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Review of the Literature on the Connections Between Parenting Styles, Nutrition, and the Development of Children 6 to 24 Months Old

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ABSTRACT

The single most significant factor affecting a child under five's growth and development is nutrition, or providing their nutritional demands. The purpose of this study is to ascertain how parenting practices and nutritional status affect the development of children between the ages of six and twenty-four months. Using nine journals published between 2018 and 2022 from a variety of sources, including Pubmen and Google Scholar, the design employed is a literature review. The goal of the literature, parenting styles, and nutritional status are the basis for this journal's attempt to evaluate the issue; the search terms for publications published internationally are parenting and nutritional status. Chi-Square testing was employed for data analysis. As per the BB/U index, the nutritional status was 92.5% good, TB/U 76.5% good, BB/TB 86.9% good, and nutritional.

Keywords: children aged 6-24 months, nutritional status, parenting patterns

BACKGROUND

Toddlers need proper nutrition to promote their growth and development. The state of the body as a result of food consumption and the usage of nutritional supplements is known as the nutritional status of toddlers. A toddler's health may deteriorate if his dietary level is inadequate. Malnutrition can lead to errors in toddlers if their nutritional intake is not in line with their bodies' requirements. Malnutrition, often referred to as undernutrition, and excess nutrition, or overnutrition, are both included in this condition.

The single most significant factor influencing a child under five's growth and development is nutrition, or providing their nutritional needs (Wong DL, 2021). In the meantime, the family's adopted nutritional care practices have a significant impact on the quality of food and nutrition. Growth is regulated by dietary factors, in this example, nutritional parenting.

Based on basic health research findings from Riskesdas, newborn nutrition is a major issue in Indonesia, accounting for 4.5% of cases of malnutrition, undernutrition, and overnutrition. Among infants aged 0 to 5 months, the percentage of babies with decreasing nutritional status (WW/U) is as follows: 6.5% of malnourished babies, 8.2% of undernourished babies, 76.7% of good-nutrition newborns, and 8.7% of overnourished babies (Khoiriyah, Hikmatul, 2022). In South Sulawesi Province in 2018, the percentage of infants suffering from malnutrition was 14.8% while the frequency of malnutrition was 4.8%. At that time, there were 13.3% of extremely short babies and 20.6% of short babies.

Additionally, 4.6% of newborns are extremely thin, 8.3% are skinny, and 8.5% are obese. UNICEF introduced and has been utilized globally the factors that cause malnutrition, which comprise multiple phases.

METHODS

A literature review is the approach taken. Secondary data, which is gathered through the process of examining and looking up numerous research journal articles published through electronic databases, is the data source used in the literature review.

Searches are conducted using Google Scholar and Pubmed databases. "Nutritional Status and Parenting Patterns" is the search term used, whereas "Nutritional Status and Parenting" is the search term used for publications published internationally. Reference searches were restricted to full-text articles that researchers could access, utilizing Indonesian and publishing years ranging from 2018 to 2022. All of the research types that were examined used parenting patterns and nutritional status.

The connection between toddler growth and children's nutritional status

Nutritional status Child	Child development			
	Normal	Suspect Untestable	Total	Fisher's value Exact p
BB/U Index				
Better =	2 (129 84,9%)	6 (23 15,1%)	8 (152 100%)	
Less-Bad	131 (25,0%)	29 (6 75,0%)	160 (100%)	= 0,000
Total	81,9%	18,1%	100%	
TB/U index Better	112 (82,4%)	24 (17,5%)	136 (100%)	
Less-Bad	19 (79,2%)	5 (20,8%)	24 (100%)	= 0,774
Total	131 (81,9%)	29 (18,1%)	160 (100%)	
BB/TB index Better	124 (86,1%)	20 (13,9%)	144 (100%)	
Less-Bad	7 (43,8%)	9 (56,3%)	16 (100%)	= 0,000
Total	131 (81,9%)	29 (18,1%)	160 (100%)	

Development Behavior Good	70 (94,6%)	4 (5,4%)	74 (100%)	
Enough	52(77,6%)	15 (22,4%)	67 (100%)	= 0,000
Not enough	9 (47,4%)	10 (52,6%)	19 (100%)	
Total	131 (81,9%)	29 (18,1%)	160 (100%)	

RESULTS

Using the combined category results for the two

The analysis's findings indicate that p = 0 000 is the significance value of p for Fisher's test. The association between the development of children aged 6-24 months in the working area of the Banyuurip Health Center, Purworejo Regency, and their nutritional status as determined by the BB/U index is indicated by the fact that the p value, which is smaller than the α value (0.000 < 0.05), is significant.

The analysis's findings indicate that p = 0.774 is the significance value of p for Fisher's test. The TB/U index indicates that there is no correlation between nutritional status and the development of social behavior, fine motor abilities, language, and gross motor skills in children aged 6-24. This is because the p value is greater than the α value, specifically 0.774 < 0.05.

DISCUSSION

The children that encountered the greatest number of suspects throughout their growth were between the ages of 13–15 months and 19–24 months, with a total of 6 children for each age group, according to the findings of a study conducted on 160 respondents. Some children in the 13–15 month age group have gross motor delays, meaning they can't stand on their own until they can walk well. By the time they get 15 months old, kids should be able to walk comfortably. According to the findings of interviews with mothers whose children had not yet learned to walk, the mother's lack of persistence in helping her child learn to walk contributed to the child's distress as he fell multiple times during the process.

According to the gender-specific research findings, 73 boys out of the total number of children had normal development, while 11 girls predominated among the children who had suspicious development. This is because boys can carry out developmental features in accordance with their stages since they are unable to control their larger interest. All children have diverse skills, independent of gender, according to Kurniasih (2009). This assertion could be the result of girls' propensity to be more meticulous and exact, which leads them to favor quiet pursuits requiring fine motor skills. Boys, on the other hand, are more fond of gross motor exercises. But there aren't any appreciable differences in the two in terms of fine motor development quality. The findings of studies.

Aside from that, regular mother-child encounters might be an excellent source of stimulation. If you stare into your child's eyes and ask him to converse often, eventually the child will start to respond to your questions and engage in conversation. Nevertheless, working takes time away from meeting the demands of parents, particularly moms, particularly in terms of child-rearing and connection. Additionally, when a mother has more time to spend with her child, she will be able to better understand the child's needs, particularly with regard to providing nutrition. She will be aware of the foods the child enjoys and dislikes, and she will

be able to come up with inventive menu items that will entice the child to try new things. Kids who get consistent, focused.

The bulk of children that enjoy normal growth are those whose moms have at least a high school degree, or 61 children, according to research findings from 160 respondents. The mother's understanding is influenced by her educational attainment; the more educated she is, the easier it will be for her to accept change and adjust to it (Notoatmodjo, 2003). Being able to quickly adjust to new situations implies that choosing and analyzing the most accurate information that will be helpful in caring for children will be simple, as will receiving information. With more education, women will consider their child's growth more and will look out for what's best for them, making an effort.

The connection between a child's development and nutritional status

Results from a study involving 160 respondents indicated that 70 children who had normal development under good nutritional parenting, 52 children under adequate nutritional parenting, and 9 children under poor nutritional parenting also experienced normal development. Subsequently, 2 kids who had healthy parenting shown questionable growth, 9 kids who had acceptable parenting displayed questionable development, and 9 kids who had inadequate parenting displayed questionable development. Based on the analytical test results, $p = 0.000$ was discovered. Based on these findings, it can be said that a child's development will be better the more nutritional care the mother gives them.

According to Semba and Bloem (2019), a child's nutritional health can be improved through proper care, which will also have a positive effect on the child's nerves and enable them to perform their jobs as a unit of skills that must be accomplished. Children's motor activities require a lot of energy to complete. Children require a higher food and nutrient consumption to support this growth and activity (Santrock JW, 2021). According to a study, newborns who were fed only breast milk for six months were able to sit and crawl earlier than babies who were fed complementary foods starting at four months of age. According to numerous studies, kids who are breastfed have greater levels of maturity, assertiveness.

CONCLUSION

The findings of this evaluation of the literature demonstrate that, for children between the ages of 6 and 24 months, there is a highly significant correlation between parenting styles and nutritional status.

The analysis's findings led to the conclusion that there wasn't much of a link between toddlers' growth and nutritional parenting practices between the ages of 6 and 24 months. In this instance, dietary habits have a significant impact on a child's development. For instance, nursing can satisfy each of the three necessities that children have. Early initiation establishing contact with the newborn as soon as possible can help meet the emotional requirements of the mother, including love. This will establish early opportunities for sound, smell, psychological (eye contact), and physical (skin contact), all of which are crucial.

According to BW/U, there is a connection between a child's nutritional condition at 6–24 months old and exclusive breastfeeding. Toddlers' dietary status and their developmental stage do not significantly correlate. The analysis's findings led to the conclusion that there wasn't much of a link between toddlers' growth and nutritional parenting practices between the ages of 6 and 24 months. In this instance, dietary habits have a significant impact on a child's development. For instance, nursing can satisfy each of the three necessities that children have. Early initiation—establishing contact with the newborn as soon as possible can help meet the emotional requirements of the mother, including love. This will lead to the creation of sound, fragrance, psychological contact (eye contact), and physical contact (skin contact).

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