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Overview of Mother's Diet and Behavior on Nutritional Status in Fisher Families in Regemuk Village, Pantai Labu District, Deli Serdang

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Abstract

The aim of this study is to describe the eating patterns and behaviors of mothers in relation to the nutritional status of fishermen's families in Rugemuk Village. This research is a quantitative study with a descriptive design. The sampling technique used in this study is simple random sampling. The results of the study indicate that the percentage of toddlers with incomplete immunization status is still higher than those with complete immunization status. This, of course, is one of the reasons why mothers may not be able to monitor their children's growth and development effectively. The study also found that there are still many toddlers with poor nutritional status compared to those with normal nutritional status.

Keywords: eating patterns, fishermen, immunization, nutritional status

Introduction

Nutrition is a key determinant of the quality of human resources. Daily food intake must contain the necessary nutrients to support optimal growth, prevent deficiency diseases, avoid poisoning, and help prevent illnesses that can threaten a child's survival (Soekirman, 2001). Poor nutritional status can lead to developmental issues in toddlers. Ensuring proper nutrition is a responsibility of parents, especially mothers of young children.

Mothers play a crucial role in providing the necessary nutrient intake for toddlers. This is because mothers determine the types of food given to their children during their growth and development stages. Toddlers need food that meets their nutritional requirements in both quantity and quality. This is important because toddlers generally have high physical activity levels and are still in the learning process. If their nutritional intake is not met, their physical and intellectual growth will be impaired.

A mother's level of knowledge about toddler nutrition significantly influences her attitudes and behaviors regarding nutritional provision, shaping her perceptions of fulfilling her child's nutritional needs. If a mother lacks knowledge about proper nutrition, she may have incorrect perceptions, leading to inadequate nutritional fulfillment. Conversely, a well-informed mother with accurate perceptions about nutrition will be able to meet her toddler's nutritional requirements effectively. According to the WHO, stunting prevalence becomes a public health issue if it reaches 20% or more. This indicates that around 8.9 million Indonesian children, or 1 in 3 children, experience stunted growth (Ministry of Villages, 2017).

Materials and Method

The type of research in this study is quantitative research with a descriptive design. According to Sugiyono (2018), quantitative data is a research method based on positivism, where data in quantitative research consist of numbers that will be measured using statistics as a tool for calculation, related to the problem being investigated to draw conclusions. As for the definition of descriptive design/method itself, according to Nursalam (2011), descriptive research aims to describe important events that occur in the present. Descriptive quantitative research aims to describe various conditions or situations of various research variables as they occur and can be

Table 1. Respondent Characteristics

	F	%
Mother's Age		
18 – 25	15	22.1
26 – 33	30	44.1
34 – 42	23	33.8
Mother's Educational Level		
No Schooling	1	1.5
SD	32	47.1
SMP	16	23.5
SMA	18	26.5
Higher Education	1	1.5
Mother's Occupation		
Homemaker	59	86.8
Merchant	6	8.8
Farmer	2	2.9
Preschool Teacher	1	1.5
Toodler's Age		
0 – 2 years old	24	35.3
2 – 5 years old	44	64.7
Toodler's Gender		
Male	29	42.6
Female	39	57.4
Toodler's Immunization History		
Complete	28	41.2
Incomplete	40	58.8
Toodler's Nutritional Status		
Poor Nutrition	19	27.9
Undernourished	13	19.1
Normal Nutrition	25	36.8
At Risk of Overnutrition	2	2.9
Overnutrition	3	4.4
Obesity	6	8.8

obtained through interviews, observations, and can be revealed through documentary materials.

The research was conducted in Rugemuk Village, Pantai Labu District, Dei Serdang Regency. The research was carried out from September 1, 2022, to October 5, 2022. Primary data collection was conducted through interviews and distribution of questionnaires containing several questions to mothers with toddlers in Rugemuk Village, Pantai Labu District, Deli Serdang Regency. The population in this study is all mothers who have toddlers in Rugemuk Village, Pantai Labu District, Deli Serdang Regency. The sampling technique used in this study is simple random sampling. According to Sugiyono (2018), Simple random sampling technique is the selection of sample members from a population done randomly without considering the strata within that population. To determine the sample size, the researcher used the Harry King Nomogram formula to determine the sample size (n) from the population (N) with the desired level of error (α). The population is 212 and the error rate is 10%, so the percentage of the population taken as a sample is 27%, making the sample size 212 × 27% × 1.195 = 68.4018.

Based on the background above and the results of observations conducted during the Field Learning Experience (PBL) activities, we have identified several health problems in Rugemuk Village, Pantai Labu District, Deli Serdang Regency. Therefore, the problem formulation from this PBL activity, we identified three dominant health problems, namely: cases of malnutrition in toddlers in the village, waste management, and hypertension. After conducting a situational analysis and problem identification in Rugemuk Village, the research objective was established as "Description of Mothers' Behavior in Monitoring the Nutritional Status of Children in Fishermen's Families in Rugemuk Village, Pantai Labu District, Deli Serdang Regency.

Results and Discussion

Based on Table 1, it shows that the majority of respondents are aged 26 to 33 years (44.1%), the distribution of the respondents' highest educational attainment is mostly completed primary school or equivalent, with 32 respondents (47.1%), the majority of respondents' occupations are as housewives (86.8%), with 59 respondents, the distribution of the ages of the toddlers of the respondents is mostly between 2 to 5 years old, with 44 (64.7%), the distribution of the gender of the toddlers is mostly female, with 39 respondents (57.4%), the distribution of the immunization history of the toddlers mostly indicates incomplete immunization, with 40 respondents

Table 2. Distribution of Maternal Behaviors Towards Child Nutritional Status

	Yes		No	
	F	%	F	%
Do the family members often consume fish?	46	67.6	22	32.4
Do the family members often consume fruits?	19	27.9	49	72.1
Do the family members often consume vegetables?	62	91.2	6	8.8
Do the family members often consume carbohydrate-based processed foods?	41	60.3	27	39.7
Does the mother regularly wash her hands before preparing meals?	63	92.6	5	7.4
Does the mother provide complementary feeding (MPASI) to the baby starting at 6 months of age?	39	57.4	29	42.6
Does the mother exclusively breastfeed her child for the first 6 months?	47	69.1	21	30.9
Does the mother attend the integrated health post (Posyandu) every month?	51	75	17	25

(58.8%), and the distribution of the nutritional status of the toddlers shows that the majority have good nutritional status (normal), with 25 respondents (36.8%).

Based on the Table 2, maternal behavior categories towards child nutritional status above, it can be concluded that mothers with good behavior (70.6%) outnumber those with poor behavior towards their child's nutritional status (29.4%).

The research results indicate that the distribution of the mothers' highest educational attainment shows that the majority have completed primary school or equivalent, with 32 respondents (47.1%). The low level of maternal education influences how mothers behave in ensuring good nutrition for their children. As individuals responsible for family food consumption, mothers must exhibit good nutritional behavior, which can be obtained through both formal and informal education. Factors that can affect the nutritional status of toddlers include food intake and infectious diseases, which are direct causes, while indirect causes include food availability at home, maternal knowledge, child-rearing practices, healthcare services, environmental health, and poverty. This theory is also supported by Adriani & Wiratmadi (2014), who stated that the causes of malnutrition can be influenced by several factors, including internal and external factors. Internal factors include food intake and infectious diseases, while external factors include parental education, occupation, parental income, maternal knowledge, food availability, and food consumption patterns, which can affect maternal behavior in meeting children's nutritional needs.

The research results show that the majority of respondents' occupations are primarily housewives (86.8%), followed by traders with 6 respondents (8.8%), farmers with 2 respondents (2.9%), and early childhood educators with 1 respondent (1.5%). This finding is supported by Yohana's research (2022), which shows that being a housewife does not limit access to information about balanced nutrition for toddlers, which can be obtained from both formal and informal education. The author also suggests that with good knowledge, a toddler's nutritional status falls into the normal category.

Immunization Completeness

The research results show that the majority of toddlers have incomplete immunization history, with 40 respondents (58.8%), compared to 28 respondents (41.2%) with complete immunization history. Complete immunization is crucial for achieving good nutritional status. Complete immunization usually results in good nutritional status. For example, with immunization, a child is less likely to be susceptible to dangerous diseases, resulting in better health. With a healthy body, food intake can be properly absorbed, and nutrients can be efficiently utilized for growth, resulting in good nutritional status. This research is supported by Vindriana (2012), whose research indicates a significant relationship between immunization completeness, health status, and nutritional status. The more complete the immunization, the better the health status, thus tending towards better nutritional status. In Regemuk village, immunization coverage is already good because the midwives and cadres there utilize all available resources to socialize the benefits of immunization. They ensure that immunization services are easily accessible to all local residents and enhance the quality of immunization services.

This is consistent with Wilhendra's statement (2010) that children who do not receive im-

munizations do not have immunity to specific infectious diseases, making them susceptible to illness, which may lead to a decline in nutritional status. This is because infectious diseases and immune function are closely related and ultimately affect nutritional status by decreasing nutritional intake due to decreased appetite and direct illness. Energy restriction decreases cytokinin and increases T cell proliferation response, while protein deficiency decreases IgG circulation. Severe energy-protein malnutrition (KEP) reduces humoral immune system.

Conclusion

From the research results, it is found that there is still a higher percentage of toddlers with incomplete immunization status compared to those with complete immunization. This is certainly one of the triggers for mothers not being able to monitor their child's growth and development effectively. The research also reveals that there are still many toddlers with poor or inadequate nutritional status compared to those with normal nutritional status.

The problem of malnutrition among children under five in fishing families has become difficult to resolve, and the rate of sufferers has increased over time due to various factors, both direct and indirect, including the majority of them having low education and minimal knowledge regarding nutrition, which influences their thought patterns and behavior. Awareness of fulfilling nutrition for toddlers is still very lacking, because they are still oriented towards something that is filling, not the composition or elements contained in food so that snacks are still considered an ideal alternative to fulfill children's food needs even though they contain many preservatives and dangerous substances. other. Apart from that, the economic factor is that fishing families have malnourished children (poor families) so that apart from being difficult to meet the family's daily food needs.

Suggestion

A suggestion for future researchers would be to expand the sample size and the scope of the study to achieve more diverse results. This could involve including a larger and more varied population of respondents, possibly from different regions or socio-economic backgrounds, to provide a more comprehensive understanding of the factors influencing child nutritional status. Additionally, exploring additional variables or conducting longitudinal studies could offer deeper insights into the dynamics of maternal behavior and its impact on child nutrition over time. For Society, it is recommended for mothers of toddlers to pay more attention to feeding patterns according to the nutritional needs of each toddler, in consuming daily food, make a habit of eating balanced nutrition.

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