A Correlational of Attitude of the Mother With The Nutritional Status of Children Under Five

Theresia Ivana

Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin
Kalimantan Selatan, Indonesia
theresiaivana84@gmail.com

ABSTRACT

The vulnerable age of nutritional status are the children under five, then early detection and effective solution needed to decrease the risk of the problem on adult phase. The attitude of the mother were the identified factors that related with the nutritional status of child under five. These factor would involve the mother to support and promote the optimal nutritional status of their children. This research conducts to associate the attitude of the mother with the nutritional status in the Posyandu Kamboja RT 3; Posyandu Anggrek RT 9; Posyandu Kaca Piring RT 14, Puskesmas Alalak Selatan Banjarmasin. Quantitative research and cross sectional design used, sample with purposive sampling tehnique as much 97 respondents. Data collected used questionnaire, observation sheet, weight scale and microtoice. Analyse by Spearman Rank Correlation. Result: The attitude of the mother was positive (53,6%). Nutritional status of the children under five W/A was normal (63,6%), H/A normal (61,9%) and W/H normal (76,3%). There were significant correlation of the attitude of the mother with the nutritional status of children under five ($\rho = 0{,}000$).

Keywords: *attitude; nutritional status; mother*; *children under five*.

INTRODUCTION

World Health Organization in 2014 estimated that there are 161 million children under five suffered nutritional problems. The nutritional problems occur in infants reach 51 million children under five. Infant mortality due to malnutrition of 2.8 million people and experiencing micronutrient deficiencies amounting to two billion. The highest nutritional problems in countries of Africa and East Asia, including Indonesia (WHO, 2014).

Infants and children aged 1-5 years (preschool) are the age group that vulnerable with malnutrition and disease condition, it happen because toddlers aged 1-5 years are still in transition from baby food to adult food, the mothercare has been reduced due to another baby in the house or mother has been full time working, at this age children have started playing on the ground and was able to play outside their own homes, forcing more exposed to dirty environment and conditions that allow it to be infected with various diseases. Children can take care of himself, including in choosing foods (Adriani and Wirjatmadi, 2014).

Previous research related to current research of Dian Handini (2013) with the number of respondents were 65 toddlers stated that there is a correlation level of family income to the nutritional status of children in Puskesmas Kalijambe (ρ-value of 0.009 (index W/A and W/H), and 0,010 (index H/A) by using data analysis Chi Square. Furthermore, from research by Kholifatul Fajriyani (2012) with the number of respondents 86 people assert that there is a relationship of knowledge, attitudes of mothers about nutrition with the nutritional status of children in the Karangsari, Kebumen, using Kendall Tau correlation, results for the knowledge of mothers with infant nutritional status was obtained p = 0.000 and τ = 0.719 and attitudinal

status is obtained p = 0.000 and τ = 0.692.

Based on the preliminary study on 17-18 December 2015 about nutritional status issues in Posyandu Anggrek RT 9 Puskesmas Alalak Selatan, where the researcher conducted the measurement of weight and height of 10 toddlers, the measurement results seen on standard setting anthropometric assessment of nutritional status of children under Ministry of Health of Indonesia (2010). The results based on indicators of nutritional status W/A are malnourished one child (10%), malnutrition four children (40%) and good nutrition five children (50%). Indicators H/A are very short two children (20%), short five children (50%), and normal three children (30%). Then indicators of nutritional status W/H are very thin two children (20%), thin four children (40%), and normal four children (40%).

The researchers also conducted interviews with 10 mothers who have children under five in Posyandu Anggrek RT 9 result that six mothers (60%) had only graduated from elementary school, three mothers (30%) graduates of junior high schools, and one mother (10%) graduates from high school. All the women are housewives and their husband work as a construction worker with an average income IDR 100.000,00 – IDR 150.000,00/ week. The respondents said that they live in extended family and rarely provide vegetable on their food because the toddler does not like eating vegetables or protein because they could not afford it.

METHOD

A quantitative research with correlational design, the independent variable on this study was attitude of the mother about nutrition, the dependent variable of the research was the nutritional status of the children under five. The population of the study was the mother with children under five in Posyandu Kamboja RT 3, Posyandu Anggrek RT 9, Posyandu Kaca Piring RT 14, Pukesmas Alalak Selatan Banjarmasin, as much as 339 people. The sample that meet the criteria where 97 people. The research was conducted on April 13-27, 2016 using

questionnaire, observation sheet, scales and microtoice to obtain the data. The univariate analysis was made in the form of frequency distribution table and narrative based on each category of variables. The bivariate analysis used to determine the significant relationship between independent variables and dependent variables using Spearman's rank.

RESULTS

1. Attitude of the mother about nutrition of the children under five

   Table 1. Frequency distribution table of the mother's attitude about nutrition of the children under five.

Attitude	F	%
Negative	45	46,4
Positive	52	53,6
Total	**97**	**100**

   From the above table suggests that the attitudes of the mother about nutrition of children under five were in positive category as much as 52 people (53.6%)

2. Nutritional status of the children under five with the indicator weight for age (W/A)

   Table 2. Frequency distribution table of the children under fiver with the indicator W/A

W/A	F	%
Wasted	2	2,1
Underweight	32	33
Normal	62	63,9
Overweight	1	1
Total	**97**	**100**

   From the above table suggests that the nutritional status of the children under five on weight for age most are in the category of normal nutrition as much as 62 children (63.9%).

3. Nutritional status of the children under five with the indicator height for age (H/A)

   Table 3. Frequency distribution table of the children under five with the indicator H/A

H/A	F	%
Severely stunted	5	5,2
Stunted	30	30,9
Normal	60	61,9
Tall	2	2,1
Total	**97**	**100**

   From the above table suggests that the nutritional status of children based on height for age were in the normal category as many as 60 children (61.9%).

4. Nutritional status of the children under five with the indicator weight for height (W/H)

   Table 4. Frequency distribution of children under five with the indicator W/H

W/H	F	%
Severely wasted	2	2,1
Wasted	18	18,6
Normal	74	76,3
Overweight	3	3,1
Total	**97**	**100**

   From the above table suggests that the nutritional status of children based on weight for height are in the normal category as many as 74 children (76.3%)

5. The relationship between attitude of the mother with the nutritional status of the children under five.

   Table 5. Cross table the relationship between attitude of the mother with the nutritional status of the children based on weight for age (W/A).

Attitude	Nutritional Status of Children Under Five Based on W/A								Total	
	Overweight		Normal		Underweight		Wasted		f	%
	f	%	f	%	f	%	f	%		
Positive	0	0	48	49,5	4	4,1	0	0	52	53,6
Negative	1	1	14	14,4	28	28,9	0	0	45	46,4
Total	1	1	62	63,9	32	33	2	2,1	97	100
Correlation Coefficient = 0,590										
Sig. (two-tailed) = 0,000 < α (0,05)										
Rejected H_0										

Table 6. Cross table the relationship between attitude of the mother with the nutritional status of the children based on height for age (W/A).

Attitude	Nutritional Status of Children Under Five Based on H/A								Total	
	Tall		Normal		Stunted		Severely Stunted		f	%
	f	%	f	%	f	%	f	%		
Positive	1	1	46	47,4	5	5,2	0	0	52	53,6
Negative	1	1	14	14,4	25	25,8	5	5,2	97	100
Total										
Correlation Coefficient = 0,572										
Sig. (two-tailed) = 0,000 < α (0,05)										
Rejected H_0										

Table 7. Cross table the relationship between attitude of the mother with the nutritional status of the children based on weight for height (W/H).

Attitude	Nutritional Status of Children Under Five Based on W/H								Total	
	Overweight		Normal		Wasted		Severely Wasted		f	%
	f	%	f	%	f	%	f	%		
Positive	1	1	49	50,5	2	2,1	0	0	52	53,6
Negative	2	2,1	25	25,8	16	16,5	2	2,1	45	46,4
Total	3	3,1	74	76,3	18	18,6	2	2,1	97	100
Correlation Coefficient = 0,387										
Sig. (two-tailed) = 0,000 < α (0,05)										
Rejected H_0										

DISCUSSION

Based on table 1, the attitude of the mother mostly in the positive category as many as 52 repondents (53,6%). This findings shown that the repondents were able to behave well to optimize the nutritional status of children under five. In addition, attitude can also influenced by personal experience, the others experience that considered important, cultural influences as well as the activity of the respondent's in search of information about nutrition. They know the golden period of the children can be maximize by optimum nutrition. Henry and Dewi (2011) found that attitudes are performed, learned or can change with respect to a particular object that can be formulated clearly. The attitude also closely related to education, the lower of the level of education of the person, it can be one of the causes that lead to someone being negative.

Based on table 5, indicate that the relationship of the attitude of the mother with the nutritional status based on weight for age category using Spearman's rank, the value of ρ value = 0.000 and significancy level at 5%, then ρ value ≤ 0.05 and obtained value 0,590, means that H_0 is rejected and it can be concluded that there is a relationship between attitude of mothers with nutritional status of children under five category weight for age.

Based on table 6, indicate that the relationship of the attitude of the mother with the nutritional status based on height for age category using Spearman's rank, the value of ρ value = 0.000 and significancy level at 5%, then ρ value ≤ 0.05 and obtained value 0,572, means that H_0 is rejected and it can be concluded that there is a relationship between attitude of mothers with nutritional status of children under five category height for age.

Based on table 7, indicate that the relationship of the attitude of the mother with the nutritional status based on weight for height category using Spearman's rank, the value of ρ value = 0.000 and significancy level at 5%, then ρ value ≤ 0.05 and obtained value 0,387, means that H_0 is rejected and it can be concluded that there is a relationship between attitude of mothers with nutritional status of children under five category weight for height.

The relationship between the attitude of the mother with the nutritional status of the children under five has a correlation in the medium category, because attitudes are influenced by several factors, such as personal experience, others experience tt considered important, culture, media, education and emotional factors.

Knowledge is an issue that can affect a person's attitude or behavior that is accompanied by a tendency to act in accordance with the object (Notoadmojo, 2012) also empahasize the finding.

CONCLUSION

The are correlation between the attitude of the mother with the nutrititional status of the children under five.

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