

ORIGINAL ARTICLE

Literature Review; The Parental Pattern Review with the *Wasting* Occurrence on Toddlers

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ABSTRACT

Introduction: A wasting case is on the top rank after stunting. In 2018, the wasting rate in Indonesia consisted of 10.2%. **Objectives:** This research aims to review the parental pattern concerning the wasting occurrence of children, especially toddlers. **Methods:** This research applied a literature study. The data searches were done with journal searching sites, such as Google Cendekia. The applied sample was purposive sampling. **Results:** Children that did not obtain immunization had 3.3 and 3.8 higher possibilities to suffer stunting and wasting than those who obtained immunization. Children without immunization had risks toward various diseases that actually could be prevented by the vaccine. Most children consumed mealy meals. Toddlers that obtained exclusive breast milk had normal status with a percentage of 80%. The dietary habits before the age of 6 years old had risks because the digesting system could not handle the complex nutrition. Thus, toddlers will be susceptible to allergens of the meals. The unprotected water source but is consumed was 57.65%. Thus, the parental pattern had correlations with the wasting occurrence, especially concerning nutrition, breast milk, immunization, and cleanliness. **Conclusions:** The parental pattern toward wasting occurrence specifically led to nutrition, breast milk, immunization, and cleanliness occurrences. Lack of food diversity was also the cause of the high-rate prevalence of wasting. Proper breast milk provision by mothers facilitated the nutritional balance for children and it was correlated to wasting occurrence. Lack of proper water source was also correlated to higher wasting condition.

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Introduction

In daily life, various behaviors of mothers could be observed from their parental provisions for their toddlers. These parental provisions are influenced by various factors, especially knowledge. If the human has better knowledge, then an excellent attitude could be fostered and performed appropriately. The knowledge could be obtained from various situations, both formally and non-formally (radio, the Internet, TV, newspaper, magazine, etc), and education (Cholifatun Ni'mah, Lailatul Muniroh, 2016).

A wasting condition in a toddler is mostly caused by two matters, lack of nutrition and infectious disease. Several indirect factors contribute to the emergence of wasting occurrences, such as poverty, lack of food availability, poor paternal pattern, and low sanitation (Susanti, 2018). A paternal pattern is a behavioral and attitude change of mothers or other childminders.



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It consists of providing meals, cleanliness, compassion, and anything related to the mother's physical and mental health (Afriyani & Malahayati, 2015).

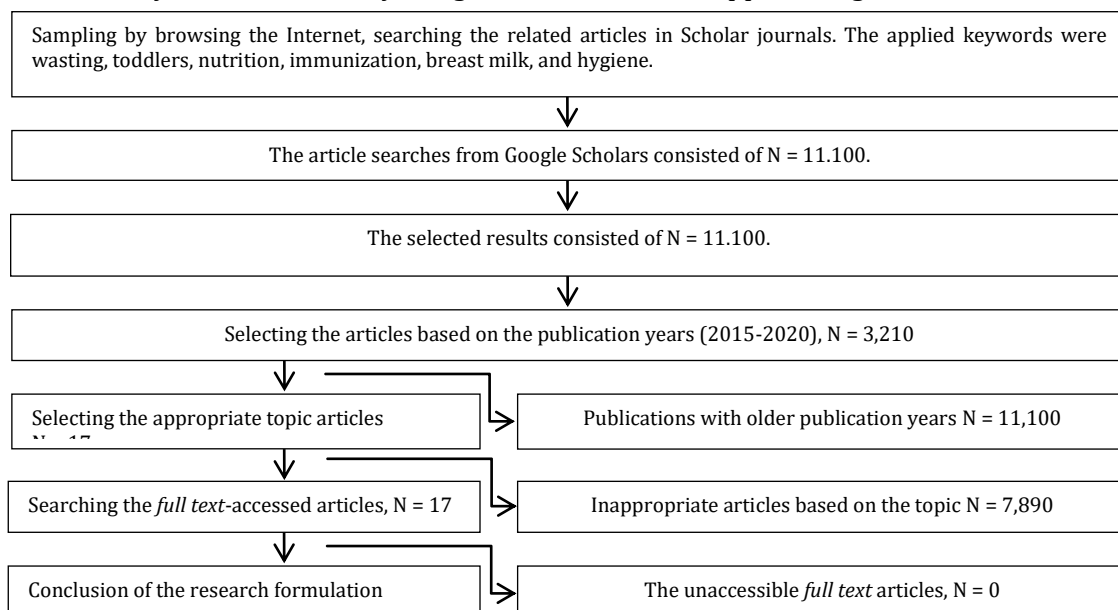
The emerging symptoms of *wasting* are under-nutrition intake and high infectious digesting problems (diarrhea). *Wasting* is dangerous because it leads to immune system function. It may get worsened or even result in death. At present, *wasting* cases gets world-wide attention, especially for poor and developing countries (Abidin, tasnim, fatmawti, 2018).

A *wasting* case is on the top rank after stunting. In 2018, fifty million children in the world suffered *wasting* and sixteen million toddlers suffered severe *wasting*. 2/3 of them were in the Asia continent and 1/4 was in the Africa continent (UNICEF, 2018). In 2018, the *wasting* rate in Indonesia consisted of 10.2%. It occurred at an increased rate in 2017 (9.5%). The rate was still above the national target, 9.5% (Riskesdas, 2018). From 2017 until 2018, five provinces in Indonesia had a high *wasting* occurrence rate, such as Western Nusa Tenggara (5.8%), Southern Sumatra (3.6%), Middle Borneo (3.3%), Southern Borneo (2.9%), and East Java (2.3%). According to the Research of Health Ministry in 2018, the *wasting* prevalence in East Java was 9.2%. It was higher than in 2017 with a percentage of 7.9%. This rate was still higher than in East Java, 9.14%.

The parents' roles influenced the dietary habit patterns of children. If the family provides appropriate parental patterns based on the stage or the age of the toddlers, the children's development could be expected to reach the nutritional conditions properly and accurately for the toddlers. The main parents' roles become the key to supporting nutrition for the family (Nurbadriyah, 2018). One of the worst risks due to the low nutritional-parental pattern is *wasting*. When the children suffered *wasting*, then the next development will be hindered. Thus, they may suffer *wasting*. When there is no immediate action, it will influence the psychological condition of children (easily get discouraged). They may also suffer lower exploratory power with the environment, have a higher rate of crying, have difficulties interacting with their peers, lack of happiness, and tend to be apathetic.

Methods

The design of this research is a literature study. Several research stages were done so the literature study results credibility is legit and credible. The applied stages were:



The Figure of Literature Study Stage



The data searches were done with journal searching sites, such as Google Scholar. The applied keywords were wasting, toddlers, nutrition, immunization, and, breast milk. The screening process was done through a related International journal with the current topic. The selected articles consisted of the latest five-year articles (2015-2020) that could be fully accessed. The population was taken from the International journal articles related to parental patterns and wasting occurrence on children. The applied sample was taken by purposive sampling. Seventeen International journal articles based on the topic were obtained. The data analysis consisted of data collection, reduction, display, and conclusion.

Results

The obtained articles were 11,100 from Google Scholar (n: 11,100). The searches were done based on the inclusion criteria. The applied keywords were *wasting, toddlers, nutrition, immunization, breast milk, and, hygiene*.

The Table 1 Respondents' Characteristics

Respondents' Characteristics	Numbers of the Participants	(%)
Age (0-60 months)	5.766	100%
Sex Types		
Male	8.372	51,48 %
Female	7.888	48,51%
Immunization		
Yes	560	45,90 %
No	660	59,50 %
Breast Milk		
Yes	1.037	45,50%
No	1.242	54,49%
Breast Milk Complimentary Meals for the first six months		
Accurate	1.278	55,12%
Inaccurate	15,70	44,87%
The domestic food susceptibility		
Secure	4.847	53,86%
Mild	1.017	11,30%
Moderate	1.553	17,25%
Severe	1.581	17,57%
Water source		
Protected	858	42,34%
Unprotected	1.168	57,65%
Washing hand practices before providing the meals		
Yes	348	28,10%
No	890	71,89%
The living place		
Urban	1.362	35,20%
Rural	740	64,79%



Table 2 the Data Analysis

Authors	Objectives	Population/Age	Findings and Conclusion
Jawad Tariq, Amal Sajjad, Rubeena Zakar, Muhammad Zakria Zakar A d Florian Fischer. (2018)	Identifying the socio-demography, nutritional, and health factors related to stunting, wasting, and underweight on children under two-years-old in Pakistan.	Nine hundred eighty-four children aged under 2 years old.	The increased rate of <i>wasting</i> on children that did not receive breast milk but had a significant correlation concerning stunting and underweight.
Betty Yosephin Simanjuntak1, Miratul Haya1, Desri Suryani1, Ali Khomsan2, Che An Ahmad (2019)	Analyzing the correlations of nutritional knowledge of mothers and traditional meal practices with stunting and wasting occurrence on toddlers aged 12-39 months in farmer families of Middle Bengkulu municipality	115 children and mother, aged 12-59 months	<ol style="list-style-type: none"> 1. The correlation between nutritional knowledge and weight nutrition status (p-value = 0.031). 2. There was a correlation between nutritional provision and wasting occurrence (p-value = 0.012). 3. There was a significant correlation between the nutritional provision given by mothers for children with traditional meals based on the weight index on age.
Nazia Binte Alil, Tazeen Tahsina, Dewan Md. Emdadul Hoque, Mohammad Mehedi Hasan, Afrin Iqbal, Tanvir M. Huda, Shams El Arifeen (2019)	It identified the nutritional status and food diversity pattern score at the current time among children aged 6-59 months and the correlation to individual-level factors and different domestic conditions in Bangladesh rural areas.	Six thousand four hundred and sixty-eight children aged between 6-59 months.	<ol style="list-style-type: none"> 1. The prevalences of stunting, wasting, and underweight of children aged 6-59 months old were consecutively 36.8%, 18.2%, and 37.7%. 2. The findings revealed that most children ate any meals complemented by consuming milk or milk products (76%) and meats or fish (61%). 3. The multivariate analysis showed that children with highly educated mothers and skillful workers had higher food diversity scores, (15% and 48%), than their peers. 4. The food diversity score showed a strong positive correlation with domestic resource status. 5. Children from the food-safe family had a higher food diversity score, 26%, higher than the children from a susceptible food family. The same thing



			went for the improved education of the mothers and domestic resources. They were found to be able to protect the hindered children and lack of nutrition.
Lutfiyatul Afifah (2019).	It analyzed the correlation among income, energy intake, and carbohydrate to the toddlers' nutrition aged 2-5 years old in Lenteng, Sumenep Municipality.	Seventy children aged 2-5 years old and the mothers	<ol style="list-style-type: none"> 1. No significant correlation between family income and wasting 2. There was a significant correlation between energy intake and wasting 3. There was a significant correlation between carbohydrate intake level and wasting
Zakari Ali, Mahama Saaka, Abdul-Ganiyu Adams, Stephen K. Kamwininaag and Abdul -Razak Abizari (2017).	The research investigated the factors of mothers and children toward the poor nutrition among pre-school children in Northern Ghana.	Four hundred and twenty-five of children aged 6-59 months and the mothers	<ol style="list-style-type: none"> 1. Male children had a 2.40 greater risk of suffering <i>wasting</i>. 2. Children without dietary diversities had a 3.733 greater risk.
Ahmed A. Abdurahman, Khadijeh Mirzaei, Ahmed Reza Dorosty, A. Rahimiforoushani, and Haji Kedir (2016).	The research examined the correlation between domestic food susceptibility and nutritional status among children aged 24-59 months.	Four hundred and twenty-five of children aged 24-59 months and the mothers	<ol style="list-style-type: none"> 1. A family with domestic food susceptibility had a 0.53 greater risk to suffer <i>wasting</i>. 2. Children tended to suffer <i>wasting</i>. 3. The highest <i>wasting</i> severity occurred in children aged 24-35 years old.
Amare Tariku, Gashaw Andargie Bikis, Haile Woldie, Molla Mesele Wassie, and Abebaw Worku Gebeyehu (2017).	The research assessed the wasting factor prevalence and correlation among children aged 6-59 months in Dabat, Northern West of Ethiopia.	One thousand one hundred and eighty-four children aged 6-59 months and their mothers or childminders	<ol style="list-style-type: none"> 1. Children with low food diversity had 2.08 higher risks of <i>wasting</i>. 2. Children without A-vitamin supplements had a 1.55 greater risk of wasting after being delivered. 3. Late breast milk provision, poor dietary pattern, and the absence of vitamin administration significantly were correlated to <i>wasting</i>.
Ahmed Gharib Khamis1, Akwilina Wendelin Mwanri2, Julius Edward Ntwenya3 and Katharina Kreppel (2019)	The research examined the correlation between food diversities and lack of nutrition; and identified the potentials to prevent lack of nutrition in Tanzania.	Two thousand nine hundred and sixty children aged between 6-23 months.	<ol style="list-style-type: none"> 1. One hundred and seventy-nine children suffered wasting (6%). 2. No correlation between wasting and food diversity examined with the diversity of drinking diet indicators 3. Various food diversity significantly was correlated to the decreased stunting, wasting, and underweight on children.



<p>Abel Gebre, P. Surender Reddy, Afework Mulugeta, Yayo Sedik, and Molla Kahssay (2019).</p>	<p>The research investigated the low nutritional prevalence and the correlated factors on toddlers in the pastoral community of Afar state, Northern East of Ethiopia.</p>	<p>Eight hundred and forty children aged 6-59 months and their mothers.</p>	<p>1. Children without complete immunization had a 3.2 greater risk of wasting than those with complete immunization.</p>
<p>Ekerette Emmanuel Udoh and Olukemi K. Amodu (2016)</p>	<p>It investigated the correlation between the breast milk complimentary food provision practice of mothers and their toddlers' nutritional status in Akpabuyo Local Government Area, Nigeria</p>	<p>Three hundred and thirty-three mothers and children aged 6-11 months.</p>	<p>1. The prevalence of breast milk complimentary meals for babies aged 6-8 months was 85.4%. The food-beverage diversity was 31.5%. Then, the minimum food frequency was 36.7%. The drinking dietary level was 7.3%. A third of the babies (33.3%) suffered underweight. 26.4% of them suffered wasting and 24.6% stunting. 2. Children without breast milk complimentary meals at the time had a higher possibility of wasting (OR 5.15; 95% CI 1.50–17.73). 3. Children without food and beverage diversity were thinner (38.2%) than those with food and beverage diversity (23.8%). The same thing went for those without appropriate drinking dietary. They significantly were thinner (36.07%) than those with recommended drinking dietary (25.7%). 4. Wasting for children was higher than babies whose mothers did not wash their hands before breastfeeding (32.9%) than those who washed their hands before providing meals for their children (20.8%).</p>



11.	Nuzhat Choudhury, Mohammad Jyoti Raihan, Sabiha Sultana, Zeba Mahmud, Fahmida Dil Farzana, Md Ahshanul Haque, Ahmed Shafiqur Rahman, Jillian L. Waid, Ahmed Mushtaque Raza Chowdhury, Robert E. Black, Tahmeed Ahmed (2016)	The research identified the age-specific risk factors for various categories of lack of nutrition among Bangladesh children aged younger than 2 years old.	Ten thousand and two hundred ninety-one children younger than 2 years old with their mothers.	<ol style="list-style-type: none"> 1. Children aged 12-23 months had 0.85 until 0.91 greater risks to suffer <i>wasting</i>. 2. Wasting factors for children aged 0-5 months: <ol style="list-style-type: none"> a. Getting older b. Not exclusive breast milk provision c. Children of mothers with very, moderate, or average thin conditions. d. Children of mothers consuming more than five groups of meals. 1. Wasting factors for children aged 6-11 months: <ol style="list-style-type: none"> a. Getting older b. Children of mothers with very, moderate, or average thin conditions. c. Domestic food susceptibility 2. Wasting factors for children aged 12-23 months: <ol style="list-style-type: none"> a. Wasting factors on ages of 12-23 months b. No formal educational background of the mothers c. Children of the mothers that consumed lesser meals than during their pregnancies. d. Family with severe or moderate food susceptibilities
12.	Lamirot Abera, Tariku Dejene, and Tariku Laelago (2017).	The research examined the lack of nutrition and correlated factors among children aged 6-59 months in Damot Gale, Southern Ethiopia.	Three hundred and ninety-eight children aged 6-59 months and their mothers	1. The mothers' education, the mothers' jobs, diarrhea condition, children's age, washing hand habit of the mother, and ANC were correlated to wasting.
13.	Evi hasnita ² , Neila sulung, Mila sari (2019)	The research aimed to obtain the portray, analysis, and interpretation of wasting occurrence on toddlers (0-59 months) in Pasaman and Bukittinggi, 2019.		
14.	Nur Fika Roobiati, Eti Poncorini, Bhisma Murti (2019)	The research examined the socio-economic, born-weight, and nutritional intake influences toward wasting occurrence in Boyolali, Central Java		



15.	Laili Rahayuwati ¹ , Ikeu Nurhidayah, Nur Oktavia Hidayati, Sri Hendrawati, Habsyah Saparidah Agustina, Rindang Ekawati (2019)	The research aims to analyze the influential factors of nutritional statuses on children in Western Java Province	Eight hundred and ten respondents aged 0-60 months.	<ol style="list-style-type: none"> 1. Based on the immunization statuses, not all children obtained complete immunization (83.3%) and most of them received it in time (81.6%). 2. All children received exclusive breast milk (75.5%). Most respondents received breast-milk complementary food after six months (71.3%) and almost all respondents received it after six months (87.6%). 3. The research found a correlation between children's health factors and nutritional statuses. Based on the p-value, the factor consisted of providing exclusive breast milk to toddlers before six months, providing exclusive breast milk, and providing the breast milk complementary food at six months old of toddlers.
16.	Melina Mgongo, Nikolas A. S. Chotta, Tamara H. Hashim, Jacqueline G. Uriyo, Damian J. Damian, Babill Stray-Pedersen, Sia E. Msuya, Margareta Wandel and Siri Vangen (2017)	It examined the prevalence and concerning risk factors of underweight, stunting, and wasting in the Kilimanjaro region, North Tanzania	One thousand eight hundred and seventy children aged 0-36 months	<ol style="list-style-type: none"> 1. The findings showed the underweight prevalence (46.0%), stunting (41.9%), and wasting (24.7%). 2. High underweight, stunting, and wasting were correlated to breastfeeding, living place, and age of the father. 3. A study conducted in Ethiopia and Botswana showed that breastfeeding decreased the possibility of underweight and wasting. 4. Despite the contradiction, the findings of this research supported the WHO recommendation. Children had to be breastfed until two years or more because it was proven to protect the children's health.



17.	Aweke Girma, Haile Woldie, Fantahun Ayenew Mekonnen, Kedir Abdela Gonete and Mekonnen Sisay (2019).	The research estimated the lack of nutrition and other concerning factors between children aged 24-59 months in Aykel, Northern West of Ethiopia.	Four hundred and sixteen children aged 24-59 months and their mothers.	The length of providing breast milk, dietary pattern diversity score, lack of breast milk provision, lack of handwashing practice was correlated to significant wasting. The possibility to suffer underweight was 2.6 higher. for those with breast milk at the younger age of 24 months than those with breast milk older than 24 months or higher (AOR = 2.6, 95% CI: 1.35, 5.00). The food diversity score was lower (AOR = 6.33, 95% CI: 1.73, 23.1) and low handwashing practice of the mothers was correlated to wasting possibility (AOR = 2.50, 95% CI: 1.3,
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Discussion

The characteristics of the respondents in Table 1 show that children without immunization consisted of 59.50%. Children without complete immunization had a 3.2 greater risk of *wasting* than those with complete immunization. It was explained in *"Prevalence of Malnutrition and Associated Factors Among Under-Five Children In Pastoral Communities of Afar Regional State, Northeast Ethiopia: A Community-Based Cross-Sectional Study"*, by Abel Gebre et al (2017). They found that immunization had a significant correlation to high stunting and underweight prevalence risk. Children without immunization had 3.3 and 3.8 greater risks to suffer stunting and *wasting* than those with immunization. The domestic susceptibilities were categorized as secure (53.86%), mild (11.30%), moderate (17.25%), and severe (17.57%) as shown in the *Association of food security and other socioeconomic factors with dietary diversity and nutritional statuses of children aged 6-59 months in rural Bangladesh* by Nazia Binte Ali (2019). Most children consumed flour and milk products (76%) and animal protein (66%) several times. On the other hand, the children consuming eggs, fruits, and vegetables were still low. The low food diversity provision was the direct cause of stunting, wasting, and underweight prevalence. As stated in *The effect of maternal and child factors on stunting, wasting, and underweight among preschool children in Northern Ghana* by Zakari Ali et al (2017), food diversity had correlations to *wasting* occurrence. Food and beverage patterns, fruit and vegetable consumption with vitamin A, meat consumption (chicken, fish, and meat) would not suffer the *wasting* condition. The children's foods should contain liquid, calories, protein, fat, carbohydrate, vitamin, mineral, and sodium to support the daily nutritional needs. It correlated as found by 12 articles (60%).

Children without exclusive breast milk, 54.49%, according to *Multilevel Analysis: The Effect of Socioeconomic, Birth Weight, and Nutrition Intake with Wasting in Boyolali, Central Java* by Nur Fika Roobiati et al (2019) found that babies without breast milk would be susceptible to suffer *wasting* than those given breast milk. Based on *Multilevel Analysis: The Effect of Socioeconomic, Birth Weight, and Nutrition Intake with Wasting in Boyolali, Central Java* by Nur Fika Roobiati et al (2019) found toddlers that obtained exclusive breast milk had normal status with a percentage of 80%. Exclusive breast milk provision would assist the nutritional balance. It was since the children aged 0-6 years old would gain immunity from the mothers. Toddlers aged 6 months with breast milk complimentary meals with sufficient amount and frequency had



proper nutrition. Lower breast milk with complimentary meals led to high risks. Excellent exclusive breast milk of mothers would balance the nutrition for the children. Thus, their development would be normal. Most mothers (77.9%) believed that breast milk was the best thing for their babies. Based on the respondents' characteristics, mothers who provided the first breast milk complimentary meals for the 6-month-old babies were 55.12%. The obtained fact showed that providing meals before six months old led to digesting system problem. It was since babies fewer than six months old could not handle complex nutrition and were susceptible to allergens of the foods. This correlation was found in 6 articles (93.0%).

The unprotected water source but is consumed was 57.65%. Based on *Determinants of age-specific undernutrition in children aged less than 2 years-the Bangladesh context* by Nuzhat Choudhury et al (2016), they found that arsenic contamination on tube well or groundwater was a health and cleanliness problem. The exposure, even in a lesser concentration, had several side effects on the fetus. It could cause serious conditions such as underweight born and *wasting*. Lack of water resources was correlated to a greater wasting risk of children in India and Bangladesh. It correlated as found by 1 article (5%).

Conclusion

The parental pattern toward *wasting* occurrence specifically led to nutrition, breast milk, immunization, and cleanliness occurrences. Children without complete immunization had 3.2 greater risks of *wasting* than those with complete immunization. Lack of food diversity was also the cause of the high-rate prevalence of *wasting*. Exclusive breast milk had normal status with a percentage of 80%. Proper breast milk provision by mothers facilitated the nutritional balance for children and it was correlated to *wasting* occurrence. Lack of proper water source was also correlated to higher *wasting* condition.

Ethics approval and consent to participate

Manuscripts reporting studies involving human participants, human data, or human tissue must:

- Include a statement on ethics approval and consent (even where the need for approval was waived)
- Include the name of the ethics committee that is approved the study and the committee's reference number if appropriate

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