

Article

## Description Of Mother's Knowledge Levels Of Nutritional Status In Tolls In Nagari Tanjung Bungo, Suliki District, Lima Puluh Kota District

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In 2018 in West Sumatra, data on children under five who experienced malnutrition according to (BB/U) was 3.51% malnourished, undernourished 15.42%, well-nourished 79.46%, over-nourished 1.61%, based on prevalence nutritional status according to (TB/U) very short 9.66%, short 10.48%, and normal 79.86%. Nutritional status based on (W/U) in children under five in the District of Lima Puluh Kota, poor nutrition 2.12%, undernutrition 16.22%, and good nutrition 81.67%. According to the prevalence of nutritional status (TB/U) very short 10.78%, short 29.35%, and normal 59.87%. The purpose of this study was to determine the characteristics of the mother's level of knowledge about the nutritional status of toddlers. This type of research is descriptive which was carried out in Kenagarian Tanjung Bungo, Suliki District, Lima Puluh Kota Regency with a total sample of 63 respondents. The results showed that the mother's level of knowledge was mostly in the high category with a total of 35 people (55.5%). The limitation of this study is that the researcher could not make direct observations about the mother's knowledge about the nutritional status of children under five. Researchers can only find out the mother's level of knowledge with the results of the questionnaire that has been distributed to the respondents.

## I. INTRODUCTION

Nutritional status is a measure of success in meeting the nutritional needs of children, which is indicated by the achievement of body weight for age. Nutritional status in toddlers is very significant as a starting point for physical capacity as an adult. The factors that most influence the nutritional status of children under five can be studied and then formulated into recommendations that can be used as the best guidelines for the community (Sulistyawati, 2019).

World Health Organization (WHO) in 2017 more than half of under-five deaths were caused by diseases that could be prevented and treated through simple and affordable interventions. Malnourished children, especially those who are acutely malnourished, have a higher risk of death. Nutrition-related factors contribute to about 45% of deaths in children under 5 years of age (WHO, 2017).

The development of nutritional problems in Indonesia is a problem that must be handled seriously. Based on data in Indonesia, there has not been a decrease in nutritional status problems in infants, according to data from the Indonesian Health Profile (2018), the percentage of infants aged 0-59 months based on nutritional status with the BW/U index in Indonesia is 3.90% malnourished, undernourished is 13.80 %, good nutrition 79.20%, over nutrition 3.10% (Indonesian Health Profile, 2018).

Based on the 2018 Riskesdas in West Sumatra, data on under-fives experiencing malnutrition according to (BB/U) was 3.51%, undernourished 15.42%, well-nourished 79.46%, over-nourished 1.61%, based on prevalence nutritional status according to (TB/U) very short 9.66%, short 10.48%, and normal 79.86% (Riskesdas, 2018). Nutritional status based on (W/U) in children under five in the District of Lima Puluh Kota, poor nutrition 2.12%, undernutrition 16.22%, and good nutrition 81.67%. According to the prevalence of nutritional status (TB/U) very short 10.78%, short 29.35%, and normal 59.87% (Riskesdas, 2018).

After an initial survey was carried out in Nagari Tanjung Bungo on July 2, 2021, data on infants under five were 170 people in 2020, babies who had abnormal weight and height (Stunting) were 15 people, babies whose height was not according to age were 34. 16 people, toddlers whose weight doesn't match their age are 16 people, toddlers whose weight is normal but their height doesn't match their age are 28 people, and toddlers whose weight and height are according to age are 77 people (Puskesmas, Suliki 2021).

This study aims to determine the description of the level of knowledge of mothers on the nutritional status of toddlers in Tanjung Bungo Keagarian, Suliki District, Lima Puluh Kota Regency.

## II. METHODS

This research is a quantitative research method with descriptive research type. The research was conducted in Kenagarian Tanjung Bungo, Suliki District, Fifty Cities Regency. The population in this study amounted to 170 people with a sample of 63 people, the determination of the sample using the Slovin sample formula as follows :

$$\frac{N}{1+Ne^2} = n$$

$$\frac{170}{1+170(10\%)^2} = 62,962962$$

Which is rounded up to 63 respondents. The sampling technique used in this research is random sampling. Measuring the level of knowledge of mothers about toddler nutrition. From Ikti Sri Wahyuni's (2008) questionnaire which consists of 25 questions, the validity of the questionnaire has been tested. The answer choices that will be used in the knowledge level questionnaire are in the form of multiple choices. Where the correct answer is given a value of 1 and the wrong answer is given a value of 0.

The research procedures carried out were all mothers who had toddlers in Nagari Tanjung Bungo based on the sample, according to the inclusion criteria, namely 1) an explanation of the research carried out; 2) respondents who agree will be asked to sign an informed consent form; 3) conducting interviews with a questionnaire tool; 4) collect the data obtained.

Data collection consisted of primary data, namely data collection was carried out by interview using a questionnaire to all mothers who have toddlers in Nagari Tanjung Bungo and secondary data, namely data collection was carried out based on data obtained from village cadres and midwives in Nagari Tanjung Bungo. Data processing steps include editing, coding, tabulating and cleaning. The data analysis method used in this research is univariate analysis.

### III. RESULT

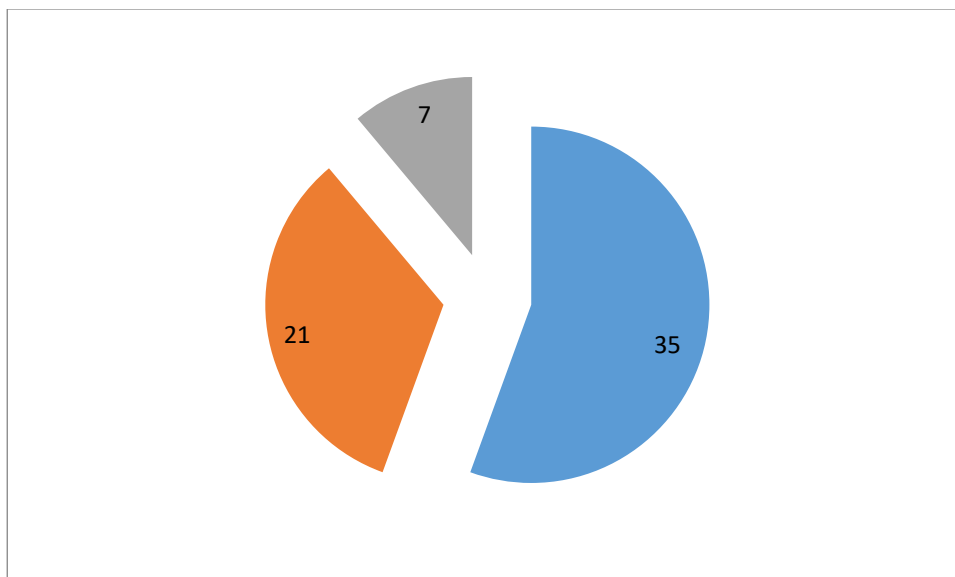
The research data was obtained by interviewing 63 mothers who have toddlers in Nagari Tanjung Bungo. After the data were analyzed by univariate and bivariate, the following results were obtained:

#### A. Univariate Analysis

**Table 1. Characteristics of knowledge level**

Variable	n	%
high	35	55.5%
Currently	21	33.3%
Not enough	7	11.1%
Total	63	100%

Based on table 1 shows that with a total of 63 respondents, the characteristics of the mother's level of knowledge about the nutritional status of children under five were the highest, namely 35 respondents (55.5%).

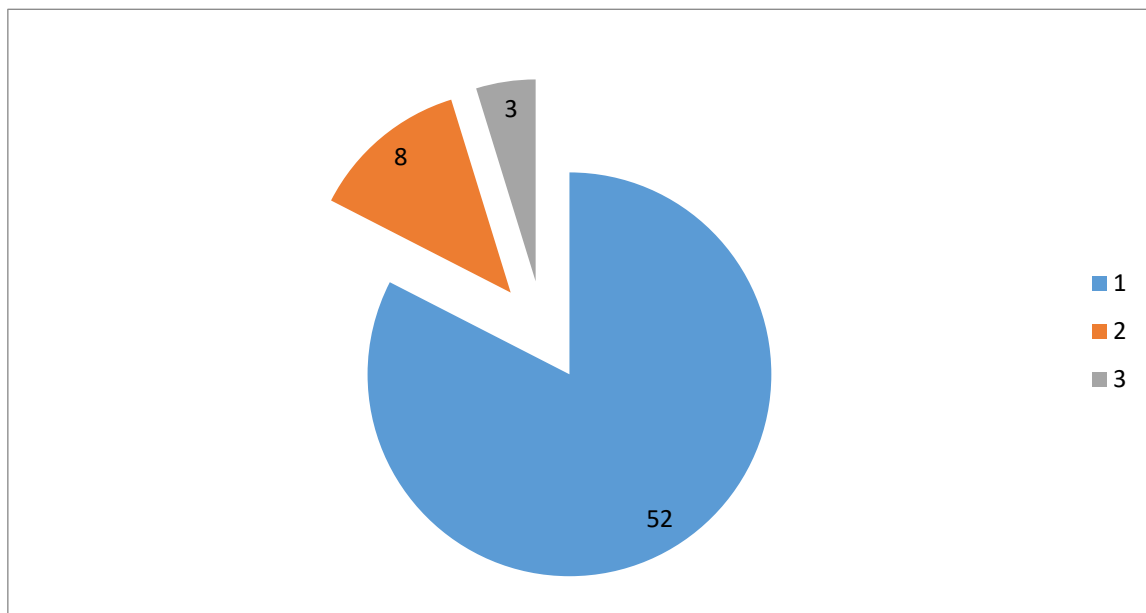


**Figure 1. (Mother's Level Of Knowledge Characteristics)**

**Table 2. Characteristics of Toddler Nutritional Status**

Variable	n	%
Good nutrition	52	82.5%
More nutrition	8	12.7%
Malnutrition	3	4.8%
Total	63	100%

Based on table 2 shows that with a total of 63 respondents, the characteristics of the highest Toddler Nutritional Status Level are 52 respondents (82.5%).



**Figure 2. (Characteristics of Toddler Nutritional Status)**

#### IV. DISCUSSION

Based on the results of the research, the Description of Mother's Knowledge Level about the Nutritional Status of Toddlers was carried out in September 2021 in Nagari Tanjung Bungo, Suliki District, Fifty Cities Regency. Using Simple Random Sampling, obtained from 63 mothers with less knowledge as many as 7 people (11.1%), mothers with moderate knowledge 21 people (33.3%) and mothers with high knowledge amounted to 35 people (55.6%).

Knowledge is very dominant for the formation of one's actions because from experience and research, it turns out that behavior based on knowledge will be more durable than behavior that is not based on knowledge. The better a person's knowledge about health problems will be very helpful in preventing the occurrence of nutritional status problems in toddlers. Knowledge will shape the mother's attitude, and ultimately understand better in fulfilling nutrition for toddlers (Notoatmodjo, 2016).

Nutritional status is the state of the body as a result of food consumption and use of nutrients. Nutritional status is important because it is one of the risk factors for morbidity and mortality. Good nutritional status for a person will contribute to his health and also to his ability in the recovery process (West Java Provincial Health Office 2018).

If toddlers experience growth and development disorders, both physically and mentally, it will cause the low quality of human resources of productive age. This problem in turn can also have an impact on increasing the risk of chronic degenerative diseases as adults. Which of course will lead to an increase in state spending in the health sector. (Dasman, 2019).

The results of this study are in accordance with research conducted by Lilis yuliarsih (2019). Based on the results of the study, it can be seen that most of the mothers who have toddlers have a good level of knowledge (72.4%), from some mothers with poor knowledge levels, have toddlers with good nutritional status (57.9%). If the mother has good knowledge, it will produce good nutritional status in toddlers, and vice versa, if the mother's knowledge is lacking, it will result in a lot of poor nutritional status in toddlers.

Nutritional problems are very synonymous with mother's knowledge and attitudes about parenting. Several studies have found that mother's knowledge has a very significant impact on the nutritional status of children under five according to the BW/U index. Mothers with good knowledge tend to have more healthy children as well as mothers who have a positive attitude. Knowledge aims to obtain certainty and eliminate prejudice due to uncertainty and also to know and understand something more deeply. The lack of knowledge of mothers about the importance of monitoring the growth of toddlers has an impact on children's weight when monitoring or weighing at the Posyandu (Maharani, 2019).

The results of this study are in accordance with the theory put forward by Maryatin (2020) which states that the relationship between mother's knowledge about toddler health, especially on toddler nutrition, is closely related to feeding patterns for toddlers. Mother's limited knowledge and understanding will affect the pattern of nutritional fulfillment of children under five. Mothers do not understand the importance of nutrition for the growth and development of toddlers, so that the application of eating patterns is not healthy and balanced. Nutrition must be met since childhood because in addition to being important for body growth, it is also important for brain development. For this reason, mothers must understand well the nutritional needs of their children so that children do not experience malnutrition. Thus the mother has a very important role in determining the nutritional status of children under five.

Based on the results of research on the description of the level of knowledge of mothers about the nutritional status of toddlers in Kenagarian Tanjung Bungo, Suliki District, Lima Puluh Kota Regency, mothers who experienced high knowledge were 35 respondents (55.6%), while 21 respondents (33.3%), and less as many as 7 respondents (11,1%).

## V. CONCLUSION

Based on research conducted on the description of the level of mother's knowledge of the nutritional status of toddlers in Nagari Tanjung Bungo, Suliki District, Lima Puluh Kota Regency, it can be concluded that the level of mother's knowledge about the nutritional status of toddlers in Kenagarian Tanjung Bungo, Suliki District, Lima Puluh Kota Regency is mostly in the high category with the number of 35 respondents (55.5%).

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