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The Relationship of Parental Behavior with Nutritional Status of Toddlers at Kawango Hari Primary Health Center

Dominggus Dinga Hemba [1)] Utma Aspatria [2)] Sarci Magdalena Toy [3)]
[1,2,3)]Public Health Science Program, Public Health Faculty, Nusa Cendana University;
dodihemba@gmail.com, utma.aspatria@staf.undana.ac.id, sarci.toy@staf.undana.ac.id

ABSTRACT

Toddlers are an age group that is susceptible to impaired growth and development so that they require optimal nutritional intake. Mother is someone who has an important role in meeting the nutritional needs of their children. Toddlers who experienced malnutrition in Southwest Sumba Regency in 2019 there were 348 cases. The Kawango Hari Health Center contained 56 cases of malnutrition in 2019 and ranks first in the highest number of cases of malnutrition than 16 Puskesmas in Southwest Sumba district. The purpose of this study was to determine the relationship between parental behavior and the nutritional status of children under five in the work area of the Kawango Hari Health Center, Kodi District, Southwest Sumba Regency in 2021. This type of research is survey research with a cross sectional study design. This research carried out from March to April 2021 in the working area of the Kawango Hari Health Center Kodi District, Southwest Sumba Regency. The population in this study were households with children under five in the working area of the Kawango Hari Health Center. A sample of 93 households was taken using the cluster random sampling technique. Data were analyzed using Chi-square test with a significance level of =0.05. The results of statistical tests showed that maternal nutritional behavior (p-value=0.006<0.05), maternal nutritional knowledge (p-value=0.003<0.05) and maternal nutritional attitudes (p-value=0.007<0.05) were related with the nutritional status of children under five. The conclusion of the study is that there is a relationship between maternal nutritional behavior, knowledge of maternal nutrition and maternal nutritional attitudes with the nutritional status of children under five in the working area of the Kawango Hari Health Center. Health workers are more active in providing counseling or direct practice about balanced nutrition to the community, especially mothers who have toddlers.

Keywords: *Maternal nutritional behavior; knowledge; attitude; nutritional status of toddlers.*

INTRODUCTION

Toddlers are an age group that is susceptible to impaired growth and development so that they require optimal nutritional intake. Toddler period is an important period in the process of human growth and development, the period of growth and development at this age is a period that takes place quickly and will never be repeated, because it is often called the golden age. Every toddler needs nutrition with a balanced menu and the right portion, not excessive and adjusted to the needs. If the provision of nutrition for toddlers is not good in terms of quality and quantity, then the growth and development of toddlers will run slowly. Lack of nutritional intake that is absorbed by the body will result in a decrease in the body's immune system so that it is susceptible to disease. Nutrition not only affects the health of the body, but also affects the level of intelligence. If the nutrients needed by the brain are not met then the brain will be affected so that it cannot develop [1].

Malnutrition in toddlers is influenced by many interrelated factors. It is directly affected because children do not get enough balanced nutrition, and infectious diseases are the causes that greatly affect the nutritional status of toddlers. Indirect causes of malnutrition in children under five such as parenting, food availability in the family and inadequate health services and environmental sanitation [2].

The emergence of nutritional problems in toddlers is generally influenced by the behavior of parents, especially mothers who are a factor in choosing improper food where the behavior of mothers in fulfilling good nutrition can improve the nutritional status of toddlers. The choice of food ingredients, the availability of sufficient amounts of food and the diversity of these foods are influenced by the mother's level of knowledge about food and nutrition. Lack of knowledge about nutrition and health in parents, especially mothers is also one of the causes of malnutrition in toddlers. Mother's ignorance can cause errors in food selection, especially food given to toddlers [3].

The nutritional status of children under five will be closely related to the socio-economic conditions of the family or parents, including the education of the parents, the knowledge and occupation of the mother and the economic condition of the parents as a whole. The level of knowledge of mothers under five also affects the level of low family income, mothers of toddlers with a high level of knowledge and education will easily find work to support family needs. Low family income causes people to be unable to buy food in the required amount. Low income may be caused by unemployment or because it is difficult to find work. In contrast to the income factor, it turns out that there are residents or people who have sufficient or more than enough income both in the city and in the village, such as farmers who own land [4].

Malnutrition in toddlers has a negative impact on physical and mental growth which in turn will hinder learning achievement or decrease IQ scores, cognitive development, impaired concentration of attention, and decreased self-confidence. Another consequence is a decrease in endurance, causing the loss of a healthy life span for toddlers, and a more serious impact is the emergence of disability, high morbidity and accelerated mortality [5].

The number of under-five children who were malnourished in developing countries in 2009 was reported to be 129 million or about 1 in 4 under-fives and as many as 10% were malnourished. Toddlers who died due to malnutrition and malnutrition in developing countries in 2013 were reported to be 2,835,000 or 45% of the total number of under-five deaths.[6]. The prevalence of malnutrition and malnutrition in East Nusa Tenggara in 2010 was the second highest in Indonesia after West Nusa Tenggara (NTB) at 29.4% consisting of 9.0% malnutrition and 20.4% malnutrition. The incidence of

malnutrition in Southwest Sumba Regency based on a report from the Health Service in 2010 was ranked third at 1.3% and was ranked 9th district with the most malnutrition in NTT, namely 4.9% [6].

Based on the results of initial data collection by prospective researchers, it is known that toddlers who are undernourished on in 2018 in Southwest Sumba Regency there were 939 cases and in 2019 it decreased to 348 cases (Dinkes Kab SBD, 2019). Kawango Hari Health Center is one of the health centers located in Kodi District, Southwest Sumba Regency. At this Health Center, there were 8 cases of malnutrition in 2018 and in 2019 it increased to 56 cases and the Kawango Hari Health Center ranked first with the highest malnutrition cases than 16 public health center in Southwest Sumba Regency (Kawango Hari Health Center, 2019).

Factors that are thought to influence the high level of nutritional problems in toddlers in the work area of the Kawango Hari Health Center, Kodi District, Southwest Sumba Regency are the behavior of parents, especially mothers, in giving food to toddlers that do not meet balanced nutrition. This is influenced by the low knowledge of mothers about nutrition and health of toddlers and the attitude of mothers in paying attention to the nutritional needs of toddlers such as the type and amount of food that is not in accordance with the basic guidelines for balanced nutrition so that the nutritional intake needs of toddlers are not met properly [4].

Another factor that affects the occurrence of nutritional problems in toddlers is the low level of mother's education which will have an impact on the ability to receive and understand health and nutrition information. The higher the education level of the mother, the higher the knowledge about the fulfillment of proper nutrition for toddlers [1].

METHOD

This type of research is survey research with cross sectional study design. The variables studied were knowledge, attitudes, and actions of mothers in feeding and nutritional status of children under five. This research will be conducted in the working area of the Kawango Hari Health Center, Kodi District, Southwest Sumba Regency from March to April 2012. The population is the entire object of research or research target. The population in this study were households with children under five who were in the working area of the Kawango Hari Health Center as many as 1,274 households. The sample in this study were some households with toddlers who were in the working area of the Kawango Hari Health Center. Determination of the sample size in this study using the Slovin formula. Sample size obtained is 93 households. Respondents in the study were mothers of toddlers or caregivers in charge of toddlers. The sampling technique in this study used the Cluster Random Sampling technique by randomizing the group,

not individual subjects. Researchers use this technique because the population in the working area of Kawango Hari Health Center consists of several villages namely Kapaka madeta village, Mali iha village, Onggol village, Kawango hari village, Homba rande village, Watu wona village, Ana engge village. Then based on randomization of 7, then 2 villages were selected, from the results of randomization as many as 93 children under five were used as research samples. The determination of the number of samples in this study using the Slovin formula so that large samples were obtained from each village, namely Kapaka Madeta Village as many as 63 households and Kawango Hari village as many as 30 households.

RESULTS AND DISCUSSION

1. Mother's Nutritional Behavior

The distribution of respondents based on maternal nutritional behavior in the working area of the Kawango Hari Health Center in 2021 can be seen in table 1 as follows:

Table 1. The Distribution of Respondents Based on Nutritional Behavior in the working area of the Kawango Hari Health Center

Mother's Nutritional Behavior	n	**%**
Well	17	18.3
Not enough	76	81.7
Total	**93**	**100.0**

Table 1 shows that the number of respondents who have more nutritional behavior is less than 76 people (81.7%) compared to respondents who have good nutritional behavior that is as many as 17 people (18.3%).

2. Mother's Nutrition Knowledge

The distribution of respondents based on nutritional knowledge in the working area of the Kawango Hari Health Center 2021 can be seen in table 2 as follows:

Table 2. The Distribution of Respondents Based on Nutritional Knowledge in the working area of the Kawango Hari Health Center

Mother's Nutrition Knowledge	**n**	**%**
Well	14	15.1
Not enough	79	84.9
Total	**93**	**100.0**

Table 2 shows that the number of respondents more have poor nutrition knowledge that is 79 people (84.9%) compared to respondents who have good nutrition knowledge, namely 14 people (15.1%).

3. Mother's Nutritional Attitude

The distribution of respondents based on nutritional attitudes in the working area of the Kawango Hari Health Center in 2021 can be seen in table 3 as follows:

Table 3. The Distribution of Respondents Based on Nutritional Attitudes in the working area of the Kawango Hari Health Center

Mother's Nutritional Attitude	n	%
Well	15	16.1
Not enough	78	83.9
Total	**93**	**100.0**

Table 3 shows that the number of respondents is more have an attitude of malnutrition that is as much as 78 people (83.9%) compared to respondents who had good nutritional attitudes, namely 15 people (16.1%).

4. Toddler Nutritional Status

Status Anthropometric nutrition in children under five is determined using the indicator of weight for age (W/U) in kilograms month seen through the KMS plot for toddlers. The nutritional status of toddlers is divided into two categories, namely good nutritional status and poor nutritional status because there are no toddlers who have poor nutritional status in this study. The distribution of respondents based on the nutritional status of children under five in the working area of the Kawango Hari Health Center in 2021 can be seen in table 4 as follows:

Table 4. The Distribution of Respondents Based on the Nutritional Status of Toddlers in the working area of the Kawango Hari Health Center

Toddler Nutritional Status	n	%
Not enough	62	66.7
Well	31	33.3
Total	**93**	**100.0**

Table 4 shows that the number of respondents who have a toddler with nutritional status of less than 62 people (66.7%) compared to respondents who have a toddler with good nutritional status as many as 31 people (33.3%).

Analysis Bivariate

1. The Relationship between Mother's Nutritional Behavior and Toddler's Nutritional Status

The relationship analysis Among The nutritional behavior of mothers with nutritional status of toddlers in the working area of the Kawango Hari Health Center in 2021 can be seen in table 5 as follows:

Table 5. Relationship between Mother's Nutritional Behavior and Nutritional Status of Toddlers in the working area of the Kawango Hari Health Center

Mother's Nutritional Behavior	Toddler Nutritional Status				Total		*p-value*
	Not enough		Well				
	n	%	n	%	n	%	
Not enough	56	60.2	20	21.5	76	81.7	0.006
Well	6	6.5	11	11.8	17	18.3	
Total	62	66.7	31	33.3	93	100.0	

Table 5 shows that respondents who have more or less nutritionally had toddlers with less nutritional status (60.2%) while respondents who behaved in good nutrition had more than 11 children with good nutritional status (11.8%). The results of the statistical test showed the value of -value = 0.006 where the value of <0.005, which means that there is a significant relationship between the nutritional behavior of mothers and the nutritional status of children under five in the working area of the Kawango Hari Health Center in 2021.

2. The Relationship of Mother's Nutritional Knowledge with Toddler's Nutritional Status

Analysis of the relationship between mother's knowledge about nutrition and nutritional status of children under five in the working area of the Kawango Hari Health Center in 2021 can be seen in table 6 as follows:

Table 6. The Relationship between Knowledge of Mother's Nutrition and Nutritional Status of Toddlers in the working area of the Kawango Hari Health Center

Mother's Nutrition Knowledge	Toddler Nutritional Status				Total		*p-value*
	Not enough		Well				
	n	%	n	%	n	%	
Not enough	58	62.3	21	22.6	79	84.9	0.003
Well	4	4.3	10	10.8	14	15.1	
Total	62	66.7	31	33.3	93	100.0	

Table 6 shows that respondents who are knowledgeable about nutrition have more than 58 children under five with nutritional status (62.3%) while respondents who have good knowledge have more children with good nutritional status 10 (10.8%). The results of the statistical test showed the value of -value = 0.003 where the value of <0.005, which means that there is a significant relationship between maternal nutritional knowledge and the nutritional status of children under five in the work area of the Kawango Hari Health Center in 2021.

3. The Relationship of Mother's Attitude with Toddler's Nutritional Status

Analysis of the relationship between maternal attitudes about nutrition and the nutritional status of toddlers in the working area of Kawango Hari Health Center in 2021 can be seen in table 7 as follows:

Table 7. The Relationship of Mother's Nutritional Attitude with nutritional status of toddlers in the working area of the Kawango Hari Health Center

Mother's Nutritional Attitude	Toddler Nutritional Status				Total		*p-value*
	Not enough		Well				
	n	%	n	%	N	%	
Not enough	57	61.3	21	22.6	78	83.9	0.007
Well	5	5.3	10	10.8	15	16.1	
Total	63	66.6	31	33.3	93	100.0	

Table 7 shows that respondents who have more or less nutritional attitudes have 57 (61.3%) undernourished children under five, while respondents who have good nutritional attitudes have more children with good nutritional status (10.8%). The results of the statistical test showed a -value of 0.007 where the value of <0.005, which means that there is a significant relationship between maternal nutritional attitudes and the nutritional status of children under five in the work area of the Kawango Hari Health Center in 2021.

Discussion

1. The Relationship between Mother's Nutritional Behavior and Toddler's Nutritional Status

The results showed that maternal nutrition behavior was statistically associated with the nutritional status of children with p *Value*- = 0.006 <0.05. The results of this study are in line with research by Fadila and colleagues (2017) who found a relationship between mother's behavior about balanced nutrition and the nutritional status of toddlers with p- *value* = 0.000 <0.05[7].

The results of this study indicate that most of the respondents behave less 81.7%. Respondents who have under five with malnutrition status as much as 60.2%. The results of the study also found that the behavior of mothers in giving food to children under five, starting from how to choose, processing food ingredients to serving, did not always manifest in a real action or practice. This can be seen from the wrong habits of mothers in meeting the nutritional needs of their toddlers, such as the prohibition of consuming eggs and fish because they think that eggs and fish can cause ulcers. Meanwhile, in terms of health, eggs and fish are nutritious foods and contain protein that is useful for brain growth and development as well as increasing body immunity, so that children do not get sick easily and avoid nutritional problems.

The results of this study are in line with the research of Purnama and colleagues (2017) which found a significant relationship between mother's behavior in parenting and the nutritional status of children under five. In this case the pattern of feeding toddlers in the working area of the Kawango Hari Health Center still does not meet balanced nutrition because when feeding toddlers they always look for things that are easy to get to include side dishes such as feeding children with crackers or other snacks [7]. Meanwhile, judging from the potential of the Kawango Hari area, it is a vegetable producing area. Consuming foods that contain high protein not only come from animals, there are also many food ingredients that are affordable and contain high protein such as tofu, temped and others[8]. The results are consistent with research by Rahmatilah (2018) who found a significant relationship between the actions of the mother with infant nutritional status. In this case, the mother's actions which are closely related to the nutritional status of children under five can be seen from the various habits of mothers who are wrong in meeting the nutritional needs of their children, for example there are mothers who do not give eggs, fish, to children under five because mothers have the belief that if their children are given These foods can cause bad things to happen[9]

2. The Relationship between Mother's Nutritional Knowledge with Toddler's Nutritional Status

Based on the results of the study, it shows that knowledge of maternal nutrition is statistically related to the nutritional status of toddlers in the work area of the Kawango Hari Health Center in 2021 with a value of -*value*=0.003<0.05. The results of this study are in line with research conducted by (Anida et al, 2015) which found that there was a significant relationship between maternal nutritional knowledge and the nutritional status of children under five with -value = 0.000 <0.05.

The results showed that most of the respondents were in the age group 21-35 years 66 (71.0%). This age group is an easy adult age and will affect the perception and mindset of information received from outside, especially health and nutrition information. Age is also a factor in a person's level of knowledge and experience so that it affects behavior towards certain objects. In this case, mothers better understand nutritional needs and can provide varied menus so that toddlers are not bored with the menu provided and the need for balanced nutrition for toddlers is fulfilled, while mothers who are less knowledgeable cause errors in the selection of quality food ingredients and contain substances. nutrition that will be consumed in the family daily so that the nutritional needs of toddlers are not met in accordance with the needs of toddlers[10].

The results of the study also found that the proportion of maternal nutritional knowledge with under-fives with poor nutritional status and good nutritional status was low. This is because most of the respondents in the working area of the Kawango Hari Health Center have an elementary education

background (41.9%). Low education will have an impact on the mother's ability to receive and understand health information and the lack of counseling about balanced nutrition for toddlers by various health parties.[11]. Low maternal understanding can has an impact on the attitudes and behavior of mothers in providing food to toddlers, which will lead to an imbalance of nutritious food needed to toddlers, which is very important during their growth period, so that toddlers experience nutritional problems. However, in infants with poor nutritional status, mothers also have a good understanding of the nutritional status of toddlers. This is caused by other factors such as unsupportive family income, so that even if the mother has a good understanding of nutrition, the family income is low so that the ability to buy food is low and the availability of food at home is small and food consumption is little will affect the nutritional status so that children under five suffer from malnutrition[12]. Research also shows that apart from food, most mothers never take their children to the posyandu and prefer their children to go to a traditional healer rather than a hospital so they don't get information about nutrition[13].

The results of this study are in line with research of Susilowati and Himawati (2017) who found that there was a significant relationship between the mother's level of knowledge about under-five nutrition and the nutritional status of children under five. Mothers with good knowledge about the nutritional needs of toddlers tend to have children under five with good nutritional status as well. This is related to the mother's understanding of the use and function of food for the growth and development of her toddler. Knowledge based on the right understanding will foster good behavior[14].

This research is not in line with research of Ekawati and colleagues (2015) found that there was no significant relationship between mother's knowledge about nutrition and the nutritional status of children under five. This is caused by other factors in the family such as lack of parental attention, infectious diseases, lack of nutritional intake and a large number of family members will affect the proportion of family food.[15].

3. The Relationship between Mother's Nutritional Attitude and Nutritional Status of Toddlers.

Based on the results of the study, it showed that maternal nutritional attitudes were statistically related to the nutritional status of children under five in the working area of the Kawango Hari Health Center in 2021 with a -value = 0.007<0.05. The results are consistent with research Indrayani and colleagues (2020) that found an association between maternal attitudes and nutritional status Toddler with p *Value*- = 0.003 <0.05[16].

Attitude is a form of readiness or willingness to act and is not the implementation of certain motives. Attitude is not an open action or reaction, but a predisposition to behavior or action (Notoatmodjo, 2014). Attitude is a reaction or response that is still closed from a person to a particular

stimulus or object. In this case, the mother's attitude is in the form of an assessment of the nutritional status of toddlers, how to feed toddlers and the growth of toddlers [17]. This is because nutritional attitude is a person's tendency to agree or not to a proposed action related to food and nutrition.

Based on the results of the study showed that most of the respondents had an attitude of malnutrition of 83.9%. Respondents who have under-fives with less nutritional status are 61.3%. This is because the average respondent who has a nutritional attitude lacks knowledge tends to be lacking, so that the mother's attitude in paying attention to the nutritional status of toddlers such as the food given, the type and source of food given to toddlers is not in accordance with the basic guidelines for balanced nutrition so that children under five suffer from malnutrition. Some of the nutrients needed by the body that cause children to experience nutritional status.

The results of this study are in line with research conducted by [18] found that there was a significant relationship between attitude and nutritional status of children under five. In this case, parenting given by the mother to the child can affect the child's nutritional status such as in giving full attention and affection to the child, and giving enough time to pay attention to the child's nutritional intake so that the child's nutritional status is also better. Parenting given by the mother to the children is related with children's food consumption patterns, where mothers play an important role in feeding and setting menus eat kids [18].

The results of this study are in line with research conducted by [19] found a significant relationship between maternal nutritional attitudes and the nutritional status of children under five. The results of this study are in line with the research that has been carried out by [20] found that there was a significant relationship between mother's attitude and the nutritional status of children under five. In this case, mothers who have a positive attitude with their toddlers have poor nutritional status, because there are other factors that influence such as mothers who give food to their children that contain lots of stimulating and fried spices and also children are given only rice and crackers without side dishes such as tempeh or eggs. and vegetables for staple food or children still [20].

The results of this study are inversely proportional to the research conducted by Nurdian et al, found that there was no relationship between mother's attitude and the nutritional status of children under five. It is didue to factorssuch as infectious diseases and the environment [21].

CONCLUSION

From the research conducted it can be concluded that there is a significant relationship between maternal nutrition knowledge, maternal nutritional attitudes and maternal nutritional behavior with the nutritional status of toddlers in the working area of Kawango Hari Health Center.

CONFLICT OF INTEREST

This article is guaranteed not to have a conflict of interest with any party.

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