



Article

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RELATIONSHIP OF THE FAMILY ECONOMIC LEVEL TO NUTRITIONAL STATUS OF TODDLERS

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ABSTRACT

Nearly half of all deaths in toddlers are due to malnutrition. The phenomenon found in the field is that many people with less economy do not pay attention to the nutritional intake of their children due to their limitations in providing such nutritious food. This study aims to relate the level of family economics to the nutritional status of children in Jorong Kapuak Koto Panjang. This was Correlation descriptive research method with cross sectional study. The study was conducted in Jorong Kapuak Koto Panjang, the working area of Tanjung Baru Public Health Center, Tanah Datar District in September 2019. The population was all toddlers in Jorong Kapuak Koto Panjang. 78 toddlers became samples of this study, taken by simple random sampling. Data processing and analysis is computerized. Univariate results found 53.8% had a good economic level and 79.5% had children with normal nutritional status. The results of this study showed that there was relationship between the family's economic level and the nutritional status of children ($p = 0.029$), It is expected that the health center staff will provide counseling to all families who have toddlers about food intake for toddlers, so that they can supply the toddlers nutritional.

I. INTRODUCTION

One of the health indicators assessed for their successful achievement in the Millennium Development Goals (MDGs) is the nutritional status of toddlers. The nutritional status of toddlers are measured by age, weight and height (West Sumatra Health Office, 2017). Malnutrition is one of the most cause on child deaths worldwide, where the condition attacks children slowly, continuously and often undiagnosed. Malnutrition does not only have an impact on the death and paralysis of children on a large scale, but also has greater implications on their health. Malnutrition interferes with mental and physical development, and inhibits a child's potential (Sodikin, 2012).

Nearly half of all deaths in thoddler are due to malnutrition. In 2015, 1 out of 4 toddler worldwide were stunted in their growth. Between 1990 and 2015, the decline in global prevalence decreased from 39.6 percent to 23.2 percent, and the number of affected children decreased from 255,000,000-156,000,000. In 2015, 2 out of 4 children with growth barriers lived in South Asia and one in three in sub-Saharan Africa (Unicef, 2017).

Data of toddlers growth in Indonesia, the percentage of very thin and underweight children aged 0-59 months in Indonesia in 2017 was 2.8% and 6.7%. This condition tends to go down when compared with the condition in 2016 which was very thin and thin by 3.11% and 7.99% on toddlers (Ministry of Health Republic of Indonesia, 2018). According to the 2018 Riskesdas results the prevalence of toddler with poor and poor nutritional status was 17.7%, this figure has not yet reached the 2019 RPJMN target, which the prevalence of under-malnourished and undernourished toddlers by 17% (Kemenkes RI, 2018).

The cause of malnutrition in infants can be influenced by direct and indirect factors. The direct cause of nutritional status problems is the imbalance between food intake and infectious diseases. The two direct causes are interrelated, if the intake of food consumed is less than necessity then it causes power weakened body resistance making it easier for infectious diseases to enter into the body (Putri & Wahyono, 2013).

Nutritional status in society is influenced by many factors. Socio-economic conditions are one of the important factors that affect nutritional status. If the socioeconomic conditions are good, nutritional status is expected to be better. The nutritional status of toddlers will be closely related to the socio-economic conditions of the family (parents), including parental education, parents' work, number of parents, knowledge and parenting, and the overall economic condition of parents (Supariasa, 2012). Economic factors are determinants of nutritional status that can affect the nutritional status of children. Low economic status or poverty occupies the first position in society that causes malnutrition (Suhardjo, 2010).

People who are classified as poor and have low education are the most vulnerable to nutrition. This is caused by the low ability to reach food that is both physically and economically (Sebataraja, 2014). Families with lower middle economic status, allow food and nutritional consumption, especially in children under five and this affects the nutritional status in children under five (Supariasa, 2012).

If a family has a large income and is sufficient to meet the nutritional needs of family members, meeting the nutritional needs of toddlers can be guaranteed. While low income causes low purchasing power so that they are unable to buy food in the amount needed and ultimately adversely affects the nutritional status of their toddlers. Economic life a better family will enable families to be able to give proper attention to nutritional intake of toddlers (Putri, 2015).

The economic level of the family can be calculated based on monthly family take home pay (THP). Take home pay is payment that will be received by each employee after they add income regularly or incidentally and this is something that can be obtained by each employee less things that have been set directly by the government and company policies where the employee serves or works (PT. Mid Solusi Nusantara, 2018).

Based on Indarti's (2016) research, it was found that toddlers living with families with low economic status had a higher proportion of undernourished status compared to toddlers living with families with high economic status. The percentage of malnutrition in toddlers who live with families with low economic status is 17.9% and malnutrition in children under five years old who live with families with high economic status as much as 7.7%.

II. METHODS

This research was descriptive correlation method, which aims to find the correlation / relationship between one variable with another variable. The approach used is a cross sectional study.

The population was 97 toddlers in the Jorong Kapuak Koto Panjang Working Area of the Tanjung Baru Health Center. 78 toddlers became samples of this study, taken by simple random sampling.

Data collection tools were observation sheets measuring the nutritional status of children, nutritional status measurement tools in the form of scales and meters, and questionnaire to data about the family economy. Data were processed and analyzed using the chi-square test.

III. RESULT

Table 1. Distribution of Family Economy Level

No	Family Rate	f	%
1	well	42	53,8
2	less	36	46,2
	amount	78	100

Regarding to economy level of family, it was found that; there was 53,8% which has well economy level

Table 2. Distribution of Child Nutrition Status

No	Toddler nutritional status	f	%
1	Normal	62	79,5
2	abnormal	16	20,5
	amount	78	100

Regarding to child nutrition status, it was found that; there was 79,5% child who have normal nutrition status

Table 3. Relationship of Family Economy Level to Children's Nutrition Status

Economic level	Nutritional statusof children				amount	pvalue	
	Normal	abnormal					
well	29	69,0	13	31,0	42	100	0,029
less	33	91,7	3	8,3	36	100	
Total	62	79,5	16	20,5	100		

The results showed that among 42 respondents of good economic level, there were 29 respondents (69.0%) who had children with normal nutritional status. Among 36 respondents with low economic level, 33 respondents (91.7%) had children with normal nutritional status. Chi-square test results obtained p value = 0.029 ($p < 0.05$), this means that there is a relationship between the economic level of the family and the nutritional status of children in Jorong Kapuak Koto Panjang Working Area of Tanjung Baru Health Center, Tanah Datar Regency 2019

IV. DISCUSSION

Nutritional status is the state of the body as a result of food consumption and use of nutrients. Distinguished between poor nutritional status, poor, good and more. Classically the word nutrition is only associated with body health, which is to provide energy, build, and maintain body tissues, and regulate the processes of life in the body. But, now the word nutrition has a broader understanding, besides for health, nutrition is associated with a person's economic potential, because nutrition is related to brain development, learning ability, and work productivity (Almatsier, 2010).

The nutritional status of children under five years old will be closely related to the socio-economic conditions of the family (parents), including parental education, parents' work, number of parents, knowledge and parenting, and the overall economic condition of parents (Supariasa, 2012). Economic factors are determinants of nutritional status that can affect the nutritional status of children. Low economic status or occupying poverty the first position in the community that causes malnutrition (Suhardjo, 2010).

The same results were also obtained in Indarti's (2016) research on the relationship between the family's economic status and the nutritional status of children under five in Ajung District, Jember Regency in 2016.

Based on this research it was found 86.6% of respondents had toddlers with good nutritional status. The assumption of researchers, many respondents who have toddlers with normal nutritional status due to the toddler's weight is balanced with his height. In this case, the nutritional intake consumed by children under five can meet their energy needs and does not exceed those energy needs. The normal nutritional status is also supported by a good family economic level, so they are able to meet the nutritional needs of toddlers and when toddlers are sick they immediately treat so not last long and affect its nutritional status.

Respondents who have toddlers with fat nutritional status are due to underactive toddlers and more silent watching television or playing gadgets. This causes food intake exceeds the energy needs, so it builds up fat in the body. While respondents who have toddlers are underweight and very underweight because they pay less attention to the intake of nutritious food consumed by toddlers, where toddlers eat more light and unhealthy foods that make their appetite reduced and are lazy to eat rice or vegetables and fruit.

Families have a large income and are sufficient to meet the nutritional needs of family members, so meeting the nutritional needs of toddlers can be guaranteed. While low income causes low purchasing power so that they are unable to buy food in the amount needed and ultimately adversely affects the nutritional status of their toddlers. A better family economic life

will enable the family to be able to give proper attention to the nutritional intake of children under five (Putri, 2015).

The results of this study are in line with Sebataraja's (2014) research on the relationship of nutritional status with the socioeconomic status of elementary school student families in the central and suburban areas of Padang City. The study concluded that there is a relationship between nutritional status and economic status ($p = 0,000$). Based on Indarti's (2016) research, it was found that toddlers living with families with low economic status had a higher proportion of undernourished status compared to toddlers living with families with high economic status.

The percentage of malnutrition in children under five living with families with low economic status was 17.9% and malnutrition in children under five living with families with high economic status was 7.7%.

The researchers' assumption is that the economic level of the family is related to the nutritional status of children because the better the economic level of the family, the allocation to fulfill family nutrition will also be greater, where they can buy various kinds of nutritious food to meet those needs. They also immediately treat a sick toddler, so it does not last long and affects the nutritional status. But in this study, toddlers with normal nutritional status are more owned by families with less economic level. This can be caused by the family not providing toddlers with a lot of pocket money to buy snacks or ready meals that are not nutritious. But they are more likely to prepare their own food at home from the results of livestock or gardens around the house.

Families with good economic levels who have fat nutritional status of toddlers are caused by these toddlers being spoiled with facilities at home such as television and gadgets, so they lack activity but eat a lot while watching or playing the gadget. While toddlers are underweight nutrition in families with a good economic level because these toddlers are lazy to eat rice, fruits and vegetables, because they already feel full eating snacks or biscuits provided by the family.

V. CONCLUSION

the economic level of the family is related to the nutritional status of children because the better the economic level of the family, the allocation to fulfill family nutrition will also be greater, where they can buy various kinds of nutritious food to meet those needs. It is important as a midwife to advocate government to have some efforts to increase economic level.

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