Influence of Knowledge and Attitude of Mother with Nutritional Status of Toddler

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Abstract: Toddler nutritional status is the state of the body as a result of the use, absorption and use of food consumed by toddlers. In West Aceh District, there were 110 cases of children under five who experienced malnutrition and 12 cases of malnutrition. This research uses quantitative research with cross sectional design using multiple regression test which aims to determine the influence of knowledge and attitudes of mothers of children under five on the nutritional status of toddlers in the work area of the Meurebo Community Health Center, West Aceh Regency. The population of this study amounted to 46 people who were taken based on the distribution of the sample, which amounted to 46. The statistical test used a regression test using a standard error of 0.05. The results showed that there was a significant influence between the knowledge factor and the nutritional status, where the value of sig = 0.03, which means less than the value of α= 0.05, the influence of attitude factors with the incidence of nutritional status, where the sig = 0.001 which was smaller than the value. α = 0.05.
Keywords: Nutritional Status, Knowledge, Attitude

Introduction

Undernutrition status in children under five is caused by several factors, one of which is food intake as a direct cause and maternal skills regarding nutrition in children under five as the main problem. Food intake or consumption can directly affect the nutritional condition or nutritional status of a person (Supariasa *et al.*, 2012). Toddlers in the world with poor nutritional status, malnutrition, overweight, and deficiency of essential nutrients. As a result, 149 million children under five have stunted their growth, 50 million are too thin for their height, which is a common sign of malnutrition. Meanwhile, another 40 million in the same age group are overweight or obese. With a target of 10% (WHO, 2018).

In 2017, West Aceh had a percentage of nutritional problems, in which under-fives with malnutrition were 3.6%, under-nutrition 15.9%, over nutrition 1.0% and good nutrition 779.5% with a target of 100%. (Aceh Health Profile, 2017). Based on the monitoring of the West Aceh Health Office in 2019 in West Aceh until August there were 8 cases of malnutrition in PUSKESMAS Kuta Padang, 4 cases in PUSKESMAS Drien Rampak, 10 PUSKESMAS Pante Ceureumen, 8 cases of Arongan Lambalek, 14 cases of Meurebo Health Center And Puskesmas Cot Seumareng 1 Case, and in 2019 the most cases of malnutrition were found at the Meurebo Community Health Center, Meurebo District, West Aceh Regency, which had a target of 17%. (West Aceh Health Office, 2019). Toddlers with malnutrition status, there were several cases in various villages in the Meurebo working area, in Sumber Batu Village there was 1 case, Bukit Jaya village 1 case, Peunaga Baro village 1 case, Pasie Mesjit Gampong 1 case, Pasie Mesdit ADB 1 case, Paya Baro 2 cases, Bukit Jaya 1 case, Buloh 1 case, Pasie Pinag 1 case, Mestu 2 cases, Ranto Panjang Barat 1 case, and Pasie Aceh Baroh village 1 case.

Based on the initial survey conducted by the author, in the Work Area of the Meurebo Community Health Center, West Aceh Regency, there are 4 children under five who experience malnutrition problems and 2 of these children have recovered and 2 children under five are still being treated. Based on the results of interviews conducted with 5 mothers who have toddlers, 3 of whom have toddlers with malnutrition status, from the third answer to mothers under five, it can be concluded that the malnutrition experienced by their toddlers is caused by economic, educational, and educational factors. Low knowledge of mothers and infectious diseases that have been suffered by toddlers.

Methods

This research is a type of survey research that is analytic with a Cross Sectional survey approach. This research was conducted in Meurebo Subdistrict. The population of this study amounted to 46 people who were taken based on the distribution of the sample, which amounted to 46

Result

Table 1 Frequency Distribution of Respondents based on Maternal Age

Variable	Frequensi	%
Age		
20- 25	10	21.7
26-30	34	73.9
31-35	1	2.17
>36	1	2.17
Education		
Elementary School	21	45.7
Junior High School	12	26.1
Senior High Shool	8	17.4
College	5	10.9
Sex		
Male	23	50
Female	23	50

Table 2. Frequency Distribution Based on Nutritional Status of Toddlers, Knowledge and Attitude Respondent

Variable	Frequency	%
Nutritional Status		
Good Nutrition	23	50.0
Malnutrition	16	34.8
Bad Nutrtition	7	15.2
Knowledge		
Good	31	67.4
Not Good	15	32.6
Attitude		
Positive	30	65.2
Negativ	16	3.48

Table 3. The Influence of Knowledge with the Nutritional Status of Toddlers in the Work Area of the Meurebo Community Health Center, West Aceh Regency

Knowledge	Nutritional Status								Sig
	Good Nutritional		Malnutritional		Bad Nutritional		Amount		
	F	%	F	%	F	%	F	%	
Not Good	7	46.7	6	40.0	2	13.3	15	100	**0.03**
Good	16	51.6	10	32.3	5	16.1	31	100	
Total	23	50.0	16	34.8	7	15.2	46	100	

Meanwhile, respondents with good knowledge were 16 children with good nutritional status, and respondents with good knowledge whose toddlers had poor nutritional status were 10 children (32.53) and respondents with good knowledge whose toddlers were malnourished were 5 toddlers (16.1%). From the results of the regression test that has been carried out, the sig value of 0.03 is obtained which is smaller than the value of $\alpha = 0.05$, so it can be concluded that there is an effect of maternal knowledge on the nutritional status of toddlers in the Meurebo Community Health Center Work Area, West Aceh Regency.

Table 4. The Influence of Attitude and Nutritional Status of Toddlers in the Working Area of the Meurebo Community Health Center, Aceh Barat District.

Atittude	Nutritional Status								sig
	Good Nutritional		Malnutritional		Bad Nutritional		Amount		
	f	%	f	%	f	%	f	%	
Negative	6	37.6	7	43.8	3	18.8	16	100	
Positive	17	56.7	9	30.0	4	13.3	30	100	**0.001**
Total	23	50.0	16	34.8	7	15.2	46	100	

Based on the data above, it can be stated that respondents who have negative attitudes who have toddlers with good nutritional status are 6 (37.6%) and respondents with negative attitudes whose toddlers are under nutritional status are as many as 7 under-five (43.8%) while respondents have attitudes 3 under five (18.8%) of the children with malnutrition status**.** Meanwhile, mothers with positive attitudes, 17 toddlers with good nutritional status (56.7%), while respondents with positive attitudes, 9 under-nutrition (30.0%), and respondents with positive attitudes, 4 with poor nutritional status. toddlers (13.3%).

Discussion

From the results of research conducted, there was an influence of the knowledge factor on the nutritional status of toddlers in the Meurebo Community Health Center, West Aceh Regency. From the results of the regression test carried out, it was obtained a sig value of 0.03 which is smaller than the value of $\alpha = 0.05$, and it can be stated that there is an influence between knowledge and nutritional status of toddlers in the Meurebo Health Center, West Aceh Regency. Based on observations made by researchers in the field, mothers who have good

knowledge have more children with good nutritional status compared to mothers who have poor knowledge

The results of the above research are also supported by the research of wira murtika (2018), the results of the statistical test using the chi-square test show a p value of 0.001 <0.005, which means that there is a relationship between maternal knowledge and nutritional status of children at Teupah Selatan Puskesmas, Simeuleu Regency in 2018. This research is also supported by the research journal Nindyna Puspasari (2017). The results of the research were obtained. The results of the chi square statistical test showed that there was a relationship between maternal knowledge (p = 0.000), besides that research was also carried out by Amelinda Calida Rahma (2016). The study showed that there were differences in the level of knowledge of maternal nutrition (p = 0.004) in under-nutrition and normal nutrition. This study was also supported by the results of research Wulandari *et al.*, (2019) there is a relationship between knowledge and nutritional status in toddlers. Susilowati & Himawati, (2017). There Is A Relationship Between The Knowledge Of Respondents And The Nutritional Status Of Children Under Five In The Working Area Of Puskesmas Gajah 1 Demak.

From the results of the research conducted, there was an influence of attitude factors on nutritional status of toddlers in the Meurebo Health Center, West Aceh Regency. From the results of the regression test carried out, the sig value of 0.0001 was obtained, which is smaller than the value of α = 0.05, and it can be stated that there is an influence between attitudes and nutritional status of toddlers in the Meurebo Health Center, West Aceh Regency. The research above was also supported by Julita Nainggolan's research (2019), there was a significant relationship between attitudes and the nutritional status of her toddler in the working area of the Rajabasa Indah Community Health Center, Rajabasa Raya Village, Bandar Lampung (p = 0.000). The results of this study are also supported by research from Putri, R, F. (2019) The results of the study are the value of p = 0.00, which is a significant value between maternal attitudes and nutritional status of children under five. Wulandari *et al.,* (2019) there is a relationship between attitude and nutritional status in toddlers. Fadila *et al.,* (2017) There is a relationship between respondent knowledge and nutritional status of kindergarten children in Yosowilangan Lor Village, Lumajang Regency.

Conclusion

There was a significant influence between the knowledge factor and the nutritional status, where the value of sig = 0.03, which means less than the value of α = 0.05, the influence of attitude factors with the incidence of nutritional status, where the sig = 0.001 which was smaller than the value α = 0.05.

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