

## Level of Eating Parenting Patterns on The Incident of Diarrhea in Children Toddlers in Puupi Village, Kolono District, South Konawe District, Southeast Sulawesi

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### ABSTRACT

*Purpose:* This study aimed to determine the relationship of knowledge, attitudes and parenting food on the incidence of diarrhea in children in the village Toddler Puupi District Kolono Konsel Southeast. This research is the design of Analytical Deskriptif cross sectional study design and in the Village District Puupi Kolono. The population in this study were all mothers with children under five are enrolled in Puupi village of 102 people and a sample of 102 people were taken using the Total Sampling, data obtained using a questionnaire and tested using Chi-Square test.

*Methodology:* The type of research used is analytical descriptive research, namely research that aims to analyze the relationship between the dependent variable and the independent variable. The research design used is a Cross Sectional Study, namely research carried out at the same time and place

*Results:* The results obtained from 55 children under five with diarrhea, most of which is 72.7% less in the category of mother's knowledge, attitudes mother in 63.6% and 67.3% less category parenting category eating less later than 47 children under five who not experience diarrhea, which is 51.1% majority in the category of sufficient knowledge of her mother, her mother's 61.7% in the category of pretty, 62.7% in the parenting category eating enough.

*Applications/Originality/Value:* The novelty of this research is the research location and sample and number of studies.

### INTRODUCTION

According to *World Health Organization* (WHO) states that seven out of ten child deaths in developing countries can be caused by diarrhea which is still one of the main causes of child mortality in various developing countries. Every year there are 3.3 million cases of diarrhea in toddlers and a 2-3% chance of falling into a state of dehydration. Data from the Indonesian Ministry of Health states that the current rate of diarrhea in Indonesia is 230-342 per 1000 population for all age groups and 60% of diarrhea cases occur in toddlers, some of which result in death (Prasetyawati, 2012).

The Indonesian government has tried to improve its diarrhea monitoring program by carrying out various prevention efforts, including by developing an oral rehydration solution in accordance with recommendations. *World Health Organization* (WHO), which consists of *electrolytes*, *glucose* which is cheaper and more effective for treating dehydration *non cholera* (Adriani and Wirjatmadi, 2012).

The highest incidence of diarrhea in developing countries occurs in children under 2 years of age. Diarrhea occurs during breastfeeding which is thought to be an intermediary for the transmission of microbes that cause diarrhea. In babies who are bottle-fed, transmission of the cause of diarrhea occurs through bottled water and other equipment, such as unclean teats, cooking processes and prolonged storage. Cleaning the equipment used and always washing food before processing it is a factor that can prevent diarrhea in toddlers (Anonymous, 2009).

Diarrhea comes from the word "*pun*" from medical language, namely *diarrhea*. Until now, diarrhea has occurred *Child Killer* (child killer) ranked first in Indonesia. According to the Household Health Survey, Ministry of Health of the Republic of Indonesia in 1996, 12% of the causes of death were diarrhea. 70 babies died before celebrating their first birthday. It was also found that of the 7 infant deaths, one died due to diarrhea. Statistical data for 2001 shows that every year diarrhea attacks 50 million Indonesians and 2/3 of them are toddlers with a death toll of around 600,000 people (Wijaya 2009).

Clinically, the causes of diarrhea can be grouped into 6 major groups, namely infection, malabsorption, allergies, poisoning, immunodeficiency, and other causes. These causes are strongly influenced by various factors, for example nutritional conditions, habits or behavior, food sanitation, and the mother's knowledge and attitudes. There are several behaviors that can increase the risk of diarrhea, namely not providing full breast milk until the first 4-6 months of life, drinking water contaminated with fecal bacteria, not washing hands after defecating. Mother's knowledge and attitudes about diarrhea affect mother's behavior. and family health problems (Amirudin, 2007).

Diarrhea relief is determined by the speed and accuracy of giving replacement fluids that have been excreted according to the degree of dehydration. Help must start from the beginning, starting from the household with parents, so parents' knowledge about how to treat diarrhea early is very important as well as the mother's attitude. Increasing knowledge can influence her attitude. Attitude is a reaction or response that is still closed from a person to stimuli and objects. Unfavorable experiences can cause a person's attitude to move away from an object and vice versa (Yankoni, 2008).

Children under five are one of the groups most prone to experiencing diarrhea with all their limitations. Children under five years old (toddlers) are very dependent on everything their mothers give them, so that mothers' parenting patterns regarding food are one of the causes of diarrhea in children (Nirwana, 2011).

Previous research on diarrhea was carried out by Nurtikaryani in 2008 which aimed to study the relationship between knowledge, attitudes and the incidence of diarrhea on nutritional status in the Poasia Health Center Working Area, Kendari City in 2008. The research results obtained showed that there was a significant relationship between mother's knowledge and attitudes and the incidence of diarrhea on the nutritional status of toddlers.

In Southeast Sulawesi, diarrhea is still a public health problem. From the results of reports from Community Health Centers throughout Southeast Sulawesi, information was obtained that the number of diarrheal diseases in children under five in 2010 was 1,378 cases, deaths were 69 cases, in 2011 diarrhea in children under five was 1,112 cases and deaths were 1,112 cases. 82 cases, while in 2012 the number of diarrhea cases in children under five was 1,302 cases, there were 134 deaths (Southeast Sulawesi Provincial Health Office 2011).

According to data from the Kolono Health Center Health Service, in 2010, out of 562 children under five, there were 161 children under five (28.6%) who experienced diarrhea and this increased in 2011 from 459 children under five, the number of people suffering from diarrhea was 185 people (40.3%). The increase in the number of diarrhea sufferers in children under five and the significant number of deaths each year needs to be taken into account, especially for children who will be the successors and implementers of future development (next generation) (Kolono Community Health Center Profile, 2012).

Based on the background above, it is necessary to make observations regarding the relationship between parenting patterns and the incidence of diarrhea in toddlers in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi.

## METHODOLOGY

The type of research used is analytical descriptive research, namely research that aims to analyze the relationship between the dependent variable and the independent variable. The research design used is *Cross Sectional Study* namely research conducted at the same time and place (Notoatmodjo, 2005). This research was carried out in Puupi Village, Kolono District, South Konawe Regency. The population in this study were all mothers who had children under five who were registered in Puupi Village, Kolono District, namely 102 people (Kolono Health Center Profile, 2012). The sample in this study was 102 mothers who had children under five who were registered in the report book of the Kolono Community Health Center, Puupi Village, Kolono District.

## RESEARCH RESULT

### 1. Univariate Analysis

#### Eating Parenting Patterns

The results of the research show that the distribution of mother's eating patterns is more than that of mothers whose eating patterns are less. For more details, see table 5.9 below:

Table 1.1 Distribution of Mother's Feeding Parenting Patterns in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi

Eating Patterns	n	%
Enough	47	46,1
Less	55	53,9
Amount	<b>102</b>	<b>100</b>

Source: Processed Primary Data, 2013

#### a. Diarrhea Occurrence

Table 5.10 Frequency Distribution of Diarrhea Incidents in Children Under Five in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi for the Period January – February 2013

Diarrhea Occurrence	n	%
Diarrhea	55	53,9
No diarrhea	47	46,1
Amount	<b>102</b>	<b>100</b>

Source: Processed Primary Data, 2013

## 2. Bivariate Analysis

### The Relationship between Parenting Eating Patterns and the Occurrence of Diarrhea

Table 5.13 The Relationship between Parenting Eating Patterns and the Incidence of Diarrhea in Toddlers in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi

Eating Parenting Patterns	Diarrhea Occurrence				Total		P
	Diarrhea		No diarrhea		n	%	
	n	%	n	%			
Enough	18	32,7	29	62,7	47	46,1	p=0,003
Less	37	67,3	18	38,3	55	53,9	
Total	27	100	47	100	102	100	

Source: Processed Primary Data, 2013

## DISCUSSION

### 1. Univariate

#### a. Eating Parenting Patterns

Eating parenting is a way or interaction between parents and children. Especially in meeting children's needs for food (Judarwanto, 2009).

According to Judawanto (2009), feeding parenting is the attitude and behavior of the mother or other caregiver in her closeness to the child, especially in providing food. Inadequate parenting can cause children to not like to eat or not be given a balanced diet and also make it easier for infectious diseases to occur which then affects the child's nutritional status.

The main goal of caring for children from an early age is to shape the child's personality after the child grows up. The parenting model can also influence the development of a child's personality (Adriani and Wirjatmadi, 2012).

Childcare practices and resources vary between regions due to cultural differences, and even between families in the same region or culture, but children's needs for food, health, protection, education and love are universal. Changes in the family can occur due to urbanization, the increasing role of women in the family economy, and higher education, all of which result in increasing the need for change and adaptation in childcare practices (Judarwanto, 2004).

#### b. Diarrhea Occurrence

Diarrhea is defecation with a greater amount of stool than usual (normal 100-200 ml per hour of stool), with stool in the form of liquid or semi-liquid (semi-solid), which can also be accompanied by an increased frequency of defecation (Mansjoer, 2007).

Habits related to personal hygiene that are important in the transmission of diarrhea germs are washing hands. Washing hands with soap, especially after defecating, after throwing away children's feces, before preparing food, before feeding children and before eating, has an impact on the incidence of diarrhea (Lisa, 2008).

Parents play a big role in determining the cause of their child's diarrhea. Babies and toddlers who are still breastfeeding with exclusive breast milk generally rarely have diarrhea because they are not contaminated from the outside. However, formula milk and complementary foods can be contaminated with bacteria and viruses (Prasetyawati, 2012).

Diarrhea relief is determined by the speed and accuracy of providing replacement fluids that have been excreted according to the degree of dehydration. Help must start from the beginning, starting from the household with parents, so parents' knowledge about how to treat diarrhea early is very important. Likewise with the mother's attitude, increasing knowledge can influence her attitude. Attitude is a reaction or response that is still closed from a person to stimuli and objects (Yankoni, 2008).

Clinically, the causes of diarrhea can be grouped into 6 major groups, namely infection, malabsorption, allergies, poisoning, immunodeficiency and other causes. These causes are strongly influenced by various factors, for example nutritional conditions, habits or behavior, food sanitation, and so on (Amirudin, 2007).

Diarrhea is an environmental-based disease. There are 2 dominant factors, namely clean water facilities and feces disposal. These two factors will interact together with unhealthy human behavior. There are several behaviors that can increase the risk of diarrhea, namely not giving full breast milk until the first 6 months of life, drinking water contaminated with fecal bacteria, not washing hands after defecating, before touching food (Amiruddin, 2007).

## 2. Bivariate

### The Relationship between Parenting Eating Patterns and the Occurrence of Diarrhea

The results of this study are in line with Jalilah (2008) revealed that there is a significant relationship between maternal eating patterns and the incidence of diarrhea in toddlers..

This research is in line with the opinion of Notoatmodjo (2007) who states that one of the key aspects of nutritional parenting is the feeding aspect. So if a citizen's nutritional upbringing pattern is normal then their feeding practices will also be normal. Feeding practices concern the quality and quantity of food. With enough quality food, body growth with age-appropriate weight or RDA will increase. If this situation persists for a long time it will affect nutritional status. It was further explained that if this parenting practice is implemented, the mother will not experience difficulties in feeding her child and the child will feel that eating is an enjoyable time for him. Its influence on feeding practices is sufficient to provide recommendations appropriate to the child's age level (Riyadi and Sukarmin, 2009).

## CONCLUSION

Based on the research results, it can be concluded as follows:

1. The parenting pattern of mothers of toddlers in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi, is mostly 53.9% in the poor category.
2. The incidence of diarrhea in children under five in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi, the majority, namely 53.9%, experienced diarrhea.
3. There is a relationship between parenting patterns and the incidence of diarrhea in toddlers in Puupi Village, Kolono District, South Konawe Regency, Southeast Sulawesi, with a value of  $p=0.003$ .

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