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A Review of the Literature on the Communication between Eating Pola and Stunting Incidence in Children

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ABSTRACT

One factor that determines a child's ability to grow to their full potential is their nutrition. The critical stage of a child's growth and development is when they require an adequate and balanced diet. As the phrase "the first thousand days of a child's life" suggests, the golden era lasts from the baby's conception until the youngster turns two years old. Utilizing ten journals published between 2017 and 2021 from various sources, including Google Scholar and Pubmed, the design is a literature review. This journal attempts to explore the issue through a study of the literature. "Feeding Patterns and Stunting" is the term that was used in the search for the international article, whereas.

Keywords: communication, eating patterns, stunting

BACKGROUND

Nutrition is one of the determinants of the success of optimum growth of the child.Adequate and balanced nutrition is essential in the golden period of child growth and development. The golden period begins from the time the child is still in the womb until the age of two years or what is often referred to as the term "the first thousand days of the child's life". The malnutrition that occurs in the golden age can cause a variety of problems, one of which is the problem of failure to grow so that the child becomes shorter (stunting) than the standard.(Kemenkes 2019). Stunting or often called short is a condition of failure to grow in children under five years of age (balita) due to chronic malnutrition and recurrent infections especially in the period of the first 1000 days of life (HPK) that is from the fetus to the age of 23 months. It is called stuning when the length or height of the child is below minus two standards of length and height in his age (National Stunting Prevention Team, 2018). According to the World Health Organization, stunting is a public health problem when the prevalence is more than 20 per cent. By 2018, the global prevalence of stunting was 22 per cent, or 105,800,000 newcomers in the world now suffer from stunting. (pendek). According to Basic Health Survey 2018 data, stunting prevalence in Indonesia in 2018 was 30.8%. Despite a decrease from the previous year, it is still a long way from the normal figure set by the WHO. Besides, compared with neighbouring countries such as Malaysia 17%, Vietnam 23%, and Thailand 16% Indonesian prevalence is still much higher.

Basic Health Research (Riskesdas) data recorded 6.3 million newborns out of the population of 23 million in Indonesia. Currently there has been a decrease in the prevalence of stunts from 30.8% in the year 2018 (Riskesdas 2018) to 27.67% in 2019 or down about 3.13% (Risksdas, 2019).

According to the 2018 Department of Health of Kupang, the Alak district ranks first among the most stunting victims in Kupang city, reaching 1.140 people. While the total number of stunting affected in Kupanga city reached 3.462 or 23.7%. In the period of February 2020, it was on the presentation chart of 32.23% or as many as 5.151 children suffered from malnutrition of 15.980 children whose status was measured. As far as the zone, there were 1.296 children, Maulafa 1.252 children, King's

city 529 children, Oebobo 735 children, Old City 378 children and the Kelapa Lima district of 961 children with stunting.

Research with cross sectional and quantitative methods conducted by Joko on the correlation of food consumption with nutritional descriptions indicates a fairly significant correlations.The results indicate that children who have a minimum of five food consumption patterns lead to up to three times more risks of stinting problems. A study conducted in Brazil has shown that children with a minimum dietary intake or nutritional deficiency of protein content below the standard can lead to up to 1.5 times the risk of stunting problems. The study also assessed children who obtained a lower fat intake than needed potentially up to 2 times the impact of stopping problems. (Brier, 2020).

Based on the above description, the researchers were interested in conducting a study on the "Relationship of Dietary Patterns to Stunting Incidences in Children" using the Literature Review method.

METHODS

The method used is the Literature Review.The data source used in the literature review is Secondary Data, which is obtained from the process performed by reviewing and searching for some research journal articles published through an electronic database. The database used to perform the search is: Google Schoolar and Pubmed. The keywords used to do the search are "Pola Eating And Stunting" whereas the keyword for the International article used to carry out the search was "Feeding Patterns and stunting". Reference searches are limited to articles available in full text that are accessible to researchers, using the Indonesian language and the year of publication between 2017-2021. The type of study analyzed is all kinds of research that uses eating patterns and stunts.

RESULTS

Child eating patterns

Based on the results of the David study (2020), in the journal of his research showed that the poor eating polan in normal and stunting children was 51(100%). In comparison with the study of David (2021), in his research journal the less pattern in stunting kids was 37 (27.2%). Pujiati (2021), in his research journal, showed that inappropriate feeding patterns in children were very short of 8 (26.6%) and in young children were short of 11 (36.7%) whereas the correct feeding pathway in children was very short from 0 (0%) to 11(36.7%). Lailiyah (2021) in her research journal showed a fewer feeding rate in very young children of 1 (1,3%), in small children of 47(63,5%) and normal children of 0 (0%), sufficient feeding rates in very short children (0%), in short children of 21(28.3%), and in thin children of 4(5.4%), whereas good feeding patrons in very small children were 0 (0%), in short kids of 1(1.3%) and in normal children (0%). Oktafirnanda (2021), in the Journal of Criminal Investigation, the patterns of regular and irregular feeding in stunting children are 11 (27.5%) and the dietary pattern of the regular and unregulated feeding of children in non-stunting children. That's 29 (72.5%). Qolbi (2020), in his survey journal Of the 77 respondents who followed a good diet, 25 (14.5%) did not do stunting prevention and 52 (30.1%) other respondents did stopping prevention while of the 96 respondents that followed poor diet, 58 (33.5%) did not stopping and 38 (22.0%) other respondants did stunting preventation. Mentari (2018), in his research journal Out of 28 (31.5%) respondents good feeding patterns in stunting children were 15 (22.7%) people, while poor feeding patrons in stunt children were 13 (56.5%) people. Out of 61(68.5%) respondent good feating patternes in non-stunting children was 51 (77.3%) people, whereas poor feating patrons of non- stunting kids were 10 (43.5%) persons.

Stunting on a child

Based on the results of David's study (2021), in his research journal, it is known that children suffer from stunting as many as 37 (27.2%). In parallel with the study conducted by Pujiati (2021), in his

study journal shows that very short children 8 (26.6%), and mostly short children 22 (73.4%). Oktafirnanda (2021), in the Journal of Stunts, is known to have 11 children suffering from stunting (27.5%). Nofiandri (2021), Based on the results of the study known very short children 22 and short children 28.Mentari (2018), in his research journal Based on the results of the study, 15 (22.7%) of children suffer from stunting and Tessema (2013), in the Journal of his research showed that the overall prevalence of stunting in the first two years was 37.2%.

Relationship of eating patterns with stunting incidents in children

No	Author Name	Relationship of eating patterns with stunting incidents in children
1	David Siagian, Sahrul Amin (2020)	The results of the bivariate test with the Chi-Square test obtained a p value (0,000) < α (0.05) which means that there is a relationship between dietary patterns and the occurrence of Stunting in young people aged 24-59 months in Posyandu Puskesmas Gulf Region in 2020
2	David Siagian, Sahrul Amin (2021)	The results of bivariate analysis showed that there was a relationship between the mother's factors that included a diet history, nutritional status based on anemia and cakes with the occurrence of stunting (p<0.05).
3	Wasis Pujiati, MeilyNirnasari Rozalita (2021)	Chi Square test results p value=0,012 (<0,05), which means there is a significant relationship between feeding patterns and stunting in children aged 1-36 months in Puskesmas Batu 10 Tanjungpinang.

4	Ni'matul Lailiyah, Eka Srirahayu Ariestiningsih, DwiNovri (2021)	Based on the spearman rank correlation test obtained a significant value (p value) gained a value p=0.013, because of the p value < α (0.05), then the decision-making pattern of feeding is related to the stunting incident on the news in the Puskesmas Working Region of Dapet Balongpanggang.
5	Yuka Oktafirnanda, Hasanah Pratiwi Harahap , Ani Deswita Chaniago (2021)	Bi-variant test results with Chi Square with a p-value of 0.014 then the adjustment of the result that diet is significantly linked to stunting events,
6	Nofiandri, Nur M. Ali (2021)	The result of the analysis between diet patterns and stunting events is rejection of H0 and reception of Ha, which means that there is a relationship between the diet pattern and the stunting occurrence of such a thing shown from the value of p(0,025) < α (0,05).
7	Stephen Kofi Anin , Mahama Saaka, Florian Fischer and Alexander Kraemer (2020)	In bivariate analysis, intake of foods rich in vitamin A (Vitamin A), MDD and MAD was significantly linked to stunting incidence in children.P<0,05 whereas ACF and iron were significantly associated with absorption at p<0,1.
8	Puti Aini Qolbi, Madinah Munawaroh, Irma Jayatmi(2020)	statisti chi square test results obtained a P-value of 0,000 smaller compared to a significant value of 0.05 (0,000 < 0.05) and a OR (Odd Ratio) value of 3.1 (1,6-5.9) so it can be concluded that Ho was rejected and Ha received which means that there is a relationship between dietary patterns and stunting prevention in young people aged 24 – 59 months in Puskesmas Jatiasih
9	Suharmianti Mentari, AgusHermansyah (2018)	Based on the results of this study, it is found that there is a meaningful relationship between diet and stunting status.
10	Masresha Tessema, Tefera Belachew,&, Getahun Ersino. (2013)	The results of the analysis show that the child of mothers who did not increase their food intake during pregnancy and lactation were 1.6 times more likely to experience stunting than their partner (AOR=1.6; 95%CI: 1.06 - 2.3). The study also revealed that the time of accompanying meals was associated with miscarriage.

	Children from mothers who started breastfeeding before six months were 3.2 times more likely to experience stunting than their counterparts (AOR=3.2; 95%CI: 1.6 - 6.6). The study also showed that children who introduced MP-ASI late (after 6 months) were 2.3 times more susceptible to stunting compared to other children (Aor=2.3; 95% CI: 1.3, 4.05). The rest of the observed diet is not significantly related to stunting.

DISCUSSION

Identifying child eating patterns

Based on the results of David's study (2020), in his research journal, it shows that a balanced nutritional intake of food plays an important role in the child's growth process. The results of this study show that stunting is more prevalent in children whose eating patterns are poor.It's because of the mother's lack of attention in feeding.

Since Pujiati (2021), in his research journal showed that in this study respondents who had an incorrect diet pattern as much as 19 people (63.7%) and 11 people (36.7%) with the correct diet patterns. The right pattern of giving is a pattern for giving food according to the type of food, the amount of food and the child's meal schedule. The results found that the majority of respondents have not given an adequate diet to the stunting with the short category of this study in line with the results of Priyono's study. (2015).

Lailiyah (2021), in her research journal, showed that fewer feeding patterns in very short children were 1 (1.3%), in very small children were 47 (63.5%) and in normal children were 0 (0%), in very young children were sufficient feeding 0 (0%), in small children 21 (28.3%), and in regular children were 4 (5.4%), while good feeding in extremely short children was 0 (0%) and short children 1 (1,3%) and normal children (0%). The role of parents is very important in meeting the nutritional needs of children because children need the attention and support of parents especially in the face of growth and development of children that occur very quickly. For the fulfilment of good nutrition requires good nutritional knowledge of parents, especially mothers, in order to be able to provide a balanced menu of choices. A mother's level of nutritional knowledge can influence attitudes and behavior in food selection. (Irawati dkk dalam Atikah R et al, 2019).

Mentari (2018), in his research journal Out of 28 (31.5%) respondents good feeding patterns in stunting children were 15 (22.7%) people, while giving patternes.

Of the 61.68.5 per cent respondents, 51 (77.3 per cent) responded to a good feeding pattern for non-stunting children, while 10 (43.5%) did not respond to a bad feeding. The results of this study showed that stunting is more common in children with less eating patterns. It's because of the mother's lack of attention in feeding her child. The average child eats less than 3 main meals Kids enjoy playing so they often forget the time to eat. But the kids like to consume snacks that are sold at the nearest stores. Some children eat breakfast less than three times a week and don't eat a balanced meal every day. Children only eat rice with a spoon or rice with vegetables and do not eat fruit every day, because they are 24 months old and older. The children always spend their food every time they eat, and the mother also uses iodine salt to cook food at home.

According to the researchers, the dietary patterns given to the child should be appropriate and appropriate to the needs of the body, if the mother gives good dietary adjustments then the child does not suffer Stunting. Children should be given nutritionally balanced foods such as carbohydrates, proteins, fats, vitamins, minerals and iron.

Detecting Stunts on Children

Based on the results of David's study (2021), in his research journal, it is known that children suffer from stunting as many as 37 (27.2%). Stunting happens because of a nutritional deficiency that occurs during the first thousand lives. This condition will lead to irreversible physical disruption of the child's development, resulting in decreased cognitive and motor abilities as well as a decrease in working performance. Children who suffer from stunting have an Intelligence Quotient (IQ) score rate eleven points lower than the average.

A normal child's IQ score. Interventions in children with blooming growth disorders because malnutrition will continue until adulthood if not done from an early age (Kusumawati dkk, 2019) According to a study conducted by Pujiati (2021), in her research journal she showed that very short children were 8 (26.6%), and mostly young children were 22 (73.4%). One of the nutritional problems of the baby is that it's a short boy. A short child can hinder the development of a child even having a negative impact that will last in later life.Children are considered to be at the greatest risk of malnutrition because inappropriate feeding patterns will affect reproduction and development. (Gibson et al., 2012). Children under the age of five, especially between the ages of 1-36 months, are a period of rapid physical growth. So, it requires the most nutritional requirements compared to subsequent times. When nutritional needs are not handled properly, the child is easily undernourished. (Ningsih et al.,2015).

Oktafirnanda (2021), in the Journal of Stunts, is known to have 11 children suffering from stunting (27.5%). The prevalence of stunting increases with age, the increase occurs in the first 2 years of life, the growth process of the child's past reflects nutritional and health standards (Komalasari et al., 2021).

CONCLUSION

The results of this Literature review show that there is a very significant relationship between eating patterns and stunting in children. A good diet consists of a healthy and varied diet of quality food, as well as a sufficient amount of food followed by proper eating behaviour. If this is applied, eating will result in a child's normal nutritional status. Stunting in children can be prevented from an early age with proper feeding according to the needs of the child's body.

The diet of children plays an important role in the growth process of children, because the food contains a lot of nutrients. Nutrition is a very important part of the growth and development of children and has a very close connection with health and intelligence. Pattern Settings The child is in the golden age, so if the mother does not control the diet properly then it risks very bad for the child in the future.

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