
The Relationship Between Mothers' Knowledge About Nutrition and The Nutritional Status Of Toddlers In Tambakrejo Village, Jombang District

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Abstrak

Nutrisi adalah proses dimana makanan dikonsumsi secara normal oleh organisme melalui proses pencernaan, penyerapan, transportasi, penyimpanan, metabolisme dan ekskresi zat-zat yang tidak terpakai, serta menghasilkan energi. Asupan nutrisi yang baik berperan penting dalam mencapai pertumbuhan tubuh yang optimal, begitu pula pertumbuhan otak menentukan kecerdasan seseorang. Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan ibu tentang gizi dengan status gizi balita di Desa Tambakrejo Kabupaten Jombang. Desain penelitian yang digunakan adalah analitik korelasional dengan pendekatan cross-sectional. Teknik pengambilan sampel adalah probabilitas sampling dengan metode simple random sampling yaitu mengambil 39 ibu dengan balita dari populasi 390 ibu dengan balita. Berdasarkan hasil penelitian, hampir separuh responden yang berpengetahuan cukup dan baik masing-masing sebanyak 19 (48,7%) responden, sedangkan balita mengalami gizi lebih hampir seluruhnya yaitu sebanyak 34 (87,2%) balita. Berdasarkan hasil uji spearman rank diperoleh angka sig (2-tailed) sebesar $0,006 < \alpha = 0,05$ maka H_0 ditolak artinya ada hubungan yang signifikan antara pengetahuan ibu tentang gizi dengan status gizi balita. Untuk meningkatkan pengetahuan tentang gizi seimbang pada balita diharapkan ibu dapat aktif mengikuti penyuluhan oleh petugas kesehatan atau peningkatan pengetahuan melalui media massa.

Kata Kunci : *Pengetahuan, Status Gizi, Balita.*

Abstract

Nutrition is the process of food organisms consume normally through the process of digestion, absorption, transportation, storage, metabolism and expenditure of unused substances, and producing energy. Good nutritional intake plays an important role in achieving optimal body growth, as well as brain growth to determine a person's intelligence. The purpose of this study was to determine the relationship between maternal knowledge about nutrition and the nutritional status of toddlers in Tambakrejo Village, Jombang Regency. The research design used was analytic correlational with a cross-sectional approach. The sampling technique is probability sampling with a simple random sampling method that is taken several mothers who have toddlers as many as 39 of the population of 390 mothers of toddlers. Based on the results of the study, almost half of the respondents with sufficient and good knowledge were 19 (48.7%) respondents each, while almost all toddlers experienced more nutrition, namely 34 (87.2%) toddlers. Based on the results of the spearman rank test, the sig number (2-tailed) $0.006 < \alpha = 0.05$, then H_0 is rejected, meaning that there is a significant relationship between maternal knowledge about nutrition and nutritional status of toddlers, to increase knowledge about balanced nutrition in toddlers, mothers are expected to actively participate in counseling by health workers or increase knowledge through mass media.

Keywords: *Knowledge, Nutritional Status, Toddlers.*

INTRODUCTION

Food consumption greatly influences a person's nutritional status, good nutritional status or optimal nutritional status occurs when the body obtains enough nutritional substances that are used efficiently, thereby enabling physical growth, brain development, work ability and health.(Suryani et al., 2017). Nutrition is the process by which an organism uses food that is consumed normally through the processes of digestion, absorption, transportation, storage, metabolism and excretion of substances that are not used to maintain life, growth and normal function of organs, and produce energy (Sulistyoningsih, 2011).

Good nutritional intake plays an important role in achieving optimal body growth, as well as brain growth to determine a person's intelligence. A factor that is often seen in the community is the mother's lack of knowledge regarding the nutrition that children must fulfill during their growth period. Mothers usually give delicious food to their children without knowing whether the food contains sufficient nutrition or not, and mothers do not compensate with healthy food that contains lots of nutrients.(Izhar, 2017).

According to data from UNICEF 2008, the number of sufferers of malnutrition among children under five is increasing. From 1.8 million people in 2018, data reached 2.3 million people in 2019. From data on malnutrition in Indonesia in 2019, it reached 13 million people. In the East Java region in 2020 there were 6.27% of toddlers with overweight (obesity), 85.3% of toddlers with normal weight, 7.03% of toddlers with underweight (BGT), 7.03% of toddlers with underweight very poor (BGM) as high as 1.4% (East Java province health profile, 2021). According to data from the Jombang District Health Service in a one-year report in 2021, the number of toddlers experiencing malnutrition was 34 (0.04%), underweight toddlers (BGT) was 4,691 (5.87%), underweight toddlers very poor (BGM) as many as 466 (0.58%), toddlers with overweight (obese) as many as 1,364 (1.71%), toddlers with normal weight as many as 73,444 (91.85%) (Jombang Health Service, 2021). In the Tambakrejo Community Health Center, Jombang Regency, in the one year report from January to December 2021, there were 17 (1.2%) toddlers with overweight (1.2%), 1,291 (91.17%) toddlers with normal weight. 99 (6.99%) were underweight (BGT), 9 (0.64%) were very underweight (BGM), 1 (0.33%) was underweight. Based on a preliminary study conducted by researchers in Tambakrejo Village, Jombang District, Jombang Regency, one year's report from January to December 2021, in the toddler cohort, there were 301 toddlers, 4 (1.32%) toddlers with overweight (obesity), underweight toddlers. 264 (87.13%) had normal body weight, 30 (9.9%) underweight toddlers (BGT), 2 (0.66%) underweight toddlers (BGM) and 2 (0.66%) underweight toddlers. bad as much as 1 (0.33%) (Report on toddler cohort at Tambakrejo Health Center, 2021). Meanwhile, in January, February and March 2013 there were 390 toddlers. From the phenomenon in Tambakrejo Village, there are still many mothers who have toddlers who do not pay attention to the nutritional intake of their toddlers, and think that if their children are only fed rice with soy sauce without side dishes or vegetables, according to them that is enough, because their children are free from hunger without considering nutritional balance. that the child's body needs. Mothers' lack of knowledge about toddler nutrition can lead to malnutrition in toddlers(Afrinis et al., 2021).

Factors that influence the low level of knowledge about balanced nutrition include economic status, employment and education so that it can develop into the nutritional status of children under five where it is shown that there is a relationship between poverty and the proportion of children who are malnourished and malnutrition is inversely proportional to income. Poverty causes malnutrition through low education and productivity(Milda Riski Nirmala Sari & Leersia Yusi Ratnawati, 2018). Daily food consumption that is not diverse enough will cause nutritional imbalances, and cause overnutrition, undernutrition, malnutrition, iron deficiency anemia (AGB), vitamin A deficiency, disorders due to iodine deficiency (IDD). If daily food is consumed with a variety of foods, the lack of nutrients in one type of food will be complemented by the superior nutritional

composition of other types of food, so that a balanced nutritional intake is obtained. (Sundari & Khayati, 2020).

This can be overcome by approaching and assisting the mother in providing food. Providing mothers with knowledge about toddler nutrition as well as how to make nutritious food for toddlers, and providing training to posyandu cadres on balanced nutrition material which is carried out routinely at every nutrition recovery park activity. From the above phenomenon, researchers are interested in conducting research "The relationship between maternal knowledge about nutrition and the nutritional status of toddlers in Tambakrejo Village, Jombang Regency".

METHOD

The type of research used is correlational analytics with a cross-sectional approach. Held on 13 – 18 January 2022 after being declared to have passed the research ethics test. The population is all mothers who have toddlers in Tambakrejo Village, Jombang Regency. In the last three months, there were 390 mothers of toddlers. The technique used to determine the sample used probability sampling with a simple random sampling method of 39 respondents. Data collection carried out an initial measurement of knowledge about toddler nutrition using a questionnaire and measuring the nutritional status of toddlers from the results of weighing in the toddler's KMS in the KIA book. The data obtained will be processed and analyzed using the Spearman Rank statistical test with the SPSS application.

RESULTS AND DISCUSSION

Research carried out on 13 – 18 January 2022 in Tambakrejo Village, Jombang Regency, obtained the following data:

1. General data

Table 1: Characteristics of respondents

No	Informant characteristics	Category	Frequency	Percentage (%)
1.	Age	<20 years	0	0
		20-35 years	31	79.5
		>35 years	8	20.5
		Total	39	100
2.	Education	elementary school	2	5.1
		JUNIOR HIGH SCHOOL	12	30.8
		SENIOR HIGH SCHOOL	19	48.7
		College	6	15.4
Total	39	100		
3.	Work	IRT	36	92.3
		Private	2	5.1
		Civil servants	1	2.6
Total	39	100		
4.	Experience of getting information	Yes	38	97.4
		No	1	2.6
		Total	39	100
5.	Resources	Newspaper	4	10.3
		Midwife	24	61.5
		TV	11	28.2
		Total	39	100

Source: Primary Data, 2021

Based on table 1, almost all of the respondents were aged between 20 - 35 years, namely 31 respondents (79.5%). Almost half of the respondents had a high school education, 19 (48.7%). Almost all respondents work as housewives, namely 36 respondents (92.3%). Almost all respondents had

received information about toddler nutrition, namely 38 respondents (97.4%). Most respondents had received information about toddler nutrition from midwives, namely 24 respondents (61.5%)

2. Custom Data

a. Frequency distribution of respondent characteristics based on mother's knowledge.

Table 2: Characteristics of respondents based on mother's knowledge.

Knowledge	Frequency	Percentage (%)
Not enough	1	2.6
Enough	19	48.7
Good	19	48.7
Total	39	100

Source: Primary Data 2021

Based on table 2 above, it can be seen that almost half of the respondents have sufficient and good knowledge, 19 (48.7%) of the total 39 respondents.

b. Frequency distribution of respondent characteristics based on nutritional status of toddlers

Table 3: Characteristics of respondents based on nutritional status of toddlers.

Nutritional status	Frequency	Percentage (%)
Malnutrition	0	0
Malnutrition	1	2.6
Good Nutrition	4	10.3
More Nutrition	34	87.2
Total	39	100

Source: Primary Data 2021

3. The relationship between maternal knowledge about nutrition and the nutritional status of toddlers

Table 4 Cross tabulation of the relationship between maternal knowledge about nutrition and the nutritional status of toddlers.

Knowledge	Nutritional status of toddlers				Total
	Poor (<-3 SD)	Less (-3 SD to 2 SD)	Good (-2 SD to 2 SD)	More (>+2 SD)	
Not enough	0 (0%)	1 (2.6%)	0 (0%)	0 (0%)	1 (2.6%)
Enough	0 (0%)	0 (0%)	4 (10.3%)	15 (38.5%)	19 (48.7%)
Good	0 (0%)	0 (0%)	0 (0%)	19 (48.7%)	19 (48.7%)
Total	0 (0%)	1 (0%)	4 (10.3%)	34 (87.2%)	39 (100%)

Based on table 4 above, it can be seen that respondents with insufficient knowledge of the nutritional status of toddlers are less, namely 1 (2.6%), respondents with sufficient knowledge of the nutritional status of toddlers are good, namely 4 (10.3%) and more, namely 15 (38.5%).), while respondents with good knowledge of the nutritional status of toddlers were more, namely 19 (48.7%).

Table 5 Spearman Rank Test

			Knowledge level	Nutritional status
Spearman Rho	Knowledge level	Correlation coefficient	1,000	0,435
		Sig. (2-tailed)		0.006
		N	39	39
	Nutritional status	Correlation coefficient	0.435	1,000
		Sig. (2-tailed)	0.006	
		N	39	39

Based on table 5 of the Spearman rank test, the sig (2-tailed) number is $0.006 < \alpha = 0.05$, so H_0 is rejected, which means there is a significant relationship between maternal knowledge about nutrition and the nutritional status of toddlers.

DISCUSSION

Mother's knowledge about nutrition in toddlers

Based on the research results, it was interpreted that almost half of the respondents had good and sufficient knowledge, respectively 19 (48.7%) while those with less knowledge were 1 (2.6%) respondent.

Knowledge is the result of "Knowing" and occurs after someone senses an object. Sensing occurs through the five senses, namely: sight, hearing, smell, taste and touch, but most of a person's knowledge is obtained through the five senses of the eyes and ears. Knowledge or cognitive is a very important domain for the formation of a person's behavior (Notoatmodjo, 2007). The factors that influence knowledge are internal and external factors, which include internal factors are education, age, way of thinking and experience, while external factors are culture and environment, information and socio-culture (Mubarrok, 2007).

The research results show that knowledge is influenced by several factors, namely age, education and information. The research showed that the majority of people were 20-35 years old with good knowledge, 17 (89.5%) people. Age can influence a person's knowledge, where a young age will cause respondents to be less mature in selecting and filtering material or information received, because increasing a person's age will affect intellectual abilities in receiving information, conversely being too mature (old) will affect the mother's mind to do something you don't understand (Saparudin, 2017). Not only the age factor, educational factors can also influence knowledge where in this study the highest education was high school with sufficient knowledge as many as 10 (52.6%) people. The higher the mother's education level, the better the mother's knowledge about toddler nutrition, and conversely, if the mother's education is low but the mother is active in visiting posyandu and is willing to take part in counseling about nutrition provided by health workers, the mother's knowledge will increase. (Baculu, 2017). The information factor can also influence education where the results of research whether or not mothers have received information were obtained with good knowledge, 19 (100%) people have received information, and the most sources of information were obtained with sufficient and good knowledge respectively, namely 11 (57, 9%) from midwives. Based on this research, it was found that respondents had a lot of information about nutrition from midwives. Because there is a source of information from health workers, respondents can respond positively to the information obtained so that the source of information from respondents in this study is sufficient and good. Meanwhile, respondents who do not receive information will affect their knowledge about nutrition (Titisari et al., 2017). Therefore, for respondents who never received information, communication was needed through people closest to them, for example parents, neighbors, midwives and cadres.

Nutritional status of toddlers

Based on the research results, it is interpreted that a small percentage of toddlers experience malnutrition, 1 (2.6%) toddlers, 4 (10.3%) toddlers with good nutrition, and 34 (87.2%) toddlers with overnutrition.

Nutrition (Nutrition) is a process of organisms using food that is consumed normally through the processes of digestion, absorption, transportation, storage, metabolism and excretion of substances that are not used to maintain life, growth and normal function of organs, and produce energy (Sulistyoningih, 2011). Nutritional status is a condition resulting from food consumption and use of nutritional substances. Distinguished between poor, less, good and more nutritional status (Almatsier, 2009). Over nutrition causes overweight or obesity. Excess energy consumed is stored in the tissues in the form of fat. Obesity is a risk factor for various degenerative diseases, such as hypertension or high blood pressure, diabetes, coronary heart disease, liver and gall bladder diseases. (Lestari, 2019). Toddlers at this age also start to socialize more with their environment.

The mother's work, which takes up a lot of time, has more or less an effect on communication between the two of them. Mothers with a high level of activity outside the home can reduce supervision of their toddlers because they are often entrusted to other relatives or neighbors who do not guarantee whether the toddlers are well looked after. This can cause the nutritional intake received by toddlers to be less so that toddlers fall into a state of malnutrition or malnutrition(Susilowati & Himawati, 2017).

Education is guidance that someone gives to others about something so that they can understand. It cannot be denied that the higher a person's education, the easier it is for them to receive information, and ultimately the more knowledge they have. On the other hand, if a person's level of education is low, it will hinder the development of a person's attitude towards acceptance, information and newly introduced values(Mugiati, 2019).

The results of the research show that nutritional status is influenced by factors, namely employment and education. The research shows that the majority of respondents work as housewives with the nutritional status of children under five being higher, namely 31 (91.2%) respondents. Occupational factors can influence the nutritional status of toddlers. Judging from the percentage above, the profession of mothers of toddlers is not absolutely related to the nutrition consumed by toddlers. Mothers have a lot of time to improve their diet and nutritional intake consumed by toddlers and must be adjusted to the nutrients needed by toddlers if they want toddlers to avoid malnutrition or other diseases. However, the results of this research are mothers who work as housewives whose toddlers experience overnutrition, this is because mothers pamper their children too much so that the food their children want is always given without considering anything, even though the mother's knowledge about nutrition in toddlers is good.(Khotimah, 2021). This can cause toddlers to become obese.

Another factor that influences the nutritional status of toddlers is educational factors. The results of this research showed that 18 (52.9%) mothers with high school education had over-nutrition. High school education was secondary education where the mothers had not yet had a high level of education. In accordance with theory, the higher a person's education, the easier it is for them to receive information, and ultimately the more knowledge they have(Amalia et al., 2021). On the other hand, if a person's level of education is low, it will hinder the development of a person's attitude towards accepting newly introduced information and values, so that toddlers experience abnormal nutritional status.(Winarsih & Zumrotun, 2012).

The relationship between maternal knowledge about nutrition and the nutritional status of toddlers

Table 4 shows that 19 (46.7%) respondents with good knowledge had toddlers with more nutritional status, namely 19 toddlers with more nutrition (48.7%), sufficient knowledge, 19 (46.7%) had toddlers with good nutrition. a total of 4 (10.3%) toddlers with good nutrition and 15 (38.5%) toddlers with more nutrition, less knowledge. 1 (2.6%) toddler with poor nutrition. 1 (2.6%) toddler with malnutrition. not enough.

The results of the spearman rank test showed that the sig (2-tailed) number was $0.006 < \alpha = 0.05$, so H_0 was rejected, which means there is a significant relationship between maternal knowledge about nutrition and the nutritional status of toddlers, this is in accordance with(Sundari & Khayati, 2020)namely lack of knowledge and misconceptions about food needs and food value are common in every country in the world, poverty and lack of nutritious food supplies are important factors in nutritional problems. Another important cause of nutritional disorders is knowledge about nutrition and the ability to apply this information in everyday life. Nutrients are divided into 6 main groups, namely carbohydrates, fats, proteins, vitamins, minerals and water(Susanti et al., 2014). The

nutritional status of toddlers, which is good, bad, less or more, is influenced by several factors, namely economic status, employment and parental education (Saparudin, 2017).

CONCLUSION

It was found that mothers with good knowledge about nutrition for toddlers were 19 (48.7%) and those with sufficient knowledge were 19 (48.7%) respondents.

The nutritional status of toddlers in Tambakrejo Village, Jombang District, Jombang Regency is based on research results, namely that almost all toddlers experience overnutrition, as many as 34 (87.2%) toddlers.

There is a relationship between maternal knowledge about nutrition and the nutritional status of toddlers in Tambakrejo Village, Jombang Regency by looking at the sig value (2-Tailed) $0.006 < \alpha = 0.05$.

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