

The Relationship of Mother's Education Level, Mother's Knowledge, Family Income and Nutritional Status of Toddler in The Working Area Of The Weekombak Puskesmas, West Sumba District

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Abstract

Nutritional status is the condition of the body as a result of food consumption and use of nutrients. Nutrition is also one of the assets in determining the quality of resources that can enhance physical growth and the development of human intelligence. Based on the health profile of Southwest Sumba Regency in 2019, namely in June, there were 278 cases of malnutrition among five children, while there were 939 cases of malnutrition. Weekombak Health Center is one of the health centers in West Wewewa District, Southwest Sumba Regency. Weekombak health center is one of the health centers that has nutritional status problems with a total of 95 cases. The purpose of this study was to analyze the relationship between mother's education level, mother's knowledge, family income and the nutritional status of toddlers in the working area of the Weekombak Health Center, Southwest Sumba Regency. The type of research used is survey research with a cross-sectional design. The location and time of this research is in the working area of the Weekombak Health Center, Southwest Sumba Regency, in July-August 2022. The sample used in this study was 95 toddlers. The data obtained were analyzed using chi-square with a significance level of $\alpha=0.005$. The results showed that there were variables that had a relationship with the nutritional status of toddlers, namely mother's education (p-value = 0.000), mother's knowledge (p-value = 0.000), family income (p-value = 0.003), therefore, mothers Those who have children under five are expected to pay attention to the nutritional status of children under five and participate in the care of children under five.

Keywords : related factors, nutritional status, toddlers

INTRODUCTION

The nutritional status of toddlers is closely related to the socio-economic conditions of the family or parents, including the relationship between the mother's education level, mother's knowledge, and family income as well as the parents' overall economic conditions. The mother's level of knowledge also influences the low level of family income, with a high level of mother's education it will be easy to get a job to support the family's needs. Low family income causes a decrease in the purchasing

power of food in the quantities needed. Low income may be caused by unemployment or because it is difficult to find work. In contrast to the income factor, there are residents or communities who earn sufficient or more than sufficient income, both in cities and villages, such as farmers who own land, cultivators and so on, in providing food, many do not use nutritious foodstuffs, this is caused by another factor, namely lack of knowledge. nutrition and health in parents, especially mothers, which is one of

the causes of malnutrition among toddlers (Achmadi and Rohayati, 2014).

According to the Ministry of Health, (2018) in Indonesia the prevalence of malnutrition among children under five in 2016 was 17.8%, malnutrition among children under five was 14.4%, whereas in 2017 it was 17.8% and malnutrition among children under five was 3.8%. Based on the Health Profile, Southwest Sumba Regency was recorded as having cases of malnutrition, namely in 2016 there were 278 children under five, in 2017 cases of malnutrition reached 907 cases and increased in 2018 with a total of 939 cases. In mid-2019, namely in June, there were 348 cases of under-nutrition among children under five. The work area of the Weekombak Community Health Center is one of the community health centers in West Wewewa District, Southwest Sumba Regency. In the work area of the Weekombak Community Health Center, there were 8 cases of malnutrition among toddlers in 2018 and in 2019 it was still the same number, namely 8 cases. Malnutrition cases in the Weekombak Community

Health Center working area in 2020 were 105 cases, in 2021 there were 236 cases, while in 2022 there was an increase of 299 cases (SBD District Health Office, 2019). Malnutrition in the work area of the Weekombak Community Health Center from 2021 to 2022 has increased. Malnutrition in the work area of the Weekombak Health Center has increased from 2018 to 2019. This happens because there is still a lack of maternal education, maternal knowledge and low family income levels, so that the problem of malnutrition status in the Weekombak Community Health Center working area is still very high (Weekombak Community Health Center, 2019).

METHOD

This type of research is quantitative research with a cross-sectional research design, namely an epidemiological study design that studies the cause and effect of the independent variable and the dependent variable. In cross-sectional research, data collection on the dependent variable and independent variables is carried out simultaneously or at the same time (Notoadmodjo, 2018). This research aims to see the relationship between the dependent variable (nutritional status of toddlers) and the independent variables (maternal education, maternal knowledge, family income).

RESULT

The results of the research carried out showed that there are still many mothers who have low education due to lack of funds and low knowledge of mothers about the importance of education to support life in the future. Based on the results of interviews, there were also respondents who stated that they did not have the intention to continue their education. This is the cause of the low level of education of mothers of toddlers, which has an impact on mothers' lack of knowledge about how to process food, knowledge about nutritious food for toddlers and good parenting patterns for toddlers, thus affecting the nutritional status of toddlers.

The results of the research show that maternal education is statistically related to the nutritional status of toddlers in the Weekombak Community Health Center working area in 2022 with a p-value: $0.000 < 0.05$. The results of research conducted in the Weekombak Community Health Center working area in 2022 showed that the majority of respondents with low education were more likely to experience poor nutritional status, 56 (73%).

Meanwhile, the number of well-nourished toddlers with

high maternal education was 14 respondents (70%). This happens because low education affects the level of understanding of child care, including care, feeding and guidance for children, which will have an impact on increasingly declining health and nutrition. The higher a person's level of education, the younger they will be given an understanding of information and the younger they will be able to implement their knowledge in behavior, especially in health and nutrition. Thus, relatively low maternal education will be related to the mother's attitudes and actions in dealing with the problem of malnutrition in children under five. In line with research conducted by (Nurma liza¹, Sara Herlina, 2019) there is a significant relationship between maternal education and nutritional status in toddlers. Education is the basic capital for achieving good nutritional status (Nurharyati, 2019), this is because a high level of education can influence the mother's level of ease in receiving and accessing information (Nurapriyanti, 2015). This research is in line with research conducted by (Putri et al, 2015) which states that there is a relationship between maternal education and nutritional status in children under five with a p-value = 0.002.

Maternal education about nutritional status is needed to form positive behavior in terms of meeting nutritional needs as an important element that supports a person's health status to produce the behavior needed to maintain, maintain or improve good nutritional conditions. A mother's level of education determines her attitude and actions in dealing with various problems. A mother has an important role in a child's health and growth. This can be demonstrated by the fact that, among other things, children of mothers who have a higher educational background will have better opportunities to live and grow and will easily receive broader insight into nutrition. The results of the research conducted showed that mothers who have children under five at the Weekombak Community Health Center still experience malnutrition, this is because mothers of children under five do not know how to manage nutritious food and good care practices for toddlers. The results of researchers' interviews with respondents stated that nutritious food provided by health workers was not given to children under five. This is one of the causes of nutritional status problems in children under five in the Weekombak Community Health Center working area.

The results of statistical tests show that the level of knowledge between mothers and the nutritional status of toddlers in the Weekombak Health Center working area in 2021 with a p-value: $0.000 < 0.05$. There is a significant relationship between the education level of mothers of toddlers which is in line with research

conducted by (Destariyani et al, 2015).

Good nutritional knowledge will cause a person to be able to prepare a menu that is good for consumption. The more nutritional knowledge a person has, the more he will take into account the type and amount of food he obtains for consumption according to (Suharjdo, 2013). Lack of knowledge about nutrition, especially in mothers, will result in a lack of knowledge about nutrition, especially in mothers, which will result in a lack of ability to receive information, especially about nutrition, which will later impact the nutritional status of toddlers (Notoatmodjo, 2017).

The results of research conducted in the Weekombak Community Health Center working area showed that mothers who had children under five experienced malnutrition in the low maternal education category, namely 58 respondents (73%). Meanwhile, there were 12 respondents (75%) with good nutrition under five with high maternal education. This is proven by the results of questionnaire calculations based on respondents' answers, mothers of toddlers are unable to answer questions related to the nutritional needs of toddlers. The research found that from the level of knowledge of mothers in the work area of the Weekombak Community Health Center, most of the mothers of toddlers had the highest level of education, namely non-school education and elementary school completion. Low education has an impact on mothers' ability to receive and understand health information as well as a lack of counseling about balanced nutrition for toddlers by various health parties (Nurmaliza & Herlina, 2019).

The people in the working area of the Weekombak health center all live in the village and have low knowledge, even though they provide health education about nutrition because most of the people are not present when the counseling is carried out, which will result in a low level of nutritional knowledge. Mothers who receive information about the nutritional needs of toddlers from counseling provided in the Weekombak Community Health Center working area during every posyandu program implementation will increase the mother's knowledge which is followed by new behavior in providing nutritious food for toddlers so that nutritional status becomes good. Toddlers are a child's growth period that requires special attention from parents who play the most role in the child's growth and development,

namely the mother, especially in terms of food so that the nutritional intake given to toddlers can be balanced. This is because toddlers are an age that is vulnerable to nutrition and needs special monitoring of nutritional problems so that they are able to grow and develop optimally. The mother's level of nutritional knowledge has a big influence on changes in attitudes and behavior in choosing food ingredients, which will then also influence nutritional conditions. Low nutritional conditions will determine the high rate of malnutrition nationally.

The results of the research carried out showed that the average respondent's job was a farmer, so the income they earned each month was not fixed or changed. This is due to the low level of education that mothers of toddlers have so they cannot get a decent job which will have an impact on the mother's income. However, there were also several respondents interviewed who had incomes above the average, but their children under five still experienced problems with malnutrition status. This is due to the number of dependents in the family and also the large number of family members, which means that if more family members are dependent, it will have an impact on fulfilling the nutritional status of children under five. The research results show that there is a relationship between family income and the nutritional status of toddlers in the work area of the Weekombak Community Health Center in 2021 with a p-value: $0.000 < 0.05$. There is a significant relationship between family income and the nutritional status of toddlers in line with research conducted by (Kustriyanti, ddk 2019).

The inability to meet household food needs, especially for pregnant women and toddlers, will result in malnutrition which will result in the birth of a young generation without high quality. Meeting food needs is influenced by the amount of income generated by the family. So family income influences the nutritional status of toddlers (Sukmawandari, 2015). Between income and nutrition, there is clearly a favorable relationship, the effect of increasing income on improving health and other family conditions that interacts with almost universal nutritional status.

The results of research conducted in the Weekombak Community Health Center work area showed that the low income category was 56 respondents (73%). Meanwhile, the number of well-nourished toddlers in the Good mother income category was 12 respondents (66%). This is due to the lack of employment

opportunities obtained by the Weekombak Community Health Center due to limited abilities and skills. Apart from that, the majority of local people's livelihood is gardening where the income is obtained during certain seasons so they cannot fulfill basic needs such as food, clothing and shelter. People in the work area of the Weekombak health center also work generally as farmers and their daily family income is below the average minimum wage for Southwest Sumba Regency.

Income level is a factor that determines the quality and quantity of food consumed. A family's ability to buy food depends on the size of their income, families with limited income will most likely not meet their food needs, especially to meet the body's nutritional needs (Ministry of Health of the Republic of Indonesia, 2003).

CONCLUSION

Based on the results of research conducted on factors related to the nutritional status of toddlers at the Weekombak Community Health Center, Southwest Sumba Regency, the following results were obtained.

1. There is a significant relationship between maternal education and nutritional status in children under five.
2. There is a significant relationship between maternal knowledge and nutritional status in children under five.
3. There is a significant relationship between family income and nutritional status in children under five.

Suggestion

1. For the Community

It is hoped that the public will seek information about handling nutritional status problems in children under five and participate in outreach activities about how to process food ingredients that are good for toddlers.

2. For Agencies

It is hoped that health workers will provide education to the community, especially mothers of toddlers, and provide practices on how to process food that can attract the attention of their toddlers to consume it.

3. For Researchers

Researchers should use the results of this research as a basis for providing education to the public regarding how to handle nutritional status problems in children under five.

4. For other researchers

Researchers hope that other researchers will conduct further research on toddler consumption patterns.

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