

## Women Behavior in Nutrition Compliance for Toddlers During the COVID-19 Pandemic in Coastal Areas of Bantaeng Regency in South Sulawesi Province

Sri Ningsih<sup>1</sup>, Erniwati M<sup>2</sup>, Rismayanti<sup>3</sup>, Sulastri<sup>4</sup>, Sumarni<sup>5</sup>

<sup>1,2,3,4,5</sup>.Akademi Kebidanan Tahirah Al Baeti Bulukumba

Corresponding Email: [inci\\_jica@yahoo.co.id](mailto:inci_jica@yahoo.co.id)

### ABSTRACT

*Nutrition compliance behavior for toddlers during the covid-19 pandemic is one of factors that marriage women can protect their family from the spread of covid-19. The aims of this study was to determine the behavior of marriage women in coastal communities for preparing dan giving their toddlers daily food at home during the covid-19 pandemic. The type of this study was descriptive quantitative method. The data were taken using a survey questionnaire with likert scale from 50 marriage women who have toddlers and stay in Nipa-Nipa Village of Bantaeng Regency in South Sulawesi Province on Oktober 2020 until May 2021. The data were analysed using distribution frequency. The results of research related to women's behavior to fulfilling nutrition for toddlers during the covid-19 pandemic showed that the behavior of married women in the coastal area of Bantaeng Regency generally behaved negatively, namely 36 respondents (72%). This study found that there were 28% of respondents who have positive behavior and 72% of respondents who behave negatively when prepare menu for toddler, there are 30% of respondents who have positive behavior and 70% of respondents who have negatively in the presentation of the toddler menu. Based on characteristics, the majority of respondents have low education level and low income. Therefore, the respondents can not fulfill their toddler's nutrition well due to both reasons.*

**Keywords:** Behavior, toddler, nutrition

### INTRODUCTION

Indonesia as one of the developing countries still has nutritional status problems of toddlers with quite large, because at that age the nutritional needs are greater and this stage is prone to nutritional status problems. The occurrence of nutritional status problems in toddlers is caused by the low consumption of energy and protein in daily food, so they do not meet the Nutrition Adequacy Rate (RDA) (Supariasa, 2016). Toddlers aged 12-60 months are an age group that is prone to health and nutritional disorders, because at this age the needs of toddlers increase while they cannot ask for and find food on their own so they still really need parents to fulfill the toddler's nutrition, but often at the age of toddlers are no longer considered and handed over to others to be cared for, so that the risk of nutritional status problems in toddlers will be even greater (Arisman, 2011).

Intake of nutrients can be obtained

from various nutrients including macronutrients, namely carbohydrates, proteins and fats. Macronutrients are nutrients needed in large quantities by the body and mostly play a role in providing energy (Almatsier, 2010). The level of consumption of macronutrients can affect the nutritional status of children under five. Toddlers with adequate levels of energy and protein consumption and meet the body's needs will provide a good nutritional status for toddlers (Lutviana, 2010). More is a condition due to excess food consumption, undernutrition is a health disorder due to a lack or imbalance of nutrients needed for growth, thinking activities and all things related to life (Ngastiyah, 2011). Weight loss caused by lack of energy, protein and micronutrient intake for a long time.

In infancy, children experience a process of rapid growth and development both physically, mentally, and socially. In everyday life, children under five really need nutritious

food in the right amount and good quality. Good nutrition is the main thing for the survival of children, the process of growth and development, maintenance and restoration of health because nutrient intake is one of the direct causes that can affect the nutritional status of toddlers (UNICEF, 2016). Toddler period is a period of very rapid growth and development that requires serious attention and parenting by parents. wrong parenting one factor related to child development. The role of parents in the parenting process is very important, providing complete and balanced nutrition can affect optimal child development (Fikawati, Syafaq and Karima, 2015). Supariasa (2010) nutritional status is the end result of a balance between the food that enters the body and the body's need for these nutrients. Children whose food is not good enough then their antibodies will be weak and susceptible to disease (Damanik, 2010). Children who experience health problems will lose weight so that it will affect the nutritional status of the child (Nurcahyo, 2010).

Consumption of good nutrition is the main capital for individual health that can affect a person's health status. Someone who consumes the wrong nutritional intake or does not match the body's needs, it will cause problems that can cause an imbalance between needs and nutritional intake needed by the body. Based on data on the nutritional status of children under five in the world, according to the global nutrition report in 2017, it was found that 52 million children under five (8%) experienced underweight nutritional status problems, 115 million children under five (23%) experienced stunting, and 4 million children under five (6%) experienced malnutrition more (UNICEF and WHO, 2017). The prevalence of underweight in the world in 2016 based on the scope of the World Health Organization (WHO) region, namely Africa 17.3% (11.3 million), America 1.7%

(1.3 million), Southeast Asia 26.9% (48 million), Europe 1.2% (0.7 million), Eastern Mediterranean 13% (10.5 million), Western Pacific 2.9% (3.4 million), while globally in the world the prevalence of children under five years of age who are underweight is 14% (94.5 million) (WHO, 2017). As many as 45% of deaths of children under five are mostly caused by nutritional problems.

Indonesia was previously a country with 3 burdens of malnutrition long before the covid-19 pandemic. Indonesia had 7 million children who were stunted so that this condition made Indonesia the 5th country with the highest number of stunting toddlers in the world. According to Jusni et.al (2019) stunting is one of the nutritional problems in the form of a child's height less than the standard. This is the impact of lack of nutritional intake in the first thousand days of life. In Indonesia more than 2 million children experienced underweight and 2 million other children are obese. They are children under five years old who do not match their height. Indonesia faces complex challenges due to these 3 burdens which are likely to worsen due to the covid-19 pandemic.

Children can experience malnutrition due to various causes, namely direct causes, existing ones, and basic ones. The most common direct causes of malnutrition are improper breastfeeding techniques and poor diet and suboptimal care for toddlers (Ministry of Health, 2018). Based on the results of the Basic Health Research (Riskesmas) of the Indonesian Ministry of Health in 2018 it shows: 17.7% of infants under 5 years old (toddlers) still have nutritional problems. This figure consists of toddlers who experience malnutrition by 3.9% and toddlers suffering from malnutrition by 13.8%, the prevalence of toddlers experiencing stunting (height below standard according to age) is 30.8% with the category of stunting toddlers being very short

18% and short 19.2%, then in 2018 there was a thin nutritional status of 10.2% of toddlers with a very thin category of 3.5% and 6.7% thin, and the number of obese children under five was 8.0%.

Moreover, based on data of Health Research and Development Agency of South Sulawesi (Rikesdas, 2018) in 2018 the prevalence of short toddlers was 23.3% and very short toddlers was 12.5%, in 2015 there were nutritional status problems, namely 17.1% undernourished toddlers, and 34.1% stunting toddlers, in 2016 the nutritional status problem was 25.87%, very short toddlers at 9.73%, in 2017 the prevalence of short toddlers was 24.6%, and very short toddlers was 10.2% and Rikesdes Bantaeng Regency in 2018 there is a nutritional status problem in toddlers who experience stunting by 21.6%, it is known that stunting is a toddler who has a shorter height condition than the height of children his age, this is caused by a deficiency chronic malnutrition with manifestations of growth failure that begins during pregnancy until the child is 2 years old. Moreover, data from Kassi-Kassi Public Health Center in Pajukukang District of Bantaeng Regency, it is found that the village with the highest number of children under five especially for integrated healthcare center in Nipa-Nipa Village with a total of 317 people. Before the covid-19 pandemic, in 2018 at Nipa-Nipa Village, there were 7 people or 2.20% of toddlers who are malnourished so they are given special treatment from Kassi-Kassi Health Care Centre. The toddlers have given daily nutritional food such as milk and biscuits during the covid-19 pandemic.

Until now, there are still many toddlers who are malnourished in Nipa-Nipa Village. It is caused by many factors. Many toddlers during infancy are not given exclusive breastfeeding for up to 6 months due to insufficient mother's milk, complementary

feeding does not match the portion needed by the toddler's body, and toddlers often experience health problems such as diarrhea and influenza so that the appetite for toddlers decreases. In the pilot study, 15 mothers in the village of Nipa-Nipa have been interviewed and the results show that during the covid-19 pandemic mostly the mothers reduced their nutritional food for their family. This is caused by the decline in their economic status during the covid-19 pandemic. Mostly their husbands work as farmers, factory and construction workers so that their current economy status becomes lower. They also inform that they often give instant food for their toddlers such as noodles and snacks because it is cheaper and more practical. The mothers mostly cook rice and vegetables without side dishes. However, some of the mothers interviewed still provide balanced nutrition to their toddlers, namely mothers who have good jobs and a steady income. Therefore, this study aims to measure the behavior of married women in coastal community of Nipa-Nipa Village in fulfilling nutritional food for their toddlers with daily meals at home during the covid-19 pandemic.

## **MATERIAL AND METHOD**

This study uses quantitative descriptive method. The type used to analyze data by describing or describing data that has been collected, from a certain population or sample, where data collection uses research instruments (Sugiyono, 2014). The study is conducted in the Coastal Area of Bantaeng Regency, South Sulawesi Province from October 2020 to May 2021. The population in this study were mothers who had children under five years old who stay in Nipa-Nipa village of Bantaeng Regency. The samples in this study are 50 respondents. Sampling technique is carried out using a random

sampling technique. A questionnaire with likert scale of 20 questions is used in collecting data from 50 respondents with a score for the answer choices if the behavioral question is positive, namely always:4, often:3, rarely:2, never:1 and the score for negative behavior questions is always:1, often:2, rarely:3, never:4. The criteria for measuring results are categorized as positive if the T score obtained by the respondent from the questionnaire > T mean, categorized as negative behavior if the T score obtained by the respondent from the questionnaire < T mean. The data are then analyzed using the frequency distribution method, namely  $P = F/N \times 100\%$  and the data were presented using a frequency table.

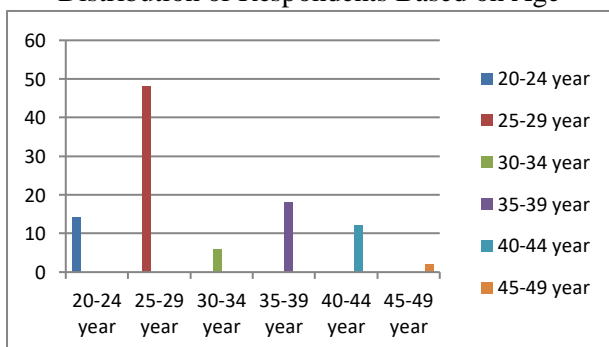
## RESULT AND DISCUSSION

After analyzing the data, it is found the respondents of this study amounted to 50 people. Before presenting the variable analysis, the distribution of respondents' characteristics are presented as follows.

### 1. Characteristics of Respondents

Chart 1.1

Distribution of Respondents Based on Age

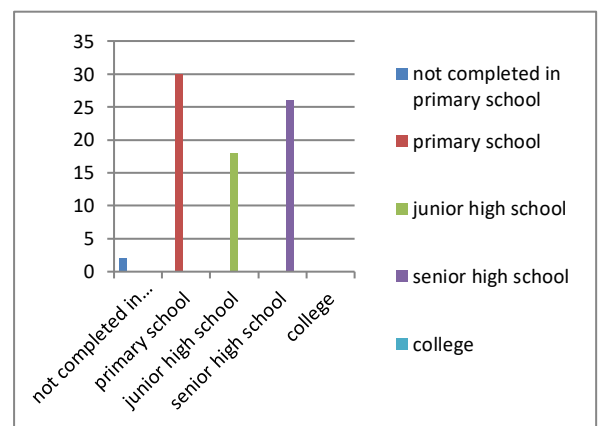


The chart above provides general information on the respondents' age. It is found that the age of between 20-24 years

old counts 7 (14%) respondents, the age of 25-29 years old counts 24 (48%) respondents, the age of 30-34 years old counts 3 (6%) respondents, the age of 35-39 years old as many as 9 (18%) respondents, the age between 40-44 years old as many as 6 (12%) respondents, and the age of 45-49 years old as much as 1 (2%) respondent.

Chart 1.2

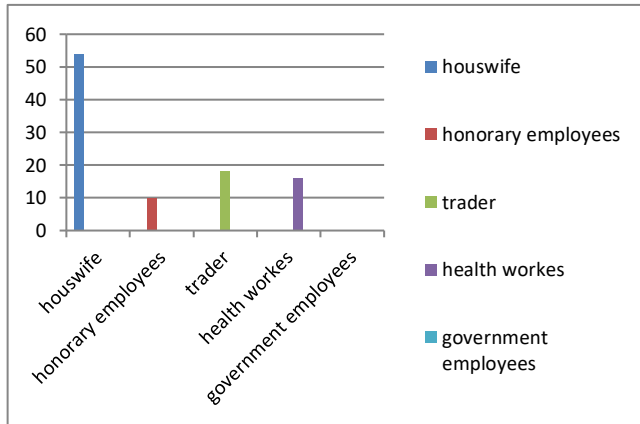
Distribution of Respondents Based on Education



Meanwhile, information was obtained that the education of respondents, who did not graduate from not completed in primary was 1 (2%), primary school education was 15 (30%), junior high school education was 9 (18%), senior high school education was 13 (26%), and college education as many as 12 (24%).

Chart 1.3

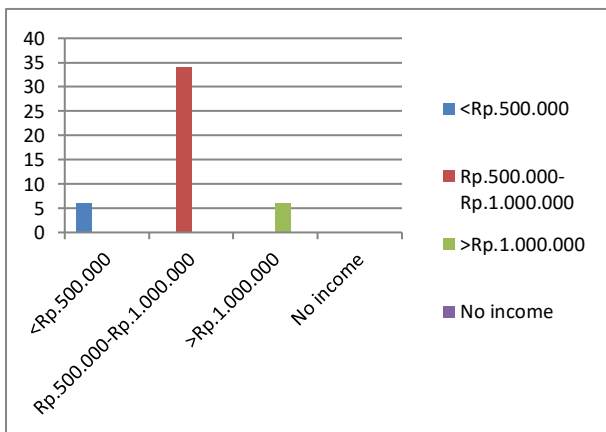
Distribution of Respondents Based on Job



The number of respondents who job as housewives are 27 (54%), job as honorary employees are 5 (10%), job as traders are 9 (18%), job as health works are 8 (16%), and job government employees as 1 (2%).

Chart 1.4

Distribution of Respondents Based on Income

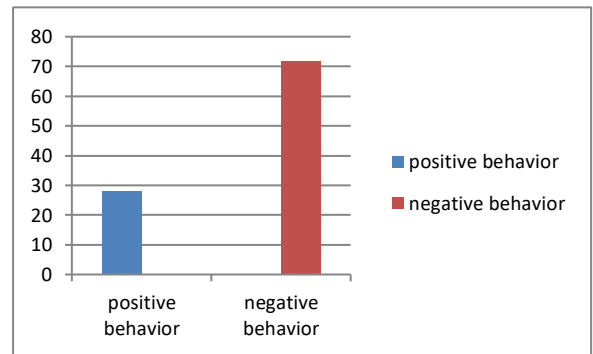


Of the 50 respondents there were mothers with income <Rp.500,000 as many as (6%), mothers with income Rp500,000 Rp.1,000,000 as many as 17 (34%), mothers with income >Rp.1,000,000 as many as 3 (6%), and mothers no income much as 27 (54%).

## 2. Results of research variables

Chart 2.1

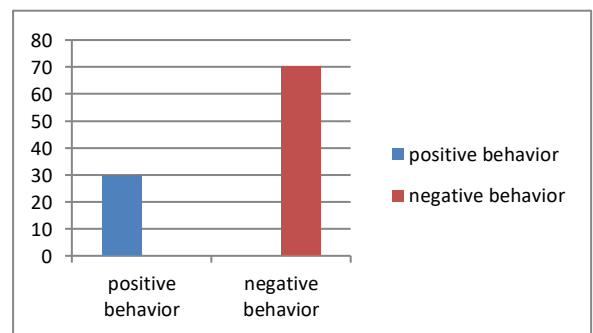
Women Behavior in the Selection of Toddler's Menus during the COVID-19 pandemic



Based on the results of study obtained regarding the behavior of coastal communities in Bantaeng Regency in the selection of toddler menus during the COVID-19 pandemic, the positive behavior category was 14 (28%), the negative behavior category was 36 (72%).

Chart 2.2

Women Behavior in Serving Toddler's Menus during the COVID-19 pandemic

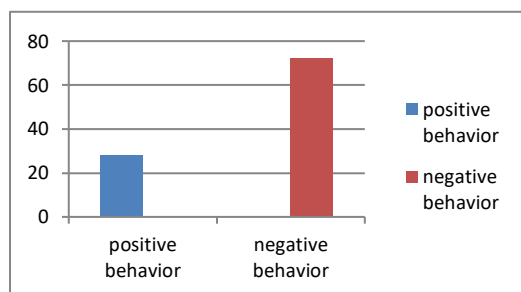


Based on the results of study obtained regarding the behavior of coastal communities in Bantaeng Regency in serving menus for toddlers during the COVID 19 pandemic, the positive behavior category was 15 (30%), the

negative behavior category was 35 (70%).

Chart 2.3.

Woman Behavior in Fulfilling Toddler's Nutrition During the COVID-19 pandemic



Based on the results of study obtained regarding the behavior of coastal communities in Bantaeng Regency in fulfilling nutrition for toddlers during the COVID 19 pandemic, the positive behavior category was 14 (28%), the negative behavior category was 36 (72%).

## DISCUSSION

Based on the results of the study, it was found that the behavior of respondents in fulfilling nutrition for toddlers during the COVID-19 pandemic was dominantly negative, namely 36 (72%) respondents. Some factors influence the behavior of the respondents. The first thing is that their age is in a fairly easy age range, namely 25 years to 29 years as many as 24 (48%) where it is known that the easy age of mothers is one of the factors for the high level of negative behavior in the fulfillment of toddler nutrition because there is still a lack of information. The results obtained are related to good behavior in fulfilling nutrition for toddlers during the COVID 19 pandemic. The second thing relates to

the respondents' education level of the majority of elementary school, namely 15 mother's (30%). In this case, respondents' education is the basis for comprehending the growth and development of toddlers. Mothers with low level of education will be difficult to receive new information, but higher education can make it easier for mothers to obtain information from the internet, health education and others. The third thing is because the dominant respondent's occupation is housewife 27 (54%), working as housewives makes mothers not get many information either directly or indirectly about nutrition. It can't be denied that mothers' job can affect individual behavior in negative or positive behavior in fulfilling toddler nutrition. The fourth thing is related to the income of the dominant respondent with no income at all, namely 27 (54%). Mostly the respondents depend on their husband's income. In fact, income greatly influences behavior. As an example, if someone has enough income, she will be able to buy nutritious food, but if someone does not earn enough he will tend to prepare improvised food without paying attention to quality nutrition.

As for what makes the dominant respondent behave negatively in fulfilling nutrition for toddlers during the COVID-19 pandemic, this is due to the menu selection, the mother does not include toddlers in the menu selection, the mother only chooses less nutritious foods that are not in accordance with the nutritional needs of toddlers, and follows the selected food. toddlers like fast food. In terms of menu presentation, mothers rarely serve balanced menus, mothers only serve rice, vegetables and side

dishes, and serve ready-to-eat foods such as instant noodles.

The results of this study are in line with research conducted by Asih (2016) at the Melati Posyandu, Bintaro Village, Patrang District, Jember Regency which found that the most dominant behavior of mothers towards the eating patterns of toddlers was in the less category, namely 51 (50%). Another study conducted by Veni, et al in Gampong Pantan Bayam found that the dominant behavior of mothers in fulfilling the nutritional status of toddlers was still lacking.

However, there are also research results whose results are different from this study, namely Andriyanti's research (2017) in Environment VII of Bagan Deli Village, Belawan, North Sumatra which found that the mother's behavior was in the good category, namely 40 people (50%). Another study conducted by Rachmawati in 2014 at the age of children 13-59 months in the Pancoran Mas area, Depok, West Java showed almost the same thing. In this study, it was found that most of the mothers had behavior that was categorized as good, namely 80 (71.4%) while mothers who had behavior in the moderate category were 32 (28.6%) and the less category was 0 (0%). Another study conducted by Nurul on the relationship between the behavior of fulfilling nutritional needs with the nutritional status of children under five in Kapanjen Subdistrict in this study found that the behavior of mothers in fulfilling nutrition for toddlers was mostly 81.10% well-behaved, and 18.9% of respondents behaved less well. . Another study conducted by Khotimah on the description of mother's behavior in fulfilling balanced nutrition for toddlers at Posyandu Mayang, Sukorejo

Village, Blitar City, there were mothers' behavior in fulfilling nutrition for toddlers, mostly in the good category, namely 23 (60.5%), and less category, namely 15 (39.5%). Another study conducted by Anisa, et al about the relationship between knowledge and mother's behavior in meeting the nutritional needs of children at the Posyandu in Sembungan Village, Boyolali, found that the behavior of mothers in meeting nutritional needs was mostly in the sufficient category, namely 17 (59%).

According to Ramdhani (2017) behavior is also an expression of one's values. Behavior can be shaped so that the desired behavior occurs. This can be interpreted that the existence of high knowledge supported by a good attitude will reflect good behavior about healthy food. Behavior cannot be seen directly, but can only be interpreted beforehand from closed behavior, not an open reaction or open behavior.

According to Oktaningrum (2018) the factors that influence the formation of behavior are: (1) individual experience, 2) other people, (3) culture, (4) internet, (5) educational institutions and religious institutions, and (6) emotional factors. The high behavior of mothers in providing healthy food to toddlers is caused by several factors, namely: current technological developments so that access to health is very easy depending on how it is used. With so many media about health being watched or accessed by mothers, mothers are easily influenced by these advertisements or broadcasts.

## CONCLUSION

Based on the results of research that has

been carried out in the Coastal District of Bantaeng Regency regarding the Behavior of Women in Fulfilling Toddler Nutrition During the COVID-19 Pandemic in the Coastal Area of Bantaeng Regency, South Sulawesi Province, it can be concluded that the majority of respondents still behave negatively towards the selection of toddler menus, namely 36 respondents (72%), and the majority of respondents still behave negatively in the presentation of the menu for toddlers, namely 35 respondents (70%). And the majority of respondents still behaved negatively in fulfilling toddler nutrition during the COVID-19 pandemic, namely 36 respondents (72%).

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