

IMPROPER FEEDING IN TODDLERS IS ASSOCIATED WITH STUNTING

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ABSTRAK

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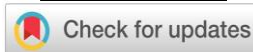
Pattern giving eat,
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Abstract:

Inappropriate patterns of offering food to toddlers that are not right can have an impact on toddler growth. Stunt can have an impact on a reduced level of intelligence and vulnerability to a disease. The purpose of this study was to determine the relationship between feeding patterns and the incidence of stunting in toddlers. This study uses a cross-sectional design. The population in this study was 46 respondents. The sampling technique used purposive sampling. The instruments used questionnaire and also microtonal converted into a standardized value (z-score). Data analysis was performed using the Chi-Square Test. The results of this study showed that out of 46 respondents, 52.2% with improper feeding patterns, and 34.8% of toddlers experienced stunting. Based on the statistical test, p-value (0.001) < (0.05), it can be concluded that there is a relationship between feeding patterns and incidence of stunting in toddlers. The results of this study are expected to be an evaluation of material for respondents in efforts to prevent stunting by providing a nutritious and good diet for the first 1000 days of life until the child is 24 months old. The better the diet, the lower the incidence of stunting.

Abstrak:

Pola pemberian makan pada balita yang tidak tepat bisa berdampak pada pertumbuhan balita. Stunting merupakan gagal tumbuh akibat malnutrisi yang menyerang anak di bawah usia lima tahun. Stunting berdampak pada tingkat kecerdasan berkurang dan rentan terhadap suatu penyakit. Tujuan penelitian ini untuk mengetahui hubungan pola pemberian makan dengan kejadian stunting pada balita di Posyandu Desa Pudak Kulon Kecamatan Pudak. Penelitian ini menggunakan desain cross sectional. Populasi dalam penelitian ini sebanyak 46 responden. Teknik sampling yang digunakan adalah Purposive Sampling. Sedangkan instrumen yang digunakan adalah kuesioner dan juga microtoice dan dikonversikan ke dalam nilai terstandart (z-score). Analisis data dilakukan dengan menggunakan uji statistik Chi Square Test. Hasil dari penelitian ini didapatkan bahwa dari 46 responden, 52,2% dengan pola pemberian makan tidak tepat dan sebanyak 34,8% balita mengalami stunting. Berdasarkan uji statistic, nilai p value (0,001) < α (0,05) sehingga disimpulkan bahwa terdapat hubungan pola pemberian makan dengan kejadian stunting pada. Hasil penelitian diharapkan menjadi evaluasi bagi responden agar bisa mencegah terjadinya kejadian stunting dengan memberikan pola makan yang bergizi dan baik pada masa periode 1000 hari pertama kehidupan hingga anak berusia 24 bulan. Semakin baik pola pemberian makan maka tingkat kejadian stunting akan berkurang.



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INTRODUCTION

The prevalence of stunting globally is still high. Pattern of eating on a toddler in the First 1000 Days of Life can affect nutritional intake in a manner direct to incident stunting problems caused by malnourishment often get attention in some developing countries, which include underweight, stunting, wasting, and micronutrient deficiencies. [1] This is due to low access to nutritious food, lack of intake of mineral water and vitamins, and a variety of foods and sources of animal protein that are still lacking [2]. Not only that factor parenting mother which not enough good especially on behavior and also how to feed as well as intake nutrition which well and enough for toddler.

According to data from joint child Malnutrition Estimates [3] in 2017, as many as 22.2% or approximately 150.8 million toddlers in World experienced stunting. In 2017 stunting toddlers in the world more than ½ are from Asia (55%). According to data from [4], from limitation WHO < 20% toddler which there is in Indonesia experience incident stunting. Year 2018 percentage child who experienced stunting in East Java has reached the highest figure of 32.8% (12.92% short toddlers are also very short, 19.89%) [5]. Based on updated data from the Ponorogo Health Office in 2020, it was found that 41,533 toddlers and there were 5,971 toddlers (14.37%) who experience stunting. From data obtained from the Public health center, Pudak. There is 508 toddler from 6 villages in the subdistrict Pudak, in Pudak Village Kulon, there are 52 toddlers which 15 toddlers experienced stunting [6].

Development and survival of a child very depend on how he is given eat [4]. The feeding pattern is wrong. One behavior is important in nutrition because the quality and quantity of the food as well as drink which is given later will affect the level of health in children. If the pattern eat toddler, no appropriate growth will be disturbed, which in results body thin nutrition bad; even a toddler can become short (stunting); other than that, if the child experiences a deficiency in nutrition, the child will easily

be infected with the disease, so the pattern improvement in eating should be done to avoid nutrition not enough [7]. Objective study this to know the connection pattern of eating with incident stunting in toddlers at Posyandu Desa Pudak Kulon Pudak District.

Effort government to lower the prevalence of stunting between other with carry out program Indonesia's Healthy Approach, which centered on family, provision of additional nutrition at the time born, and good service health base (primary health care) to complement promotion and prevention efforts which supported for speed up nutrition improvement [6]. Need exists socialization also give education about pattern of eating which nutritious and good to the community, especially those who have toddlers and during pregnancy up to child has stepped on time toddler.

RESEARCH METHOD

This study uses a method correlative with using a cross-sectional design. The population in a study is as many as 52 parents and toddlers. Sample this study were as many as 46 respondents with the sample criteria of children aged 7-59 months recorded in Integrated Healthcare Center Village Pudak Kulon, Pudak District. The sampling technique used is purposive sampling. Instrument in study this is a questionnaire and microtonal. Variable independent in this study is the pattern of giving patterns were measured using a questionnaire Child Feeding Questionnaire (CFQ), given direct to person old, provide set routine which must follow a person old to give eat, children they in accordance his age based on the type, number, and schedule of children. Whereas variable bound is stunting on baby big use microtopography and conversion to mark standard, very short Z-score = Z-score -3 elementary school, stunting = -3 SD Z-scores -2 elementary school, normal = -2 SD Z - Score +3 SD and height = > +3 SD use standard anthropometry for child age in lower five year [8]. Then analyzed with the use of test statistics Chi-Square with value p-value.

RESULTS AND ANALYSIS

This research was conducted in Puduk Village Kulon, Subdistrict Puduk, Regency Ponorogo, on the date 07 June 2022. After the data collected furthermore done tabulation and analysis data to make it easy to do a discussion; then results served in data general and special data. Based on analysis data, 46 respondents were. Characteristics respondents as follows:

Table 1.
Characteristics of Respondents

Variable	(n)	(%)
Mother's Age (Years)		
17 - 25	25	54,3
26 - 35	17	37,0
36 - 45	4	8,7
Mother's Education		
Dasar	2	4,3
Menengah	36	78,3
Tinggi	8	17,4
Mother's job		
Government employees	2	4,3
Self-employed	16	34,8
Private sector employee	8	17,4
Farmer	9	19,6
Others	11	23,9
Toddler Gender		
Boy	26	56,5
Girl	20	43,5
Toddler Age (Months)		
7 - 12	10	21,7
13 - 36	22	47,8
37 - 59	14	30,4
Weight (gr)		
>4000	1	2,2
2500-4000	39	84,8
≤ 2500	6	13,0
Height (cm)		
> 53	1	2,2
46 - 52	37	80,4
< 45	8	17,4
Giving Exclusive breastfeeding		
Exclusive breastfeeding	5	10,9
No Exclusive breastfeeding	41	89,1
Pattern Giving Eat		
Appropriate	22	47,8
Not Appropriate	24	52,2
Stunt incident		
Not stunt	30	65,2
Stunt	16	34,8

Based on Table 1 Characteristics, respondents interpreted that most (54.3%) were aged 26-35 years, And part small (8.7%) aged 36-45 year. Almost entirely (78.3%) secondary education and some (4.3%) educated base. Almost half (34.8%) are self-employed, and a small proportion (4.3%) work as government employees. Part big (56.5%) of toddler manifold boys and almost half (43.5%) of toddlers are girl. Almost half (47.8%) of toddlers aged 13-36 months, And For a small portion (21.7%) of toddlers aged 7-12 months. Almost entirely (84.8%) heavy normal newborns weighing 2500- 4000 gr, whereas For part small (2.2%) newborns with high weight weight >4000 gr. Almost all (80.4%) tall body birth range 46-52 cm, whereas For part small (2.2%) tall body birth >53 cm. Almost all (89.1%) gave breast milk exclusively, And part small (10.9%) gave not exclusive breastfeeding.

Table 2.
The Relationship between Feeding Patterns with Incident Stunt on Toddler

Pattern Giving Eat	Stunt incident				x	P value
	No stunt		stunt			
	f	%	f	%		
Appropriate	20	90,9	2	9,1	22	0,001
Not Appropriate	10	41,7	14	58,3	24	

Based on Table 2, one can interpret that from the results of the study about the relationship between feeding patterns with incident stunting in a toddler in Posyandu Puduk Kulon Village District Puduk, Regency Ponorogo, there is 46 respondent. Most of the data above 52.2% with no feeding patterns appropriate, 58.3% of them have children who experienced stunting and 41.7% did not experience stunting. Almost half (47.8%) gave a pattern of feeding to be precise; 90.9% had children who had No stunting, and 9.1% experienced stunting.

From the results of the Chi-Square test, the results are obtained p-value = 0.001 with

$\alpha = 0.05$. The conclusion of this research is $p\text{-value} (0.001) < \alpha (0.05)$, Which means There is a connection pattern of gift Eating with the incidence of stunting in toddlers in Pudak Village Kulon Pudak District.

Pattern Giving Eat on Toddler in Village Pudak Kulon Subdistrict Pudak Ponorogo

Pattern gift eat which appropriate that is pattern gift eat which in accordance with the type of food, the amount of food, and meal schedule for toddlers research result pattern of feeding in toddlers in part big (52.2%) respondent own pattern Eat which is not right. Whereas of the rest respondent which owns a pattern of proper toddler feeding, almost half is 47.8% of respondents.

Pattern gift eat which no exactly will affect the intake of substances nutrition, especially intake substances nutrition which role on growth child. The pattern eating which not enough good influence on the incidence of stunting [9] it can be seen that the toddler's mother is the responsible answer in deciding is child already eating or not yet, offering (candy, ice cream, cake, dry cake), offer child i food his favorite.

Bribe eat child no more than 30 minute, as well as mother toddler responsible answer in decide how many portions Eat his son. The right eating pattern is found in mothers giving children food with a balanced menu, giving children food that contains carbohydrates and protein and also making a feeding schedule for toddlers.

Pattern gift eat based on meal schedule indicator given on toddler need exists accompaniment as well as supervision on child also implicated to quantity and quality food which enter into the body child. Based on the results study obtained that most of the mothers of toddlers are the responsible answer in deciding whether is child has eaten or not. In my opinion [10], the wrong approach to getting children to behave well is to give they food at the right time. The need for child nutrition will be fulfilled when the mother is a toddler and develop the habit of eating healthy.

Besides the mother deciding how many portions to eat toddler, offering snacks also affect the pattern of administration. Eat on a toddler. Based on the results study obtained that almost half of the mothers of toddlers offer candy, ice cream, cake, and dry cake to toddlers as present for behavior, which is good. Theory glucostatic states that Simple carbohydrates come from food or drink sweetened matter because drinking sweet can cause a decline lust eat due to high glucose levels blood so that cause toddlers no will increase their energy intake more than needed [11].

Feeding patterns are also affected by mothers who offer their favorite foods to their toddlers. Based on the results study obtained, almost half mothers of toddlers offer food as their favorite as a reward for good behavior. Customs and culture also can influence on use of material food as well as election menu food, frequency, objective until type food that is considered taboo by the public general or residents around. [12]

Based on the results study, pattern gifts Eaten by toddlers also obtained by almost half of mothers, who bribe food to toddlers for no more time than 30 minutes. According to [10] that the time of administration Eat a child is wrong. One method to get used to eating behavior that good for the child. Process learning eating habits in good children will support the fulfillment need for nutrition. Assistance and supervision of children are also implicated in the quantity and quality of incoming food into the child's body.

Pattern gift eat toddler based on indicators of the number of meals should be given in accordance with the needs of every individual in the family. based on the results the study obtained, almost half mother'sof toddlers are the responsible answer in deciding how much to eat their child. According to theory [13] that nutritional problems occur in children, namely the imbalance between the number intake of food obtained and with recommended nutritional requirements child, which is given by mother.

Pattern gift eating toddlers based on indicators of the type of food is very determined status nutrition child matter. This caused toddlers include nutritionally vulnerable groups, so the type of food given must be in accordance with the child's body and its digestibility. Pattern intake of child food with a balanced menu can influence pattern feeding to toddlers. Based on the results study, part big respondents gave food with a menu balanced for children under five, such as rice, side dishes, vegetable, fruit, and milk. According to [14], healthy food is a nutrient-rich food that can be found in fruits, vegetables, side dishes, and food trees. Lack of understanding and knowledge will affect the attitudes of the Mother to the pattern Eat and the behavior of his son [15].

Carbohydrate owns Lots role important in the intake of food for toddlers. Because carbohydrate is the source of calories main. Based on the results study found that the majority of mothers who breastfeed their sons consume sugar like rice, tubers, corn, and flour, which is dangerous for child small. According to [16] that Habit Eat toddlers are very dependent on the consumption of rice, a source of fibrous carbohydrates tall.

In addition to providing a balanced menu and gift intake of carbohydrates, gift intake of proteins is also influential to pattern gift Eat on toddlers. Based on the results study obtained, part big respondents give foods that contain protein such as meat, fish, soya bean, egg, peanut- nuts, and milk for toddlers in Puduk Village Kulon Subdistrict Puduk Regency Ponorogo. Proteins this wrong one matter which is important for toddler growth. Because proteins make up most of the structure of muscles, organs, and other systems. When toddlers eat protein, their digestive tract changes proteins become sour amino. The book guide on nutrition balance describes this matter [17].

Incidence of Stunting in Toddlers at Puduk Kulon Village Toddler Posyandu, Puduk District, Ponorogo Regency.

The stunt is a term for body dwarf/ short, where a child age under 5 years

experiences a condition that fails to grow, consequence, lack of nutrition, and chronic infection, repeated Which happens during the period period. First 1,000 Days of Life (HPK), i.e., from fetus until child aged 24 months. The child said stunting If results in anthropometric measurement of length or tall body per his age under -2 SD [18].

Heavy babies born low can influence incident stunting in toddlers.

Based on the results of the research that some small (13.0%) with LBW, mostly (66.7%) experience incident stunting and almost half (33.3%) No experiencing stunting. LBW is usually caused by the condition of the nutrition Mother, Which is not enough during pregnancy [1]. Heavy babies born have their own impact, which goes on from generation to generation; children with LBW will own size, which is not enough for development. BBL occurs at 6 months of First life, Then decreases until age 24 months, so from that, the baby can chase growth in 6 months. First life possibility significant to achieve average body weight; if no done chase grow so children will be susceptible to disease, so can impact long on to health.

Incident stunting no only influenced by LBW factors alone, however also by tall bodies born in toddlers. Based on the results study obtained that a fraction (17.4%) with high bodies born short <45 cm, almost all (75.0%) experienced stunting, and almost half (25.0%) No experienced stunting. All the nutrients needed for fetal growth are found in the food consumed by the mother which is stored regularly and continuously as glycogen, protein and the excess as fat. Nutritional intake is useful for meeting the mother's needs during pregnancy and fetal growth and development [19].

The results of this study are in accordance with the theory [20]. Stunting is a term used To describe the long-term effects of non-physical symptoms of malnutrition in toddlers on cognitive function. Stunting has a negative impact on development cognitive, success academic, And production economy

person mature. Development of physique and motor toddler which happen very fast in a number of years first life can hampered by health and nutrition which bad. Matter that can result in a child experiencing a disturbance in growth also makes it difficult for healed. If condition the keep going to continue, so can result a bad impact on the child's health permanently, then from it needs very strict supervision by a person old.

Feeding Pattern Relationship with Incident Stunt on Toddler in Pudak Kulon Village Toddler Posyandu, Pudak District, Ponorogo Regency.

Based on Table 2 above can be interpreted that from the results of study about the connection pattern of gift Eating with the incidence of stunting in toddler at posyandu Village Pudak Kulon Subdistrict Pudak, Regency Ponorogo, there is 46 respondent. From data on part big (52.2%) with no feeding patterns appropriate, 58.3% among them have a child who experiences stunting, and 41.7% have no experience stunting. Almost half (47.8%) give pattern gifts and eat in a manner appropriate, 90.9% have a child which not stunting, and 9.1% experienced stunting. From the results, test Chi-Square with calculation using SPSS 25 obtained results p- value = 0.001 with alpha = 0.05. the conclusion from the study this is p-value (0.001) < α (0.05), which means there is a relationship pattern of feeding with incident stunting in a toddlers in village pudak kulon Pudak district. Based on the research results obtained that there is a pattern of gift eat already appropriate, but no happen stunting. Food must be given in amounts which appropriate, no excessive, and must customize to the need body toddler so that it can fulfill the guidelines for nutrition toddlers. Food suitable for children under the age of five years, provided the food covers sources of energy, building materials, and regulator.

Study This obtained that majority respondent which experience stunting (TB/U) own pattern gift eat no appropriate, matter this because intake nutrition which no

in accordance need body children, where in infancy nutrition is useful for its growth and development. Nutritional problems in toddlers, one of them is child short. Children short can hinder the development child even impact negatively which will go on period life furthermore.

The child is considered at risk of not having enough nutrition biggest because the pattern of gift eat which no appropriate and will impact growth and development [21]. Pattern good eating is applied to achieve growth and maintenance of the body as well productivity. Therefore, the better pattern of eating them, the more difficult for toddlers for sick. Prevent happening disturbance health on child age early which caused by nutrition which not enough, especially developmental disorders [22].

A healthy diet can protect the body child from lots of diseases. Nutrition which good covers pattern eat balanced, which can be customized based on the type of food, amount of food, and diet [9]. According to a study [13], nutritional problems in children occur when the mother's meal schedule is more good, no offsetting the need for the nutrition of a child who is taller.

According to [10] that one approach to getting children to behave well is to give their food at the right time. Need nutrition child will be fulfilled the moment they develop the habit eat which healthy. The amount and type of food consumed by children also has an impact on how much and how well the food is absorbed into their body. According to [23] be detected with the pattern eat which is no appropriate.

Sunt on toddlers in Village Pudak Kulon Subdistrict Pudak Regency Ponorogo is influenced by the pattern of giving eat to toddlers. Feeding patterns, which are appropriate for toddlers, also can cause stunting, and vice versa for toddlers who have patterns of giving eat, which is no appropriate but does not happen stunt. Function family, specifically the importance of mothers in feeding their children son, impact on matter this. The problem of malnutrition in toddlers is anticipated to be

resolved by effort enhancement need nutrition for toddlers, providing the type of food which enough for consumption, and also do not neglect children on eating time.

Child can no happen to stunt although pattern gift eats it no appropriate. results study pattern gift eat on toddler almost half own trend that pattern gift eat no appropriate but no happen stunting according to [24] to overcome the occurrence lack nutrition, given supplement or vitamin a using supplements ready-to-use peroral special nutrition that is permissible consumed together with food. Other factors of feeding patterns are not right, and no stunting could happen because of genetic factors from parents who have a height over and because it gives supplements and vitamins. For a toddlers, so from that child no happen to stunt though pattern gift eats it no appropriately.

CONCLUSION

The results of this study found that of 46 respondents, 58.3% of respondents with pattern gift eat no appropriate experience incident stunting. Based on the results, test statistics show exists connection pattern of gift eat with the incidence of stunting in toddlers in Puduk Village Kulon Subdistrict Puduk Regency Ponorogo.

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