



## The Relationship Between Socioeconomic Factors and Parenting Patterns with the Nutritional Status of Toddlers in Sipan Village, Sarudik District in 2023

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### ABSTRACT

Nutritional problems are one of the risk factors for increased morbidity and mortality. Global Nutrition Report (2021) Indonesia is at high risk of underweight, stunting, wasting, and overweight. Based on the Indonesian Health Profile report, Sipan village, Sarudik sub-district has the highest percentage of malnutrition and severe malnutrition. The Sibolga City Health Office noted that of the 9,556 toddlers weighed at the age of 0-59 months, 20.9% were malnourished and 9.5% were thin. Many factors cause nutritional problems, both directly and indirectly. This study aims to analyze the relationship between socio-economic factors and parenting patterns with the nutritional status of toddlers in Sipan village, Sarudik sub-district in 2023. This study used an analytical survey with a cross-sectional design. The research sample was 75 respondents who had toddlers. Collected using simple random sampling techniques. Data analysis using univariable, bivariable (chi-square) and multivariable (multiple logistic). The results of the chi-square test showed that the variables related to the nutritional status of toddlers with BB/TB and BB/U indices were the number of family members, maternal nutritional knowledge, feeding practices, personal hygiene practices, and health parenting patterns. On the other hand, variables that were not related were maternal education, occupation, income, and household expenditure. Meanwhile, the results of the multiple logistic test showed that feeding practices and health parenting patterns had a negative or inverse effect on the nutritional status of toddlers, with the final results of BB/TB feeding practices ( $B = -2.834$ ) and BB/U ( $B = -2.581$ ) then, health parenting patterns BB/TB ( $B = -3.848$ ) and BB/U ( $B = -2.663$ ). Health centers are expected to utilize health promotion media such as leaflets and stickers to help mothers remember the information provided.

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### 1. Introduction

Nutritional problems are fundamental problems that are risk factors for increased morbidity and mortality. Nutritional problems can occur in all age groups. (Ruaida, 2018), (Harlina, Hidayanty, & Nur, 2021). However, the problem of nutrition in toddlers is a major concern because this age is the golden age

which is important for the growth and development of the child's brain which is very fast in absorbing information.(Yunita, Luthfi, & Erlinawati, 2020),(Nugroho, Sasongko, & Kristiawan, 2021). Therefore, proper nutrition is needed to support their growth and development to be more optimal. Currently, the world is still faced with a double nutritional problem, namely on the one hand there is a problem of malnutrition and on the other hand there is a problem of overnutrition. The Food and Agriculture Organization (FAO) noted that in 2021, around 767 million people worldwide suffered from malnutrition. Of that number, 425 million people are in the Asian region. The 2021 Global Nutrition Report stated that Indonesia is threatened by a high prevalence of underweight, stunting, wasting, and overweight(Noer et al., 2021),(Fuskhah, 2022).

Based on the Indonesian Health Profile Report in 2021, the number of toddlers aged 0-59 months who experienced malnutrition was 0.9%, undernourished was 4.0%, wasted toddlers were 1.2% and very thin toddlers were 6.1%. Meanwhile, in 2022, the Results of the Indonesian Nutritional Status Survey (SSGI) showed that the prevalence of malnutrition was 17.1%.(Princess & Andarini, 2021),(Putra & Setyaji, 2022). Based on data from the Sibolga City Health Office, the nutritional status of toddlers in Sipan village, Sarudik sub-district with a BB/TB index reached 33.9% and there were no cases of nutritional status with a BB/U index, while in 2021 the Sibolga City Health Office recorded that out of 9,556 toddlers weighed at the age of 0-59 months, 20.9% experienced malnutrition and 9.5% were thin toddlers with the highest cases in the Sarudik sub-district work area with one of the areas of concern being Sipan village which is located in the Sibolga city area. Increasing population growth can affect various aspects of life such as the quality of human life(Ridwan, Hidayanti, & Nilfatri, 2021),(Sari, Rahmadini, Charlina, Pradani, & Ramadan, 2023).

Nutritional problems in Sipan village, Sarudik sub-district are caused by several factors, including limited food availability in households.(Febby, 2022),(Novike, 2022). stated that the availability and accessibility of food to the community is greatly influenced by various aspects, namely physical aspects, social aspects and economic aspects. The physical aspect is determined by the indicator of food distribution to the household level, while the social aspect is determined by the status owned and the economic aspect is determined by low income. Based on previous studies, the average income of residents in Sipan village, Sarudik district is relatively low. Hidayati (2023) stated that children who live in families with high socio-economic levels can have their nutritional needs met adequately compared to families with low incomes(Hidayati et al., 2023),(Nopihartati, Neherta, Sari, & Adab, 2023).

The low economic status can be caused by several factors, one of which is the type of work done by parents. Because, the type of work of parents can describe the financial income of a family. From the survey conducted, the majority of residents in Sipan village, Sarudik sub-district, mostly work as fishermen so that they spend more time working at sea than taking care of their families and children.(Idris, Hendratmoko, Widodo, Yaqin, & Ismail, 2023),(Purnomo, 2017). Working mothers have a higher risk of having toddlers with poor nutritional status compared to mothers who do not work.(Sholikah, Rustiana, & Yuniastuti, 2017),(Nurmaliza & Herlina, 2019).

In addition to work, the number of family members can affect the nutritional status of toddlers in the home. The number of families with low economic conditions will be at risk of their children experiencing malnutrition or undernutrition. This is related to research conducted in the Sarudik health center work area in 2019, out of 33 respondents, 57.9% of toddlers were underweight with the number of family members above 4 people(Amirullah, Putra, & Al Kahar, 2020),(Sartika, 2010). Another factor that influences the nutritional status of toddlers is the mother's education. Several literatures show that the level of education of the mother and the area of residence greatly influence the incidence of chronic malnutrition in children in Indonesia.(Romadoniyah, Rejeki, & Pramatama, 2022),(Syabania, Yuniar, & Fahmi, 2022). This level of education will also affect the knowledge possessed by the mother, especially regarding nutrition. This is supported by research by Kawengian and Kapantow (2015) that the level of formal education of the mother can affect the level of knowledge of the mother so that she is able to absorb various practical information in formal and non-formal environments. The lack of knowledge of the mother about nutrition can also affect the parenting patterns given to the child. such as food

processing behavior and food consumption in the family so that nutritional problems tend to increase (Syabania et al., 2022), (Yuniar, Khomsan, Dewi, Ekawidyani, & Mauludyani, 2020).

Parenting is one of the factors that is closely related to the growth and development of toddlers. Inappropriate parenting from parents will affect the nutrition received by children. This is supported by research conducted in the working area of the Kampung Dalam Health Center in 2023, out of 48 respondents, 60.9% of toddlers had malnutrition status with a category of poor parenting patterns. (Olsa, Sulastri, & Anas, 2018), (Saadah, 2022). Parenting patterns also play an important role in stimulating children's potential. Masita et al., (2018) stated that parenting pattern variables are measured by three variables, namely toddler feeding practices, toddler care practices and maternal and toddler hygiene practices.

## **2. Methods**

### **2.1 Research design**

This type of research is an analytical survey with a research design using a cross-sectional study approach. Cross-sectional study is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once at one time (Nursalam, 2017).

This type of research aims to study the dynamics of the correlation between risk factors and effects. This cross-sectional study is often also called transversal research and is often used in epidemiological studies. This study aims to see the relationship between the dependent variable (toddler nutritional status) and the independent variables (mother's nutritional knowledge, education, occupation, family income, number of family members, feeding practices, health parenting patterns, hygiene and sanitation parenting patterns).

### **2.2 Place and Time of Research**

**Respondent Characteristics** This research was conducted in Sipan Village, Sarudik District, this research was conducted in August 2023.

### **2.3 Population and Sample**

Population is a whole object studied whose results can represent or cover all objects studied (Sugiyono, 2019). The population in this study were all mothers who had toddlers in Sipan Village, Sarudik District. The sample is an object studied and is considered to represent the entire population (Notoatmodjo, 2010).

### **2.4 Method of collecting data**

Data collection used in this study is direct interviews using research instruments. Research instruments are tools for collecting and processing data on the variables studied. The instruments in this data collection are scales, microtoise, questionnaires, cameras and stationery.

### **2.5 Data Analysis Techniques**

The data that has been collected both from the results of observations and from questionnaires are then grouped so that they become information that is easily recognized and worthy of being analyzed, so that in the end it can be used as a basis for drawing conclusions. Data processing and analysis were carried out with the help of SPSS for windows. The data analysis method used in this study is a quantitative research method which includes:

#### **a. Univariable Analysis**

Univariable analysis is used to see the frequency distribution of each variable studied, both dependent variables and independent variables.

### b. Bivariable Analysis

Bivariate analysis is performed on two variables that are suspected to be related or correlated. This analysis uses the chi-square statistical test.

### c. Multivariable Analysis

Multivariable analysis was conducted on three variables that were suspected of being related or correlated. In this analysis, the independent variables tested were variables that had values

## 3. Results and Discussion

Sipan Village is one of the sub-districts in Sarudik District, Sibolga City. Most of the population in Sipan Village, Sarudik District. The population of Sipan Village is 2,169 people consisting of 1,104 men, 1,065 women with 522 heads of families. Health facilities in the Sipan Village area include the Sarudik Health Center, Parombunan Health Center, 6 (six) Posyandu for babies / toddlers and 2 (two) Posyandu for the elderly. The livelihoods of the residents of Sipan Village, Sarudik District vary.

Table 1.  
Frequency Distribution of Respondents Based on Toddler Nutritional Status in Sipan Village, Sarudik District

Nutritional Status BB/TB	N	%
Malnutrition	36	48.0
Good Nutrition	39	52.0
Total	75	100
Nutritional Status BB/A	n	%
Normal	35	46.7
Thin	40	53.3
Total	75	100

Table 1 shows that the nutritional status of toddlers with BB/TB index is more in the good nutritional status category as many as 39 toddlers (52.0%) compared to the malnutrition status (48.0%). In the nutritional status of toddlers with BB/U index, there are also more in the normal category which is 40 toddlers (53.3%) compared to thin toddlers (46.7%).

### 3.1. Distribution of Respondents Based on Mother's Education Level in Sipan Village, Sarudik District

Mother's Education	n	%
Low	69	92.0
Tall	6	8.0
Total	75	100

Table 2 shows that the mother's education level is dominated by the low category of 69 respondents (92%) compared to the high education level. On average, mothers of toddlers only completed education up to Junior High School (SMP).

### 3.2. Distribution of Respondents Based on Health Parenting Patterns in Sipan Village, Sarudik District

Mother's Education	n	%
Not good	17	23.0
Good	58	77.0
Total	75	100

Table 3 shows that the distribution of respondents based on parenting patterns in Sipan Village, Sarudik District, is mostly in the good category of 58 respondents (77%) compared to the less good category. On average, mothers of toddlers utilize the health services available there. They routinely take their children to the integrated health post to take part in weighing and immunization activities and always take their children to the health center when they are sick.

### 3.3 Distribution of Respondents Based on Family Income Level in Sipan Village, Sarudik District

Family Income	n	%
Low	6	86.7
Tall	10	13.3
Total	75	100

Table 4 shows that the level of family income is more often found in the low income category as many as 65 respondents (86.7%). The average family income in Sipan Village, Sarudik District is Rp882,867.00.

### 3.4 Discussion

#### a. Relationship between Socioeconomic and Parenting Patterns with Toddler Nutritional Status Education

Education level is a process of self-development of a person in improving skills, attitudes and behavior through teaching and training efforts. Education level, especially of mothers, has a significant role in health status. This is because the level of education of mothers can determine actions or attitudes in dealing with various problems, especially during the child's growth period. One of the roles of maternal education is to be able to receive health information, especially that related to the fulfillment of children's nutritional needs. Usually mothers with higher levels of education will be more receptive to information from outside, compared to mothers with lower levels of education. (Ni'mah and Muniroh, 2015).

Based on the results of the study, there was no significant relationship between the level of maternal education and the nutritional status of toddlers in Sipan Village, Sarudik District. From the results of the study, it is known that most of the mothers' education is still low, namely not attending school up to junior high school (SMP). According to the researcher, the level of education does not affect the nutritional status of toddlers because on average, mothers of toddlers in Sipan Village have a level of awareness in improving their children's nutrition by always diligently participating in posyandu activities and utilizing social media such as Facebook and TikTok properly to find out various health information. Based on the results of previous interviews regarding information obtained from social media, on average they asked the local cadres or health workers again to ensure that the information obtained was not a hoax and usually they discussed complaints related to the nutritional status of toddlers. The results of this study are in line with those conducted by Beti (2020) that there is no significant relationship between maternal education and the nutritional status of toddlers ( $p = 0.699$ ) due to current technological developments.

#### b. Work

Work is one of the activities carried out to earn money to meet needs. In this era of globalization, the need for clothing and food is increasing, requiring mothers to work to find additional income for the family. The mother's employment status can affect the nutritional status of toddlers, according to Fauzia et al. (2019) working mothers spend less time caring for their children than mothers who do not work. This can affect the quality of care which will have an impact on nutritional status. Based on the results of the study, there was no significant relationship between the level of employment and the nutritional status of toddlers in Sipan Village, Sarudik District.

The results of the study showed that most mothers have jobs. Based on the results of the interview, most mothers work as farmers. Even so, they can still take care of their children because most of the gardens where they work are in the yard or not far from home, while mothers who work in the office usually leave their children with their grandmothers or relatives. The results of this study are in line with research conducted by Liswati (2016) that there is no relationship between employment status and nutritional status of toddlers in Tegal Giri Village, Nogosari District, Boyolali Regency ( $p = 0.473$ ).

#### c. Income

Income levels can be divided into two, namely high income and low income based on the Regional Minimum Wage (UMR). The higher the income of a family, the more positive influence it has on nutritional status (Hasibuan, Nasution and Suhartina, 2020). In addition, income levels can be one of the factors that affect a family's ability to meet daily needs, especially food. The quality and quantity of food consumed are usually determined by the size of the income. Low-income families are likely to be less able to meet their food needs, especially the nutritional needs of the body.

The results of this study indicate that most households have low incomes or below the UMR of Sipan Village (<Rp2,187,000.00) amounting to 86.7% of respondents. Based on the data collected, the average overall income of the respondent's family was Rp882,867.00 per month. From the results of the study, low income levels were also found in normal nutritional status. Based on the results of the research analysis, there was no significant relationship between family income levels and the nutritional status of toddlers in Sipan Village, Sarudik District. This is because most households have gardens so that food supplies are sufficient, such as rice, corn and vegetables.

#### d. Household Expenditure

Household expenditure is the cost incurred for the consumption of all family members. Household expenditure is divided into two, namely food and non-food expenditure. Household expenditure is one indicator that can describe household welfare.

The results of this study indicate that most households have low expenditure levels (<Rp1,519,469.00) amounting to 84% of respondents. The average overall expenditure of respondent families is Rp852,802.00 per month with the largest expenditure for non-food (transportation, clothing, electricity, and others). Based on the results of the research analysis, there is no significant relationship between household expenditure and the nutritional status of toddlers in the Sipan Village area, Sarudik District. This is what makes household expenditure only a little. The results of this study are in line with Ina Bili et al. (2022) that food and non-food expenditures are not directly related to changes in the nutritional status of toddlers because the place of residence is far from shopping centers and the absence of public transportation makes residents only rely on garden produce.

#### e. Mother's Nutrition Knowledge

The level of maternal knowledge about nutrition is one of the important roles in improving health. If the level of maternal knowledge about toddler nutrition is good, there will be early prevention for nutritional problems (Yuhansyah and Mira, 2019). Based on the results of the research analysis, there is a significant relationship between the level of maternal nutritional knowledge and the nutritional status of toddlers in Sipan Village, Sarudik District. The results of the study showed that mothers with low levels of nutritional knowledge have toddlers with abnormal nutritional status, while moderate and high levels of maternal nutritional knowledge are more common in toddlers with normal nutritional status. Some respondents lack knowledge about providing balanced nutrition, how to process food and meal schedules. From the results of the interview, the average respondent did not understand the principle of balanced nutrition, so most of them provided food that was less varied in nutritional content. In addition, respondents still did not know much about the types of nutrients and examples. This is because the average level of education of respondents is relatively low. Low education can affect receiving and understanding health-related information (Nurmaliza and Herlina, 2019).

#### f. Health Parenting Patterns

Health parenting is one of the most important things in disease prevention and health maintenance efforts. Health parenting in toddlers is measured by how families serve children's health needs, including providing immunizations, vitamin A capsules, weighing at the integrated health post and personal hygiene (Masithah et al., 2005). Based on the results of the research analysis, there is a significant relationship between health parenting and the nutritional status of toddlers in the suburban area of Naioni Village. The results of the study indicate that the proportion of mothers who have good health

parenting tends to have toddlers with normal nutritional status, while mothers who have poor health parenting tend to have toddlers with abnormal nutritional status.

Based on field observations, the community in the Sipan Village area, Sarudik sub-district, greatly utilizes the health services available there. On average, mothers routinely bring their children to the integrated health post to take part in weighing and immunization activities. Mothers who routinely visit the integrated health post will affect their children's nutritional status. Diagama et al. (2019) stated that mothers who routinely visit the integrated health post are very useful because they can help monitor their children's nutritional status by weighing them every month for early detection of their children's health status, so that further interventions can be determined immediately. Integrated health posts have a significant influence in improving the quality of public health and social change. This can be illustrated by the increasingly good quality of health that can reduce maternal and infant mortality rates, children's nutritional status is getting better, toddler growth is more controlled, community knowledge about health is increasing, and the success of the family planning program (Saepuddin et al., 2017).

#### 4. Conclusion

Based on the results of the analysis and discussion that have been presented regarding the research on the relationship between socio-economic factors and parenting patterns with the nutritional status of toddlers in the suburban area of Nainoni Village, the following conclusions can be drawn: Maternal education is not significantly related to the nutritional status of toddlers in the Sipan Village area, Sarudik District. Occupation is not significantly related to the nutritional status of toddlers in Sipan Village, Sarudik District. Income is not significantly related to the nutritional status of toddlers in Sipan Village, Sarudik District. Health parenting patterns are significantly related to the nutritional status of toddlers in Sipan Village, Sarudik District. Personal hygiene practices are significantly related to the nutritional status of toddlers in Sipan Village, Sarudik District.

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