

Feeding Care Patterns Of Mothers  
Working as Shellfish Peelers on Children's  
Nutritional Status at Integrated Health  
Posts in Coastal Areas

By Meiana Harfika

# Feeding Care Patterns of Mothers Working as Shellfish Peelers on Children's Nutritional Status at Integrated Health Posts in Coastal Areas

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## ABSTRACT

**Introduction:** Working mothers can influence the nutritional status of their children. Nutritional status is a condition that is influenced by the intake of nutrients in food needed by the body. Nutritional status is very important for the process of growth and development in children. The nutritional status of a toddler is influenced by several factors such as parenting.

**Method:** The research design used an analytical observation with a cross-sectional approach. Samples were taken using a simple random sampling technique obtained as many as 40 respondents in the mother group, where they all worked as shellfish peelers. The instruments of this study were the Feeding Pattern questionnaire and Nutrition Status assessment using the Anthropometry observation sheet. The data was analysed using the Spearman Rho test.

**Results:** The results showed that there was a relationship between feeding, the parent working as a shellfish peeler and the nutritional status of the child. The Spearman Rho test results were  $p = 0.000$  ( $p < 0.05$ ).

**Discussion:** The implication of this research is that there is a relationship between the parenting style of the mother working as a shellfish peeler on the nutritional status of the toddler. It is expected that the research respondents can improve the provision of feeding by paying attention to the nutritional needs of their toddlers.

**Keywords:** Toddler Nutritional Status, Eating Pattern, Working Mother

## INTRODUCTION

Regarding nutritional status prevalence according to the WHO in 2013, globally it was estimated that in 101 million children under the age of five (toddlers), 15.7% are underweight and 6.6% are overweight<sup>1</sup>. Nationally, in 2013, the underweight prevalence was that 19.6% were severely malnourished and 13.9% were undernourished<sup>2</sup>. Based on the Millennium Development Goals (MDGs) indicator, the number of severely malnourished children that an area of city must achieve by 2015 is 15.5%<sup>3</sup>. The East Java Province is still categorised as an area with

one of the highest severely malnourished percentages, at 4.8%<sup>4</sup>. In the 2013, the severely malnourished percentage was 19.6%. In 2014, there was a significant increase, up to 14.8%. Sidoarjo Regency's children under five showed a percentage of severely malnourished children with weight in accordance to age being under the red line weight as much as 1.02% (1,072). This is less than what was 1.22% (1,298 children) in 2013. Based on the weighing of children under five done throughout 2013, the number of malnourished or underweight children was 5.25% (weight according to the age Z-score between  $> -3$  year primary school to  $< -2$  year primary school as per the Kartu Menuju Sehat a card used in Indonesia to keep track of a child's growth monthly), which is on the yellow stream above the red line. The results showed that 91.54% were well-nourished (normal weight), 1.98% were over-nourished (overweight) and 1.22% were severely malnourished (very underweight). For the malnourished percentage, 2014 showed a percentage of

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4.92% which was less than 2013, which was 5.25%<sup>4</sup>. The researcher's interview with the nutritional staff on the 22<sup>nd</sup> January 2018 at Sedati Sudoarjo's Integrated Health Post revealed that there were 84 Children Under Five Integrated Health Posts in 16 villages, where 3 children under five suffered from severe malnutrition with comorbidities. There were malnourished children in several other villages. From the interview with the Village Midwife (Bidan Desa) in Gisik Cemandi Village, there were 11 children under five (7.3%) out of 150 children under five that were malnourished. The interview with Belanak and Dorang Gisik Cemandi village Integrated Health Posts group revealed that the total number of mother's working as shellfish peelers and stay at home mothers who had children under five were as many as 88 people, separated into 44 (50%) mothers working as shellfish peelers and 44 (50%) stay at home mothers.

The interaction between being malnourished and infection may cause deadly disease cycles and a worsened nutritional status<sup>6</sup>. One of the ways to increase children under five's nutritional status is by giving supplementary feeding. Supplementary feeding may be given to children under five from 6 months up to 23 months and 29 days with a skinny nutritional status, which is measured based on the weight index according to their height and a minus 3 deviation standard (-3SDS) to less than minus 2 deviation standard (-2SDS), for 90 days. Supplementary feeding of skinny children under five may be local supplementary feeding and even factory supplementary feeding in the form of breastfeeding companion biscuits (biscuit MP-ASI). Once their weight has reached normal or in accordance to their height, supplementary feeding will be discontinued. Hereinafter, the children may consume the family's balanced nutrition, which will be done under weight monitoring to avoid the chance of children under five falling back into the skinny nutritional status<sup>7</sup>.

A mother's working status certainly affects their children's growth and development. Mothers who work have many options. There are mothers who choose to work at home and there are mothers who choose to work outside or far from home. The latter must be able to manage their time for their family because a mother's main task is to manage household affairs including looking after, managing and guiding children<sup>8</sup>.

Nutrition in children under five must be fulfilled, because nutrition will affect the toddler's growth in future. Stay at home mothers have more time for their

toddlers than working mothers. This is because working mothers must split their time to play the role of a working mother and a housewife. The solution given by the researcher was to give counselling to mothers working as shellfish peelers and stay at home mothers on the correct feeding care patterns to avoid malnutrition in children under five.

Based on the background description and supported by the preliminary studies which have been done, the writer is interested in doing research on the relationship between the feeding care patterns of mothers working as shellfish peelers on children under-five's nutritional status at integrated health posts in coastal areas.

## METHOD

The research design used in this research was an analytical observation that looked for a relationship between the variables with a cross-sectional approach. This kind of research emphasises on the independent and dependent data measurements one at a time.

The population in this research was mothers working as shellfish peelers with children under five at Belanak and Dorang Gisik Cemandi village Integrated Health Posts. The sampling technique used in this research was sampling randomly sampled mothers working as shellfish peelers with children under five, thus fulfilling the inclusion criteria of 40 respondents.

The tools used to collect the data were questionnaires for the demographic data and feeding care patterns along with nutritional status observation focused on children between the ages of 12-60 months using an anthropometrical table. Bivariate data analysis was used to find out the relationship between the feeding care patterns of mothers working as shellfish peelers and the children under five nutritional status. This research used a Spearman Rho statistical test.

## RESULTS

**Table 1: Demographics of the respondents**

Mother's Age	Frequency (f)	Percentage (%)
<20 years old	0	0
20-30 years old	24	60.0
30-40 years old	14	35.0
>40 years old	2	5.0
Total	40	100.0

Contd .

Lasr Education	Frequency (f)	Percentage (%)
Tidak Sekolah	0	0
Primary School	1	2.5
Junior High School	18	45.0
High School	21	52.5
Graduate	0	0
Total	40	100.0
Family Income	Frequency (f)	Percentage (%)
<Rp1.000.000	3	7.5
≥Rp1.000.000-2.000.000	17	42.5
≥Rp2.000.000-3.000.000	17	42.5
≥Rp3.000.000	3	7.5
Total	40	100.0
Number of Children	Frequency (f)	Percentage (%)
1	19	47.5
2	17	42.5
3	4	10.0
≥4	0	0
Total	40	100.0
Mother's Job	Frequency (f)	Percentage (%)
Shellfish Peeler	40	50.0
Total	40	100
Toddlers Age	Frequency (f)	Percentage (%)
12-18 months old	6	15.0
19-25 months old	8	20.0
26-32 months old	9	22.5
33-39 months old	8	20.0
40-46 months old	3	7.5
47-53 months old	2	5.0
54-60 months old	4	10.0
Total	40	100.0

Contd

Gender	Frequency (f)	Percentage (%)
Male	18	45.0
Female	22	55.0
Total	40	100.0
Birth Order in Family	Frequency (f)	Percentage (%)
First Born	19	47.5
Second Born	17	42.5
Third Born	4	10.0
Fourth Born	0	0
Fifth Born	0	0
Total	40	100.0
Weight	Frequency (f)	Percentage (%)
1-5 kg	6	15.0
6-10 kg	8	20.0
11-15 kg	9	22.5
16-20 kg	8	20.0
21-25 kg	3	7.5
26-30 kg	2	5.0
Total	40	100.0
Height	Frequency (f)	Percentage (%)
65-74 cm	1	2.5
75-84 cm	10	25.0
85-94 cm	15	37.5
95-104 cm	10	25.0
105-114 cm	4	10.0
115-114 cm	0	0
Total	40	100.0
Children's Health History	Frequency (f)	Percentage (%)
Tuberculosis	0	0
Measles	4	10.0
Malaria	1	2.5
Others	0	0
None	35	87.5
Total	40	100.0

**Table 2: The Relationship between the Feeding Care Pattern of Mother's working as Shellfish Peelers on their Toddler's Nutritional Status at Gisik Cemandi Sedati Sidoarjo Village Coastal Area Integrated Health Post**

		Toddlers Nutritional Status of Working Mother's Status			
		Malnourished	Nourished	Over-Nourished	Total
Toddlers Feeding Care Patterns of Working Mother's	Less or Deficient (<60%)	5	0	0	5
	%	100.0	0	0	100.0
	Enough (60-80%)	0	3	0	3
	%	0	100.0	0	100.0
	Good (>80%)	0	31	1	32
%	0	96.9	3.1	100.0	
	Total	5	34	1	40
	%	12.5	85.0	2.5	100.0

Spearman Rho Value Statistic Test 0.000 ( $p < 0.05$ )

**DISCUSSION**

Based on the data on the feeding care patterns of mothers working as shellfish peelers related to their children's under-five nutritional status at Gisik Cemandi Sedati Sidoarjo Village Coastal Area Integrated Health Posts, as shown in the table above, there were 5 respondents (100.0%) that did not conduct good feeding care patterns, resulting in malnutrition in the respondent's toddler. A further 3 respondents (100.0%) that did enough in relation to the feeding care pattern had well-nourished toddlers, and 1 respondent (3.1%) had a good feeding care pattern that resulted in over-nutrition. Nutritional status is a condition that is caused by a balanced status between nutrient intake and the number of nutrients required by the body for the running of its biological functions such as physical growth, development, activities, health care etc. A toddler's nutritional status is affected by many factors, both direct and indirect. Direct causes that affect nutritional status are nutrition intake and any infections suffered by the toddler. Indirect causes include food availability, while keeping in mind the parent's job and income, parenting and care patterns, the available health services and environmental health. The three indirect causes are related to the level of education, knowledge, and family skills. The researcher argues that a working mother must be wise in relation to time management, because her time will be divided between work, childcare and domestic chores. This case is proven by the research results as shown above, on how the mother's that were working as shellfish peelers had toddlers who were malnourished. The mothers in coastal areas stated that there is difficulty when their role as shellfish peelers made them unable to feed their children on time.

The link between the feeding care pattern of mother's working as shellfish peelers on children under five (toddlers), is as shown in the Spearman Rho statistic test result in Table 13,  $p = 0.000 < \alpha = 0.05$  as a comparison. The coefficient correlation between the variables gained from the statistics test was 0.771, which means that there is a strong correlation. H1 was therefore accepted, statistically showing that there is a relationship between the feeding care patterns of mothers working as shellfish peelers on their toddler's nutritional status at Gisik Cemandi Sedati Sidoarjo Village Coastal Area's Integrated Health Post.

**CONCLUSION**

Based on the results of this research, the outcome is that regarding nutritional status, the mothers working as shellfish peelers with toddlers did not do well at taking care of their child's nutrition and they lacked a proper feeding care pattern. The toddlers of mothers working as shellfish peelers suffered from malnutrition because the mother's activities were more important than looking after and paying attention to their toddler's nutritional intake.

**Ethical Clearance:** This study had passed ethical clearance issued by Ethical Committee of the Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia.

**Source of Funding:** This study is self-funded research project.

**Conflict of Interest:** None.

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