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**THE CORRELATION BETWEEN MEAL PATTERN WITH
NUTRITIONAL STATUS IN TODDLERS AT BANGSRI VILLAGE
MAGETAN DISTRICT**

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ABSTRACT

One of the health problems faced by Indonesia is malnutrition which makes the level of health of the Indonesian people not increase significantly. The body will get a good nutritional health condition if the habit of eating patterns is formed in quantity. A good diet needs to be established as an effort to meet nutritional needs and an inappropriate diet will lead to excess nutrient intake or vice versa. The type of research used is correlational analytic with cross sectional approach. The population in this study were all mothers who have children under five aged 2-5 years in Rw 2 Bangsri Village, Magetan Regency with a total of 36. The sampling technique used was the Non Probability Sampling technique. The data obtained was then processed by the Chi Square Test method. The results of this study indicate that toddlers with proper eating patterns all have normal weight while toddlers with inappropriate eating patterns are mostly underweight. The results of the analysis showed the relationship between diet and nutritional status in children aged with the Chi Square test results obtained $p \text{ value} = 0.000 \leq 0.05$. Children's health is something that parents need to take seriously. Efforts are made to arrange a balanced diet to suit their nutritional needs. A balanced diet and the selection of the right food ingredients are things that must be done because the food intake needed by toddlers can be fulfilled.

Keywords: Feeding Pattern, Nutritional Status, Toddler

BACKGROUND

Good feeding patterns need to be established as an effort to meet nutritional needs and inappropriate feeding patterns will lead to excess nutrient intake or vice versa. Excess intake leads to overweight and other diseases caused by excess nutrition. On the other hand, less intake than needed will cause the body to become thin and susceptible to disease. (Sulistyoningsih, 2012).

Based on the results of Riskesdas 2018 Indonesia shows 17.7% of infants under the age of 5 years are still experiencing nutritional problems. This figure consists of toddlers who are malnourished by 3.9% and those who suffer from malnutrition by 13.8%. In fact, the limit for health problems set by WHO in 2019 was at 10%. (Riskesdas, 2018).

There are nutritional problems that can be directly affected by inadequate nutritional intake. The description of the lack of nutritional intake can be seen from the habit of eating patterns (Omage & Omuemu, 2018). Eating disorders occur due to several reasons for eating patterns, such as consuming unhealthy foods or eating too much.

The nutritional needs of children at the age of 2-5 years are increasing because they are still in a period of rapid growth and their activities are increasing. Likewise, children already have a choice of favorite foods, including snacks. A balanced and safe daily diet is useful for achieving and maintaining optimal nutritional and health status. (Almatsier, 2017). Therefore, the amount and variety of food should receive special attention from the mother in order to choose a nutritionally balanced diet.

One of the breakthroughs made by the Ministry of Health to make human resources superior is through increasing the target of providing additional food (PMT) for underweight toddlers, nutrition education efforts in increasing exclusive breastfeeding, providing infant and child food (PMBA) and promoting balanced nutrition guidelines (Kemenkes RI, 2013). 2019).

Based on the above background, the problem is formulated as follows "How is the Relationship between Diet and Nutritional Status in Toddler Age Children in Bangsri Village, Magetan Regency?".

RESEARCH METHODS

This study uses a correlational analytic research method with a cross sectional approach and uses the Non Probability Sampling technique with a population of all mothers who have children under five aged 2-5 years in Rw 2 Bangsri Village, Magetan Regency with a total of 36. The independent variable in this study is nutritional status while dependent variable diet.

Data collection in the study was carried out door to door. To find out the toddler's eating pattern, it was obtained from the mother by filling out the CFQ questionnaire. Meanwhile, to determine the nutritional status of children under five, it was obtained from the results of the examination of the toddler's weight using the bath scale and the assessment of nutritional status using the BB/U.

Data analysis was carried out in a computerized manner using data processing software with univariate and bivariate analysis. Univariate is a data analysis that explains and describes each research variable while bivariate is an analysis that is carried out more than or equal to two variables that serves to determine the relationship between diet and nutritional status of children under five, in analyzing

using the Chi Square test to determine whether or not there is a relationship pattern. eating with nutritional status in toddlers.

RESULTS AND DISCUSSION

1. Socio-demographics of respondents

Table 4.1 Demographic characteristics of mothers and toddlers at Bangsri Village Magetan District

No	Characteristic	Category	F	%
1.	Mother's Age	< 22 years	1	3
		24-28 years	6	17
		> 28 years	29	80
2.	Mother's Education	College	1	3
		SMA	29	80
		SMP	6	17
3.	Mother's Profession	PNS	1	3
		Laborer	4	11
		Wiraswasta	5	14
4.	Toddler Gender	IRT	26	72
		Boy	21	58
5.	Toddler Age	Girl	15	42
		25-36 months	4	11
		37-48 months	10	28
		49-59 months	22	61
Total			36	100

Demographic data of mothers based on age found almost all of them were >28 years old (80%). Based on the mother's education, almost all of them have high school education (80%). Based on the mother's occupation, most of the household workers (72%), a small proportion worked as civil servants (3%).

Demographic characteristics of children under five based on gender found that most of them were male (58%) and almost half of them were female (42%). Based on the age of toddlers, most of them were aged 49-59 months (16%) and a small proportion were aged 25-36 months (11%).

2. RESULTS

Table 4.2 Frequency distribution of meal pattern in toddlers at Bangsri Village Magetan District 2022

Meal Pattern	F	%
Good > 55% - 100%	26	72
Bad < 55%	10	28
Total	36	100

It was found that most of the toddlers had a good diet and almost half of the toddlers had a bad diet. This is in line with the research of Waladow, (2013) in that study, most of the toddlers had a good diet. According to Nasution (2016) the eating pattern that is formed is very closely related to children's eating habits, consuming good food will allow them to achieve good health conditions. Based on the results of the study, most toddlers have a good diet, this is because parents who realize the importance of health in the family will teach children good eating habits with a regular diet and always pay attention to the nutritional content that refers to balanced nutrition. As for toddlers with poor eating patterns, almost half of them are obtained, according to the results of the answers, which show this is due to several factors, namely the environment where there are a lot of snack vendors, so that children like to eat snacks outside and like to eat ciki, besides that other factors are because children have difficulty eating.

Table 4.3 Frequency distribution of nutritional status in toddlers at Bangsri Village Magetan District 2022

Nutritional Status BB/U	F	%
Severely underweight (Z score < - 3 SD)	1	3
Underweight (Z score -3 SD sd < -2 SD)	7	19
Normal (Z score -2 SD sd +1 SD)	28	78
Overweight (Z score > +1 SD)	-	-
Total	36	100

The results of research on the nutritional status of toddlers in Bangsri Magetan Village show that almost all toddlers have normal nutritional status and a small proportion have very poor nutritional status.

This is in line with the research of Mery Sambo et al (2020) in this study which showed that almost all toddlers had normal nutritional status (82%). Nutritional status is the state of the body as a result of food consumption and use of nutrients. Nutritional status is a reflection of the size of the fulfillment of nutritional needs (Rahmi, et al., 2017).

Based on the results of the study, almost all children under five had normal nutritional status. This shows that mothers of children under five in the Bangsri Magetan sub-district are aware of the importance of adequate nutritional intake for the development and growth of toddlers. So that parents are able to choose and process the right food to be given to their children so that the nutritional needs of children are achieved properly. However, a small proportion of toddlers have poor nutritional status, according to the results of the answers because children have a habit of eating outside and parents pay less attention to food intake factors.

Table 4.4 The correlation between meal pattern with nutritional status in toddlers at Bangsri Village Magetan District 2022

Meal Pattern	Nutritional Status BB/U										<i>p value</i>
	severely underweigh t		underweigh t		Normal		Overweig ht		Total		
	F	%	F	%	F	%	F	%	F	%	
Good	-	-	-	-	26	100	-	-	26	100	0,000
Bad	1	10	7	70	2	20	-	-	10	100	0,000
Total	1	3	7	19	28	78	-	-	36	100	0,000

Based on the results of the analysis with the chi square test, it is stated that there is a relationship between diet and nutritional status in children under five in the Bangsri sub-district, Magetan Regency, which is indicated by a p value of 0.000 or less than 0.05.

The results of this study are in line with the Suseno 2021 research, which shows that there is a relationship between diet and nutritional status in toddlers with p value = 0.011. Poor eating patterns of toddlers will affect nutritional status. According to Damaiyanti in (Nasution et al., 2016) that consuming good food will make it possible to achieve good health and nutritional conditions. If the selection of food is not right, unhealthy and in excess or less, it will also cause nutritional problems.

In this study, toddlers with good eating patterns all had normal weight. This shows that mothers of children under five in the Bangsri Magetan sub-district have realized the importance of maintaining diet and nutritional intake to achieve good nutritional status and for the development and growth of children under five.

CONCLUSION

From the results of the research that has been done, the following conclusions can be drawn:

1. Toddlers in Bangsri sub-district, Magetan Regency, mostly have a good diet and almost half have a bad diet
2. Toddlers in Bangsri sub-district, Magetan Regency, almost all have normal nutritional status, and a small proportion have very poor nutritional status
3. Toddlers with good eating patterns all have normal weight in the Bangsri sub-district, Magetan Regency.

RECOMMENDATIONS

1. Parents of toddlers

Clients are expected to fulfill nutrition with the right diet for toddlers to maintain good nutritional status in toddlers

2. Health workers and cadres

It is hoped that it can be a continuous educator and facilitator for parents of toddlers about the importance of proper eating patterns and fulfilling toddler nutrition

3. Researcher

Future researchers are expected to be able to use it as a source of data for further research based on other factors, different variables, with a larger number of samples.

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