

Review of the Literature on the Effects of Parenting Styles and Nutrition on the Development of Children 6 to 24 Months Old

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ABSTRACT

The single most significant factor influencing a child under five years old's growth and development is their nutritional background or the satisfaction of their nutritional requirements. The purpose of this study was to ascertain how parenting practices and nutritional status related to the development of children aged six to twenty-four months. Using nine journals published between 2018 and 2022 that were sourced from various databases, including Google Scholar and Pubmed, this research method's design is a literature review. This journal attempts to analyze the issue through a review of the literature on "nutritional status and parenting with child," and the Chi-Square test was used to analyze the keywords for international articles that were found. The nutritional status results were 92.5% good according to the index BW/U, 76.5% good according to TB/U, 86.9% good according to BW/TB, and the nutritional upbringing.

Keywords: children, nutritional status, parenting pattern for children aged 6-24 months

BACKGROUND

Toddlers need proper nutrition to support their growth and development. The state of the body as a result of food consumption and the use of nutritional substances is known as the nutritional status of toddlers. A toddler's health may deteriorate if his nutritional status is inadequate. Malnutrition can lead to errors in toddlers if their nutritional intake is not in line with their bodies' requirements. Malnutrition, also referred to as undernutrition, and excess nutrition, or overnutrition, are both included in this condition.

Nutrition or meeting nutritional needs is the single most important influence on the growth and development of children under five (Wong DL, 2021). Meanwhile, the quality of food and nutrition really depends on the nutritional care patterns implemented by the family. Dietary factors, in this case nutritional parenting, regulate growth at all stages of development, and their effects are demonstrated in diverse and complex ways. Nutrition is needed to multiply and enlarge all cells, especially brain cells. Malnutrition in children can cause several negative effects such as slow body growth, susceptibility to disease, reduced intelligence levels, and mental disorders in children which have a direct impact on disrupting children's growth and development.

According to the results of basic health research from Riskesdas, the problem of infant nutrition in Indonesia is quite significant, including 4.5% malnutrition, undernutrition and overnutrition. The percentage of babies with decreased nutritional status (WW/U), namely babies aged 0-5 months: malnourished 6.5%, undernourished 8.2%, while good nutrition 76.7%, overnourished around 8.7% (Khoiriyah, Hikmatul, 2022).

The prevalence of nutritional status in babies in South Sulawesi Province in 2018 was 4.8% of babies experiencing malnutrition and 14.8% of malnutrition. Then the prevalence of very short babies was 13.3% and short babies was 20.6%. And the prevalence of very thin babies is 4.6%, thin babies 8.3% and obese babies 8.5%.

Factors that cause malnutrition have been introduced by UNICEF and have been used internationally, which include several stages that cause malnutrition in children under five, both direct and indirect causes, root causes and main problems. According to Soekirman in the national Food and Nutrition Action material, the causes of malnutrition can be explained as follows: Based on this reality, the issue of caring for babies and toddlers in the aspects of feeding and breastfeeding, basic care, personal hygiene and other protection needs attention in order to foster a healthy life, especially for the growth and development of children.

Based on the background of the problem above, the problem that can be formulated is whether there is a relationship "between nutritional status and parenting patterns and the development of children aged 6-24 months"?

METHODS

A literature review is the approach taken. Secondary data, which is gathered through the process of examining and looking up numerous research journal articles published through electronic databases, is the data source used in the literature review.

The databases used to carry out searches are: Google Scholar and Pubmed. The keywords used to search are "Nutritional Status and Parenting Patterns" while the keywords for international articles used to search are "Nutritional Status and Parenting". Reference searches were limited to articles available in full text that could be accessed by researchers, using Indonesian and publication years between 2018-2022. The types of studies analyzed are all types of research that use Nutritional Status and Parenting Patterns.

The relationship between children's nutritional status and the development of toddlers aged 6-24 months.

Nutritional status Child	Child development			Fisher's value Exact p
	Normal	Suspect Untestable	Total	
Indeks BB/U				
Better =	2 (129 84,9%) 131 (25,0%)	6 (23 15,1%) 29 (6 75,0%)	8 (152 100%) 160 (100%)	= 0,000
Less-Bad Total	81,9%	18,1%	100%	
TB/U index Better	112 (82,4%)	24 (17,5%)	136 (100%)	= 0,774
Less-Bad	19 (79,2%)	5 (20,8%)	24 (100%)	
Total	131 (81,9%)	29 (18,1%)	160 (100%)	

BB/TB index Better	124 (86,1%)	20 (13,9%)	144 (100%)	= 0,000
Less-Bad	7 (43,8%)	9 (56,3%)	16 (100%)	
Total	131 (81,9%)	29 (18,1%)	160 (100%)	
Development Behavior Good	70 (94,6%)	4 (5,4%)	74 (100%)	= 0,000
Enough	52(77,6%)	15 (22,4%)	67 (100%)	
Kurang	9 (47,4%) 131	10 (52,6%)	19 (100%)	
Total	(81,9%)	29 (18,1%)	160 (100%)	

From the results of combining the categories for the 2 X 2 it is not appropriate to test with Chi-Square because there is still 1 cell (25%) whose expected value is less than 5. Therefore, the test used is Fisher's test.

0,000. The p value is less than the α value, namely $0.000 < 0.05$, this means that there is a relationship between nutritional status according to the BB/U index and the development of children aged 6-24 months in the working area of the Banyuurip Health Center, Purworejo Regency.

The results of the analysis show that the significance value of p for Fisher's test is $p = 0.774$. The p value is more than the α value, namely $0.774 < 0.05$, this means that there is no relationship between nutritional status according to the TB/U index and the development of social behavior, fine motor skills, language and gross motor skills of children aged 6-24 months in the work area of the Community Health Center. Banyuurip, Purworejo Regency.

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The results of the analysis show that the significance value of p for the Chi-Square test is $p = 0.000$. The p value is less than the α value, namely $0.000 < 0.05$, this means that there is a relationship between nutritional parenting patterns and the development of social behavior, fine motor skills, language and gross motor skills in children aged 6-24 months in the working area of the Banyuurip Community Health Center, Purworejo Regency.

RESULTS

Based on the results of research on 160 respondents, the ages of children who experienced the most suspects in their development were between the ages of 13-15 months and 19-24 months with a total of 6 children for each age group. In the 13-15 month age group, some children experience delays in the gross motor aspect, that is, they cannot stand independently until they can walk well. At the age limit of 15 months, children should be able to walk well. Based on the results of interviews with mothers whose children were not yet able to walk, this was partly because the mothers were not diligent in training their children to walk and there was trauma to the children because they fell several times while learning to walk. In the 19-24 month age

group, some children experience delays in personal, social and gross motoric aspects. From the results of interviews with mothers whose children experienced delays at this age, most of it was due to mothers not providing a safe environment for children to develop their curiosity and train their gross motor skills. Until the age of two years, sometimes a child's body balance is still not perfect. Apart from the fact that the maturity and coordination of the muscles are not yet optimal, it is also due to the urge to explore which he cannot yet control, so it gives the impression that his movements are hasty and without calculation. This is where the role of parents, especially mothers and the environment, is not to be careless in looking after children. Based on the research results for the gender of the child, there were more boys who had normal development, namely 73 children, while those who experienced suspected development were dominated by 11 girls. This is because boys have greater curiosity and are unable to control it, so they can carry out developmental aspects according to their stages. Kurniasih (2009) said that every child, regardless of gender, has different skills. This statement may arise because there is a tendency for girls to be more detailed and thorough, so they prefer calm activities that use their fine motor skills. On the other hand, boys prefer gross motor activities. However, the quality of fine motor development between the two does not differ significantly.

The results of research on child development in terms of working and non-working mothers show that the percentage of children experiencing developmental delays (suspect) is greater in children whose mothers work (15%) compared to children whose mothers do not work (11%). This means that mothers who spend more time at home with their children will greatly influence their children's development. Mothers can provide full and direct care for their children, especially in meeting their nutritional needs. In this case, of course the mother is better able to meet the child's needs, especially fulfilling breast milk and complementary foods by exploring the provision of nutritious food, so that the child does not get bored easily. Providing good nutritional parenting is closely related to nutritional status. This is in accordance with the statement of Semba and Bloem (2001) who explain that providing good nutritional care will change the child's nutritional status for the better so that it will influence the child's nerves so that they function well in carrying out their duties as a unit of skills that must be achieved.

Apart from that, the frequency of meetings between mother and child can provide good stimulation. By frequently inviting your child to chat while looking into his eyes, over time the child will start to interact and answer the conversation with his chatter. However, by working, parents, especially mothers, will lose a little time to meet their needs, especially interaction and parenting of their children. Furthermore, with more free time to accompany the child, the mother will better understand her child's needs, especially in terms of fulfilling nutrition because the mother will know what foods the child likes and doesn't like and can then find a solution by creating a creative menu that will attract the child to like it.

Children who receive targeted and regular stimulation will develop more quickly compared to children who receive little or no stimulation (Soetjningsih, 1998). During the toddler years, the development of language skills, creativity, social, emotional and intelligence awareness progresses very quickly and is the foundation for the child's subsequent development. Optimal development is greatly influenced by the role of the environment and interactions between children and parents or other adults. With the mother always accompanying her child, social interaction can be achieved according to the child's needs at various stages of development. The key to successful development of children, especially during the toddler years, is in the hands of the parents, because almost all the time these young children are close to their parents. Based on the results of research on 160 respondents, it is known that the majority of children who experience normal development are children whose mothers have at least a high school education, namely 61 children.

The level of education influences the mother's knowledge, that is, the higher the level of education, the easier it will be for her to accept new things and adapt easily to these new

changes (Notoatmodjo, 2003). Easily adapting to new things means that it is easy to receive information and can choose and determine the most correct information that will be useful in providing care for children. With higher education, mothers will think more about their child's development and will find out what is best for their child, trying to provide it according to their growth and development needs.

Another thing that needs to be discussed a little regarding the characteristics of the respondents here is that from the cross tabulation results it is known that as many as 63 mother respondents whose last education was high school were not working. After reviewing it using direct interviews with respondents, it was concluded that because the people who live in the working area of the Banyuurip Community Health Center still have high religious values and most of the mothers who do not work, their husbands work outside the area. So the mother's job at home is to take care of the children and the household.

DISCUSSION

The relationship between nutritional status and child development

Based on data from research on 160 respondents, the results showed that 70 children who received good nutritional parenting experienced normal development, 52 children who received adequate nutritional parenting experienced normal development and 9 children who received poor nutritional parenting experienced normal development. Then 2 children who received good nutritional parenting experienced suspect development, 9 children who received adequate nutritional parenting experienced suspect development and 9 children who received poor nutritional parenting experienced suspect development. From the results of the analysis test, it was found that $p = 0.000$. With these results, it can be concluded that the better the level of nutritional care provided by the mother to the child, the better the development.

Semba and Bloem (2019) stated that providing good nutritional care will change the child's nutritional status for the better so that it will influence the child's nerves so that they function well in carrying out their duties as a unit of skills that must be achieved. Children use a lot of energy to carry out their motor activities. To support this growth and activity, children need more food/nutrient intake (Santrock JW, 2021). A study showed that babies who received exclusive breast milk for 6 months were able to crawl and sit earlier than those who received complementary foods at the age of 4 months. From various studies that have been conducted, children who receive breast milk are much more mature, more assertive and show better progress on the development scale than those who do not receive breast milk (Ariani, 2019). Breast milk has advantages, one of which is to improve the quality of the next generation because children who drink breast milk have better growth and development (Narendra, 2019). Apart from the parents' lifestyle, the parenting style applied also affects the child's health. Poor parenting patterns are indicated by inadequate breastfeeding, poor family food consumption patterns and basic health care patterns, especially for young children (Silawati, 2019). It is said that building a child's soul is as important as providing him with adequate nutrition. Wrong upbringing, wrong honing, wrong love can build a soul that is stunted, not resilient, or deviant (deviation) (Handrawan Nadesul, 2021). As stated by Emmy LS (2021), less than 35% of babies worldwide are exclusively breastfed for the first four months of life; Complementary foods are often given too early or given too late and are nutritionally inadequate and unsafe for consumption and can interfere with the growth and development process.

CONCLUSION

The results of this literature review show that there is a very significant relationship between nutritional status and parenting patterns in children aged 6-24 months.

Based on the results of the analysis, it was concluded that there was a weak relationship between nutritional parenting patterns and the development of toddlers aged 6-24 months. In

this case, nutritional patterns have quite an influence on child development. For example, the process of breastfeeding can fulfill the three basic needs required by children. Fulfilling emotional needs (love) can be met by making contact as early as possible between the baby and the mother (early initiation). This situation will create physical contact (skin contact), psychological (eye contact), sound and smell as early as possible, which also plays an important role in the success of breastfeeding. By holding the baby while breastfeeding, inviting him to talk affectionately, a mother fulfills the baby's need for stimulation (sharpening), and indirectly also has an impact on fulfilling the mother's psychological needs. Meanwhile, care needs are met through breast milk content. Adequate nutrition is very necessary for a person's growth. And breast milk is a complex biological fluid that contains all the nutrients necessary for a child's growth and development. Breast milk is adjusted to suit your needs, the baby's growth rate and breastfeeding habits.

Then for children who have started eating large meals (regular rice), the rise of fast food with various variations that are very attractive to children becomes an obstacle that makes it difficult to fulfill healthy nutritional needs. Parents need a lot of creativity to package healthy food that is attractive to children like fast food. As caregivers, first and foremost educators, parents are expected to be able to influence children's growth and development optimally, through meeting children's clothing, food, health, nutritional and other needs. The strategic position of parents is very strategic in developing children's growth and development optimally, so every parent is required to increase their knowledge and skills in order to be able to carry out optimal development of children's growth and development in their family environment.

There is a relationship between exclusive breastfeeding and nutritional status according to BW/U in children aged 6–24 months. There is no significant relationship between the level of nutritional status of toddlers and child development. Based on the results of the analysis, it was concluded that there was a weak relationship between nutritional parenting patterns and the development of toddlers aged 6-24 months. In this case, nutritional patterns have quite an influence on child development. For example, the process of breastfeeding can fulfill the three basic needs required by children. Fulfilling emotional needs (love) can be met by making contact as early as possible between the baby and the mother (early initiation). This situation will create physical contact (skin contact), psychological (eye contact), sound and smell as early as possible, which also plays an important role in the success of breastfeeding. There is a relationship between Infant and Child Feeding (IYCF) patterns and the nutritional status of toddlers, while maternal nutritional knowledge is not related to the nutritional status of toddlers.

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