



## Description of Mothers' Knowledge About Nutritional Status in Toddlers at Baamang I Community Health Center, Kotawaringin Timur Regency, Central Kalimantan Province

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### ABSTRACT

**Introductions:** Nutritional status is a state of the body that is influenced by certain nutrients as a result of food consumption. The factors of age, education, and occupation are some of the factors that influence the knowledge of mothers under five regarding the nutritional status of children under five.

**Objectives:** To describe the factors that influence the knowledge of mothers under five about the nutritional status of children under five at the Baamang I Public Health Center in 2022.

**Methods:** This study uses quantitative methods. It was conducted at the Baamang I Sampit Health Center in June 2022 with a sample of 30 people using the Accidental Sampling technique from secondary and primary data single variable.

**Results:** The knowledge factor of mothers under five regarding the nutritional status of toddlers with the majority aged 20-35 years as many as 7 people, the majority of Diploma and Bachelor education as many as 5 people, the majority work with mothers who do not work as many as 4 people. The factor is sufficient knowledge of mothers under five regarding the nutritional status of toddlers with the majority aged >35 years as many as 11 people, the majority of high school / vocational education being 13 people, the majority working with mothers who do not work as many as 11 people and also the factor of lack of knowledge of mothers under five regarding nutritional status in toddlers with the majority aged >35 years as many as 6 people, the majority of elementary and junior high school education being 8 people, the majority working with mothers who do not work as many as 6 people.

**Conslusions:** The results of the univariate and bivariate analysis of 30 respondents that there is a description of the age factor that age affects the knowledge of mothers under five about nutritional status in toddlers and educational factors affect mother's knowledge about nutritional status in toddlers and also occupational factors affect the knowledge of mothers under five about nutritional status in children under five toddler.

**Keywords:** Age, Education, Occupation, Knowledge of Nutritional, Nutritional Status in Toddler

## INTRODUCTION

Nutritional status is a state of the body that is influenced by certain nutrients as a result of food consumption. Three factors play a major role in influencing the state of undernutrition, namely, children do not get enough balanced and adequate nutrition, parenting patterns of parents who do not know about providing sufficient nutritional food intake and children who are suffering from infectious diseases (Andyani, 2012).

Good nutritional status or optimal nutritional status occurs when the body gets enough nutrients that are used efficiently. Nutritional status is influenced by food consumption and the use of nutrients in the body. If the body obtains enough nutrients and uses them efficiently an optimal nutritional status will be achieved which allows physical growth, brain development, work ability and general health at the highest possible level. use of these nutrients (Supariasa, Bakri, & Fajar, 2016).

Malnutrition and malnutrition in toddlers results in disruption of physical growth and health. Indirectly, undernutrition and malnutrition can cause children under five to experience nutritional deficiencies which can have long-term consequences, namely related to children's health, child growth, infectious diseases and children's intelligence, as well as due to attacks of certain diseases. If this is allowed, of course, it is very difficult for toddlers to develop.

Thus the problem of nutrition is a common problem and all families must act or act to improve nutrition. Toddlers are included in the nutritionally vulnerable group, where at the age of 0-4 years is a time when babies grow relatively fast. And at this time is a period of great growth that will influence and determine the next child's development (Marimbi, 2010).

Data from the World Health Organization (WHO) indicates that pneumonia, diarrhea, measles, and malaria collectively account for 51% of fatalities in children under the age of five. More than half of these fatalities can be directly attributed to nutritional issues. In 2014, the WHO estimated that 161 million children under the age of five were grappling with nutritional problems. Among these, the most significant prevalence was observed among toddlers, numbering 51 million. Malnutrition-related deaths among this age group reached 2.8 million, while a staggering 2 billion children suffered from micronutrient deficiencies (WHO, 2014).

Based on the results of the 2018 Riskesdas in Indonesia, as many as 3.9% of children under five had poor nutritional status, 13.8% of children under five had undernourished status and 3.1% had overnutrition status, while according to the province the prevalence of nutritional status in children under five who had poor nutritional status was as much as 4.3%, toddlers have less nutritional status 14.0% and 3.5% toddlers have more nutritional status which has a risk of obesity. According to the 2017 PSG (Nutrition Status Monitoring) Survey in Indonesia as many as 3.8% of toddlers have poor nutritional status, 14.0% of toddlers have undernutrition status and 1.8 toddlers have overnutrition status (Kemenkes RI, 2018).

Data from the Central Borneo Provincial Health Office show that during the last three years the rate of malnutrition among children in Central Kalimantan has continued to decline. Even the latest data on malnutrition can be reduced to 5.5%. When compared to Basic Health Research data (Riskesdas) The Ministry of Health in the same year showed that 17.7% of children under five experienced nutritional problems. In 2016, Central Borneo malnutrition rate was quite high, Bumi Tambun Bungai's malnutrition was at 24.7%. Then in 2017 the malnutrition rate decreased slightly by 1.1%. This year the malnutrition rate was 23.6%. A significant decrease occurred in 2018 to 5.5%. That year there was a decrease of up to 18.1%.

According to the Chairperson of Commission III DPRD Kotawaringin Timur, Kotim, in 2021 in Teluk Sampit District there were 61 toddlers for very short height, 113 toddlers with

short nutrition and 174 toddlers with short and very short nutrition or around 29%. for toddlers who experience malnutrition in Teluk Sampit District as many as 32 toddlers, malnourished 90 toddlers, the total toddlers who experience malnutrition and malnutrition are 122 toddlers or around 20%.

Choosing food to be consumed by toddlers is influenced by various factors, including the level of one's knowledge about nutrition so that it can affect a person's nutritional status. Mother's knowledge about the nutritional status of toddlers can be influenced by age, education, and work. In addition, food intake in toddlers is also influenced by local culture which can also influence the mother's choice of food. Therefore, if a mother has insufficient nutritional knowledge, the food intake that will be given to the toddler is also inappropriate and can affect the status of the toddler (Puspasari & Andriani, 2017).

Based on a preliminary study and data collection conducted by researchers on March 28 - April 1 2022 at the Baamang I Sampit Health Center, Kotawaringin Timur Regency, Central Borneo Province, that the number of mothers under five who visited the MTBS room in the January-April 2022 period was 175 mothers under five .

Then after conducting interviews with mothers of toddlers who made visits, it was found that 10 mothers (100%) had their children examined, 3 people (30%) had good knowledge, 3 people (30%) had sufficient knowledge, and 4 people (60%) ) lack of knowledge about the nutritional status of toddlers.

Based on the description of the background above, the researcher is interested in conducting research on " Description of Knowledge of Toddler Mothers to About Nutritional Status in Toddler at the Public Health Center Baamang I Sampit, Kotawaringin Timur Province Central Borneo “.

## RESEARCH METHODS

This type of research is descriptive, the design used in this study is cross sectional. The population is 175 mothers with fives and the sampling technique used in this study is accidental sampling, to determine the number of samples using the Quota Sampling technique and this data collection uses secondary and primary data with a sample of 30 mothers with fives in Public Health Center Baamang I Sampit, Kotawaringin Timur Province Central Borneo “.

## RESULTS

**Table 1.** Distribution of Knowledge Frequency of Mothers with Toddlers Regarding Nutritional Status in Toddlers in Public Health Center Baamang I

Knowledge	F	Persentase
Good	7	23%
Enough	15	50%
Less	8	27%
Total	30	100%

Based on Table 1. above, the majority of mothers with toddlers have sufficient knowledge of 15 respondents (50%). While the minority of mothers with good knowledge is 7 respondents (23%).

**Table 2.** Characteristic Frequency Distribution Based on the Age of Mothers with Toddlers in Public Health Center Baamang I

Age	F	Persentase
<20 years	3	10%
20-35 years	10	33%
>35 years	17	57%
Total	30	100%

Based on Table 2. above, the age characteristics of the majority of mothers with toddlers are > 35 years, as many as 17 respondents (57%). While the minority aged <20 years was 3 respondents (10%).

**Table 3.** Characteristic Frequency Distribution Based on Education of Mothers with Toddlers in Public Health Center Baamang I

Education	F	Persentase
SD and SMP	9	30%
SMA/SMK	15	50%
Diploma and Undergraduate	6	20%
<b>Total</b>	<b>30</b>	<b>100%</b>

Based on Table 3. above, the majority of mothers' education, with a high school / vocational (secondary) education level, is 15 respondents (50%). While the minority of Diploma and Bachelor (Higher) education is 6 respondents (20%).

**Table 4.** Distribution of Characteristic Frequency Based on Occupation of Mothers with Toddlers in Public Health Center Baamang I

Employment	F	Persentase
Work	9	30%
Doesn't work	21	70%
Total	30	100 %

Based on Table 4. above, the majority of mothers who do not work are 21 respondents (70%). While the minority of toddler mothers who work are 9 respondents (30%).

**Table 5.** Cross-tabulation of Knowledge and Age of Mothers with Toddlers in Public Health Center Baamang I

No	Knowledge	Age						Total	
		<20		20-35		>35		N	%
		F	%	F	%	F	%		
1.	Good	0	0.0	7	23.3	0	0.0	7	23.3
2.	Enough	1	3.3	3	10.0	11	36.7	15	50.0
3.	Less	2	6.7	0	0.0	6	20.0	8	26.7
<b>Total</b>		3	10.0	10	33.3	17	56.7	30	100.0

Table 5. shows the results of the cross-table analysis between knowledge and the age of the mother under five from 30 samples, the majority of mothers with sufficient knowledge aged <20 years were 1 person (3.3%), aged 20-35 years were 3 people (10.0%), and age > 35 years as many as 11 people (36.7%) with a total of 15 people (50.0%) respondents. Mothers with less knowledge aged <20 years were 2 people (6.7%) and >35 years were 6 people (20.0%) with a total of 8 respondents (26.7%). While the minority of mothers with good knowledge aged 20-35 years was 7 people (23.3%) with a total of 7 people (23.3%) respondents.

**Table 6.** Cross tabulation of knowledge and education of mothers with toddlers regarding nutritional status in toddlers in Public Health Center Baamang I

No	Knowledge	Education						Total	
		SD and SMP		SMA /SMK		Diploma and Undergraduate		n	%
		F	%	F	%	F	%		
1.	Good	0	0.0	2	6.7	5	16.7	7	23.3
2.	Enough	1	3.3	1	3.3	1	3.3	3	10.0
3.	Less	8	26.7	0	0.0	0	0.0	8	26.7
<b>Total</b>		9	30.0	3	10.0	6	20.0	18	60.0

Table 6. shows the results of the cross-table analysis between knowledge and education of mothers with toddlers from 30 samples, the majority of mothers with sufficient knowledge with elementary and junior high school education were 1 person (3.3%), high

school/vocational high school education were 13 people (43.3%), diploma and undergraduate education 1 person (3.3%) with a total of 15 respondents (50.0%). Mothers with less knowledge with elementary and junior high school education were 8 people (26.7%) with a total of 8 respondents (26.7%).

Meanwhile, a minority of mothers with good knowledge with high school/vocational school education were 2 people (6.7%) and Diploma and Bachelor education were 5 people (16.7%) with a total of 7 respondents (23.3%).

**Tabel 7.** Cross Tabulation of Knowledge and Occupation of Mothers with Toddlers Regarding Nutritional Status in Toddlers in Public Health Center Baamang I

No	Knowledge	Employment				Total	
		Work		Doesn't work		N	%
		F	%	F	%		
1.	Good	3	10.0	4	13.3	7	23.3
2.	Enough	4	13.3	11	36.7	15	50.0
3.	Less	2	6.7	6	20.0	8	26.7
<b>Total</b>		9	30.0	21	70.0	30	100.0

Table 7. shows the results of the cross-table analysis between knowledge and work of mothers with children under five from 30 samples, the majority of mothers with sufficient knowledge with working mothers as many as 4 people (13.3%) and mothers who do not work as many as 11 people (36.7%) with a total of 15 respondents (50.0 %). Mothers with less knowledge with working mothers as many as 2 people (6.7%) and mothers who do not work as many as 6 people (20.0%) with a total of 8 respondents (26.7%).

While the minority of mothers with good knowledge with working mothers as many as 3 people (10.0%) and mothers who do not work as many as 4 people (13.3%) with a total of 7 respondents (23.3%).

## DISCUSSION

In accordance with the stated research objectives, this section will discuss the results of the research that has been carried out based on the results that have been carried out based on the results that have been presented.

1. An overview of the knowledge of mothers with toddlers regarding the nutritional status of toddlers in Public Health Center Baamang I

Based on the results of a study of 30 samples of mothers with fives in Public Health Center Baamang I there were 30 people (100%) who made IMCI visits based on knowledge, the majority of mothers with toddlers had sufficient knowledge of 15 respondents (50%). While the minority of mothers with good knowledge is 7 respondents (23%).

The results of this study are in line with research (Kurnia, 2020) entitled "Overview of Toddler Knowledge About Nutrition and Nutritional Status of Toddlers in the Working Area of the Simpang Tiga Pekanbaru Public Health Center in 2020" namely out of 54 people the majority of mothers with toddlers with sufficient knowledge were 24 people, with sufficient

knowledge, mothers with toddlers are able to assume that nutrition in toddlers is a basis and important for the growth and development of toddlers, but if the knowledge is based on sources of information, the experience gained will increase the mother's knowledge the better.

Knowledge is one of the factors that influence a person's behavior, including mother's behavior towards fulfilling nutrition in toddlers. The mother's behavior in caring for her toddler has a close relationship with the nutritional status of the toddler. Mothers with good parenting patterns tend to have children with good nutritional status, and vice versa, mothers with poor nutritional parenting styles tend to have children with poor nutritional status (Virdani, 2012).

This shows that although knowledge is not a direct factor affecting the nutritional status of children under five, this nutritional knowledge has an important role. Because by having enough knowledge, especially about health, one can find out various kinds of health problems that might arise so that solutions can be found (Notoatmodjo, 2012).

The impact of knowledge of mothers with toddlers greatly influences the nutritional status of toddlers, if the mother's knowledge is good then the mother's behavior towards nutritional health in toddlers is also properly considered, and vice versa if the mother's knowledge is lacking it will have an impact on nutritional status that is lacking or even bad for toddlers.

## 2. Description of knowledge of mothers with toddlers regarding nutritional status in toddlers based on age in Public Health Center Baamang I

Based on the results of a study of 30 samples of mothers with fives in Public Health Center Baamang I yang melakukan kunjungan MTBS terdapat 30 orang (100%) dengan umur <20 tahun 3 orang (10%) dan 20-35 tahun 9 orang (30%) serta >35 tahun 18 orang (60%).

The results of the study found that the age factor on the knowledge of mothers with toddlers regarding nutritional status found that the majority of mothers with sufficient knowledge with age <20 years were 1 person (3.3%), aged 20-35 years were 3 people (10.0%), and aged > 35 years were 11 people (36.7%) with a total of 15 people (50.0%) respondents.

Mothers with less knowledge aged <20 years were 2 people (6.7%) and >35 years were 6 people (20.0%) with a total of 8 respondents (26.7%). While the minority of mothers with good knowledge aged 20-35 years was 7 people (23.3%) with a total of 7 people (23.3%) respondents.

Based on the results of this study, the majority of mothers with toddlers aged > 35 years are one of the most important factors that influence sufficient knowledge of mothers about the nutritional status of toddlers. With increasing age a person will experience changes in physical and psychological aspects. Physical growth consists of four categories of changes, namely changes in size, changes in proportion, loss of old characteristics, and emergence of new characteristics. On the psychological or mental aspect, the level of one's thinking becomes more mature and mature.

The results of this study are in line with research (Mukhtar and Martinus, 2018) with the title "Description of Mother's Knowledge About Providing Nutrition to Toddlers in the Work Area of the UPTD Public Health Center Sogae'Adu Nias Regency in 2018" namely out of 68 the majority of mothers with toddlers with sufficient knowledge of aged > 35 years as many as 34 people, with sufficient knowledge the researcher assumes that age influences a person's mindset so that the knowledge he gains is also getting better even though the more a person gets older there can be changes such as often forgetting, less critical thinking ability and by other factors.

A person's age affects one's comprehension and mindset. The older a person is, the more his comprehension and mindset will develop so that the knowledge obtained will be better (Firmansyah, 2014).

But it is also necessary to know that as a person gets older he will also experience certain changes such as forgetting easily or often, and the ability to think critically begins to decrease due to physical and psychological changes that can affect a person's thinking ability (Bactiar, 2018).

1. Description of knowledge of mothers with toddlers regarding nutritional status in toddlers based on education in Public Health Center Baamang I.

Description of knowledge of mothers with toddlers regarding nutritional status in toddlers based on education in

Public Health Center Baamang I there were 30 people (100%) who visited MTBS with a history of elementary and junior high school education 9 people (30%) and SMA/SMK 15 people (50%) and Diploma and Bachelor Degree 6 people (20%).

The results showed that the education factor on the knowledge of mothers with toddlers regarding nutritional status found that the majority of mothers with sufficient knowledge with elementary and junior high school education were 1 person (3.3%), high school/vocational school education were 13 people (43.3%), Diploma and Bachelor education were 1 person (3.3%) with a total of 15 respondents (50.0%).

Mothers with less knowledge with elementary and junior high school education were 8 people (26.7%) with a total of 8 respondents (26.7%). Meanwhile, a minority of mothers with good knowledge with high school/vocational school education were 2 people (6.7%) and Diploma and Bachelor education were 5 people (16.7%) with a total of 7 respondents (23.3%).

Based on the results of this study, the majority of high school/vocational high school education is one of the most factors that influence sufficient knowledge of mothers regarding the nutritional status of toddlers.

The results of this study are in line with research (Yuhansyah and Mira 2019) with the title "Description of the Level of Knowledge of Mothers About Nutrition in Toddlers at the UPT Public Health Center for Youth in Samarinda City in 2019" namely, out of 54 people, the majority of mothers with toddlers with sufficient knowledge with high school/vocational high school education were 21 people, with sufficient knowledge the researcher assumes that education influences one's knowledge so that the higher one's education the more easily a person receives information and is able to assume that nutrition in toddlers is a basis and important for the growth and development of toddlers.

Education means guidance that is given by someone to other people in order to understand something. The higher a person's education, the easier it is for them to receive information, conversely if someone has a low level of education, it will hinder the development of that person's attitude towards receiving information (Notoatmodjo, 2012).

The higher a person's education level, the easier it is to receive information so that the level of knowledge is wider and the more experience one has (Carter, 2016). The results of this study prove that mothers who have good knowledge with Diploma and Bachelors education are 5 people (16.7%) and SMA/SMK are 2 people (6.7%).

2. Description of the knowledge of mothers with toddlers regarding the nutritional status of toddlers based on work in Public Health Center Baamang I

Based on the results of a study of 30 samples of mothers with children under five at the Baamang I Health Center in 2022 who visited MTBS, there were 30 people (100%) with work history, namely 9 working mothers (30%) and 21 working mothers (70%).



The results of the study found that the occupational factor on the knowledge of mothers with toddlers regarding nutritional status found that the majority of mothers had sufficient knowledge with 4 working mothers (13.3%) and 11 mothers who did not work (36.7%) with a total of 15 respondents (50.0%).

Mothers with less knowledge with working mothers as many as 2 people (6.7%) and mothers who do not work as many as 6 people (20.0%) with a total of 8 respondents (26.7%). While the minority of mothers with good knowledge with working mothers as many as 3 people (10.0%) and mothers who do not work as many as 4 people (13.3%) with a total of 7 respondents (23.3%).

Based on the results of this study, the majority of working mothers who did not work were the most common factor with sufficient knowledge of mothers regarding the nutritional status of toddlers. Lack of experience and knowledge in the scope of work is a factor causing mothers to know less about the nutritional status of toddlers.

The results of this study are not in line with research (Oberlin, 2021) with the title "Description of Mother's Knowledge About Nutrition in Toddlers in Sisibahili Tabalaho Village, Gunungsitoli District, Gunungsitoli City in 2021" namely, out of 54 people, the majority of mothers with toddlers with sufficient knowledge with a history of mothers who do not work 21 people, with sufficient knowledge the researcher assumes that work affects one's knowledge because it comes from sources of information received and experience gained while working.

Work has an influence on a person's level of knowledge, because from work you will get a source of information and experience about something. As well as the performance of a person's brain's ability to store memory increases or increases when it is often used (Pangesti, 2016).

The work environment can make a person gain experience and knowledge, both directly and indirectly (Notoatmodjo, 2012).

The results of this study are not in line with the theory because the majority of mothers with sufficient knowledge are found in mothers of toddler mothers who do not work. However, there are reasons for this, namely mothers who are not working can get information through the internet, socialization, and television as well as experiences from the community and the surrounding environment so that mothers who are not working are the majority factor with sufficient knowledge.

## **CONCLUSION**

Research that has been conducted at the Baamang I Public Health Center with the title Description of Knowledge of Mothers with Toddlers Regarding the Nutritional Status of Toddlers at the Baamang I Sampit Health Center, East Kotawaringin Regency, Central Kalimantan Province in 2022, can be concluded as follows:

1. An overview of the knowledge of mothers with toddlers regarding the nutritional status of toddlers based on knowledge, the majority of mothers with toddlers have sufficient knowledge of 15 respondents (50%). While the minority of mothers with good knowledge is 7 respondents (23%).
2. An overview of the knowledge of mothers with toddlers regarding the nutritional status of toddlers based on education, the majority of mothers with sufficient knowledge of 15 respondents (50.0%). While the minority of mothers with good knowledge is 7 respondents (23.3%).

3. Description of the knowledge of mothers with toddlers regarding the nutritional status of toddlers based on work, the majority of mothers with sufficient knowledge are 15 respondents (50.0%). While the minority of mothers with good knowledge is 7 respondents (23.3%).

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