

Factors Influencing Nutritional Status in The Region Work of Wiyega District Health Center Pani

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Abstract, Malnutrition in children under 5 years old is a condition when the child's weight is below the moderate range. Objective: to determine the factors that influence the incidence of malnutrition in toddlers aged 6-59 months in the Wiyega Health Center Working Area, Paniai Regency. Method: The type of research is quantitative with analytical observational cross-sectional approach. The population taken using total sampling of 30 samples who experienced malnutrition at the Wiyega Health Center, Paniai Regency. Data analysis using the computer release program (SPSS) version 16.0 and using chi square. Results: There is a relationship between the level of maternal employment and the incidence of malnutrition with a p-value of 0.00 (<0.05), there is a relationship between the level of maternal education and the incidence of malnutrition with a p-value of 0.00 (<0.05), there is a relationship between the level of maternal knowledge and the incidence of malnutrition with a p-value of 0.01 (<0.05) and there is a relationship between exclusive breastfeeding and the incidence of malnutrition. Conclusion: Based on the results of the study, it was concluded that there is a relationship between maternal employment, education, knowledge, exclusive breastfeeding and the incidence of malnutrition. Suggestion: To be input for mothers who have toddlers aged 6-59 months to be able to increase knowledge and be aware of the importance of paying more attention to toddlers regarding the nutritional intake they receive.

Keywords: Exclusive Breastfeeding, Knowledge, Occupation, Education and Nutritional Status, Not enough

1. INTRODUCTION

Malnutrition in children under 5 years of age is a condition where the child's weight is below the moderate range. Malnutrition status of toddlers is a condition when the child's weight is below the moderate range. In general, we can say that a child has a normal weight if it is the same as the weight of his peers. While malnutrition indicates that the toddler's weight is not the same or, less than his age. Similar to obesity, children with malnutrition are also generally caused by health problems. Malnutrition in children is a sign that their bodies are not getting enough nutrients to support their development, such as muscles, epidermis, hair and other colored body parts. In addition, having a history and currently having several medical conditions can be the background of malnutrition in children. This is what also hinders or makes it difficult for children to get a normal weight.

Malnutrition continues to plague the world today. UNICEF reports that the number of people suffering from malnutrition globally is around 767.9 million cases³ in 2021. This figure has increased by 6.4% compared to 721.7 million cases in the previous year. The high number of people suffering from malnutrition is caused by the increasing problems of food and climate in many regions of the world, especially in Asia and Africa. This is inseparable from the Covid-19 outbreak that occurred early last year. Based on region, the number of

people suffering from malnutrition is highest in Asia, namely 424.5 million people. Specifically, 331.6 million people in South Asia suffer from malnutrition. After that, 42.8 million people in East Asia have access to food. The number of people suffering from food shortages in West Asia is 28.4 million people, in Central Asia the number of people suffering from food shortages is 2.3 million people. This happens even though the number of people suffering from malnutrition in East Asia is not reported. According to the World Health Organization (WHO), malnutrition is dangerous to the health of the world's population. Malnutrition is estimated to be the leading cause of death for 3.1 million children each year. (Monavia, 2022).

According to the 2018 Riskesdas data, the national prevalence of underweight cases reached 17.7%. South Kalimantan Province is ranked sixth out of 10 provinces with a high prevalence of underweight cases of 24.5%. According to SSGI (Indonesian Nutritional Status Survey) data in 2021, the national prevalence of underweight cases is 17.0%. Meanwhile, the provincial prevalence of underweight cases in South Kalimantan is 24.3%, which is the third highest. Meanwhile, the prevalence of underweight cases in Tanah Laut Regency is 22.8 (Aulia Azkia, 2023).

According to the Basic Health Research data in 2018, the prevalence of nutritional status, weight according to age in children under 5 years or aged 0 to 59 years. Papua Province with a total of 1,214 toddlers and those experiencing malnutrition in Papua Province 11.4%.

Percentage of malnutrition in Paniai Regency in 2023, the number of toddlers was 1,613. Malnutrition in toddlers aged 6 to 59 months (toddlers) amounted to 269 malnourished toddlers and 1,344 toddlers who were exclusively breastfed (Paniai Health Office, 2023).

Although it is the highest number, not all health centers in the area experienced a similar increase. Based on data from the Paniai Health Office and Based on data from the Wiyega Health Center in 2023, the Wiyega Health Center had 250 toddlers and 30 toddlers were malnourished with a percentage of 12% of malnourished toddlers and 25 toddlers who were exclusively breastfed with a percentage of 10% of toddlers (Wiyega Health Center, 2023).

2. RESEARCH METHODOLOGY

The type of research used is quantitative, meaning that it uses an observational analytical research design. In this study, the research method used is a cross-sectional study approach. This research was conducted in the Wiyega Health Center Working Area, Paniai

Regency. This research was conducted on March 14, 2024 to May 14, 2024. The population of this study was for mothers who have toddlers aged 6 to 59 months who live in the Wiyega Health Center Working Area. In this case, the sample used was the number of mothers who have toddlers aged 6 to 59 months, namely 30 samples.

The data obtained in this study, namely questionnaires, anthropometric tools, stationery and documentation, the author used Microsoft Excel 2010 and Statistical Package For The Social Sciences (SPSS) brand 16.0 to be able to process the distribution and frequency of the data that had been obtained.

3. RESULTS AND DISCUSSION

Results

Research Location Overview

This research was conducted at the Wiyega Health Center, Paniai Regency, which was carried out from March 14 to May 14, 2024, with a total of 30 respondents.

Geographically, Wiyega Health Center is located very far from its district. The boundaries of Wiyega Health Center's working area are: to the north it borders Beko District, to the east it borders Amopa District, to the south it borders Kegouda District, and to the west it borders Tuwauwo District.

The Wiyega Health Center area has a fairly concerning road condition and is easily flooded and far from residential areas so that people have difficulty reaching it. The distance from the village to the health center is 150 meters with a temperature of 19°C. The Wiyega Health Center Working Area has in addition to the Mee tribe, there are also various tribes such as the Toraja, Makassar, East Nusa Tenggara, Bugis tribes, but the most is the Mee tribe.

a. Relationship between Mother's Occupation and Malnutrition Status in Toddlers

Below are the results of the test of the relationship between the variable of maternal employment level and the nutritional status of respondents.

Table 1. Relationship between Mother's Occupation and Malnutrition in Toddlers in the Wiyega Health Center Work Area

Work	Nutritional status						<i>P value</i>
	Malnutrition		Normal		Amount		
	f	%	f	%	f	%	
Farmer	20	66.7	0	0	20	66	0.00

housewife	9	30.0	0	0	9	30
Employee	0	0	1	100	1	4
Total	29	96.7	1	3.3	30	100

Source: Processed Data, 2024

Based on table 1, it can be seen that of the 30 people studied, the highest occupation was farmers, 20 (66.7%), and the lowest was housewives, 9 (3.3%). Based on the table above, the results of the analysis using Chi-square with a p value = 0.00, which means that Ho is rejected, which means that there is a significant relationship between maternal employment and the nutritional status of toddlers in the Wiyega Health Center Work Area.

b. Relationship between Mother's Education and Nutritional Status in Toddlers

The following are the results of the correlation test of the education level variable with the nutritional status of respondents.

Table 2. Relationship between maternal education about nutrition and malnutrition status in toddlers in the Wiyega Health Center Working Area

Education	Nutritional status						P value
	Malnutrition		Normal		Amount		
	f	%	f	%	f	%	
No school	9	30.0	0	0	9	30	0.00
SD	5	16.7	0	0	5	17	
JUNIOR							
HIGH	6	20.0	0	0	6	20	
SCHOOL							
SENIOR							
HIGH	9	30.0	0	0	9	30	
SCHOOL							
Bachelor	0	0	1	3.3	1	4	
Total	29	96.7	3.3	29	30	100	

Processed Data Source, 2024

Based on table 2 it can be seen that of the 30 people studied, the highest education was no school, 9 (30.0%), and the lowest was elementary school, 5 (16.7%).

Based on the table above, the results of the analysis using Chi-square with a p value = 0.00, which means that H_0 is rejected, which means that there is a significant relationship between maternal education and the nutritional status of toddlers in the Wiyega Health Center Work Area.

c. The Relationship between Knowledge and Poor Nutritional Status in Toddlers

The following is a table of the results of the correlation test of the mother's knowledge variable with the respondent's nutritional status:

Table 3. Relationship between maternal knowledge about nutrition and malnutrition in toddlers in the Wiyega Health Center working area

Knowledge	Nutritional status						<i>P value</i>
	Malnutrition		Normal		Amount		
	f	%	f	%	f	%	
Not enough	23	76.7	0	0	23	76.7	0.01
Currently	4	13.3	0	0	4	13.3	
Good	2	6.7	1	3.3	3	10	
Total	29	96.7	1	3.3	30	100	

Source: Processed Data, 2024

Based on table 3, it can be seen that of the 30 people studied, the highest level of knowledge was 23 (76.6%), and the lowest level was good, 2 (6.7%).

Based on the table above, the results of the analysis using Chi-square with a p value = 0.01, which means that H_0 is rejected, which means that there is a significant relationship between maternal knowledge and the nutritional status of toddlers in the Wiyega Health Center Work Area.

d. The Relationship Between Exclusive Breastfeeding and Malnutrition in Toddlers

The following is a table of the results of the correlation test of variables regarding exclusive breastfeeding with respondent malnutrition:

Table 4. Relationship between Exclusive Breastfeeding and Malnutrition Status in Toddlers in the Wiyega Health Center Work Area

Knowledge	Nutritional status						<i>P value</i>
	Malnutrition		Normal		Amount		
	f	%	f	%	f	%	
No	25	83.3	0	0	25	84	0.02

Yes	4	13.3	1	3.3	5	16
Total	29	96.6	1	3.3	30	100

Source: Processed Data, 2024

Based on table 4. it can be seen that of the 30 studied, the highest percentage of exclusive breastfeeding was no, namely 25 (83.3%), and the lowest was yes, namely 4 (13.3%).

Based on the table above, the results of the analysis using Chi-square with a p value = 0.02, which means that Ho is rejected, which means that there is a significant relationship between the provision of Exclusive Breastfeeding and the nutritional status of toddlers in the Wiyega Health Center Work Area.

Discussion

Relationship between Mother's Occupation and Nutritional Status of Toddlers Aged 6-59 Months in the Wiyega Health Center Work Area

Based on table 4.8, it can be seen from the 30 studied based on the highest occupation, namely farmers as many as 20 (66.7%), the lowest is housewives (3.3%). Based on the table above, the results of the analysis using Chi-square with a p value = 0.00, which means that Ho is rejected, which means there is a significant relationship between the mother's occupation and the nutritional status of toddlers in the Wiyega Health Center Work Area.

Based on this study, the author can see the level of education with malnutrition has a significant relationship between maternal education with malnutrition status, maternal education also greatly influences the mother's attitude, in the Wiyega Health Center work area, maternal education where the mother's most work is a farmer so that time to be with children is lacking so that the child's intake and breast milk are not controlled so that children are susceptible to malnutrition. This study is that there is a relationship between maternal employment and malnutrition in toddlers. Where the mother has an average job as a farmer, as is the need for children. However, the mother's job is a farmer but also cannot meet the needs of one of them can determine the amount of income in the family has not been met. And the lack of time for children so that they can meet the family's financial needs is obtained to meet daily life.

This study is in accordance with the research conducted by Nuruz Zahrotun Nisak (2018) The Relationship between Mother's Work and Nutritional Knowledge with Toddler Nutritional Status in Duwet Village, Wonosari District, Klaten Regency. Based on the table of hypothesis testing results using Chi-square, the p value = 0.01 was obtained, which means

that H_0 was rejected and there was a significant relationship between mother's work and toddler nutritional status based on weight according to age in toddlers.

Relationship between Mother's Education and Nutritional Status of Toddlers Aged 6-59 Months in the Wiyega Health Center Work Area

Based on table 4.9, it can be seen from the 30 studied based on the highest education, namely no school as many as 9 (30.0%), the lowest is elementary school 5 as many as (16.7%). Based on the table above, the results of the analysis using Chi-square with a p value = 0.00, which means that H_0 is rejected, which means there is a significant relationship between maternal education and the nutritional status of toddlers in the Wiyega Health Center Work Area.

In this study there is a significant relationship between the level of maternal education and malnutrition status. Maternal education also has a major influence on the attitudes of mothers, in the Wiyega Health Center work area the highest level of respondent education is no school and Senior High School (SMA) so that mothers with low levels of education find it difficult to know. In the Wiyega Health Center area there are still those who have less education (no school) so that knowledge is lacking.

The results of the study were the same as those conducted by Nur Azikin, (2016) with the title The Role of Education, Mother's Occupation and Family Income on the Nutritional Status of Toddlers at Posyandu RW 24 and 08, Nusukan City Health Center Working Area, Surakarta. Data tested using chi-square showed significant results with a p value = 0.01 or <0.05, meaning that H_0 was rejected and there was a significant relationship between maternal education and the nutritional status of children according to weight according to age under five years.

The Relationship Between Mother's Knowledge and Nutritional Status of Toddlers Aged 6-59 Months in the Wiyega Health Center Work Area

Based on table 4.10, it can be seen from the 30 studied based on the highest knowledge, which is less, as many as 23 (76.6%), the lowest, which is good, 2 (6.7%). Based on the table above, the results of the analysis using Chi-square with a p value = 0.01, which means that H_0 is rejected, which means there is a significant relationship between maternal knowledge and the nutritional status of toddlers in the Wiyega Health Center Work Area.

Mother's knowledge with poor nutritional status, there is a significant relationship between mother's work and the nutritional status of toddlers in the Wiyega Health Center work area, this can be done by mothers who have good knowledge and fulfill how to ensure

nutrition in their children. Cooking nutritious food for their children compared to mothers with less knowledge.

This study is the same as that conducted by Endang Susilowati and Alin Himawati (2017) with the title Relationship between the Level of Mother's Knowledge about Toddler Nutrition and the Nutritional Status of Toddlers in the work area of Gajah 1 Demak Health Center. The results of the analysis using chi square obtained significant results p value = 0.06 because p value <0.05 statistically there is a relationship between the level of mother's knowledge about toddler nutrition and the child's nutritional status.

The Relationship between Exclusive Breastfeeding and Malnutrition Status in Toddlers in the Wiyega Health Center Work Area

Based on table 4.11, it can be seen from the 30 studied based on Exclusive Breastfeeding, the highest is not as many as 25 (83.3%), the lowest is yes 4 (13.3%). Based on the table above, the results of the analysis using Chi-square with a p value = 0.02, which means that H_0 is rejected, which means there is a significant relationship between the provision of Exclusive Breastfeeding and the nutritional status of toddlers in the Wiyega Health Center Work Area.

The results of this study indicate that there is a relationship between the role of a mother and the provision of Exclusive Breastfeeding to the status of malnutrition in toddlers, this is caused by the low knowledge of mothers about Exclusive Breastfeeding and in the Wiyega Health Center Working Area, almost all mothers of toddlers do not provide Exclusive Breastfeeding because they assume that toddlers who are over 6 months old are no longer given breastmilk, so their opinion is that over 6 months old they can eat and drink so that toddlers are given food and drinks such as water and tea, the food given is tubers. So there is a significant relationship, the provision of Exclusive Breastfeeding and malnutrition status.

This study is in accordance with the research conducted by Leidy F. Pesik (2019) with the title The Relationship Between Exclusive Breastfeeding and Nutritional Status of Children Aged 6-24 Months in Kima Bajo Village, Wori District, North Minahasa Regency. The results of statistical testing with Fisher Exact obtained $p <0.05$ (p value = 0.043) this shows that there is a relationship between exclusive breastfeeding and malnutrition status (BW/A) in children aged 6-24 months.

4. CONCLUSION

Based on the research results that work, education, maternal knowledge and exclusive breastfeeding are related to malnutrition status. which have been presented in the previous chapter, it can be concluded as follows:

1. There is a relationship between maternal occupation and malnutrition status in toddlers in the Wiyega Health Center Working Area, Paniai Regency with a p value = $0.00 < 0.05$.
2. There is a relationship between maternal education and malnutrition status in toddlers in the Wiyega Health Center Working Area, Paniai Regency with a p value = $0.00 (<0.05)$.
3. There is a relationship between maternal education and malnutrition status in toddlers in the Wiyega Health Center Working Area, Paniai Regency with a p value = $0.01 (<0.05)$.
4. There is a relationship between exclusive breastfeeding and malnutrition status in toddlers in the Wiyega Health Center Working Area, Paniai Regency with a p value = $0.02 (<0.05)$.

5. SUGGESTION

1. For further researchers

For further researchers, they can develop this research by looking for other variables related to this research.

2. For Institutions

It is expected that educational institutions will make this thesis as reading material and add references related to malnutrition status so that students can easily get reading materials. And to be able to improve the provision of educational knowledge about providing Exclusive Breastfeeding with malnutrition.

3. For Respondents

To be input for mothers who have toddlers aged 6-59 months to be able to increase their knowledge and awareness of the importance of paying more attention to toddlers regarding the nutritional intake they receive.

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