

## **Relationship Between Socio-Economic With Parent's Knowledge Of Toddler Feeding Patterns**

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### **Abstract**

Parental knowledge about toddler feeding patterns is one of the factors that can affect the incidence of stunting. Knowledge about toddlers' feeding patterns can be influenced by socioeconomic factors such as education level, occupation, and income. This study analyzed the relationship between education level, occupation, and income with parental knowledge of toddler feeding patterns in the stunting locus. This study used a quantitative correlation design with a secondary data approach. The population is the respondent from secondary data, parents with toddlers in Sukamulya Village. The samples were taken using the total sampling technique of 76 people. The variables in the study were education level, occupation, income, and knowledge of child nutrition patterns. The instrument consisted of questions on education level, employment status, income level, and 14 toddler feeding patterns knowledge questions. Statistical test using Chi-square with 5% significance level. The results of the study found that there was no relationship between education level (p-value=0.282), occupation (p-value=0.717), and income (p-value=1.000) with toddler feeding patterns knowledge. It is due to other factors that influence the knowledge of children's eating habits. More research is needed to determine the factors that influence knowledge of children's feeding patterns.

**Keywords:** Education; feeding patterns; socio-economic; stunting; toddlers.

## **Introduction**

Knowledge of toddlers feeding patterns is crucial for parents because it can influence the role of parents in providing appropriate food intake to prevent growth problems in toddlers such as stunting (Wulandari & Muniroh, 2020). Stunting is a form of malnutrition in children, seen from their low (short) or very short height compared to their age (Kemenkes RI, 2018). Stunting is a nutritional problem in early childhood and has become a global problem in recent years, especially in low- and middle-income countries, including Indonesia.

Globally in 2020, the percentage of stunted children under five is 22.0%, and the majority are in countries with lower middle income (WHO, UNICEF & World Bank Group, 2020). Indonesia is a developing country in Southeast Asia with a stunting prevalence of 24.4% and still above the stunting rate limit, which refers to the WHO standard of 20% or more (Kemenkes RI, 2021). According to the 2021 Indonesian Nutritional Status Study (SSGI), several provinces in Indonesia have a high prevalence rate of children under five experiencing stunting. West Java is one of the highest stunting prevalence provinces in Indonesia with a prevalence rate of 24.5% (Syarli & Gusman, 2022).

Stunting can be caused by various factors, one of which is the lack of parental knowledge in understanding the fulfillment of nutrition in children (Ariani, 2020). Parents' knowledge of the symptoms, consequences, and ways to prevent developmental delays at an early age can influence the attitudes and behavior of parents that encourage the growth and development of children so that stunting can be reduced (Rahmawati, 2020). In addition, parental knowledge of nutrition can help improve children's nutritional status so that children grow optimally (Pormes et al., 2013). Parents who lack nutritional knowledge are 10.2 times more likely to experience stunting in their children compared to parents with sufficient nutritional knowledge (Septamarini et al., 2019). Therefore, parents' knowledge about appropriate toddler feeding patterns is needed to improve children's nutrition to reach growth maturity to prevent stunting. Knowledge of toddler feeding patterns

includes knowledge about aspects of frequency of meals per day, quality and quantity of food ingredients, and food variety (Kemenkes RI, 2014).

Parents' knowledge of toddler feeding patterns can be affected by socio-economic factors such as education level, occupation, and income. The more educated parents are, the easier they are to receive information and knowledge, so they can use the knowledge they have before as a preparation to treat their children right in the future. Similar with the research by Rahayu et al., (2018) showed that the level of education, especially the education level of parents, is a crucial factor influencing the incidence of stunting because educated parents tend to make decisions based on previous knowledge to increase the quality of nutrition and their child's health.

Furthermore, work can affect knowledge, which is knowledge about toddler feeding patterns. Work can affect knowledge and experience because if skills often be used at work, it will increase brain capacity and memory. This is directly proportional when the work requires more brains than muscles (Suwaryo & Yuwono, 2017). In addition, according to research by Sarini and Wahyono (2011), people who work tend to leave the house frequently and interact with other people and the surrounding environment so that they have the potential to obtain a variety of information, one of which is information about feeding patterns in toddlers.

The level of income can affect the knowledge of toddler feeding patterns. Parents' income can affect how they purchase food and will determine the variations in the types of foodstuffs consumed by the family. Poverty could lead to the low purchasing power of families, allowing families to choose food ingredients without knowledge about variety and type of food and potentially increasing the risk of family members with toddlers experiencing stunting (Wahyuningsih, 2020). On the other hand, high income allows parents to choose and buy nutritious and various kinds of food, which could increase knowledge about the variety of foods (Kawulusan et al., 2019).

Based on the explanation regarding the importance of knowledge about toddler feeding patterns for stunting, researchers are

interested in conducting research with the aim to find a link between parents' socio-economic level consisting of education level, occupation, and income with knowledge about toddler feeding patterns to parents at stunting locus. This research located at one of the stunting loci in West Java province, namely in Sukamulya Village, Rancaekek District, Bandung Regency. Based on data obtained from the Sukamulya Village Office, Sukamulya Village consists of 3 hamlets, 13 community units, and 48 neighborhood units with a total population of 8,435 residents with 4,221 male residents and 4,214 female residents. The latest data in February 2022 obtained data as many as 97 children (14.7%) experienced stunting from 659 children. It makes Sukamulya Village a stunting locus in Bandung Regency. Research on socio-economic relations with parents' knowledge about toddler feeding patterns that researched now has several differences from previous research, including research on knowledge about toddler feeding patterns carried out on both parents not only on mother's knowledge and socio-economic factors focused on three domains; the level of education, employment, and income.

### **Research Methods**

This research is a quantitative correlational study conducted by analyzing secondary data from the results of research activities on Unpad Lecturer Competency Research (RKDU) with the title "Environmental Modification Through Sanitation, Clean Water, Hygiene, and Nutrition for Stunting Prevention". This study was taken in August-September 2022. The population in this study came from secondary data, namely parents who have toddlers and live in Sukamulya Village, Rancaekek District, Bandung Regency, and are involved in primary research of RKDU activities. The sample selection in this study used a total sampling technique, in which the number of samples selected was the same as

the total population. Based on these inclusion criteria, the number of samples in this study was 76 respondents.

This study used instruments obtained from the Unpad Lecturer Competency Research (RKDU) which consisted of questions on education level, employment status, level of income, and 14 questions on knowledge of toddler feeding patterns. The instrument has tested for validity using computational calculations with a value of  $r_{count} \geq r_{table}$ , with the  $r_{table}$  value obtained is 0.227 and the  $r_{calculated}$  value is between 0.264 to 0.600 with the test results using a significance degree of 5% and declared valid. The instrument was also reliable based on the reliability test showing a strong reliability value with Cronbach's Alpha ( $>0.800$ ), namely 0.859 on instrument question items. There is a possibility of bias in the data collected because the number of samples of parents who have toddlers in each hamlet are not evenly distributed.

This research was conducted by analyzing secondary data that had passed ethical clearance from the Research Ethics Committee of Universitas Padjadjaran with ethical number 739/UN6. KEP/EC/2022 by upholding the ethical principles of maintaining confidentiality and correctness in processing the data obtained according to procedures to obtain maximum and useful results.

The data obtained was analyzed univariately to describe the characteristics of respondents related to knowledge of toddler feeding patterns, education level, occupation, and income of parents in Sukamulya Village, Rancaekek District, Bandung Regency. Data was also analyzed bivariate to identify the relationship between education level, occupation, and income with parents' knowledge of toddler feeding patterns. The method in this research analysis uses a non-parametric Chi-square correlation test with a significance level of 5% which is present in tabular form.

**Results**

**Table 1. Frequency Distribution of Respondent Characteristics (n=76)**

Characteristics	Total (n)	Percentage (%)
<b>Education Level</b>		
Advanced	2	2.6
Middle	62	81.6
Low	12	15.8
<b>Occupation</b>		
Non-permanent workers	11	14.5
Permanent workers	60	78.9
Not Working	5	6.6
<b>Income</b>		
> Rp. 5.000.000	4	5.2
Rp. 3.241.929 - Rp. 5.000.000	29	38.2
< Rp. 3.241.929	43	56.6

Based on table 1, it is known that the proportion of the education level of parents with toddlers is the most dominant, namely the secondary education level of 62 parents (81.6%) compared to the advanced education level of two parents (2.6%) and the low education level of 12 parents (15.8%) of a total of 76 parents with toddlers in Sukamulya Village, Rancaekek District, Bandung Regency.

Furthermore, the occupation of parents who have toddlers in Sukamulya Village starts from the most, namely the total of non-permanent workers 60 parents (78.9%), permanent workers 11 parents (14.5%), and the lowest is not working with five parents (6.6%) of a total of 76 respondents.

In the income section it is known that most parents have an income of less than Rp. 3,241,929 or less from the UMR of Bandung Regency 43 respondents (56.6%). While parents with range of income Rp. 3,241,929 - Rp. 5,000,000 as many as 29 respondents (38.2%) and parents with income > Rp. 5,000,000 as many as four respondents (5.2%).

**Table 2. Frequency Distribution of Knowledge of Toddler Feeding Patterns to Parents (n=76)**

Question	True		False	
	n	%	n	%
1 Is malnutrition a major nutritional problem in short toddlers?	61	80.2	15	19.8
2 Can inadequate nutritional intake for a long time due to feeding that is not by nutritional needs lead to short toddlers?	60	78.9	16	21.1
3 Is short toddler or chronic malnutrition another form of growth failure?	61	80.2	15	19.8
4 Does the lack of nutritious and balanced food consumed by toddlers cause short toddlers?	57	75.0	19	25.0
5 Are toddlers an age group that is vulnerable to diseases caused by malnutrition?	60	78.9	16	21.1
6 Is your child's meal schedule regular?	54	71.1	22	28.9
7 Does your child eat 3-5 times a day?	61	80.2	15	19.8
8 Does the mother prepare food for the child herself?	70	92.1	6	7.9

9	Can short toddlers be prevented by providing nutritious food?	71	93.4	5	6.6
10	Can short toddlers be prevented at health care by providing additional food and milk?	60	78.9	16	21.1
11	Can inappropriate feeding patterns by parents be the cause of short toddlers?	65	85.5	11	14.5
12	Can short toddlers be prevented by giving exclusive breastfeeding?	70	92.1	6	7.9
13	Can short toddlers be prevented by breastfeeding until the child is 2 years old?	49	64.5	27	35.5
14	Can giving non-exclusive breastfeeding risk causing short toddlers?	59	77.6	17	22.4

Table 2 shows that of the 14 questions regarding toddler feeding patterns to parents, the questions with most correct answers were in question number 9, namely “Can short toddlers be prevented by providing nutritious food?” with the number of correct answers as many as 71 respondents (93.4%). The question with least number of correct answers is question number 13, namely “Can short toddlers be prevented by breastfeeding until the child is two years old?” with the number of correct answers as many as 49 respondents (64.5%).

The knowledge category will be divided based on the score criteria for assessing the level of knowledge according to Nursalam (2011) into three categories: (1) Good, which is the correct answer with a percentage of 76-100%; (2) Enough, namely the correct answer with a percentage of 56-75%; (3) Insufficient, correct answer with a percentage result <56.

**Table 3. Knowledge Analysis of Toddler Feeding Patterns to Parents (n=76)**

Knowledge	Total (n)	Percentage (%)
Good	56	73.7
Enough	12	15.8
Insufficient	8	10.5

Table 3 shows that most parents have good knowledge of toddler feeding patterns, as many as 56 respondents (73.7%). While parents with enough knowledge of toddler feeding patterns were 12 respondents (15.8%) and parents with insufficient knowledge of toddler feeding patterns were eight respondents (10.5%).

**Table 4. Analysis of the Relationship between Education Level and Knowledge of Toddler Feeding Patterns to Parents (n = 76)**

Education Level	Toddler's Feeding Pattern Knowledge				Chi square	P value
	Good		Enough and Insufficient			
	n	%	n	%		
Advanced and Middle	49	64.5	15	19.7	1.732	0.282
Low	7	9.2	5	6.6		

Table 4 explains the relationship between education level and knowledge of toddler feeding patterns in Sukamulya Village, Bandung Regency. Chi square test results show that parents with secondary and advanced education levels have good knowledge of toddler feeding patterns as many as 49 parents (64.5%) and 15 parents (19.7%) have enough knowledge of toddler feeding patterns. Furthermore, seven parents (9.2%) had good knowledge of toddler feeding patterns and five parents (6.6%) had enough and insufficient knowledge of toddler feeding patterns.

Data analysis with statistical correlation test results p-value = 0.282. The test results show that there is no relationship between education level and knowledge of toddler feeding patterns

for parents at the stunting locus in Sukamulya Village, Bandung Regency.

**Table 5. Analysis of the Relationship between Occupation and Knowledge of Toddler Feeding Patterns to Parents (n=76)**

Occupation	Toddler's Feeding Pattern Knowledge				Chi square	P value
	Good		Enough and Insufficient			
	n	%	n	%		
Permanent workers	9	11.9	2	2.6	0.439	0.717
Non-permanent workers and Not Working	47	61.8	18	23.7		

Table 5 describes the relationship between work and parents' knowledge of toddler feeding patterns. Chi-square test analysis showed the results for parents with permanent worker status who had good knowledge of toddler feeding patterns were as many as nine parents (11.9%), and parents with permanent worker status who had sufficient and insufficient knowledge of toddler feeding patterns as many as two parents (2.6%). Meanwhile, for parents with unemployed status and non-permanent workers, 47 parents (61.8%) had good knowledge of toddler feeding patterns and 18 parents (23.7%) had sufficient or insufficient knowledge of toddler feeding patterns.

Data analysis with statistical correlation test results p-value = 0.717. The statistical test shows that there was no relationship between work and knowledge of toddler feeding patterns for parents at the stunting locus in Sukamulya Village, Rancaekek District, Bandung Regency.

**Table 6. Analysis of the Relationship between Income and Knowledge of Toddler Feeding Patterns to Parents (n=76)**

Income	Toddler's Feeding Pattern Knowledge				Chi square	P value
	Good		Enough and Insufficient			
	n	%	n	%		
≥Rp. 3.241.929	24	31.6	9	11.8	0.028	1.000
<Rp. 3.241.929	32	42.1	11	14.5		

Table 6 describes the relationship between income and parents' knowledge of toddler feeding patterns. The results of the Chi-square test analysis showed that 24 parents (31.6%) knew good toddler feeding patterns (≥ Rp. 3,241,929) with income equivalent to and above the minimum wage for toddlers and those who had good knowledge of toddler feeding patterns feeding toddlers enough and less as many as nine parents (11.8%). While parents with income less than the UMR of Bandung Regency (<Rp. 3,241,929) had good knowledge of toddler feeding patterns were 32 parents (42.1%), and 11 parents had sufficient and insufficient knowledge of toddler feeding patterns (14.5%).

Data analysis with statistical correlation tests results in p-value = 1.000. The test results show that there is no relationship between income and knowledge of toddler feeding patterns for parents at the stunting locus in Sukamulya Village, Bandung Regency.

## Discussion

### Relationship between Education Level and Parents' Knowledge of Toddler Feeding Patterns

Mediani et al. (2022) in their research on factors that influence knowledge and motivation in stunting prevention, showed that the higher the level of education, the higher the knowledge about stunting prevention in children. Furthermore, the results show a significant relationship between education level and the parent's knowledge who have higher education. This relationship is proven significant with a p-value of 0.017. In addition, another study conducted by Chen et al. (2020) shows a significant correlation between education level and the knowledge of well-educated parents.

The level of education is the stage that a person goes through in the education level and can influence how a person obtains information and knowledge. Hapsari and Ichsan (2021) state that a higher level of parental education can make it easier to guide and raise children. When parents get education about child nutrition, the importance of nutrition, children's nutritional needs and how to feed their children properly, they can apply this knowledge in feeding their children (Sirasa et al., 2019).

Based on the results in Table 4, data analysis using the Chi-square correlation statistical test showed p-value = 0.282 which mean there is no relationship between education level and knowledge of toddler feeding patterns to parents at the stunting locus in Sukamulya Village, Bandung Regency. The results of this study indicate that the level of education does not always guarantee how someone gets knowledge, in this case, the knowledge about toddler feeding patterns. It has been mentioned in previous study, where a higher level of education does not necessarily guarantee that someone will better understand the knowledge obtained previously (Bekti et al., 2020).

Education is not always related to knowledge, because knowledge can be influenced by other factors like society exposure to information and interests (So'o et al., 2022). Knowledge about toddler feeding

patterns is not always obtained in formal education, but can be obtained through health education activities, both by the local health care and by local cadres. The analysis at the education level show that many parents in Sukamulya Village have received knowledge related to nutrition and nutrition needed by children under five, from parents with the basic education level to the advanced education level. It can be influenced by exposure to information regarding toddler feeding patterns to parents in Sukamulya Village obtained from various media such as social media and health counseling by community nurses.

Health education conducted by community nurses can increase knowledge related to health information, one of which is knowledge of toddler feeding patterns. Research related to the effect of counseling on increasing knowledge of nutrition and health in mothers with toddlers by Fitria and Sudiarti (2021) shows the results of a significant increase in nutritional knowledge in mothers as parents. Based on Table 1, the characteristics of parent's education level in Sukamulya Village dominated by the secondary education level. This can be used as a basis for community nurses to be able to adjust both the delivery and the media used to provide counseling in the form of health education.

Health education can be through public lectures, electronic mass media such as TV, print media such as magazines, and outdoor media such as banners (Kholifah & Widagdo, 2017). Conducting health education regarding toddler feeding patterns allows parents' knowledge regarding toddler feeding patterns to increase so that it will reduce the risk of stunting in Sukamulya Village, Rancaekek District, Bandung Regency.

### Relationship between Occupation and Parents' Knowledge of Toddler Feeding Patterns

Work are symbol of one's position in society to earn money to fulfill life's needs (Tulangow et al., 2013). Workplace learning experiences can transfer professional knowledge and skills with development decision-making skills (Wati, 2009). This decision making is

based on previous learning experience so that a person acts according to the knowledge he has obtained. Research by Alfaray et al. (2021) showed significant correlation between work status and knowledge with p-value = 0.025. The study by Paul et al. (2020) also shows that work has a statistically significant effect ( $p < 0.01$ ) on knowledge scores.

The analysis in Table 5 with the Chi-square statistical test showed a p-value = 0.717, which mean there was no relationship between work and knowledge of toddler feeding patterns parents. The same results are showed by Mediani et al. (2022) which states that there is no significant relationship between work and knowledge. It can be caused by someone who works or does not have a job has the same experience and opportunity to obtain information and attend various training held by agencies or health services related to knowledge of appropriate toddler feeding patterns.

The analysis in Table 5 shows that parents with unemployed status and temporary workers with good knowledge of toddler feeding patterns have a dominant number of 47 parents (61.8%) of a total of 76 parents. Although it has been previously explained that someone who works tends to get more diverse information from the surrounding environment because they often interact outside the house (Sarini & Wahyono, 2011), the people in the Sukamulya Village area gain more knowledge regarding toddler feeding patterns through counseling conducted by local health services.

Research by Lolan and Sutriyawan (2021) states that working parents do not receive health education about the impact of a very minimal pattern of nutritious food intake because they are still affected by busy work. With the condition of the community in Sukamulya Village where most parents with toddlers have non-permanent employment status (78.9%), it can allow parents to obtain information about knowledge of toddler feeding patterns more often because parents with non-permanent worker status have intense time at houses than permanent workers, so there is a potential for them to attend counseling more often, one of which is counseling on toddler feeding patterns.

### **Relationship between Income and Parents' Knowledge of Toddler Feeding Pattern**

Income can affect knowledge of feeding patterns in toddlers. Previous research by Pereira et al. (2019) concerning the relationship between family income and Knowledge about Healthy Eating (KHE), namely the higher the family income, the more complex the knowledge about healthy eating with a p-value  $< 0.01$ . Other study wrote that high income allows for increased purchasing power so that families can buy food according to the amount and needs of the body needed that can impact on individual nutrition (Handayani et al., 2019). In line with Syahroni et al. states that the higher the parents' income, the better their eating habits. Families with sufficient income have more flexibility in choosing food for their children which can indirectly increase their knowledge regarding food variations (Syahroni et al., 2021).

The results of the Chi-square statistical test in this study showed that there was no relationship between income and knowledge of toddler feeding patterns to parents with a p-value = 1.000. This is different from previous research by Sodikin et al. (2018) which stated that income can affect knowledge of toddler feeding patterns which affect toddler nutritional status. The results of the analysis in Table 6 show that most parents who have good knowledge of toddler feeding patterns have an income less than the UMR of Bandung Regency ( $< \text{Rp. } 3,241,929$ ) with a total of 32 parents (42.1%). Low-income parents tend to choose cheaper food and less varied menus, while high-income parents tend to choose more expensive meals, but high income does not guarantee good nutrition (Lolan & Sutriyawan, 2021).

Adequate income levels offset by inadequate nutritional information lead to wrong food choices (Syahroni et al., 2021). But on the other hand, knowledge related to the food choice consumed is not only limited to knowledge of choosing a variety of nutritious foods because it can also be influenced by the culture that exists in society. Culture is a characteristic of a community group that will influence parental beliefs, one



of which is related to the selection of types and variations of food that can influence knowledge regarding toddler feeding patterns (Lolan & Sutriyawan, 2021).

Culture can have a good or bad influence on food decision making to be consumed (Zulfiani et al., 2022). A good culture of feeding will affect good if it suits the standard of food intake for toddlers, while a bad culture of feeding such as the prohibition of certain foods even though these foods are needed by toddlers will lead to unfulfilled toddler nutritional intake that can increase the risk of stunting.

### **Study Limitation**

The limitations of this study are questions regarding knowledge of toddler feeding patterns that do not include the variety or type of food given to children daily, and the level of education studied is limited to formal education for parents only.

### **Conclusion**

Based on the results of the researchers' observations, it is known that the level of knowledge of parents about the pattern of feeding toddlers in Sukamulya Village is high, seen from as many as 56 respondents (73.7%) parents have good knowledge with the variable level of education, occupation, and income of parents in Sukamulya Village, which has a good level of knowledge on feeding patterns, is dominated by advanced and secondary education levels (64.5%), temporary and unemployed jobs (61.8%), and income below the Minimum Wage for Bandung Regency (42.1%).

The results on the education variable showed no correlation between education level and parents' knowledge of toddler feeding patterns ( $p$ -value = 0.282). Furthermore, the results on work variables showed no relationship between work and knowledge of toddler feeding patterns ( $p$ -value = 0.717). The results on income variable showed no correlation between income and knowledge of toddler feeding patterns ( $p$ -value = 1.000). This can be caused by knowledge can be influenced by various other factors besides socio-economic conditions in the form of

level of education, employment, and income. Factors such as information exposure to the local community through counseling and interest in obtaining information related to toddler feeding patterns as a stunting prevention can be factors that more influence knowledge regarding toddler feeding patterns in Sukamulya Village. Other factors, such as the culture can influence people's knowledge and beliefs in food selection that can affect parents' knowledge of toddler feeding patterns.

This research can be the basis for health managers, especially community nurses as educators in providing counseling in the form of health education regarding the handling and prevention of stunting, especially related to knowledge of toddler feeding patterns in accordance with the socio-economic characteristics that exist in the community as well as being a reference material for Puskesmas regulations related to promotional activities health in parents regarding knowledge of toddler feeding patterns.

Several other factors that can influence knowledge of feeding patterns in toddlers can be used as new variables in future research to examine factors that are significantly related to knowledge in the research area of Sukamulya Village, Rancaekek District, Bandung Regency.

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