Connecting a Mother's Knowledge About Nutrition with the Nutritional Status of Toddlers in the Village of Troso, Subdistrict Karanganom, Klaten

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ABSTRACT

Introductions: Toddlers still experience problem nutrition by 17.7%. The nutritional status of a baby is a crucial matter that every individual should know. If malnutrition occurs during the critical early years, it can lead to irreversible characteristics that cannot be fixed. In Klaten Regency itself, the recorded percentage is as high as 7.3% for toddlers still experiencing nutritional problems, which is 1.9% higher than the regional average in Central Java.

Aims: To learn about the connection between a mother's nutrition and the nutritional status of toddlers in the village of Troso, Subdistrict Karanganom, Klaten Regency.

Methods: We conducted research using an analytic correlational approach with a cross-sectional study design. The sampling technique employed was cluster random sampling, resulting in a sample size of 70 respondents of mothers of toddlers from the Village of Troso in the Karanganom Subdistrict, Klaten Regency. The data were analyzed using the Spearman Rank test with a significance level set at 0.05.

Results: The study revealed that 32 respondents (45.7%) who possessed good knowledge also had toddlers with good nutritional status. The Spearman rank test yielded a correlation coefficient of 0.476, which was statistically significant at $p < 0.05$.

Conclusions: There is a connection between the level of knowledge of Mothers with nutritional status toddlers in the Village Troso Subdistrict Karanganom Regency Klaten.

Keywords: Mother 's Knowledge, Nutritional Status, Toddlers

Introduction

According to the Millennium Development Goals (MDGs), one indicator of a country's success in health is nutritional status. Nutritional status is a measure of the successful fulfillment of nutrition, which is generated from the balance between the need for and intake of nutrition (Ministry of Health RI, 2017). A person who maintains good nutrition is less likely to be susceptible to diseases, whether they are contagious, infectious, or degenerative. Nutrition is one of the most important factors in

achieving optimal health. The nutritional status of a baby is a crucial matter that should be known by every individual. If malnutrition occurs during the critical early years, it can lead to irreversible characteristics that cannot be fixed (Sholikah et al., 2017)

Based on the results of the RISKEDAS 2018 data, it shows that 17.7% of toddlers still experience nutritional problems. This figure includes 3.9% of toddlers who suffer from poor nutrition and 13.8% who do not receive adequate nutrition. According to the health profile data of districts/cities in Central Java in the year 2019, the percentage of those with inadequate nutrition was reported to be 5.4%. In Klaten Regency itself, the recorded percentage is as high as 7.3% for toddlers still experiencing nutritional problems, which is 1.9% higher than the regional average in Central Java. In the year 2019, Subdistrict Karanganom recorded 7.6% of toddlers experiencing inadequate nutrition, and in 2020, this number increased to 11.9%, indicating a 4.3% increase in nutritional problems within Subdistrict Karanganom in just one year. In the Village of Troso, in the year 2021, as many as 19.36% of toddlers were reported to experience inadequate nutrition, making it the highest number among all villages in Subdistrict Karanganom.

Based on the results of a preliminary study conducted at the Integrated Healthcare Center in the Village of Troso on April 8, 2022, involving 10 mothers of toddlers, it was found that 3 mothers had good knowledge, 3 mothers had moderate knowledge, and 4 mothers had limited knowledge regarding nutrition. In light of this phenomenon, the researcher is interested in conducting a study to explore the connection between maternal knowledge about balanced nutrition and the nutritional status of toddlers in the Village of Troso, Subdistrict Karanganom, Klaten Regency.

Objective

To gain knowledge about the connection between a mother's nutrition and the nutritional status of toddlers in the village of Troso, Subdistrict Karanganom, Klaten Regency.

Method

Type study Which used is analytic correlational with design study *cross sectional*. Study correlational is something type study Which see connection between One or a number of change with One or a number of another change (A. Muri Joseph 2016). Study This done start month May until June year 2022. Location study This is at in Integrated Healthcare Center Village Troso Subdistrict Karanganom Regency Klaten. Population from study This is mother - Mother Which own child toddler member Integrated Healthcare Center Village Troso Subdistrict Karanganom in May to _ June Year 2022. Technique of taking sample in research This using cluster random sampling. Sample in study This are some mothers who have toddlers are coming to Posyandu in May to _ June in the Village Troso Subdistrict Karanganom Regency Klaten. Variables Which used in study This is knowledge Mother And nutritional status toddler. The type of data used in study This is data primary with do interview in a manner direct to respondent. Measuring tool _ used is questionnaire level knowledge mother and scales stomp For determine nutritional status toddler. Power analysis Which used is Analysis univariate in a manner descriptive with count distribution frequency And analysis bivariate with using statistical test *Spearmanrank* with α = 0.05. As for guidelines significance use guide as following: When *p.s value* < α (0.05), so significance or There is connection.

Results and Discussion
1. Univariate analysis

Analysis Univariate done For analyze each variable from the research results Which displayed in a manner descriptive with calculating distribution frequency.

Table 1. Distribution Frequency Age of Toddler Mother in the Village Troso Subdistrict Karanganom

No	Age	Frequency	%
1.	< 20 years	1	1,4
2.	20 – 35 years old	53	75,7
3.	>35 year	16	22,9
	Amount	70	100

Source: Primary Data, 2022

Table 2. Distribution Frequency of Education of Toddler Mothers in the Village Troso Subdistrict Karanganom

No	Education	Frequency	%
1.	Base	24	33,7
2.	Intermediate	38	54.9
3.	On	8	11,4
	Amount	70	100

Source : Primary Data, 2022

Table 3. Distribution Frequency Occupation of Mother Toddler in the Village Troso Subdistrict Karanganom

No	Pekerjaan	Frekuensi	%
1.	PNS	1	1,4
2.	Swasta	8	11,4
3.	Petani	-	-
4.	IRT	61	87,1
	Jumlah	70	100

Source: Primary Data, 2022

Table 4. Distribution Frequency Information about Nutrition in the Village Troso Subdistrict Klaten Karanganom Regency

No	Knowledge	Frequency	%
1.	Good	36	51,4
2.	Enough	25	35,7
3.	Not enough	9	12,9
	Amount	70	100

No	Information nutrition	Frequency	%
1.	Once	63	90
2.	No Once	7	10
	Amount	70	100

Source: Primary Data, 2022

Table 5. Distribution Frequency Mother Toddler Knowledge About Nutrition in the Village Troso Subdistrict Karanganom

Table 6. Distribution Frequency of Nutritional Status Toddler In The Village Troso Subdistrict Karanganom Regency Klaten

No	Status Gizi	Frekuensi	%
1.	Gizi Lebih	1	1,4
2.	Gizi Baik	50	71,4
3.	Gizi Kurang	19	27,1
4.	Gizi Buruk	-	-
	Jumlah	70	100

Source : Primary Data, 2022

2. Bivariate Analysis

Table 7 Connection Knowledge Mother About nutrition With Status nutrition Toddler In Village TrosoKaranganom district Regency Klaten

No	Knowledge	Status nutrition										P-value	r
		More		Good		Not enough		Bad		Amount			
		f	%	f	%	f	%	f	%	f	%		
1.	Good	1	1,4	32	45,7	3	4,2	0	0	34	48.5	0.000	0.476
2.	Enough	0	0	15	21,4	10	14,3	0	0	27	38,6		
3.	Not enough	0	0	3	4,3	6	8,7	0	0	9	12,9		
	Amount	1	1,4	50	71.4	19	27,2	0	0	70	100		

From table 1 obtained data that PartMost of the mothers are in the age group of 20 −35 year ie as much 53 mothers (75.7%). From table 2 it was obtained that some data big respondent on group education Intermediate, that is as much 38 respondent(54.9%). From table 3 it is obtained that some datathe large number of respondents in the work group is as a Housewife, ie as many as 61 respondents (87,1 %). From table 4 part big Mother has accept information around nutrition ie as many as 63 Mother (63%). From table 5 it is obtained that some data big respondent own knowledgeregarding Nutrition in the good category, as much36 respondents (51.4%). From table 6, the data shows that the majority status nutrition toddler with category status nutritionfine by 50 respondents (71.4%).

From results analysis bivariate on Table 7 shows the value of the *Rank Test Sperm* show *Correlation coefficient* of 0.476 with a significance level p value 0.000, which is p value < 0.05, showing there is connection Which meaning between mother's knowledge about nutrition with status nutrition toddler. Mark r show mark correlation between second variables, with mark r = 0.476 show that strength correlation Which got in category currently with in the direction of a positive correlation. This is meaningfulhypothesis can accepted that is there isconnection between knowledge Mother Andstatus toddler nutrition.

3. Discussion

Description age respondent in Village Troso Subdistrict Karanganom Regency Klaten show that Part big Mother toddler aged 20 – 35 year ie as much 53 Mother (75.7%), age Which Healthy related to reproduction kindly whole respondent is Mother toddler Which Already reach stage age mature. According to Dear And Riyanto (2013) in age This, period productive somebody or age mature, Which give chance Which more big to study and develop power intellectual. So that respondent on age the Enough have experience Which ripe and knowledge about nutrition for their children. Description Education respondent show that majority Mother toddler in Village a Troso Subdistrict Karanganom Regency Klaten is graduate of Intermediate ie as much 38 respondent (54.9%). Level Education very influence somebody For understand And accept information (By the way et al. 2014). Matter This in line with research Jannah And maesarah (2014) that there is connection between level education Mother with status nutrition, child with Mother educated low own number mortality Which more tall from on child with Mother educated tall. Person Which educated tall will give response Which more rational to information Which come And will think so far where profit Which Possible obtained from idea the (Jannah and Maesaroh 2019). Description work respondent show that majority respondent is Mother toddler Which No Work (Mother House ladder) ie as much 61 respondent (87.1%).

Toddler with nutrition not enough more Lots originate from family Which her mother work, activities mothers do for look for living need time Which Lots so that chance Forgetting less information or very less (Princess et al. 2015). Description information about nutrition shows as many as 63 respondents (90%) Once accept information about nutrition. Information influence knowledge someone, if often get information about something learning so will add knowledge And insight. Matter This in accordance with theory Which stated by Notoatmodjo (2014) which state that source information influence knowledge somebody. Information Which obtained from education formal nor non formal can give influence period short (*immediate-impact*) so that produce change or enhancement knowledge.

Mother Which knowledgeable Good own toddler with status nutrition Good due to mothers who have knowledge Which Good about nutrition Can implement this knowledge in life a day- day so that need nutrition child fulfilled (Susilowati and Himawati 2017). On incident Mother with good knowledge but nutritional status her toddler not enough, There is Lots factor Which cause happening nutrition not enough, according to Soekirman (2012) in material Action Food And nutrition National reason direct not enough nutrition that is lack of consumption food And exists disease infection. Reason No direct that is resilience food in family, pattern child care and health services And Health environment. So that the occurrence of malnutrition in toddlers could be caused by one of the factors above. Lack of knowledge about nutrition will resulted decrease ability For apply information in life a day day Which where matter the is Wrong One reason happening nutritional problems in toddlers

Conclusion

From the results research and data analysis can concluded that based on results study There is connection between knowledge Mother about nutrition with nutritional status toddler in Village Troso Subdistrict Karanganom Regency Klaten , seen from *p.s value* = 0.000 more small of alpha (p < 0.05) then H 0 rejected and Ha accepted , so that can concluded There is connection between knowledge Mother about nutrition with statuses nutrition toddler . Research results This prove There is connection Which significant between knowledge Mother with status nutrition toddler ,so that expected Mother can increase his knowledge status order nutrition child ok .

Acknowledgement

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