

MOTHER'S LEVEL OF KNOWLEDGE REGARDING NUTRITIONAL FULFILLMENTS FOR TODDLERS IN THE WORKING AREA OF THE PUSKESMAS TARATARA TOMOHON

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ABSTRAK

Gizi adalah proses organisme menggunakan makanan yang dikonsumsi secara normal dan digunakan untuk mempertahankan kehidupan. Asupan gizi yang salah atau tidak sesuai akan menimbulkan masalah kesehatan. Peran ibu penting diperlukan terkait pengetahuan mengenai pemenuhan gizi sehingga dapat mengoptimalkan pemenuhan gizi pada balita. Tujuan penelitian mengetahui gambaran tingkat pengetahuan ibu terhadap pemenuhan gizi pada balita di wilayah kerja Puskesmas Taratara. Desain penelitian ini adalah deskriptif kuantitatif. Teknik sampling yang digunakan *purposive sampling*. Responden berjumlah 175 ibu yang baru pertama kali memiliki balita, di wilayah kerja Puskesmas Taratara, Kecamatan Tomohon Barat pada bulan Desember 2021 sampai Januari 2022. Data penelitian ini diambil dengan menggunakan kuesioner. Hasil penelitian menunjukkan pengetahuan ibu tentang pemenuhan gizi pada balita dari 175 responden sebagian besar memiliki pengetahuan baik sebanyak 127 responden (72.14%), sedangkan pengetahuan cukup sebanyak 48 responden (27.86%). Diharapkan Puskesmas dalam memberikan pelayanan mampu menerapkan pendidikan tentang kesehatan bagi masyarakat khususnya ibu yang baru pertama kali memiliki balita, yang dapat ibu akses melalui media informasi, televisi, internet dan penyuluhan yang dilakukan tenaga kesehatan saat dilaksanakan posyandu balita.

Kata kunci : balita, pemenuhan gizi, pengetahuan ibu

ABSTRACT

Nutrition is the process by which an organism uses the food it consumes normally and uses it to maintain life. Wrong or inappropriate nutritional intake will cause health problems. The role of mothers is important regarding knowledge regarding nutritional requirements so that they can optimize nutritional requirements for toddlers. The research aim is to determine the level of knowledge of mothers regarding the nutritional needs of toddlers in the Taratara Community Health Center working area. The design of this research is descriptive quantitative. The sampling technique used was purposive sampling. Respondents totaled 175 mothers who had a toddler for the first time, in the work area of the Taratara Community Health Center, West Tomohon District from December 2021 to January 2022. This research data was taken using a questionnaire. The results of the research showed that the majority of mothers knew fulfilling nutrition for toddlers 175 respondents had good knowledge, 127 respondents (72.14%), and 48 respondents (27.86%) had sufficient knowledge. It is hoped that the Puskesmas, in providing services, will be able to implement education about health for the community, especially mothers who are having toddlers for the first time, which mothers can access through information media, television, the internet and counseling carried out by health workers when carrying out a toddler to Posyandu.

Keywords : maternal knowledge, toddlers, nutritional fulfillment

INTRODUCTION

Nutrition is a process where organisms use food that is consumed normally through digestion, absorption, transportation, storage, metabolism, and excretion of unused substances to maintain life, growth, normal function of organs and produce energy. Nutritional consumption greatly influences a person's health status from toddlers to adults.

Incorrect or inappropriate nutritional intake will cause health problems (Yulianawati, 2021). One of the factors causing the problem of malnutrition in toddlers is a lack of food intake in toddlers due to insufficient access to nutritionally balanced food and wrong food patterns, a lack of food supplies in toddlers who really need balanced nutritional food that contains the nutrients needed for the process. Growth and development of toddlers, limited information, lack of mobility of toddlers and lack of health services which can cause various infectious diseases, which can be a problem for the growth and development of toddlers (Azwansyah, 2021).

The nutritional needs of children under five are increasing because they are still in a period of rapid growth plus high activity. Apart from that, children begin to have choices about the foods they like, one of which is snacks. Therefore, the amount and variety of food must receive more special attention, especially in helping children choose foods that are nutritionally balanced. Besides that, children at this age often go out of the house so they are more easily exposed to infectious diseases and worms, so they need to practice clean living habits to prevent this. Nutritional problems in toddlers are directly influenced by food intake and infectious diseases. Intake of nutrients in food that is not optimal can cause problems of under-nutrition and over-nutrition. Nutritional problems in toddlers include PEM or Protein Energy Deficiency, KVA or Vitamin A Deficiency, AGB or Iron Nutrition Anemia, Disorders Due to Iodine Deficiency and overnutrition (Mustika & Syamsul, 2018).

The role of mothers is needed regarding knowledge regarding nutritional requirements so that they can optimize nutritional requirements for toddlers. Without knowledge regarding nutritional requirements, mothers cannot provide adequate nutritional requirements so that children are at risk of experiencing nutritional problems. Mother's knowledge is key in household management, this will influence the mother's attitude in choosing food ingredients that will be consumed by the family. Mothers with a good level of knowledge will produce children with good nutritional status because the mother's understanding and knowledge have been applied in the behavior of providing nutritious food for toddlers (Amirah, 2019).

Based on Putri's research (2019), a description of mothers' knowledge about fulfilling nutrition for toddlers in Karang Sari village. Based on research by Ririn (2013), a description of the level of knowledge of mothers regarding the nutritional needs of toddlers at Posyando Wijaya Kusuma II, Jatirejo Village, Krian Siduarjo District. The results of the study showed that almost all of the 45 respondents (77.8%) had a poor level of knowledge, a small portion (11.1%) of respondents had a sufficient level of knowledge, a small portion (11.1%) of respondents had good knowledge about fulfilling nutrition in toddlers. The number of stunted children (stunting) or the condition of failure to thrive in children under five years old due to chronic malnutrition in 2018 has decreased compared to data in 2013 which experienced an increase of 27.2%. Data from 2018 recorded that the stunting rate in Tomohon was 19.22% (RISKESDAS, 2018).

Based on the description of the phenomenon that has been explained, Tomohon still has nutritional problems even though it is at a low level, but we must still be aware of it, so it is hoped that the role of parents, especially mothers, will be played in monitoring nutrition in the growth and development of children under five. Initial studies in Puskesmas Taratara Tomohon, showed that the total number of mothers with toddlers was 308 mothers. The number of toddlers is 325, 150 toddlers are boys and 175 are girls. The results of interviews with health workers recorded 5 underweight toddlers in 2021. This is what made researchers interested in conducting research on "Mothers' Level of Knowledge regarding Nutritional Fulfillment for Toddlers in the Puskesmas Taratara Tomohon". The research aim is to determine the level of knowledge of mothers regarding the nutritional needs of toddlers in the Taratara Community Health Center working area.

METHOD

The type of research used is quantitative descriptive. This research was conducted in the Taratara Community Health Center working area. The research was carried out from December 2020 to January 2021. The sampling technique used purposive sampling with inclusion criteria: mothers with children under five, mothers with junior high school, high school and college education, 1 number of children, and able to communicate well. The number of respondents was 175 people. The data collection instrument uses a questionnaire. The questionnaire uses the Guttman scale: highly knowledgeable 16-23 correct; moderately knowledgeable 8-15 correct; and low knowledge 0-7 correct. Data processing uses computer analysis with several stages, namely editing, coding, entry, cleaning and tabulating. Univariate data analysis and presented in frequencies and percentages.

RESULTS AND DISCUSSION

Respondent Characteristics

Table 1. Distribution of Respondent Characteristics

Characteristics	Frequency (n)	Percentage (%)
Age		
15 - 25	36	20.6
26 - 35	78	44.6
36 - 45	61	34.8
Total	175	100
Education		
Junior high school	31	17.7
Senior high school	94	53.7
College	50	28.6
Total	175	100
Work		
Government Employees	22	12.6
Private-employee	25	14.3
Teacher/ lecturer	4	2.3
Housewife	124	70.8
Total	175	100

Based on table 1, it can be seen the characteristics of respondents based on age, the majority of respondents were aged 26-35 years, 78 respondents (44.6%); the majority of respondents had a high school education, 94 respondents (53.7%); Most of the respondents did not work or were housewives, 124 respondents (70.8%).

Analysis of Mothers' Level of Knowledge about Nutritional Fulfillment for Toddlers

Based on table 2 it can be seen that the level of knowledge of mothers in fulfilling nutrition for toddlers, the majority of respondents had good knowledge, as many as 128 respondents (73.1%), and as many as 47 respondents (26.9%).

Table 2. Distribution of Mothers' Level of Knowledge About Nutritional Fulfillment for Toddlers

Variable	Frequency (n)	Percentage (%)
Level of knowledge		
Good	128	73.1
Enough	47	26.9
Less	0	0.00
Total	175	100

DISCUSSION

Respondent Characteristics

Based on the research results, the most common age characteristics are in the 26-35 year age group. This is in line with research conducted by Khairunnisa et al (2021) on the characteristics of mothers with the nutritional status of toddlers aged 6-24 months at the Banda Sakti Health Center. It can be seen that the largest number of respondents were in the 26-35 year age group, 55 respondents (61, 1%). Age influences a person's understanding and thinking patterns. As you get older, your understanding and thinking patterns will increase so that the knowledge you gain will get better (Arnita, Rahmadhani, & Sari, 2020). Researchers assume that young mothers still have less experience than older mothers. However, nowadays it is not uncommon for young people to have more knowledge than older people. This is because there are many other factors that can influence a person's knowledge apart from age, such as mass media and information that mothers can access to meet the nutritional needs of toddlers.

Based on educational characteristics, the majority of respondents had a high school education. This is in line with research conducted by Nurmalisa dan Herlina (2019) on community-based maternal education in increasing knowledge and attitudes towards nutritional fulfillment for stunted toddlers, showing that the largest number of respondents had at least a high school education, 8 respondents (47.10%). Education is an effort to develop personality and abilities inside and outside school (both formal and non-formal), lasting a lifetime. Education is a process of changing the attitudes and behavior of a person or group and also an effort to mature humans through teaching and training efforts. Education influences the learning process, the higher a person's education, the easier it is for that person to receive information (Jasmawati, 2020). Researchers assume that mothers who receive education are more active in seeking information for their children. Information can be obtained through: internet, TV, and technology that is easy to access anywhere. Apart from that, some knowledge about nutrition is obtained in high school so that mothers already have basic knowledge about nutrition.

Based on job characteristics, the majority of respondents do not work, namely as housewives. This is in line with research conducted by Arnita, et al, (2020) on the knowledge and attitudes of mothers regarding efforts to prevent stunting in toddlers in the working area of the Simpang Kawat Health Center, Jambi City, showing that the majority, namely 48 respondents (65.3%) were not working or as a housewife. The learning experience at work that is developed will provide professional knowledge and skills, and can develop the ability to make decisions which are a manifestation of the integration of scientific and ethical reasoning based on real problems in the field of work (Aulia & Anjani, 2019). Researchers assume that mothers who do not work or are housewives have more time with their children so that mothers pay more direct attention to providing good nutrition during their child's growth and development period with more time.

Mother's Level of Knowledge Regarding Nutritional Requirements for Toddlers in the Taratara Community Health Center Working Area

Based on the results of research conducted in the Taratara Community Health Center working area, the level of knowledge of mothers regarding nutritional needs for toddlers shows that the majority of respondents have good knowledge, but there are still respondents who have sufficient knowledge. This is in line with previous research conducted by Wahyuni (2016) regarding the description of the level of knowledge of mothers regarding nutritional needs for toddlers in Ngampek village, Karangpandan District, Karanganyer Regency, which showed that out of 74 respondents, 44 respondents found mothers who had good knowledge (59, 46%). This shows that knowledge about fulfilling nutrition in toddlers is mostly good. Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears towards certain objects.

Knowledge is an important domain in the formation of open behavior. Knowledge or erudition is the result of human sensing or the result of a person's knowledge of an object through his or her five senses. The five human senses for sensing objects are sight, hearing, smell, taste and touch. When sensing to produce knowledge it is influenced by the intensity of attention and perception of the object. A person's knowledge is mostly obtained through the sense of hearing and the sense of sight (Merita, 2019).

Parents are responsible for their children's consumption patterns, including meeting nutritional needs for children's growth and development, starting with babies for brain growth. If the mother has good nutrition knowledge, it is hoped that the mother will also have good attitudes and behavior in fulfilling nutrition for toddlers. Mother's knowledge about nutrition will influence the dishes and quality of food served to family members, including toddlers. Attitude is a factor that influences a person's health behavior. Continuous changes in attitudes can influence a person's behavior (Yuhansyah & Mira, 2019). Researchers assume that mothers must have good knowledge in fulfilling nutritional needs for toddlers, mothers with sufficient knowledge can have an impact on the child's growth period, namely inhibiting the process of growth and development. When the nutritional requirements for toddlers are met, it can provide benefits for the child's growth and development process so that children are more active at their age. Success in providing good nutrition at the toddler age has a big impact on the next age.

CONCLUSION

The mother's level of knowledge regarding nutritional requirements for toddlers in the Taratara Community Health Center working area is in the good and sufficient category.

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