



## Factors Associated With Undernutrition In Children in Tanjung Raya Village, Teluk Dalam District Simeulue District

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### ABSTRACT

Based on data from the World Health Organization (WHO) in 2018, 49% of the 10.4 million deaths of children under five in developing countries were related to malnutrition. It is recorded that around 50% of children under five in Asia suffer from malnutrition (UNICEF, 2018). Nationally, the prevalence of malnutrition and malnutrition is still fluctuating. Objective: To determine the factors associated with poor nutrition in toddlers in Tanjung Raya Village, Teluk Dalam District, Simeulue Regency in 2023. Method: The research design used an analytical survey with a cross sectional approach. The population used was all mothers who had toddlers in Tanjung Raya Village, Teluk Dalam District, Simeulue Regency. The sampling technique used total sampling, namely 43 respondents. The data instrument used was a questionnaire that was distributed and filled in directly by respondents. Data analysis used the chi-square test with significance  $\alpha=0.05$ . Results: The chi-square test shows that there is a relationship between maternal knowledge and malnutrition with p-value = 0.002, there is a relationship between maternal attitudes and malnutrition with p-value = 0.009, there is a parenting pattern with undernutrition with p-value = 0.005. Conclusion: There is a relationship between maternal knowledge, attitudes and parenting patterns and malnutrition among toddlers in Tanjung Raya Village, Teluk Dalam District, Simeulue Regency in 2023. The results of this research are expected to be a reference for improving knowledge, attitudes and parenting patterns of mothers with malnutrition in toddlers.

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## 1. Introduction

Nutrition for toddlers greatly influences the growth and development of a baby, however, mothers also need to know what a toddler needs to get better food and nutrition. Nutritional status is the success in fulfilling nutrition for children as indicated by the child's weight and height. Nutritional status is also defined as a health status resulting from a balance between nutritional needs and input. Nutritional status is a reflection of the measure of the fulfillment of nutritional needs obtained from the intake and use of substances by the body (Desiana Melati Putri, 2018).

Nutritional status can be determined by clinical examination, anthropometric measurements, biochemical analysis, and nutritional history (Ariesthi, 2019). A person's nutritional status depends on nutritional intake and the need for a balance between each individual's nutritional intake, depending on age, gender, activity, body weight and height (Nuzula et al., 2017).

Eating pattern is the behavior of a human or group of people in fulfilling the need for food which includes attitudes, beliefs and food choices (Ratufelan et al., 2018). Meanwhile, according to Suhardjo, eating pattern is defined as the way a person or group of people chooses food and consumes it as a reaction to physiological, psychological, cultural and other influences social (SIMANGUNSONG, 2019). Another source says that eating patterns are defined as the characteristics of an individual's repeated activities in fulfilling their need for food, so that their physiological, social and emotional needs can be met (ALHIDAYATI, 2018).

Based on data from the World Health Organization (WHO) in 2018, 49% of the 10.4 million deaths of children under five in developing countries were related to malnutrition. It is recorded that around 50% of children under five in Asia suffer from malnutrition (Oktavia et al., 2017). Nationally, the prevalence of malnutrition and malnutrition is still fluctuating (Minkhatulmaula et al., 2020). Based on the results of the 2019 Indonesian health service profile data, it is stated that the percentage of malnutrition in Indonesia is 3.9%, while the percentage of malnutrition is 13.8%. The province with the highest percentage of malnutrition and malnutrition among toddlers aged 0-59 months in 2019 is East Nusa Tenggara, while the province with the lowest percentage is Riau Islands Province. North Sumatra in 2017 was 18.2%, consisting of 5.2% malnutrition and 13% malnutrition (Mayasari et al., 2021). This figure was 5.0% higher than the provincial figure in 2016 (13.2%) (Vionalita & Sari, 2019).

Based on the 2019 North Sumatra health service profile, nutritional status data is based on the BB/U category, namely toddlers with undernutrition (3.3%), good nutrition (9.9%), overnutrition (0.7%). For the BB/U category, the data obtained were the number of very short children (4.6%), short (19.2%), and normal (76.2%). In the BB/TB category, the number of very thin children was (8.6%), thin children were (2.6%), normal children were (72.8%), and the number of obese children was (4%) (Mustika & Syamsul, 2018).

Based on initial survey data in September 2023 which was conducted in Tanjung Raya Village, Teluk Dalam District, Simeulue Regency using interview techniques, it was found that 41 mothers had toddlers, including 39 mothers who knew about the good nutritional status of their toddlers, 2 mothers who did not know enough about the nutritional status of their toddlers. toddler. Based on this background, researchers are interested in conducting research entitled Factors influencing malnutrition among toddlers in Tanjung Raya village, Teluk Dalam sub-district, Simeulue district in 2023.

Research contribution Share health services, namely to increase efforts socialization of nutritional status among the community, especially mothers who have toddlers through counseling periodically and through distribution of brochures containing status nutrition and how to select, store, good food processing and presentation for toddlers. For the community and mothers of children toddlers to look for information as much as possible about how to choose, storage, processing and presentation food for toddlers, which meets the requirements 3B menu set by the government, namely food that is diverse in type, nutritious from the content of these foods, as well balanced levels of nutrients contained in that food. research contributions to science Next it is hoped to research about other factors that influence nutritional status toddler.

## 2. Research methods

This type of research is an analytical survey with a cross sectional approach which aims to carry out measurements or observations at the same time (one time). This research was conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023. The research time required for this research was carried out from July to September 2021. The population in this study were all mothers who had toddlers in Tanjung Raya Village in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, totaling 43 people. The sample consisted of 43 mothers who had toddlers in Tanjung Raya village. Data

analysis used in this research was univariate and bivariate analysis. Univariate analysis was carried out on each variable. Bivariate analysis is an analysis carried out to determine two variables that are thought to be related (correlation), namely between the independent variable and the related variable (dependent variable).

### 3. Analysis And Results

Table 1. Characteristics of Respondents Based on Age, Number of Children, Employment and Education in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, 2021

Variable	Frequency	Persentase (%)
Age		
<20 years	14	36,2
20-35 years	23	53,5
>35 years	6	14,0
Number of children		
Primipara	11	26,5
Multiparous Grande	9	20,9
Multipara	23	53,5
Work		
Work	20	46,5
Doesn't work	23	53,5
Education		
Basic (Primary and Middle School)	22	51,2
Intermediate (high school)	16	37,2
Higher Education (DIII, S1, S2, S3)	5	11,6
Total	6	100

Based on the table above, the characteristics of respondents based on age of the 43 respondents, it is known that those aged <20 years amounted to 14 respondents (36.2%), 20-35 years amounted to 23 respondents (52.5%), and >35 years amounted to 6 respondents (14.0%). Characteristics of respondents based on the number of children from 43 respondents, it is known that the number of primiparous children was 11 respondents (25.6%), multipara were 9 respondents (20.9%), and grande multipara were 23 respondents (53.5%). Characteristics of respondents based on work from 43 respondents, it is known that 20 respondents (46.5%) were working and 23 respondents (53.5%) were not working. Characteristics of respondents based on education from 43 respondents, it is known that those with primary education (SD and SLTP) amounted to 22 respondents (51.2%), secondary (high school) amounted to 16 respondents (37.2%), and tertiary education (DII, S1, S2, S3) amounted to 5 respondents (11.6%).

Table 2. Frequency distribution of the relationship between maternal knowledge and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, 2021

Variable	Frequency	Persentase (%)
Knowledge		
Good	23	53,5
Enough	13	30,2
Not enough	7	16,3
Mother's attitude		
Positive	15	34,9
Negative	28	65,1
Parenting		
Good	25	58,1
Not enough	18	41,9
Malnutrition		
Fat	4	9,3
Normal	20	46,5

Thin	14	32,6
Very thin	5	11,6
Total	43	100

Table 2 Based on the table above, it can be seen that of the 43 respondents, 23 respondents (53.5%) had good knowledge, 13 respondents had sufficient knowledge (30.2%), and 7 respondents (16.3%) had poor knowledge. Of the 43, it is known that 15 respondents (34.9%) had positive attitudes, and 28 respondents (65.1%) had negative attitudes. Of the 43, it is known that 25 respondents (58.1%) had good parenting patterns, and 18 respondents (41.9%) had poor parenting patterns. Of the 43, it is known that 4 respondents (9.3%) are underweight, 20 respondents are undernourished (46.5%), 14 respondents are underweight and 5 are very underweight. respondents (11.6%).

Table 3. Cross Tabulation of the Relationship between Maternal Knowledge and Malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, 2021

riabel	Malnutrition								Total		p-value
	Very thin		Thin		Normal		fat		F	%	
Va	f	%	f	%	f	%	f	%			
Knowledge											
Good	0	0	9	20,9	14	32,6	0	0	23	53,5	0,002
Enough	5	11,6	3	7,0	2	4,7	3	7,0	13	30,2	
Not enough	0	0	2	4,7	4	9,3	1	2,3	7	16,3	
Mother's attitude											
Positive	0	0	3	7,0	12	27,9	0	0	15	34,9	0,009
Negative	5	11,6	11	25,6	8	18,6	4	9,3	28	65,1	
Parenting											
Good	1	2,3	12	27,9	8	18,6	4	9,3	25	58,1	0,005
Not enough	4	9,3	2	4,7	12	27,9	0	0	18	41,9	
<b>Total</b>	<b>5</b>	<b>11,6</b>	<b>14</b>	<b>32,6</b>	<b>20</b>	<b>46,5</b>	<b>4</b>	<b>9,3</b>	<b>43</b>	<b>100</b>	

Based on Table 3, Based on the table above, you can see a cross tabulation between the relationship between maternal knowledge and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021. That of the 43 respondents, 23 respondents (53.5%) had good knowledge and were very undernourished, numbering 0. 9 respondents (20.9%) were thin, 14 respondents (31.6%) were normal, 0 respondents (0%) were fat, 13 respondents (30.2%) had sufficient knowledge with poor nutrition Very thin were 5 respondents (11.6%), thin were 3 respondents (7.0%), normal were 2 respondents (4.7%), fat were 3 respondents (7.0%), and 7 respondents had poor knowledge. (16.3%) with malnutrition, very thin, there were 0 respondents (0%), thin, 2 respondents (4.7%), normal, 4 respondents (9.3%), fat, 1 respondent (2.3%) . Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, using the Chi square test with a significant value or p-value of 0.002 and an  $\alpha$  value (0.05), meaning that there is a relationship between maternal knowledge and Malnutrition in the Village Tanjung Raya, Teluk Dalam District, Simelue Regency in 2021. Cross tabulation between the relationship between mother's attitude and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021. That of the 43 respondents, 15 respondents had a positive attitude (34.9 with very thin malnutrition, 0 respondents (0%) were very thin). 3 respondents (7.0%), normal as many as 12 respondents (27.9%), fat as many as 0 respondents (0%), and negative attitudes as many as 28 respondents (65.1%) with malnutrition and very thin totaling 5 respondents (11.6%) thin as many as 11 respondents (25.6%), normal as many as 8 respondents (18.6%), fat as many as 4 respondents (9.3%). Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Regency Simelue in 2021, using the Chi square test with a significant value or p-value of 0.007 and an  $\alpha$  value (0.05), meaning that there is a relationship between maternal attitudes and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021. Cross tabulation between the relationship between maternal parenting patterns and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 20213 That of the 43 respondents, 25 respondents had good maternal parenting patterns (58.1%) with 1 respondent being very undernourished ( 2.3%) were thin as many as 12

respondents (27.9%), normal as many as 8 respondents (18.6%), fat as many as 4 respondents (9.3%), and poor parenting patterns as many as 18 respondents (41.9%). %) with malnutrition, very thin, amounted to 4 respondents (9.3%), thin, 2 respondents (4.7%), normal, 12 respondents (27.9%), obese, 0 respondents (0%). Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, using the Chi square test with a significant value or p-value of 0.005 and an  $\alpha$  value (0.05), meaning that there is a relationship between maternal parenting and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023.

### 3.1 Discussion

The Relationship between Maternal Knowledge and Malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, Based on what can be seen, of the 43 respondents in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, of the 30 respondents who had good knowledge, 23 respondents (53.5%) were very thin, 0 respondents (0%) were very thin. 9 respondents (20.9%), normal as many as 14 respondents (31.6%), fat as many as 0 respondents (0%), sufficient knowledge as many as 13 respondents (30.2%) with malnutrition and very thin totaling 5 respondents (11.6%), thin as many as 3 respondents (7.0%), normal as many as 2 respondents (4.7%), fat as many as 3 respondents (7.0%), and lacking knowledge as many as 7 respondents (16.3%) with Undernourished, very thin, there were 0 respondents (0%), thin, 2 respondents (4.7%), normal, 4 respondents (9.3%), fat, 1 respondent (2.3%). Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, using the Chi square test with a significant value or p-value of 0.002 and an  $\alpha$  value (0.05), meaning that there is a relationship between maternal knowledge and Malnutrition in the Village Tanjung Raya, Teluk Dalam District, Simelue Regency in 2021. This is in line with research conducted by Bernadeth Rante in 2016 entitled Study of Mothers' Knowledge and Attitudes Regarding Nutrition for Toddlers in West Kotaraya Village. In this study, chi-square test analysis was used, showing a value of  $p = 0.002$  with  $\alpha = 0.05$ . This means the relationship between knowledge about nutrition among toddlers in West Kotaraya Village in 2016. Knowledge is the result of knowing, and this occurs after people sense a particular object. Without knowledge, a person has no basis for making decisions and determining actions regarding the problems faced (Lestari, 2016). Sensing occurs through the five human senses, namely, the senses of sight, hearing, smell, taste and touch. But most human knowledge is obtained through the eyes and ears (Noorhasanah et al., 2020). According to the assumptions of researchers in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, mothers' knowledge is good, 53.5% about underweight nutrition, 20.9% because mothers already know and understand about providing undernutrition to toddlers. Apart from that, this can also be caused by the many sources of information obtained, for example television, radio and so on and mothers are also diligent in following the counseling about toddler nutrition given by health workers, so they get a lot of information.

The Relationship between Maternal Attitudes and Malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023 Based on what can be seen, of the 43 respondents in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, 15 respondents had a positive attitude 34.9 with very poor nutrition, 0 respondents (0%) were thin, 3 respondents (7, 0%), normal as many as 12 respondents (27.9%), fat as many as 0 respondents (0%), and negative attitudes as many as 28 respondents (65.1%) with malnutrition and very thin totaling 5 respondents (11.6%) thin as many as 11 respondents (25.6%), normal as many as 8 respondents (18.6%), fat as many as 4 respondents (9.3%), Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023, using the Chi square test with a significant value or p-value of 0.007 and  $\alpha$  value (0.05), meaning that there is a relationship between maternal attitudes and Malnutrition in the Village Tanjung Raya, Teluk Dalam District, Simelue Regency in 2021. This is in line with research conducted by Ainun Mardhiah in 2019 entitled The Effectiveness of Counseling and Audio Visual Media on the Knowledge and Attitudes of Mothers of Malnourished Toddlers at the Medan Sunggal Community Health Center. In this study, chi-square test analysis was used, showing a p value = 0.006 with  $\alpha = 0.05$ . This means the relationship between attitudes regarding nutrition for toddlers at the Medan Community Health Center in 2019. Attitude is a readiness or willingness to act, and is not an action or activity, but is a predisposition to

action a behavior (Putri et al., 2015). Attitude is still a closed behavior, not a readiness to react to objects in a certain environment as an appreciation of the object. in a certain environment as an appreciation of the object (Mardhiah et al., 2020). According to the assumptions of researchers in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, the majority of mothers' attitudes in providing nutrition to toddlers are negative, because mothers are able to regulate the way they are given food, how to process food, so that the nutritional needs of toddlers can be met. And mothers who have a positive attitude are because the majority of respondents often work as daily farm laborers, so they don't have time to take their toddlers to the Posyandu, because they start working from 05.00 to 18.00.

The Relationship between Maternal Parenting Patterns and Malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, 2023 Based on what can be seen, of the 43 respondents in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, 25 respondents (58.1%) had good maternal parenting patterns, with 1 respondent (2.3%) being very thin and undernourished. as many as 12 respondents (27.9%), normal as many as 8 respondents (18.6%), obese as many as 4 respondents (9.3%), and poor parenting patterns as many as 18 respondents (41.9%) with very poor nutrition. thin were 4 respondents (9.3%), thin were 2 respondents (4.7%), normal were 12 respondents (27.9%), fat were 0 respondents (0%). Based on research conducted in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, using the Chi square test with a significant value or p-value of 0.005 and an  $\alpha$  value (0.05), meaning that there is a relationship between maternal parenting and malnutrition in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021. This is in line with research conducted by Reska Handayani in 2017 entitled factors related to nutritional status in children under five in the working area of the Sebrang Padang Community Health Center. In this study, chi-square test analysis was used, showing a value of  $p = 0.003$  with  $\alpha = 0.05$ . This means that there is a significant relationship between parenting patterns and the nutritional status of children under five in the Sebrang Padang Community Health Center working area in 2017. This is in line with Vicka's research on the relationship between maternal parenting patterns and the nutritional status of toddlers. The p value was: 0.001 ( $P < 0.05$ ), meaning there is a significant relationship between infectious diseases and the nutritional status of toddlers. The parenting pattern is parenting that applies in the family, interactions between parents and children during parenting, this interaction includes everything that parents teach their toddlers in the process of parenting and education (Irianti, 2018). Parenting patterns are an important function in various social groups and cultural group. The parenting function includes fulfilling children's basic needs such as feeding, bathing, providing and dressing children, including monitoring health, providing medicine and caring for and taking them to children's health services (Suriani et al., 2022). Child care patterns are related to fulfilling food, physical care and attention to children, therefore caring for children is very important because it will influence the child's growth and development process (Gusrianti et al., 2020). Child care is a factor that is closely related to the growth and development of children under the age of five. Specifically, malnutrition can cause delays in brain development and can result in a decrease or lower body resistance to disease (Handayani, 2017). According to the assumptions of researchers in Tanjung Raya Village, Teluk Dalam District, Simelue Regency, in this case, 27.9% of mothers are not implementing normal parenting patterns, including in fulfilling children's basic needs, such as providing hygienic food free from bacteria, apart from that, they rarely monitor their health. children, provide medicine, and care for them and take them to health services (Idris et al., 2020). So here is the initial cause of the good nutritional status of children under five. And 27.9% of those who are underweight are because of mothers. Here there is less need for mothers to be able to spend more time providing a better and more meaningful parenting style to support the better nutritional status of mothers' children under five.

#### 4. Conclusion

Based on the results and analysis carried out by researchers regarding variable factors related to malnutrition among children under five in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021, the following conclusions were drawn: 1. Based on the statistical results obtained using the chi-

square test, it can be seen that the value is 0.002. Because the p-value ( $0.002 < \alpha (0.05)$ ), it can be concluded that there is a significant relationship between maternal knowledge and malnutrition among toddlers in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021 2. Based on the statistical results obtained using the chi-square test, it can be seen that the value is 0.009. Because the p-value ( $0.009 < \alpha (0.05)$ ), it can be concluded that there is a significant relationship between the relationship between maternal attitudes and malnutrition in toddlers. In Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2021 3. Based on the statistical results obtained using the chi-square test, it can be seen that the value is 0.005. Because the p-value ( $0.005 < \alpha (0.05)$ ), it can be concluded that there is a significant relationship between the relationship between maternal parenting and malnutrition. Toddlers in Tanjung Raya Village, Teluk Dalam District, Simelue Regency in 2023. Suggestions for the Health Service to make more intensive efforts in this regard activities to prevent and control malnutrition (malnutrition and malnutrition bad) such as assistance programs for underprivileged families by providing additional food to malnourished children, routine activities at the posyandu to check the child's growth and development providing education to the community to improve their standard of living. Although this research was carried out with as well as possible, but this research still has limitations and shortcomings in it. Researchers were unable to make direct observations regarding mothers' knowledge about nutrition for toddlers' growth and development and mothers' knowledge about toddlers' diet. So we cannot draw any conclusions from where the mother got the various things various types of knowledge regarding nutrition, growth and development of toddlers and toddler diets. In this study there are several limitations that can be taken into consideration, including the design used in this study is a cross sectional design. Cross sectional design is a research design where the variables studied are obtained at the same time, therefore, this design It is difficult to know which variable is the cause or effect first. Researchers use statistical tests to analyze research results. Analyze that used in this research only univariate analysis and bivariate analysis, therefore The known relationship is only a one-way relationship of the independent variable to the dependent, not to know the cause-and-effect relationship. Apart from that, research There are also limitations in the process of obtaining permits for data collection and research so that researchers need quite a long time to obtain the permit.

Theoretical implications of factors related to malnutrition in children are attitudes, knowledge and parenting patterns. The research results show that there is a relationship between these three factors. The practical implication is that it is necessary to review the theories and factors related to poor nutritional status in children. The knowledge possessed by the mothers of these toddlers. This research can serve as one of the bases for making plans learning for the community, especially about the basics nutritional knowledge that is useful for generalizing the nutritional status of toddlers on good nutritional status. Further research needs to be done to find out the magnitude contribution of other factors such as maternal age, socio-cultural background, and others on nutritional status in addition to maternal knowledge about nutrition. The role of education, both formal and non-formal directly plays a role in increasing a person's knowledge about the nutrients needed by the body. A system is needed and educational methods that can be directly applied, so that everyone people can apply any knowledge they have into everyday life

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