giving food to the nutritional status of children under five was still lacking. From the results of research conducted by Rahmatillah (2018), in Wonokusumo district, Semampir sub-district, Surabaya city, the results of the statistical test of the relationship between knowledge and nutritional status of children under five are that there is a significant relationship with p = 0.001 (p <0.05) so that it can be concluded conclude that there is a relationship between mother's knowledge and nutritional status of children under five. Not only lack of knowledge can affect the nutritional status of toddlers, but the attitudes and actions of mothers can also affect the nutritional status of toddlers, as is the case from the results of research conducted by Tri Wulandari, et al (2019), in the Sei Kera Hilir II village, Medan Perjuangan sub-district stated that based on the results of the chi-square test there was a relationship between the mother's attitude and nutritional status with a p value of <0.05, namely (p = 0.017). mothers with nutritional status, with a value of p <0.05, namely (p = 0.045)[4].

From the results of research by Nuris Zuraida R. and Binar Panunggal in (2014), in the city of Semarang, the results of his research showed that 86.15% of mothers who had good knowledge, 76.92% of mothers who had poor attitudes and 73.95% of mothers who have less behavior. The results of data analysis showed that there was a relationship between knowledge and mother's behavior in feeding children (p = 0.003) and there was a relationship between attitudes and behavior of mothers in feeding children (p = 0.04)[5]. The results of research conducted by Ismiati and Sintia Julia in (2017), in Tereubeh village, Kota Jantho district, Aceh Besar, can strengthen the results of previous research, the results show that there is a relationship between mother's knowledge and nutritional status in children under five according to TB/U, p. This is based on the results of statistical tests (Chi-Square test) with p value = 0.000 < (0.05), and there is a relationship between mother's attitudes towards nutritional status in children under five according to TB/U, this is based on the results of statistical tests (Chi-Square test) with p value = 0.005 < (0.05)[6].

The results of research conducted by Dessy Andriyant in (2017), in the VII environment of the village of Bagan Deli Belawan, can also strengthen the results of previous research, the results of the study show that there is a relationship between mother's knowledge and feeding on nutritional status in toddlers, there is a relationship between between mother's attitude in feeding on nutritional status of toddlers, there is a relationship between mother's actions in feeding on nutritional status of toddlers[7].

The results of a preliminary survey in August 2021 in Arongan village, Kuala coastal sub-district, Nagan Raya Regency recorded the number of children under five as many as 72 children under five, data obtained were 60 people (83.3%) children under five with good nutritional status, 2 people (2.8 %) children under five with over nutrition status, and 9 people (12.5%) children under five with malnutrition status, and 1 person (1.4%) under five with poor nutritional status. As one of the villages in the working area of the Padang Panjang Public Health Center, Arongan village was deliberately chosen as the research location because it found 2 under-fives with overnutrition status, 9 under-fives with undernourished status, and 1 under-five with poor nutritional status out of 72 children under five in Arongan village. Based on the description above, the researcher wants to conduct a study that aims to determine the relationship between knowledge, attitudes and actions of mothers in giving food to the nutritional status of children, especially in Arongan village.

RESEARCH METHODS

The type of research conducted is an analytical survey with a cross sectional design, which aims to determine the relationship between knowledge, attitudes and actions of mothers with

nutritional status in children under five in Arongan village, Kuala Pesisir sub-district, Nagan Raya district. The research was carried out in Arongan village, Kuala Pesisir sub-district, Nagan Raya district.

The reason why this research was chosen is because in Arongan village there are still cases of children under five who experience poor nutritional status, overnutrition and malnutrition. The time of the study was carried out from August 2021 to November 2021. Primary data collection was obtained from body weight measurements carried out on August 26 to September 2, 2021. The instrument in this study used a questionnaire with the study population being all mothers who have children under five who there are in the village of Arongan as many as 72 respondents.

DATA ANALYSIS METHOD
The methods of data analysis in this study are as follows:
1. Univariate Analysis
Univariate analysis aims to describe the characteristic attitudes of each independent variable (knowledge, attitudes, and actions of the mother) and the dependent variable (nutritional status of children under five). The data is displayed in the form of a frequency distribution table.
2. Bivariate Analysis
Bivariate analysis aims to determine the relationship between two variables, namely the independent variable (knowledge, attitudes, and actions of the mother) and the dependent variable (nutritional status of children under five) using the Chi-Square test. This statistical test uses a significant level with $p = 0.05$. Where if the value ($p < 0.05$) then Ha is accepted and Ho is rejected indicating that there is a relationship between the independent variable and the dependent variable.

RESULTS AND DISCUSSION
Mother Characteristics
1. Age

Table 1. Frequency distribution of respondent characteristics by age in Arongan village, Nagan Raya district

Respondent Age	Total	Percentage %
18-30	26	36,1%
31-43	45	62,5%
44-55	1	1,4%
Total	72	100 %

Table 1 shows that the highest number of respondents is 45 people (62.5%) aged 31-43 years, 26 people (36.1%) are 18-30 years old, and the lowest number of respondents is 1 person (1.4%).)) aged 44-55 years.

2. Education

Table 2. Frequency distribution of respondent characteristics based on education in Arongan village, Nagan Raya district

Education	Total	Percentage %
Elementary School	11	15.3 %
Junior High School	18	25.0 %
High School	26	36.1 %
D3	6	8.3 %
S1	11	15.3 %
Total	72	100 %

From the results of table 2 shows that from the total number of respondents there are respondents with the highest number of 26 people (36.1%) having high school education and the lowest number of respondents being 6 people (8.3%) having DIII education.

Toddler Characteristics

1. Toddler Age

Table 3. Frequency distribution of characteristics of children under five by age in Arongan village, Nagan Raya district

Toddler age	Total	Percentage %
13-60	53	73.6 %
0-12	19	26.4 %
Total	72	100 %

Table 3 shows that there are 53 (73.6%) toddlers aged 13-60 months and 19 babies aged 0-12 months, it can be seen that toddlers dominate the babies

2. Gender

Table 4. Frequency distribution of characteristics of children under five by gender in Arongan village, Nagan Raya district.

Gender	Total	Percentage %
Man	39	54.2 %
Woman	33	45.8 %
Total	72	100 %

From the results of table 4, it shows that from the total number of toddlers there are 39 male children (54.2%) and 33 female children (45.8%) which means male toddlers. more dominant than female toddlers.

Univariate Analysis

Table 5 . Frequency distribution of respondents based on knowledge, attitudes, actions, and nutritional status in Arongan village, Nagan Raya district.

Frequency	Total	Percentage %
Knowledge		
Well	42	58,3%
Not enough	30	41,7%
Total	72	100,0%
Attitude		
Well	40	55,6%
Not enough	32	44,4%
Total	72	100,0%
Actions		
Well	42	58,3%
Not enough	30	41,7%
Total	72	100,0%
Nutritional status		
Well	60	83,3%
Not enough	12	16,7%
Total	72	100,0%

From the results of table 5, we can see that out of the total respondents, there are 42 knowledgeable respondents (58.3%) and less than 30 knowledgeable respondents (41.7%).

Respondents who have a good attitude are 40 people (55.6%) and respondents who have a bad attitude are 32 people (44.4%). Respondents who have good actions are 42 people (58.3%) and respondents who have less actions are 30 people (41.7%). Respondents who have normal nutritional status are 60 people (83.3) and respondents who have abnormal nutritional status are 12 people (16.7%).

Bivariate Analysis

Table 6. The relationship between respondents' knowledge and nutritional status of children under five in Arongan village, Nagan Raya district

Respondent Knowledge	Nutritional status		Total	P_{value}	RP Ci 95%
	Normal	Abnormal			
Good	40 (55,6%)	2 (2,8%)	42 (58,3%)		10
				0,001	(1,998 - 50,042)
Not enough	20 (27,8%)	10 (13,9%)	30 (41,7%)		
Total	60 (83,3%)	12 (16,7%)	72 (100,0%)		

From the results of table 6 shows that respondents who have good knowledge with normal nutritional status are 40 people (55.6%), respondents who have good knowledge with abnormal nutritional status are 2 people (2.8%), respondents who have less knowledge with normal nutritional status as many as 20 people (27.8%) and respondents who have less knowledge with abnormal nutritional status as many as 10 people (13.9%). The results of the research conducted with the Chi Square Test got a P-value of 0.001, so the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between mother's knowledge and nutritional status of toddlers, mothers who have less knowledge are at risk of 10 times for the occurrence of nutritional status abnormalities in toddlers with the lowest vulnerability to the occurrence of this opportunity is 1.998 and the highest vulnerability is 50,042.

Table 7. The relationship between respondents' attitudes and the nutritional status of children under five in Arongan village, Nagan Raya district

Respondent's Attitude	Nutritional status		Total	P_{value}	RP Ci 95%
	Normal	abnormal			
Good	37 (51,4%)	3 (4,2%)	40 (55,6%)		4,8
				0,02	(1,182 - 19,698)
not enough	23 (31,9%)	9 (12,5%)	32 (44,4%)		
Total	60 (83,3%)	12 (16,7%)	72 (100,0%)		

From the results of table 7 shows that respondents who have good attitudes with normal nutritional status are 37 people (51.4%), respondents who have good attitudes with abnormal nutritional status are 3 people (4.2%), respondents who have poor attitudes with normal nutritional status as many as 23 people (31.9%) and respondents who have a less attitude with abnormal nutritional status as many as 9 people (12.5%). The results of the research conducted with the Chi Square Test got a P-value of 0.02, so that the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between mother's attitude and nutritional status in

toddlers, mothers who have a less risky attitude are 4.8 times for the occurrence of nutritional status abnormalities in toddlers with the lowest susceptibility of the occurrence of this being 1.182 and vulnerable the highest was 19,698.

Table 8. Relationship of respondent's actions with nutritional status of children under five in Arongan village, Nagan Raya district

Respondent's Actions	Nutritional status		Total	P_{value}	RP Ci 95%
	Normal	Abnormall			
Good	39 (54,2%)	3 (4,2%)	42 (58,3%)	0,01	5,5 (1,360 - 22,826)
Not enough	21 (29,2%)	9 (12,5%)	30 (41,7%)		
Total	60 (83,3%)	12 (16,7%)	72 (100,0%)		

From the results of table 8 shows that respondents who have good actions with normal nutritional status are 39 people (54.2%), respondents who have good actions with abnormal nutritional status are 3 people (4.2%), respondents who have less action with normal nutritional status as many as 21 people (29.2%) and respondents who have less action with abnormal nutritional status as many as 9 people (12.5%). The results of the research conducted with the Chi-Square Test got a P-value of 0.01, so that the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between the actions of mothers and the nutritional status of toddlers, mothers who have less risky actions are 5.5 times for the occurrence of nutritional status abnormalities in toddlers with the lowest probability of occurrence of this being 1.360 and vulnerable the highest was 22,826.

DISCUSSION
The Relationship of Respondents' Knowledge in Mother's Feeding With Toddler Nutritional Status

The results showed that respondents who had good knowledge with normal nutritional status were 40 people (55.6%), respondents who had good knowledge with abnormal nutritional status were 2 people (2.8%), respondents who had less knowledge with nutritional status normal nutrition as many as 20 people (27.8%) and respondents who have less knowledge with abnormal nutritional status as many as 10 people (13.9%). The results of the research conducted with the Chi Square Test got a P-value of 0.001, so the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between mother's knowledge and nutritional status of children under five in Arongan village, Nagan Raya district.

This study is in line with research conducted by Nindyna Puspasari et al, the results of the study stated that most of the respondents who had good knowledge with normal nutritional status were 81.8% and those who had less knowledge with abnormal nutritional status were 92.9%. The results of the chi-square test show that there is a relationship between maternal knowledge and the nutritional status of children under five[8]. This study is also in line with research conducted by Dyah Purnama Sari et al, the results of the study stated that mothers with a high level of knowledge tend to have excessive feeding behavior, and mothers with low levels of knowledge tend to have less feeding behavior for toddlers category. energy and fat, so that there is a relationship between mother's knowledge and nutritional status in infant feeding practices[9]. The results of the research conducted by Official Pangaribuan et al, are in line with this study which states that there is a relationship between mother's knowledge of toddler food patterns and toddler's nutritional status, and there is a relationship between mother's knowledge of types of food and toddler's nutritional status. The results of research conducted by Windiyati stated that there was a relationship between

knowledge and parenting patterns of mothers on the nutritional status of toddlers with a P value <0.05[11].

Based on the results of the study, the authors assume that respondents who have good knowledge and lack of relationship with nutritional status in normal or abnormal toddlers, it can be assumed that respondents who have good knowledge are needed in the pattern of feeding intake to children under five so that nutrition in children under five toddlers can suffice.

The Relationship of Respondents' Attitudes in Giving Food by Mothers With Toddler Nutritional Status

The results showed that respondents who had good attitudes with normal nutritional status were 37 people (51.4%), respondents who had good attitudes with abnormal nutritional status were 3 people (4.2%), respondents who had poor attitudes with nutritional status 23 people with normal nutrition (31,9%) and 9 people (12,5%) with a poor attitude with abnormal nutritional status. The results of the research conducted with the Chi Square Test got a P-value of 0.02, so that the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between mother's attitude and nutritional status of children under five in Arongan village, Nagan Raya district.

This study is in line with research conducted by Maharani et al, the results of the study stated that knowledge and attitudes of mothers about complementary foods were still not good, and there were still many children under five with poor nutritional status, the results of the chi-square test stated that there was a relationship between knowledge and attitudes of mothers who not good about giving additional meaning to the relationship with nutritional status[12]. This study is also in line with research conducted by Mika Oktrarina, the results of the study stated that from the bivariate analysis showed a relationship between mother's attitude and the nutritional status of children under five in the working area of the Sawah Lebar Public Health Center, Bengkulu City[13]. The results of research conducted by Siti Indrayanti Safitri et al, are in line with this study which stated that from the results of bivariate analysis using Fisher's test, it was found that P<0.05, then there is a relationship between mother's attitude and knowledge and nutritional status based on weight/height in children. toddlers in the work area of the Singkawang City Health Center[14]. The results of a study conducted by Fajriani et al., stated that there is a relationship between balanced nutritional behavior which includes knowledge, attitudes and actions of mothers on nutritional status in toddlers aged 2-5 years[15]. The results of the same study conducted by Erike Septa Prautami stated that there was a relationship between knowledge and attitudes of pregnant women with nutritional status[16].

Based on the results of the study, the authors assume that respondents who have good attitudes and lack a relationship with the nutritional status of normal or abnormal toddlers, it can be assumed that respondents who have good attitudes are needed in the pattern of feeding children under five so that nutrition in infants can be sufficient. If the respondent has good knowledge but in responding to it wrong or lacking, it will also have an impact on the nutritional status of children under five.

The Relationship of Respondents' Actions in Mother's Feeding With Toddler Nutritional Status

The results showed that respondents who had good actions with normal nutritional status were 39 people (54.2%), respondents who had good actions with abnormal nutritional status were 3 people (4.2%), respondents who had poor actions with nutritional status normal nutrition as many as 21 people (29.2%) and respondents who have less action with abnormal nutritional status as many as 9 people (12.5%). The results of the research conducted with the Chi-Square Test got a P-value of 0.01, so that the P-value <0.05. Based on statistical tests, it can be concluded that there is a significant relationship between the actions of mothers and the nutritional status of children under five in Arongan village, Nagan Raya district.

This study is in line with research conducted by Rista Nur Fadila et al, the results of the study state that there is a relationship between mother's knowledge about balanced nutrition and the nutritional status of kindergarten children in the village of Yosowilangun Lor, Lumajang district, there is a relationship between mother's behavior about balanced nutrition and the nutritional status of kindergarten children in the village. Yosowilangun Lor, Lumajang district[17]. This study is also in line with research conducted by Dian Utama Pratiwi Putri et al, the results of the study stated that based on the Chi-Square test there was a relationship between complementary feeding (MP-ASI) and nutritional status in infants aged 6-12[18]. The results of the research conducted by Irfan Said et al, are in line with this study which stated that based on the results of the Chi-Square test, it was found that the pattern of feeding in infants and children had a relationship with nutritional status with P<0.05[19]. The results of a study conducted by Zulia Putri Perdani et al, stated that there was a relationship between feeding practices and nutritional status in toddlers[20].

Based on the results of the study, the authors assume that respondents who have good actions and lack a relationship with nutritional status in normal or abnormal toddlers, it can be assumed that respondents who have good actions will produce something good too, especially in the pattern providing food intake for toddlers so that nutrition for toddlers can be fulfilled. Respondents who have less action in paying attention to the nutritional status of children under five will have a negative impact, this is because some mothers already know how to eat good food for children, but they are irresponsible or do not practice the knowledge that has been obtained, lack of awareness and a sense of laziness in processing food for toddlers.

CONCLUSION

Based on the results of research on the relationship between knowledge, attitudes and actions of mothers in feeding with nutritional status of toddlers in Arongan village, Nagan Raya district, it can be concluded that there is a significant relationship between mother's knowledge and nutritional status of toddlers with a P-value < (0.05). There is a significant relationship between mother's attitude and nutritional status in toddlers with P-value < (0.05). There is a significant relationship between the mother's actions and the nutritional status of children under five with a P-value < (0.05) in Arongan village, Nagan Raya district.

SUGGESTION

1. For respondents

Because in Arongan village there are still mothers who lack knowledge, especially on feeding patterns for toddlers, it is suggested to mothers in Arongan village to be given education about feeding patterns for toddlers both at the puskesmas and at the posyandu.

2. For health workers
   1) For health workers at the posyandu and at the Kuala Pantai sub-district health center, it is necessary to provide counseling to mothers, especially in Arongan village about healthy and correct food intake patterns for toddlers.
   2) an increase in health programs by evaluating the programs that have been implemented, which aims to see whether the programs that have been implemented are running well or not.

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