

# The Relationship Between The Level Of Maternal Knowledge About Nutritious Food To The Nutritional Status Of Toddlers In The Bamboo Shower Village, Sambas District, Sibolga City In 2019

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**ARTICLEINFO****Keywords:**

Toddlers,  
Nutritional Status,  
Application of nutrition-aware families

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**ABSTRACT**

Improving the quality of independent human resources needs to be supported by a balanced nutritional situation which must be supported by the availability of sufficient food at a price that is stable and affordable by the purchasing power of the general public. The results of the national census survey revealed that the percentage of under-fives who were malnourished was 71.88% in 2012 and in 2013 it fell to 69.59%. Toddlers with less/bad nutrition were 25.82% in the same year and increased to 28.17% in the following year. This research is descriptive analytic with a cross-sectional approach.

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## 1. Introduction

At this time, toddlers (under five years) are the expected next generation of the nation. Becoming a quality human resource in the future requires special attention. Age in under five years is a "golden age" in the formation of human resources both in terms of physical growth and intelligence, where this must be supported by good nutritional status because nutritional status plays a role in determining the success or failure of efforts to increase human resources (Putri, 2016).

They exhibit unique characteristics because their hydrophilic sites gain hydrophobic elements in the form of octenyl groups, resulting in the whole molecules exhibiting amphiphilic characteristics. The stabilization mechanism based on OSA starches exploits the hydrophobic and steric contributions of OSA (Anwar. et al, 2018).

The condition of children with good nutrition is an important foundation for future health, especially during the first 1000 days of life. When a child has a disorder health, growth can be disrupted acutely or chronically, mild, moderate, or severe (Tjahjo.dkk, 2018). School-age children are a group of the nation's next generation who have potential in advancing future development. Formation of quality Resources Humans (HR) starting from the school period is very influential on the quality when it reaches productive age. Considering that school children are the next generation of the nation, one of the important things which is a serious concern at this time is the Food Snacks for School Children (PJAS).

Food is source of energy and various nutrients to support human life. But food can also be a vehicle for elements that interfere with human health can even cause death. Food good quality, must be of good quality and safe for consumption (Febriyanto, 2016).

Knowledge of healthy food is very important to learn because knowledge about Healthy food is an internal factor that affects the consumption of snacks. Knowledge Healthy food is the mastery of elementary school children about balanced nutritious food, cleanliness and hygiene food health and the use of food additives in snack foods (Kindi, 2013).

The selection of snacks is a way of determining snack foods depending on the healthy food consumed daily. In general, every snack food is sold without having to through quality testing and hygiene control on the food. It is in making food snacks sold by traders in the production process are far from healthy and clean, so cases of food poisoning are increasing (Solihin, 2015).

Based on a preliminary study that the author has done in the Village of Pancuran Bambu Sambas sub-district which is located in the Sibolga City Government. The people's livelihoods Most are fish-

ermen and traders with varying levels of education. The results of the survey in the sub-district are known to be toddlers aged 1-3 years, 58% of them are thin and 15% are thin. Some of them suffer from Protein Energy Deficiency (PEM). It should be noted that toddlerhood, especially ages 1-5 years is a stage of rapid development. If it is not supported by adequate nutrition and balanced, the child will fall into a condition of malnutrition (Zeltin, 2015).

## 2. Method

### 2.1. Research Design

This type of research is descriptive analytic with a cross-sectional approach.

### 2.2. Population and Sample

The sample used in this study was a total population of 62 mothers under five.

### 2.3. Data Collection Procedur

The research instrument was in the form of a questionnaire to measure the analysis of nutritional status in the 1 bamboo sub-district, Sibolga city in 2019.

### 2.4. Analysis Techniques

collected in large numbers, in the form of numbers. Quantitative analysis method using statistics as data analysis. To find out the relationship between mother's level of knowledge about food nutrition on the nutritional status of toddlers was carried out by the Spearman Correlation test, with the level of 95% confidence ( $\alpha = 0.05$ ).

## 3. Results and Discussion

TABLE 1  
FREQUENCY DISTRIBUTION OF MOTHER'S KNOWLEDGE IN PANCURAN BAMBU VILLAGE, SAMBAS DISTRICT, SIBOLGA CITY IN 2019

Knowledge	Frekuensi	%	Cumulatif %
Not enough	4	6.5	6.5
Enough	6	9.7	16.1
Well	52	83.9	100.0
Total	62	100.0	

Based on the table above, it is known that respondents' knowledge of nutritious food in toddlers was majority well-informed as many as 52 people (83.9%) and knowledgeable minorities were less as many as 4 people (6.5%). Based on the research above, it was found that there is a relationship between maternal knowledge and nutritional status. It is known that the majority of parents are well-informed in feeding to toddlers. The results of this study are in accordance with the results of research by Theresia spika ningrum (2012), which concluded that the better the knowledge of parents about nutritious food for children under five, the better the nutritional status of toddlers will be.

TABLE 2  
FREQUENCY DISTRIBUTION OF NUTRITIONAL STATUS OF TODDLERS IN BAMBOO SHOWER VILLAGE, SAMBAS DISTRICT, SIBOLGA CITY IN 2019

Status Gizi	Frekuensi	%	Cumulative %
Malnutrition = > 120%	1	1.6	1.6
Malnutrition = 80%-120%	2	3.2	4.8
Medium Nutrition = 70%-79,9%	8	12.9	17.7
Good Nutrition = 60%-69,9%	48	77.4	95.2
Overnutrition = < 60 %	3	4.8	100.0
Total	62	100.0	

Based on the table above, it is known that the nutritional status of the majority of toddlers has a good nutritional status of 48 people (77.4%) and a minority with poor nutritional status as many as 1 person (1.6%). The amount of food consumed affects the likelihood of a person lacking one or more of the nutrients required by the body. There is not a single type of food ingredient that contains all the nutrients needed by the body. Therefore, the more types of food classes consumed,

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the lower the probability of a person being malnourished. To ensure the fulfillment of all nutrients needed by the body, every day the types of foodstuffs consumed should be at least 3 types of food groups (Suharjo, 2012).

TABLE 3  
THE RELATIONSHIP OF MATERNAL KNOWLEDGE ABOUT NUTRITIOUS FOOD TO THE NUTRITIONAL STATUS OF TODDLERS IN THE BAMBOO SHOWER VILLAGE, SAMBAS DISTRICT, SIBOLGA CITY IN 2019

Variabel	p (value Signifikan)	r hitung	r table
Mother's knowledge about nutritious food on the nutritional status of toddlers	0.000	0.650	0.244

\*\* . Correlation is significant at the 0.05 level (1-tailed).

Based on the table above, it is known that the relationship between maternal knowledge about nutritious food to the nutritional status of toddlers in the Aek Habil Health Center Working Area is  $p < 0.05$  ( $p = 0.00$ ) and  $r$  calculate  $> r$  table ( $r$  calculate =  $0.650 > r$  table =  $0.244$ ) which means that  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a relationship between the level of maternal knowledge about nutritious food to the nutritional status of toddlers in the Bamboo Shower Village, Sambas District, Sibolga City in 2019.

The way food is processed is an aspect of parenting that also needs special attention. Food processing should be adapted to the level of development of the child's age and the anatomy of the digestive system. Food that is processed with a texture that is too dense / hard for children will cause disturbances in the digestive system, while foods with a texture that is too soft / liquid will cause children to directly lack nutrients because soft or liquid form foods are generally not dense with nutrients (Sukirman, 2013).

## 4. Conclusion

Based on the statistical tests that have been carried out, it can be seen that the relationship between the mother's knowledge of nutritious food to the nutritional status of toddlers in the Aek Habil Health Center Working Area is  $p < 0.05$  ( $p = 0.00$ ) and  $r$  count  $> r$  table ( $r$  count =  $0.650 > r$  table =  $0.244$ ) which means that  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship between maternal knowledge of nutritious food to the nutritional status of toddlers in the Bamboo Shower Village, Sambas District, Sibolga City in 2019.

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