

# Analysis of Food Diversity Consumption in Stunting Toddlers

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# Analysis of Food Diversity Consumption in Stunting Toddlers

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## ABSTRACT

**Keywords:**  
Diversity of Food  
Consumption,  
Stunting Toddlers

**Background:** Stunting is a child malnutrition that occurs in several countries with a height value compared to the age of -2 SD. Stunting is often considered a common thing in society. This growth disorder starts from pregnancy until the child is 5 years old. Micro and macronutrient deficiency in infants is a problem that is often experienced in Indonesia. The purpose of this study was to determine the description of the consumption of food diversity in stunting toddlers.

**Methods:** The research method used in this study is descriptive with a cross sectional approach. The population is stunting toddlers in Bangkok village with 25 toddlers. The sampling technique is total sampling. The research variable is the consumption of food diversity in stunting toddlers. Data obtained from interviews and filling out the IDDS questionnaire. The results were processed by means of univariate analysis of each food consumption variation of stunting toddlers.

**Results:** The results showed, toddlers consume about 84% of cereals/tubers, 60% of eggs and 60% of fats and oils. In conclusion, 56% of stunting toddlers consumed a variety of foods based on the results of interviews and IDDS filling.

**Conclusions:** This study shows that stunting toddlers in Bangkok village need to increase the diversity of food types. Socialization to parents needs to be improved and supervision of children's growth and development also needs to be improved by health workers

**Conclusions:** Pada penelitian ini menunjukkan balita stunting di desa Bangkok perlu peningkatan keragaman jenis pangan. Sosialisasi kepada orang tua perlu ditingkatkan dan pengawasan tumbuh kembang anak juga perlu ditingkatkan oleh tenaga kesehatan

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## I. INTRODUCTION

Stunting remains a major problem in the world. Although the incidence is decreasing, the affected children are increasing. The impact of stunting is mortality, morbidity and other impacts such as child cognitive. Stunting is also one of the descriptions of the welfare status of a country, with the number of stunting cases reflecting that the poverty rate in the country is also increasing [1]. The incidence of stunting in Indonesia from 2013 was 37.2%, this number continues to increase from 2010 (35.6%) and 2007 (36.8%) [2]. The process of introducing several types of food to toddlers needs to be done early, because each type of food has a different nutritional value [3].

The type of food given to toddlers is one of the determinants of stunting. Children in the first 2 years require very complex nutrition because complementary feeding begins after 6 months of birth [4]. In East Java Province, the prevalence of stunting under five is 26.7% of the total population of children under five in East Java Province [5]. To support the growth and development of toddlers, choosing the type of food is very important to meet the nutritional needs. In general, there are 6 nutrients needed by the body, namely carbohydrates, fats, proteins, vitamins, minerals such as iron (Fe) and zinc (Zn)[6].

Diverse food consumption habits among toddlers in Indonesia are still a problem. Food diversity is seen from 4 or more types of food eaten from 7 types of food groups [5]. In Indonesia, most of the feeding for toddlers is dominated by the type of food sourced from carbohydrates and the lack of intake of animal protein, fruit and vegetables [7]. Several studies have shown that low dietary diversity is associated with an increased risk of stunting and other nutritional problems such as overweight, dyslipidemia, metabolic syndrome [8].

Research related to the diversity of food consumption in stunting toddlers in Bangkok Village, Gurah District, Kediri Regency. Based on this, the purpose of this study is to find out the description of the food diversity consumption of stunting toddlers.

## II. METHOD

The research method used in this study is descriptive with a cross sectional approach. The population is stunting toddlers in Bangkok village with 25 toddlers. The sampling technique is total sampling. The research variable is the diversity of food consumption in stunting toddlers. The data used are primary data obtained from interviews and filling out the IDDS questionnaire. Food diversity is measured using the recall method, after which the data is entered in the IDDS (Individual Dietary Diversity Score) questionnaire consisting of 9 food groups. If the score is 0-5 then the food is categorized as not diverse, but if the score is more than 5 then it is called diverse. univariate analysis method for each food variety of stunting toddlers.[9]

## III. RESULTS AND DISCUSSION

Table 1. Characteristics of Respondents

No	Characteristics of Respondents Based on	Jumlah	Persentase
1.	Mother's Age		
	a. < 20 years	1	4
	b. 21 - 35 Years	14	56
	c. > 36 Years	10	40
2.	Mother's Education		
	a. No School - Elementary school/ equivalent	2	8
	b. Middle school/equivalent	9	36
	c. High school / equivalent - College	14	56
3.	Child Gender		
	a. Man	11	44
	b. Woman	14	56
4.	Birth Weight		
	a. Low Risk (2500 grams - 4000 grams)	19	76
	b. High Risk (< 2500 grams / > 4000 grams)	6	24

### 2020 Research Primary Resources

Based on the data above, it was found that the mother's age was at the most moderate risk, namely the age of 21-35 years around 56%, the mother's education was at most higher education 56%, namely high school / equivalent -college. Data Most children are female, namely 56% and the child's birth weight is the most low risk 76%, which is around 2500 grams to 4000 grams.

Table 2. Consumption of Food Diversity for Stunting Toddlers

Types of Diversity of Food Consumption of Stunting Toddlers																			
Consumption Pattern Based on IDDS	Cereals and Tubers		Animal Meat		Processed Milk		Egg		Nuts		Foods Rich in Vitamin A from Fruits and Vegetables		Fruit		Vegetables		Fats and Oils		
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	
	16																		
	Consuming	21	84	8	32	12	48	15	60	5	20	10	40	1	4	11	44	15	60
Not Consuming	4	16	17	68	13	52	10	40	20	80	15	60	24	96	14	56	10	40	
TOTAL	25	100	25	100	25	100	25	100	25	100	25	100	25	100	25	100	25	100	

### 2020 Research Primary Resources

From the above, it was found that toddlers consumed cereals/tubers around 84%, egg foods and 60% fats or oils.

**Table 3. Consumption of Food Diversity by IDDS in Stunting Toddlers**

Diversity of Food Consumption According to IDDS in Stunting Toddlers	Amount	Percentage
Not Diverse	14	56
Diverse	11	44
Total	25	100

2020 Research Primary Resources

Based on the data above, it was found that Toddlers did not consume various kinds of food, the calculation results were around 56%.

#### IV. DISCUSSION

In this study, the education of mothers of children under five was mostly high school / equivalent, the higher the level of mother's education would affect the mother's work. The higher the education of the mother, the easier it will be for the mother to get a job [10]. The high educational status and occupation of the mother have an impact on the mother's upbringing. Mothers who are busy with work will entrust their children to caregivers. Caregivers can be from their own families such as parents or grandmothers of toddlers or other people who are paid to care for toddlers. This is supported by research from Nabuasa, in 2013 entitled the relationship between parenting and stunting in toddlers aged 24 - 59 months. Toddlers who have a history of poor parenting have a 14.5 times chance of experiencing stunting when compared to toddlers who have a history of good parenting [11]. Research conducted in Aceh also stated that one of the risk factors for stunting, namely parenting, poor parenting has an 8 times greater chance of influencing stunting [12]. One of the good parenting styles can be seen from the provision of food to toddlers. Toddlers need to grow and develop, for that they need adequate nutritional intake.

Consuming a variety of foods will have a good impact on the growth and development of children. Diversity of food consumption is the variety of food groups consisting of staple foods, side dishes, vegetables and fruits and water as well as diversity in each food group. Diverse food is an important requirement to produce a balanced nutritional quality food pattern (Kemenkes RI, 2014). This is in accordance with research conducted by Widyaningsih, 2018 which states that toddlers with diverse food intakes have a 3,213 times risk of experiencing stunting when compared to toddlers who have diverse food intakes [7].

Fulfillment of complete nutrition for toddlers is a determining factor for optimal growth and development processes. Malnutrition under the age of 2 years will affect the brain development of toddlers [10]. The need for micronutrients is the need for nutrients that play an important role in the growth of toddlers. The education and knowledge of parents [13] or a caregiver for toddlers greatly influences the pattern of feeding parenting. Toddlers with less access to food consumption can be seen from the quality and quantity of the incomplete daily menu composition. In line with this, food insecurity, menu compositions that are not nutritious, unbalanced and do not vary both in quality and quantity can cause growth delays and malnutrition in toddlers [3]. Malnutrition for a long time if not immediately addressed until the age of two years will cause stunting conditions that persist into adulthood. Malnutrition in stunting toddlers will have an impact on the intelligence and psychology of toddlers [14].

#### V. CONCLUSION

Diversity of food consumption in stunted toddlers showed that 56% or most of the toddlers did not consume various kinds of food. Most of these toddlers consumed cereals/tubers, eggs and also types of fat/lots of oil. Socialization about the introduction and provision of types of food can be started from the age of 6 months.

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