



## **Mother's knowledge and attitude in providing balanced nutrition with efforts to prevent undernutrition in toddler (3-5 years)**

Maria Haryanti Butarbutar<sup>\*</sup>, Joko Prasetyo, Indasah Indasah

Departemen Masters of Nursing IIK Strada  
Jalan Manila No.37, Tosaren, Kec. Pesantren, Kota Kediri, Jawa Timur 64123

\*Corresponding author : [mariaharyanti@helvetia.ac.id](mailto:mariaharyanti@helvetia.ac.id)

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### **ABSTRAK**

**Latar Belakang :** Makanan yang dimakan dan dapat digunakan secara baik oleh tubuh adalah yang mengandung gizi. Gizi yang sering dipergunakan untuk kebutuhan tubuh itu seperti karbohidrat, protein, lemak, vitamin, mineral dan air. Di tahun 2019 angka prevalensi stunting nasional menjadi 27,67. Sedangkan pada tahun 2020 angka prevalensi nasional menjadi 24,1%.

**Tujuan :** Penelitian yang dilakukan untuk mengetahui dan menggambarkan hubungan pengetahuan dan sikap ibu dalam pemberian gizi seimbang dengan upaya pencegahan gizi kurang pada balita.

**Metode :** Jenis penelitian kuantitatif dan dengan survei penjelasan atau wawancara. Desain penelitian secara cross sectional, yaitu langkah langkahnya melakukan pengumpulan data dan dengan kuesioner yang diberikan kepada responden. Sampel penelitian diambil dengan melakukan metode simple random sampling Sampel. Responden dalam penelitian ini ibu yang memiliki anak umur 3 – 5 tahun sebanyak 83 orang menggunakan uji chi square.

**Hasil :** Penelitian yang telah dilakukan berdasarkan pengetahuan ibu dengan hasil p value 0.009 dan sikap ibu dengan hasil p value 0.015.

**Kesimpulan :** Penelitian yang diteliti berdasarkan pengetahuan dan sikap dengan hasil Ha diterima, artinya ada hubungan gizi seimbang dengan upaya pencegahan gizi kurang pada balita. Pemberian gizi seimbang dengan upaya mencegah gizi kurang pada balita. Gizi seimbang adalah makanan dan kebutuhan yang dimakan dan dikonsumsi seimbang dengan kebutuhan tubuh dengan makanan yang bervariasi, jika ibu mempunyai pengetahuan maka pemberian gizi seimbang dapat dilakukan dan didukung dengan pendidikan yang baik maka pengetahuan ibu akan terpenuhi. baik dan hasil yang diperoleh akan baik, namun karena pendidikan ibu masih ada yang berpendidikan tamat SD, SMP, dan ibu belum mengetahui cara memberikan variasi makanan yang sesuai dengan kebutuhan. balita agar makanan yang dikonsumsi tetap kurang untuk mencegah terjadinya gizi buruk pada balita.

**KATA KUNCI :** pengetahuan; sikap; gizi; pencegahan

### **ABSTRACT**

**Background:** Food eaten can used in a manner good for the body is contains nutrition. Frequent nutrition is used for the needs body like carbohydrates proteins, fats, vitamins, minerals, and water. In 2019 numbers national stunting prevalence to 27 .67. Whereas in 2020 numbers prevalence national to 24.1. The level of the mother's knowledge about nutrition is very important in increasing the degree of the family's nutritional status, especially the nutritional status of children because the role of the mother is very influential. Parents have an important role in fulfilling the nutrition of toddlers because toddlers still require special attention in their development, more particularly the role of a mother as the figure most often together with toddlers

**Objective:** Research conducted to know and describe the connection between knowledge

and attitude mothers in gift nutrition balanced with effort prevention nutrition not enough on toddlers.

**Methods:** This type of research is quantitative and with explanatory surveys or interviews. The research design was cross-sectional, namely, the steps involved in collecting data and using a questionnaire given to respondents. The research sample was taken by using a simple random sampling method. Respondents in this study were mothers who had children aged 3-5 years as many as 83 people using the chi square test.

**Results:** The research that has been carried out is based on maternal knowledge with a p-value of 0.009 and maternal attitudes with a p-value of 0.015.

**Conclusion:** The research that has been studied based on knowledge and attitudes with the results of  $H_0$  is accepted, meaning that there is a relationship between balanced nutrition and efforts to prevent undernutrition in toddlers. Providing balanced nutrition with efforts to prevent undernutrition in toddlers. Balanced nutrition is the food and needs that are eaten and consumed in balance with the needs of the body with a variety of foods if the mother has knowledge then the provision of balanced nutrition can be carried out and supported by good education, the mother's knowledge will be good and the results obtained will be good, but due to the education of mothers, there are still those who have graduated from elementary school, junior high school, and mothers do not know how to provide a variety of foods that suit the needs of toddlers so that the food consumed is still lacking to prevent malnutrition from occurring to toddlers.

**KEYWORD:** knowledge; attitude; nutrition; prevention

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## INTRODUCTION

Foods that are eaten and can be used properly by the body are those that contain nutrients. Nutrients that are often used for the needs of the body such as carbohydrates, proteins, fats, vitamins, minerals, and water. (1). *World Health Organization* (WHO) in 2018 stated that the incidence of *stunting* in the world reached 22.9% or 154.8 million toddlers. The number of *stunting* incidents in Indonesia is included in the top five countries in the world. Indonesia is a country with the third highest *stunting* prevalence in the Southeast Asian Region after Timor Leste (50.5%) India (38.4%) and Indonesia at 36.4% (Ministry of Health Data and Information Center, 2018).

In 2019 the national *stunting* prevalence rate was 27.67. Whereas in 2020

the national prevalence rate will be 24.1% (2). Data from the Medan City Health Office regarding patients who died from malnutrition in 2019 reached 8 people. Cumulatively for sub-districts, namely Medan Labuhan sub-district, there were 13 cases, and Medan Sunggal sub-district as many as 8 cases. As for the puskesmas that dominated the number of cases of malnutrition, namely the Lalang Village Health Center with 69 cases throughout (3).

The participation of parents of children is very important in toddler nutrition including monitoring the nutrition of toddlers with wasting of 0.46%, and toddlers with *stunting* of 0.3%. The data obtained by researchers at the PB Selayang II Health Center in Medan, cases of under five children

with malnutrition were 0.52%, toddlers with malnutrition were 0.01% and toddlers with stunting were 0.34%. (9) . The level of mother's knowledge about nutrition is very important in increasing the degree of family nutritional status, especially the nutritional status of children, because the role of the mother is very influential (5). The mother figure plays a role in household management and plays a role in determining the type of food that will be consumed by her family(6).

The level of mother's knowledge about toddler nutrition greatly influences the nutritional state of the toddler because the mother is the person who is most attached to the child. Mother togetherness with children is bigger and often compared to other family members so they understand more about all the needs that children need. The knowledge possessed by the mother is the main key to fulfilling the nutritional needs of toddlers(7).

Parents have an important role in fulfilling the nutrition of toddlers because toddlers are still requiring special attention in its development, more particularly the role of a mother as the figure most often together with toddlers. If a mother has knowledge A good attitude will certainly affect a good attitude also in fulfilling toddler nutrition to be applied to behavior every day, both in parenting behavior, food selection, and feeding which can affect the development of toddlers.

However, if the mother does not practice it in everyday life, it can have a negative impact on the development of toddlers. The purpose of this research was to find out and describe the relationship between knowledge and attitudes of mothers in providing balanced nutrition with efforts to

prevent malnutrition in toddlers for 3 to 5 years.

## **MATERIALS AND METHODS**

This type of research is carried out by means of quantitative research and with explanatory surveys or interviews. The research was conducted using a cross-sectional research design (8), namely the steps for collecting data and by giving questionnaires to respondents. The research sample was taken by using simple random sampling method, namely random sampling. The sample in this study was 83 mothers who had children aged 3 – 5 years.

The research is continued by using data analysis which is a simplification stage so that it is easy to understand. This researched was using instrument by questioners and interviewed one by one to the respondents and collected the data used univariate data analysis was descriptive and the results were displayed in a table of frequency distributions and continued into bivariate analysis using the chi-quare test = 0.05 and input the data using computer with SPSS application.

Test validity using the Pearson Product Moment correlation formula. The instruments tested were mother's knowledge and attitude questionnaires and a balanced nutrition questionnaire with efforts to prevent malnutrition in toddlers 3-5 years. This research uses a significance level of  $p < 0.05$  and an  $r$  table value of 0.444 '(9). Questions in the questionnaire are considered valid if  $r$  count ( $r$  pearson)  $\geq$  from  $r$  table from the results of the reliability test that has been carried out using Cronbach's Alpha it is found that the results of the reliability test on the

questionnaire Efforts to prevent malnutrition with 10 questions.

## RESULTS AND DISCUSSION

### RESULTS

#### *Characteristics of Respondents*

The results of the frequency distribution study based on age characteristics show that the majority of mothers are 21-30 years old as many as 50 people (60.2%) and a minority <20 years as many as 1 person (1.2%). Characteristics based on education that the majority are junior high school as many as 37 people (44.5%) and a minority of elementary school students as many as 13 people (15.7%).

Based on the distribution of the frequency of work, the majority are IRT as many as 33 people (39.8%) and a minority of self-employed people as many as 12 people (14.4%). people (57.9%) and minorities <1,500,000 totaling 35 people (42.1%) and

based on parity the majority are multiparous as many as 46 people (55.4%) and minority primiparas are 37 people (44.6%). Based on the results of the research on respondent knowledge, there were 83 respondents (100%) who had good knowledge of 20 respondents (24.1%), who had sufficient knowledge of 40 respondents (48.2%) and who had poor knowledge of 23 respondents (27.75%). Research based on mother's behavior found 83 respondents (100%).

Where as many as 37 people (44.5%) have a positive attitude and 46 people (55.5%) have a negative attitude. The research was conducted based on the mother's efforts to prevent malnutrition in toddlers, the number of respondents was 83 people (100%). Respondents who had good prevention efforts were 18 people (21.8%), 40 people had adequate prevention efforts (48.1%) and 25 people had inadequate prevention efforts (30.1%).

**Table 1. Characteristics of respondents**

Characteristics	Frequency	Percentage %
<b>Age</b>		
< 20 Years	1	1.2
21 – 30 Years	50	60.2
31 – 40 Years	25	30.1
>40 Years	7	8.5
<b>Education</b>		
SD	13	15.7
Junior High School	37	44.5
Senior High School	16	19.3
PT	17	20.5
<b>Work</b>		
IRT	33	39.8
P. Private	25	30.1
civil servant	13	15.7
Self-employed	12	14,4

Income		
<1,500,000	35	42.1
>1,500,000	48	57.9
Parity		
Primipara	37	44.6
Multipara	46	55.4
Total	83	100

Sumber data Hasil Penelitian responden PB Selayang II Medan

**Table 2. Based on knowledge of respondents**

Knowledge	Frequency	Percentage
Good	20	24.1
Enough	40	48.2
Not enough	23	27.7
Total	83	100

**Table 3. Based on attitude of respondents**

Attitude	Frequency	Percentage
Positive	37	44.5
Negative	46	55.5
Total	83	100

**Table 4. Frequency distribution of respondents based on mother's characteristics**

Prevention	Frequency	Percentage
Good	18	21.8
Enough	40	48.1
Not enough	25	30.1
Total	83	100

*Bivariate Analysis*

**Table 5. Based on knowledge with effort prevention**

Knowledge	Prevention					Total		pv	
	Good	%	Enough	%	% Not enough	N	%		
Good	5	6.1	7	8.4	8	9.6	20	24.1	0.009
Enough	5	6.1	18	21.7	17	20.5	40	48.2	
not enough	8	9.6	15	18	0	0	23	27.7	
Total	18	21.8	40	48.1	25	30.1	83	100	

**Table 6. Frequency distribution of respondents based on attitude with effort prevention**

Attitude	Effort Prevention						Total		pv
	Good	%	Enough	%	Bad	%	N	%	
Positive	8	9.6	18	21.7	11	13.2	37	44.5	
Negative	10	12.1	22	26.5	14	16.9	46	55.5	0.015
Total	18	21.8	40	48.1	25	30.1	83	100	

Sumber data Hasil Penelitian responden PB. Selayang II Medan

Results study distribution frequency respondent based on knowledge maximum enough as many as 40 respondents (48.2%) and who have good minimum knowledge as many as 20 people (24.1%). Results study distribution frequency respondent based on attitude negative maximum as many as 46 respondents (55.5%) and those who have minimum positive attitude as many as 37 people (44.5%). Results study distribution frequency respondent based on effort prevention maximum enough as many as 40 respondents (48.1%) and who have effort minimum prevention is good as many as 18 people (21.8%).

Results study distribution frequency respondent minority based on knowledge good with effort prevention Good as many as 5 people (6.1%), enough as many as 7 people (8.4%) and not enough as many as 8 people (9.6%). Knowledge not enough majority based on effort prevention good as many as 8 people (9.6%) and only 15 people (18%) with a p-value of 0.009 which is less than 0.05.

Results study distribution frequency respondent based on attitude with prevention efforts with maximum results with a negative attitude and with good efforts as many as 10 people (12.1%), enough as many as 22 people (26.5%) and bad as many as 14

people (16.9%). The distribution of negative attitudes with a good minimum prevention effort was 10 people (12.1%) and enough was 22 people (26.5%) and with bad was 14 people (16.9%) and with a p-value of 0.015 which is smaller than 0.05.

## DISCUSSION

### *Mother's knowledge in providing balanced nutrition*

In the discussion session, the research results obtained by researchers are based on distribution frequency respondent knowledge less than 23 people (27.7%), enough as many as 40 respondents (48.2%) and who have good minimum knowledge as many as 20 people (24.1%) and with a p-value of 0.009 less than a p-value of 0.05, which means  $H_a$  is accepted and there is a relationship between knowledge and efforts to prevent malnutrition in toddlers.

This research is in line with research conducted by Niken with the result that the maximum knowledge level is sufficient for 44 people (48%) and a minimum of 23 people (25%) and with a p-value of 0.000. The results of the correlation coefficient are positive which indicates that the direction of the relationship between variables has a unidirectional relationship meaning that the



better the mother's knowledge about balanced nutrition, the better the efforts to prevent stunting(10).

Researchers have the assumption that mother's knowledge in providing balanced nutrition with efforts to prevent malnutrition in toddlers is closely related, where knowledge is everything that is known by respondents to be able to fulfill balanced nutrition for toddlers. Balanced nutrition is the food and needs that are eaten and consumed in balance with the needs of the body with a variety of foods so that if the mother has knowledge then the provision of balanced nutrition can be carried out and supported by good education, the mother's knowledge will be good and the results obtained will be good(11), but due to the education of mothers there are still those who have graduated from elementary school, junior high school and mothers do not know how to provide a variety of foods that suit the needs of toddlers so that the food consumed is still lacking to prevent malnutrition from occurring to toddlers(12).

#### *Mother's attitude in providing balanced nutrition*

Results research conducted by researchers based on distribution frequency respondent based on negative attitudes as many as 46 respondents (55.5%) and those who have attitude positive as many as 37 people (44.5%) and with a p-value of 0.015 less than 0.05, which means that  $H_a$  is accepted that there is a relationship between the mother's attitude and the provision of balanced nutrition to toddlers.

The above research is in line with research that has been conducted by Niken with the results of the mother's attitude showing that the attitude of the mother in

providing balanced nutrition to toddlers as an effort to prevent stunting from 70 respondents obtained the results of 15 respondents (21.4%) in the good category, 38 respondents (54.3%) in the sufficient category and 17 respondents (24.3%) in the less category. This states that the mother's attitude is the mother's response or view of a particular object(10).

The results showed that the attitude of the mother in the study was related to efforts to prevent nutrition due to the negative attitudes of 46 respondents (55.5%) and the negative results which were more negative with the positive results of 37 people (44.5%) so that it could be concluded that the mother had a negative attitude in efforts to prevent malnutrition in toddlers are supported by minimum wages with salaries below <1,500,000 as many as 35 people (42.1%) making it very difficult for mothers to meet the needs of toddlers. Most of the salaries earned > 1,500,000 as many as 48 people (57.9%) and mothers do not have the initiative to provide balanced nutrition. For efforts to prevent malnutrition in toddlers, mothers can make food modifications, varied foods, foods that contain lots of nutrients.

#### *Efforts To Prevent Lack Of Nutrition*

Results study distribution frequency respondent based on effort prevention less than 25 people (30.1%), enough as many as 40 respondents (48.1%) and Good as many as 18 people (21.8%) and knowledge of mothers with efforts to prevent malnutrition with a p-value of 0.009 less than 0.05 and attitudes of mothers with efforts to prevent malnutrition with a p-value of 0.015 less than 0.05.

The research that has been conducted is in

line with the research conducted by Arnita showing that there is a significant relationship between knowledge and efforts to prevent stunting in toddlers where  $p\text{-value} = 0.030$  ( $p < 0.05$ )(13).

Himayat's research with observations using a questionnaire aged 4-5 years had normal development in accordance with their age stage, for assessing nutritional status it showed that two children had short nutritional status, five children were normal and 1 child was tall(14). Children who have short nutritional status are due to inadequate nutrition, children whose nutritional status is met have normal and high nutritional status(15). Rotua's re-searched Furthermore, bivariate analysis was carried out using Chi-Square. The results showed that the fulfillment of a balanced nutritional diet was related to the handling of stunting in children under five with a  $p$  value of 0.035 and an Odds Ratio of 2.304(16).

Say that the highest result is the effort to prevent malnutrition with the most sufficient results and the minority results are good, so it can be concluded that the mother's efforts in preventing nutrition are still in the sufficient category with the most income  $> 1,500,000$ , which means the mother can still meet her needs toddlers even with sufficient knowledge obtained by the mother and with a negative attitude-(17). It would be nice if the mother's attitude was changed to achieve optimal health, an indifferent attitude must be removed and there must be a better will for the mother to get good nutrition, mothers who have toddlers must be made aware that everything that is done is an effort to prevent malnutrition(18). less, if toddlers are healthy then the disease will stay away, toddlers are

the future of the family who one day will become the next generation and hope to make the family happy. According to Thane result's overdependence on milk, where it displaces iron-rich or iron-enhancing foods, may put toddlers at increased risk of poor iron status. However, this becomes non-significant when moderate-to-high amounts of foods known to enhance iron status -(19). Different from the results of research conducted by Jessica on pregnant women. Forty-two percent of pregnant women in the Netherlands have insufficient calcium intake. Supplements are often used, but most do not contain sufficient amounts to correct this inadequate intake(20).

## **CONCLUSION AND RECOMMENDATION**

The results of research on maternal knowledge with efforts to prevent malnutrition in toddlers are that  $H_a$  is accepted because 0.009 The results of research on maternal attitudes with efforts to prevent malnutrition in toddlers are  $H_a$  accepted because 0.015 means there is a relationship between maternal attitudes and efforts to prevent malnutrition in toddlers.

The majority of nutritional prevention efforts are sufficient as many as 40 respondents (48.1%) so that mothers can still prevent malnutrition in toddlers but it's not good enough(21), so mothers must increase efforts to prevent malnutrition so that children don't get sick easily and don't experience stunting. If efforts to prevent malnutrition can be handled properly, there will be no thin and stunted children and they will not get sick easily.



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