THE RELATIONSHIP BETWEEN FAMILY INCOME AND NUTRITIONAL PARENTING PATTERNS AND THE NUTRITIONAL STATUS OF CHILDREN TODDLERS IN THE TEBING TINGGI PRINCIPAL STATE KINDERGARTEN

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ABSTRAK

Anak balita rentan terhadap kesehatan dan gizi, maka status gizi merupakan indikator kesehatan yang penting. Kualitas dan kuantitas makanan keluarga bergantung pada pendapatan. Pendapatan yang lebih tinggi berarti lebih banyak uang untuk makan sehat dan bervariasi. Tidak hanya pendapatan tetapi juga kebiasaan mengasuh anak mempengaruhi perkembangan anak di bawah 5 tahun. Balita membutuhkan banyak makanan dan gizi. Penelitian ini mengkaji bagaimana pengaruh pola asuh kesejahteraan dan gizi terhadap gizi anak di TK Negeri Pembina Tebing Tinggi. Penelitian ini menggunakan analisis observasional kuantitatif dengan strategi cross-sectional. Penelitian ini melibatkan 60 balita TK Negeri Pembina Tebing Tinggi. Dalam penyelidikan ini diambil 52 sampel formula Slovin. Penelitian ini menggunakan analisis univariat dan bivariat. Hasil penelitian menunjukkan bahwa anak balita di TK Negeri Pembina Tebing Tinggi mengonsumsi 1439,69 kkal, protein 26,71 gr, karbohidrat 230,7 gr, dan lemak 55,04 gr. Mayoritas keluarga dalam survei ini berpenghasilan Rp. 1.500.000–Rp. 2.500.000. Pola pengasuhan gizi anak balita di TK Negeri Pembina Tebing Tinggi sebagian besar sudah baik. Pendapatan keluarga tidak berpengaruh terhadap status gizi balita di TK Negeri Pembina Tebing Tinggi, p > 0,05. Pola asuh gizi orang tua berhubungan dengan status gizi balita di TK Negeri Pembina Tebing Tinggi (p=<0,05).

Kata kunci : anak balita, pendapatan keluarga, pola asuh, status gizi

ABSTRACT

Children under five are vulnerable to health and nutrition, and nutritional status is an essential health indicator. Family meal quality and amount depend on income. Not only income but also parenting habits affect under-5s' development. Toddlers require plenty of food and nourishment. This study examines how wealth and nutritional parenting affect child nutrition at Pembina Tebing Tinggi State Kindergarten. This research uses quantitative observational analysis with a cross-sectional strategy. This study included 60 Pembina Tebing Tinggi State Kindergarten toddlers. In this investigation, 52 Slovin formula samples were taken. This study uses univariate and bivariate analysis. The study found that children under five at the Pembina Tebing Tinggi State Kindergarten consumed 1439.69 kcal, 26.71 gr of protein, 230.7 gr of carbs, and 55.04 gr of fat. The majority of families in this survey earned Rp. 1,500,000–Rp. 2,500,000. Most nutritional care patterns for under-5s in Pembina Tebing Tinggi State Kindergarten are good. Family income does not affect the nutritional status of under-5s at Pembina Tebing Tinggi State Kindergarten, p > 0.05. Nutritional parenting patterns correlate with the nutritional status of children under five at Pembina Tebing Tinggi State Kindergarten (p = <0.05).

Keywords : *children under five, family income, parenting patterns, nutritional status*

INTRODUCTION

Increasing public health is crucial to Indonesia's development. Health can be improved by improving community nutrition. The nutritional status of under-5s is one of the MDGs' success metrics. Toddler nutrition is determined by age, body weight, and height (Morita et

al., 2020). Obesity is a public health issue that can only be treated medically. Indonesia and poor countries struggle with protein energy malnutrition (PEM), iron anemia, iodine deficiency disorder (IDD), vitamin A deficiency problems, and obesity (Ernawati et al., 2021; Fauzan et al., 2023; Has & Ariestiningsih, 2020; Köhler et al., 2020).

Children under five are prone to nutritional and health issues; their nutritional status is a significant health indicator. Nutritional issues early in childhood will affect their quality of life later in adulthood. Toddler malnutrition stunts growth and lowers productivity and intellect (DiGirolamo et al., 2020; Kozioł-Kozakowska, 2023). The child's development and growth during toddlerhood are crucial to their future growth and development. Fast and unrepeatable, this epoch is nicknamed the "golden age" (Buyalskaya et al., 2021).

Family food quality and quantity depend on money. Because of their ability to buy food, family income affects the nutrition of children under five. Thus, increasing income levels raise family income proportion (Andriamparany et al., 2021). By 2020, the national poverty rate will rise to 9.7%, adding 1.3 million individuals. Even in dire conditions, poverty rose to 12.4%, or 8.5 million new poor people (BPS, 2020).

Apart from wealth, toddlers' nutritional status depends on their parents' or caregivers' dietary, nutrient, and health habits. Because feeding affects a child's growth favorably and negatively, the mother is closest to the youngster (Mahmood et al., 2021; Piekara et al., 2020). Child development under five is closely linked to parenting style. Toddlers require plenty of food and nourishment. Due to malnutrition, physical, mental, social, and intellectual growth and development issues might remain into adulthood. Toddlers aged 12–59 months depend on their mothers for care and nurture. Thus, a child's development depends on health care and nourishment in the first year (Piekara et al., 2020). The toddler years, described as the "golden period" of life, require more parental care. Parenting practices are crucial for balanced nutrition and optimal child growth. Balanced nutrition will determine future workforce quality. Parenting habits must be prioritized for an excellent generation to start early (Fatin et al., 2022).

Worldwide, 6.9% of toddlers are underweight (wasting), 2.1% are skinny (severe wasting), and 5.6% are overweight. The percentage of underweight and severely underweight toddlers nationwide declined from 12.1% in 2013 to 10.2% in 2018. Toddlers were 8% overweight or severely underweight in 2018, down from 11.8% in 2013 (Riskesdas, 2019). Ozguven examined the nutritional status of Turkish adolescents by gender and socioeconomic position and found that middle and high-income adolescents were thinner and shorter. Except for that, middle-class and high-class teens have similar anthropometric measurements (Özgüven et al., 2010). Shoeps found that low-income preschoolers are more obese and overweight (Shoeps et al., 2011).

Based on the description above, it can be seen that providing good nutrition to toddlers to achieve balanced nutrition needs special attention for all groups. Providing good nutrition is influenced by several factors, including family income level and nutritional parenting patterns. Therefore, researchers are interested in researching the relationship between income level and nutritional parenting patterns with the nutritional status of toddlers at the Pembina Tebing Tinggi State Kindergarten. This study examines how wealth and nutritional parenting affect child nutrition at Pembina Tebing Tinggi State Kindergarten. This research on income-level nutritional parenting patterns and toddler nutrition in the Pembina Tebing Tinggi State Kindergarten can be used as literature.

METHODS

This quantitative research uses an observational analytical technique and cross-sectional design to measure or observe independent and dependent variables simultaneously (Jacobsen,

2020).This research was conducted at the Pembina Tebing Tinggi State Kindergarten, North Sumatra. The time for the research to be carried out starts in January 2023, starting with making a proposal and continuing with data collection, which will be carried out in February-May 2023.Data will be examined using SPSS (Social Science Package System) for univariate and bivariate analysis. Univariate or percentage analysis explains the frequency distribution of independent and dependent variables. This analysis uses variable distributions from researchers (Ghozali, 2018). Bivariate analysis determines how independent and dependent variables interact (Suwarno & Nugroho, 2023). In this study, family income and parenting patterns—feeding, psychosocial stimulation, cleanliness/hygiene, environmental sanitation, and health service use—are independent variables. This study's dependent variable is toddler nutrition. SPSS uses the Chi-Square statistical test to determine if data and total value are related. 0.05 p-value (Ghozali, 2018).

RESULTS

This study's sample characteristics included gender, age, weight, height, and head circumference of the child.

Table 1. Sample Characteristic Distribution

Characteristic		n = 52	%
Gender	Male	23	44,2
	Female	29	55,8
Age	40 – 50 Months	10	19,2
	51 – 60 Months	40	76,9
	>60 Months	2	3,8
Body Weight	10 Kg – 20 Kg	39	75
	21 Kg – 30 Kg	13	25
Body Height	0.50 – 1 m	7	13,5
	> 1 m	45	86,5
Head Circumference	40 – 50 Cm	45	86,5
	> 50 Cm	7	13,5

According to Table 1, 44.2% of the sample was male (23 respondents) and 55.8% was female (29 respondents). 52 individuals. These results show that most sample members are women. Distribution of sample characteristics by age: 10 people aged 40-50 months (19.2%), 40 people aged 51-60 months (76.9%), and two people aged >60 months (3.8%). These data show that most of the sample is 51-60 months old. Sample characteristics by body weight: 39 participants weighed 10–20 kg, 75% of the 52-person sample; 13 people weighed 21–30 kg, 25%. These results show that most of the sample weighs 10–20 kg.

Table 1 shows the sample characteristics by body height. The sample with a height of 0.50 – 1 m is seven people (13.5%), while the sample with a height of > 1 m is 45 people (86.5%). Our sample has 52 persons. These data show that most sample members were over 1 m tall. The sample with a head circumference of 40–50 cm was 45 people, 86.5%, and the sample with a head circumference > 50 cm was seven people, 13.5%, or 52 people. These data show that most of the sample's head circumference was 40–50 cm.

Table 1 shows the nutritional intake of Pembina Tebing Tinggi State Kindergarten under-5s. The average nutritional information of Pembina State Kindergarteners is 1439.67 kcal, 26.71 grams of protein, 230.75 grams of carbs, and 54.04 grams of fat.

Table 2. Nutrient Intake

Nutrition	Mean	SD	Min	Max
Energy (kcal)	1439,67	113,244	1128	1799
Protein (gr)	26,71	7,516	17	57
Carbohydrates (gr)	230,75	25,055	198	319
Fat (gr)	54,04	9,858	38	90

Univariate Analysis

Table 3. Family Income Distribution

Income	Note	n	%
< Rp. 1.500.000	Low	10	19,2
Rp. 1.500.000 – Rp. 2.500.000	Medium	25	48,1
> Rp. 2.500.000	High	17	32,7
Total		52	100

Table 3 shows the distribution of sample characteristics by family income: <Rp. 1,500,000: 10 people (19.2%), <Rp. 1,500,000: 25 people (48.1%), >Rp. 2,500,000: 17 people (32.7%) of the total 52-person sample. These results show that most families in this survey earned between Rp. 1,500,000 and Rp. 2,500,000.

Table 4. Nutritional Parenting Pattern

Nutritional Parenting Patterns	n	%
Good	33	63,5
Currently	19	36,5
Total	52	100

Table 4 shows the distribution of sample characteristics by nutritional parenting patterns. Of the 52 people sampled, 33 had good nutritional parenting patterns (63.5%), and 19 had moderate ones (36.5%). These results show that most kid parenting is beneficial.

Table 5. Childhood Nutrition

Child Nutritional Status	n	%
Malnutrition	44	84,6
Normal Nutrition	8	15,4
Total	52	100

Table 5 shows the distribution of sample characteristics by children's nutritional status. 44 people had poor nutritional status, 84.6% of the 52-person sample, and eight had normal nutritional status, 15.4%. These statistics show that most youngsters are malnourished.

Bivariate Analysis
The Relationship between Family Income Level and the Nutritional Status of Children Under Five in the Pembina Tebing Tinggi State Kindergarten

The results of research on the relationship between family income level and the nutritional status of children under five at the Pembina Tebing Tinggi State Kindergarten are presented in Table 6.

Table 6 shows the association between family income and the nutritional status of

Pembina Tebing Tinggi State Kindergarten children under five. The cross table shows that with a family income of <Rp. 1,500,000, 9.3% of children have poor nutritional status, 1.9% have normal nutritional status, 10.4% have deficient nutritional status, and 7.7% have normal nutritional status. If household income is > Rp. 2,500,000, 14 children have poor nutritional status—26.9%—and 3 have normal nutritional status—5.8%. In the chi-square test, the p-value was $0.862 > 0.05$, indicating that family wealth does not affect the nutritional status of children under five at the Pembina Tebing Tinggi State Kindergarten.

Table 6. Family Income and Nutritional Status of Children Under Five of Pembina Tebing Tinggi State Kindergarten

| Family Income (Rp) | Child Nutritional Status | | | | Total | | Note |
| | Malnutrition | | Normal Nutrition | | | | |
	n	%	n	%	n	%	
< 1.500.000	9	17,3	1	1,9	10	19,2	
1.500.000 – 2.500.000	21	40,4	4	7,7	25	48,1	P= 0,862
> 2.500.000	14	26,9	3	5,8	17	32,7	
Total	44	84,6	8	15,4	52	100.0	

The Relationship between Nutritional Parenting Patterns and the Nutritional Status of Toddlers in the Pembina Tebing Tinggi State Kindergarten

Table 7 shows research on nutritional parenting patterns and the nutritional health of children under five at Pembina Tebing Tinggi State Kindergarten:

Table 7. Relationship Between Nutritional Parenting Styles and the Nutritional Status of Children Under Five in the Pembina Tebing Tinggi State Kindergarten

| Nutritional Parenting Patterns | Child Nutritional Status | | | | Total | | Note |
| | Malnutrition | | Normal Nutrition | | | | |
	n	%	n	%	n	%	
Good	25	48,1	8	15,4	33	63,5	
Currently	19	36,5	0	0	19	36,5	P= 0,020
Total	44	84,6	8	15,4	52	100,0	

Table 7 shows how nutritious parenting affects Pembina Tebing Tinggi State Kindergarten children under five. According to the cross table, 25 children (48.1%) have poor nutritional status if their parents have good nutritional habits. If children receive moderate nutritional care, 19 have deficient nutritional status (36.5%), and no children have normal nutritional status. According to the chi-square test, there is a correlation between nutritious parenting habits and the nutritional status of children under five in Pembina Tebing Tinggi State Kindergarten (p-value = 0.020 <0.05).

DISCUSSION

The Relationship between Family Income Level and the Nutritional Status of Children Under Five in the Pembina Tebing Tinggi State Kindergarten

Research on the relationship between family income and nutritional status in children under five at Pembina Tebing Tinggi State Kindergarten found that 19.2% of children have family income <Rp. 1,500,000, 48.1% have family income <Rp. 2,500,000, and 32.7% have family income >Rp. 2,500,000. These results show that most families in this survey earned between Rp. 1,500,000 and Rp. 2,500,000.

Based on the cross table, children with poor nutritional status comprise 17.3% of families with incomes < Rp. 1,500,000, while those with incomes between Rp. 1,500,000 and Rp. Rp. 2,500,000 have a 10.4% deficiency and 7.7% normal status, with 26.9% of children in families earning over Rp. 2,500,000, 14 were malnourished. Three children (5.8%) have normal nutrition. In the chi-square test, the p-value was 0.862 > 0.05, indicating that family wealth does not affect the nutritional status of children under five at the Pembina Tebing Tinggi State Kindergarten.

Novebrianti (2022) found no correlation between family income and nutritional status in SD Negeri 120 North Bengkulu Regency children (Novebrianti, 2022). In contrast, Kasumayanti (2020) found a correlation between family income and toddler status in Tambang village, the operating area of the Tambang Community Health Center, Kampar Regency (Kasumayanti & Z.R, 2020). Food quality and quantity depend on income (Brewis et al., 2020). Families with low incomes are less likely to be able to meet their food demands, especially nutritionally. As money rises, food quantity and kind vary. The type of food purchased with extra money depends on income. Higher incomes spend more on fruits, vegetables, and other foods. Thus, income affects nutrition quality and quantity. The partnership is advantageous.

Income virtually constantly improves health and other family circumstances that interact with nutritional status (Bras & Mandemakers, 2022; Gao et al., 2020). Low income might affect health, food intake, and more. Low-income families pick low-quality and diverse food, which reduces the body's nutritional needs and can influence a child's nutrition. This does not preclude low-income households from eating nutritious meals.

The Relationship between Nutritional Parenting Patterns and the Nutritional Status of Toddlers in the Pembina Tebing Tinggi State Kindergarten

The relationship between nutritional parenting patterns and the nutritional status of children under five in the Pembina Tebing Tinggi State Kindergarten showed that 33 people had good nutritional parenting patterns (63.5%) and 19 had moderate nutritional parenting patterns (36.5%) from 52 people. These results show that most kid parenting is beneficial.

The cross table shows that if the pattern of nutritional care for children is good, 25 children are deficient with a percentage of 48.1%, and eight are standard with a rate of 15.4%. If the pattern is moderate, 19 children are poor, with a share of 36.5%, and no children are normal. According to the chi-square test, there is a correlation between nutritious parenting habits and the nutritional status of children under five in Pembina Tebing Tinggi State Kindergarten (p-value = 0.020 <0.05).

This research agrees with Midu (2021) that maternal parenting patterns affect toddler nutrition in Tarung Village, Waikabubak City, West Sumba Regency (Midu et al., 2021). However, Khadijah (2022) disagrees. Toddler nutrition is linked to parenting styles (Khadijah & Palifiana, 2022). Parenting involves helping children meet physical and emotional requirements, socializing, and following community norms. Additionally, the parent-child relationship affects character development (Huang et al., 2023; Lanjekar et al., 2022). Parents' ages, education, employment, and number of children affect parenting patterns (Álvarez et al., 2020; Lanjekar et al., 2022; Planalp et al., 2021). Parents employ many models to educate and care for their children, which shapes their behavior and views. High-quality care improves nutrition and reduces morbidity in children.

CONCLUSION

Most of the samples in this study were female and aged 51-60 months, according to the research results on the relationship between family income, nutritional parenting patterns, and

the nutritional status of children under five at the Pembina Tebing Tinggi State Kindergarten. For children under the age of five attending the Pembina Tebing Tinggi State Kindergarten, the recommended daily allowances for energy, protein, carbs, and fat are 1439.69 kcal, 26.71 gr, 230.7 gr, and 55.04 gr, respectively.

Children under five at the Pembina Tebing Tinggi State Kindergarten have generally good nutritional care patterns, suggesting that most families in this study fall into the "good" income bracket. However, when looking at the children's nutritional status based on body mass index (BMI), it is clear that they are malnourished.

According to this study, the nutritional health of children under five at the Pembina Tebing Tinggi State Kindergarten was unrelated to family income ($p > 0.05$). Be that as it may, the nutritional status of children under five in the Pembina Tebing Tinggi State Kindergarten is correlated with nutritious parenting patterns ($p = <0.05$).

ACKNOWLEDGEMENT

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