



THE RELATIONSHIP BETWEEN PARENTING STYLES AND CHILDREN'S NUTRITIONAL STATUS IN KUTA BARO DISTRICT

HUBUNGAN ANTARA POLA ASUH ORANG TUA DAN STATUS GIZI ANAK DI KECAMATAN KUTA BARO

Yadi Putra¹, Muhammad Fendra Mustafa^{2*}, Nurul Sakdah³, Yusrika⁴, M. Daud⁵

^{1,2*,3,4,5}Abulyatama University, Email: yado_putra@abulyatama.ac.id

*email koresponden: yado_putra@abulyatama.ac.id

DOI: <https://doi.org/10.62567/ijosse.v2i3.3012>

Abstrack

The issue of nutritional status among toddlers in Aceh Province, particularly in Kuta Baro Subdistrict, remains a serious concern due to the high prevalence of undernutrition and stunting. This study aims to determine the relationship between parenting practices and children's nutritional status in Kuta Baro Subdistrict. A descriptive-correlational method with a quantitative approach was used. The study population consisted of all 2,132 toddlers in Kuta Baro Subdistrict, with a sample of 96 toddlers selected using simple random sampling. Data on parenting practices were collected via a questionnaire, while nutritional status was measured using the weight-for-age indicator. Data analysis was conducted using a correlation test to determine the relationship between parenting practices and children's nutritional status. The results indicate a significant relationship between parental child-rearing practices and children's nutritional status ($p=0.000$). Positive and attentive child-rearing practices are correlated with optimal nutritional status, whereas inappropriate child-rearing practices are associated with poor to very poor nutritional status. Based on these findings, it is recommended that the Department of Health and educational institutions enhance parenting education and support programs for parents to improve children's nutritional status in the region. Future research is expected to examine other factors influencing children's nutritional status using more comprehensive methods.

Keywords: Parenting Practices, Nutritional Status, Children, Toddlers.

Abstrak

Masalah status gizi pada balita di Provinsi Aceh, khususnya di Kecamatan Kuta Baro, masih menjadi perhatian serius akibat tingginya prevalensi kurang gizi dan stunting. Penelitian ini bertujuan untuk mengetahui hubungan antara praktik pengasuhan anak dengan status gizi anak di Kecamatan Kuta Baro. Metode yang digunakan adalah deskriptif-korelasional dengan pendekatan kuantitatif. Populasi



penelitian mencakup seluruh 2.132 balita di Kecamatan Kuta Baro, dengan sampel sebanyak 96 balita yang dipilih menggunakan teknik simple random sampling. Data mengenai praktik pengasuhan dikumpulkan melalui kuesioner, sedangkan status gizi diukur menggunakan indikator berat badan menurut umur (BB/U). Analisis data dilakukan menggunakan uji korelasi untuk mengetahui hubungan antara praktik pengasuhan dan status gizi anak. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara praktik pengasuhan orang tua dan status gizi anak ($p=0,000$). Praktik pengasuhan yang positif dan penuh perhatian berkorelasi dengan status gizi yang optimal, sedangkan praktik pengasuhan yang kurang tepat dikaitkan dengan status gizi yang buruk hingga sangat buruk. Berdasarkan temuan tersebut, disarankan agar Dinas Kesehatan dan institusi pendidikan meningkatkan program edukasi serta dukungan pengasuhan bagi orang tua guna memperbaiki status gizi anak di wilayah tersebut. Penelitian selanjutnya diharapkan dapat mengkaji faktor-faktor lain yang memengaruhi status gizi anak dengan menggunakan metode yang lebih komprehensif.

Kata Kunci: Praktik Pengasuhan, Status Gizi, Anak-anak, Balita.

1. INTRODUCTION

Nutritional status is one of the key factors influencing the occurrence of wound dehiscence. Nutritional status reflects the degree to which nutritional needs are met through dietary intake and the body's utilization of nutrients. Optimal nutritional intake is essential to support the comprehensive wound healing process. Suboptimal nutritional status—such as obesity with a body mass index (BMI) > 30 or malnutrition with a BMI < 18.5 —can increase the risk of wound dehiscence (Selomo, 2023).

The main factors affecting nutritional status are parents' knowledge and the way they raise their children. Knowledge stems from a person's curiosity and the drive to improve their quality of life in order to achieve better development, as well as efforts to meet their needs. Meanwhile, parenting styles reflect parents' attitudes toward their children. These attitudes can be observed from various perspectives, such as how parents apply different rules to their children, administer rewards and punishments, and respond to their children's questions (Istiqomah et al., 2024).

Parenting style can be defined as the way parents—that is, fathers and mothers—guide, protect, and educate their children to develop in accordance with society's desired norms. The parenting style adopted by parents greatly influences a child's growth and development. There are three types of parenting styles based on parental control: permissive, authoritarian, and authoritative. Permissive parenting tends to avoid punishment and is more accepting of the child's wishes. In contrast, authoritarian parenting is stricter in regulating children's behavior, based on rigid norms. Meanwhile, authoritative parenting emphasizes judicious control, encourages discussion, and explains the reasons behind decisions to the child (Erdaliameta et al., 2023).

Parents play a crucial role in education; they need to provide encouragement and motivation to help enhance and improve their children's intelligence and independence (Syifa et al., 2023).

According to the World Health Organization (WHO), undernutrition is a condition of moderate nutrient deficiency caused by prolonged low intake of energy and protein. This is reflected in weight-for-age (WFA) scores falling within the range of <-2 SD to >-3 SD. Undernutrition poses a serious threat to global health and is estimated to cause 3.1 million child deaths annually. By region, South Asia has the highest percentage of undernourished infants and young children, at 14.7%. Meanwhile, the rate stands at 7.2% in West and Central Africa, 6.3% in the Middle East and North Africa, and 5.3% in East and Southern Africa. These figures are lower in East Asia and the Pacific at 3.7%, in Eastern Europe and Central Asia at 1.9%, and in the Americas at just 1.3% (Sari, A, P & Haryanti, W. 2023).

The 2020 Aceh Health Profile indicates that the rate of malnutrition among children aged 0–59 months in Aceh reached 8.8%. The district with the highest rate of malnutrition among children is Simeulue, at 18%, followed by East Aceh and Aceh Besar, which each recorded a rate of 15%. Next were Southwest Aceh, Bener Meriah, and Subulussalam, each recording a malnutrition rate of 10% (Tharida et al., 2023).



In December 2024, preliminary data obtained from the Kuta Baro Community Health Centre in Aceh Besar indicated that there were 2,132 toddlers. Of this total, 1,737 toddlers had normal nutritional status, 217 were undernourished, and 49 were severely malnourished.

Based on interviews and observations carried out by researchers in Kuta Baro Sub-district, there were 12 parents. Of these 12 parents, 3 were aware of parenting practices but did not apply them, whilst the other 9 tended to give their children complete freedom without setting any obligations or responsibilities.

2. RESEARCH METHOD

The study employed a quantitative method with an analytical design using a cross-sectional approach. The population comprised all toddlers in the Kuta Baro sub-district, totalling 2,132. A sample of 96 toddlers was selected using simple random sampling.

The sampling criteria were parents who had children of toddler age and acted as primary carers, and who were resident in Kuta Baro sub-district. The study was conducted on 14–15 June 2025, with data collected using a parenting style questionnaire and a nutrition questionnaire.

3. RESULT AND DISCUSSION

This study was conducted on 14–15 June 2025 amongst parents of toddlers in Kuta Baro Sub-district, involving a total of 96 respondents. Data were collected using a parenting style questionnaire. The following results were obtained from the research data

Table 1. Frequency Distribution of Demographic Data for Parents and Children in Kuta Baro Sub-district (n=96)

Demographic Data	Frekuensi	Persentase
Children's Height	86,43 cm (68 cm – 109 cm)	
Children's Weight	11,35 kg (7 kg – 19 kg)	
Maternal Education		
Lower (Primary to Lower Secondary School)	30	31,3
Higher education institutions	66	68,8
Work		
Working	9	9,4
Not Working	87	90,6
Child's Age		
>12 months – <24 months	30	31,3
>24 months – <36 months	29	30,2
>36 months – <48 months	26	27,1
>48 months – <60 months	11	11,5

It can be concluded that the average age of the mothers in this study was 27.72 years, with the youngest respondent aged 22 and the oldest aged 33. The average height of the children in this study was 86.43 cm, with the shortest child measuring 68 cm and the tallest 109 cm. The average weight of the children in this study was 11.35 kg, with a minimum weight of 7 kg and a maximum of 19 kg. Furthermore, the majority of mothers in this study had a higher level of education (secondary school to university), totalling 66 respondents (68.8%). The majority of mothers in this study were in the 'not working' category, totalling 87 respondents (90.6%), and the majority of children were aged >12 months – <24 months, totalling 30 children (31.3%).



Table 2. Frequency of Nutritional Status among Under-fives in Kuta Baro Sub-district (n=96)

Category	f	%
Good Nutrition	59	61,5
Inadequate Nutrition	21	21,9
Poor Nutrition	16	16,6
Total	96	100

Based on the nutritional status shown in Table 4.2, the highest proportion of under-fives was found to have a good nutritional status, totalling 59 children (61.5 %).

Table 1. Frequency of Parenting Styles among Toddlers in Kuta Baro Sub-district (n=96)

Category	F	%
Good	35	36,5
Fair	30	31,3
Poor	31	32,2
Total	96	100

Based on the parenting styles of parents of toddlers shown in Table 4.3, the highest proportion was found among parents with a 'good' parenting style, totalling 36 respondents (36.5 %).

Table 4. The Cross-tabulation of Parental Child-rearing Styles and Children's Nutritional Status (n=96)

No.	Nutritional Status	Parenting Styles						Total		<i>P value</i>
		Good		Enough		Less		F	%	
		f	%	f	%	f	%			
1.	Good Nutrition	34	57,6	25	42,2	0	0,0	59	100	0,000
2.	Inadequate Nutrition	1	4,8	5	23,8	15	71,4	21	100	
3.		0	0,0	0	0,0	16	100	16	100	
	Total	35	36,5	30	31,3	31	32,3	96	100	

Table 4.4 above shows that, of the 96 respondents, 34 (57.6 %) were in good nutritional status with good parenting practices, 25 (42.2 %) were in good nutritional status with adequate parenting practices, and none were found to be in good nutritional status with poor parenting practices. Furthermore, among those with poor nutritional status, 1 person (4.8 %) had good parenting practices; 5 people (23.8 %) had adequate parenting practices; and 15 people (71.4 %) had poor parenting practices. Furthermore, no children with severe malnutrition were found to have good or adequate parenting practices, whilst 16 children (100 %) with severe malnutrition were found to have inadequate parenting practices.

Discussion

The results of the statistical test in Table 4.4 show a p-value of 0.000, which means that this value is less than $\alpha = 0.05$; therefore, the null hypothesis (H_0) is rejected. It can thus be concluded that there is a significant relationship between parenting styles and children's nutritional status among the respondents in this study. This finding confirms that variations in parenting styles influence children's nutritional status, whether categorised as good, inadequate or poor.

These findings are consistent with the study by Handayani (2021), which found a significant relationship between parenting styles and the nutritional status of toddlers, particularly in terms of supervision and the consistent provision of nutritious food. Good parenting is not only related to providing sufficient and nutritious food, but also encompasses attention, affection and appropriate supervision of children's eating habits.

Based on Sakti's (2025) research, inappropriate parenting practices can lead to problems in meeting children's nutritional needs, particularly when accompanied by a lack of parental knowledge regarding balanced nutrition. Therefore, good parenting practices must be supported by parents' knowledge and awareness in order to optimise their children's nutritional intake. Furthermore, poor



parenting practices, such as a lack of supervision and allowing children to choose their own food without any control, risk leading children to consume foods that are nutritionally deficient or unhealthy.

Based on her research, Sabila (2024) emphasises that a permissive parenting style, which gives children complete freedom without restrictions, can increase the risk of malnutrition, as children tend to choose foods they like without considering their nutritional value. However, an authoritarian parenting style—which forces children to eat or punishes them for not finishing their meals—is also ineffective and can cause stress in children, thereby reducing their appetite.

Johnson's research (2023) shows that an authoritative (democratic) parenting style—which strikes a balance between supervision and the child's freedom—is the most effective approach to maintaining a child's nutritional status, whilst parenting styles that are too strict or permissive have a negative impact. Early childhood is a golden period that is crucial for a child's future, particularly in terms of growth and brain development. Therefore, the role of parents as carers is vital in ensuring that children receive optimal nutrition and a supportive environment.

Hasibuan (2025) notes in his research that the attention, affection and comfort provided by parents significantly influence a child's growth and development, including their nutritional status. Children who feel safe and cared for tend to have a better appetite and achieve optimal growth. Research by Mangngi (2025) shows that good feeding practices include providing age-appropriate food, flexible mealtimes tailored to the child's hunger, and creating a pleasant and comfortable mealtime atmosphere. A warm and attentive mealtime atmosphere can boost a child's appetite, which ultimately has a positive impact on their nutritional status.

Researchers assume that parenting practices are a key variable that can be directly modified through education and guidance; thus, improving the quality of parenting will have a significant positive impact on children's nutritional status. Sari et al. (2024) support this assumption with their finding that appropriate feeding practices continue to contribute to children's nutritional status even though parenting practices in some regions remain suboptimal. Furthermore, effective parenting involves not only the physical aspects of feeding but also warmth, communication and emotional support from parents to their children. A democratic parenting style that combines clear guidance with proportionate freedom has been shown to be most effective in maintaining children's nutritional status, as found by Leuba (2022) in Aceh.

Researchers also consider that, whilst external factors such as socio-economic conditions and access to food also influence children's nutritional status, parenting remains the variable that is most easily addressed through intervention and should be the primary focus of public health programmes. Ongoing education and intensive support for parents will strengthen their ability to practise good parenting, enabling children to grow with optimal nutritional status and achieve their full developmental potential. This is consistent with the findings of Utami (2022), which demonstrated a positive relationship between democratic parenting and the nutritional status of toddlers within the catchment area of a community health centre.

4. CONCLUSION

Based on the results of research conducted into the relationship between parenting styles and children's nutritional status in Kuta Baro Sub-district, it can be concluded that there is a significant relationship between parenting styles and children's nutritional status (p -value 0.000). Good and appropriate parenting practices contribute positively to improving children's nutritional status, whilst poor parenting practices carry the risk of leading to children having an inadequate or poor nutritional status. Therefore, parenting practices are an important factor that must be taken into account in efforts to improve children's nutritional quality.

5. REFERENCES

- Erdaliameta, A., Khurotunisa, R., Nana, N., & Tohani, E. (2023). Pengaruh Pola Asuh Orang Tua Terhadap Kecerdasan Emosional Anak Usia Dini. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 7(4), 4521–4530. <https://doi.org/10.31004/obsesi.v7i4.4029>



- Handayani, T., Adriana, & Nurfiati, A. (2021). Hubungan Pola Asuh Orang Tua Terhadap Status Gizi Balita Di Upk Puskesmas Siantan Hulu. *Jurnal Ilmiah Keperawatan*, 9(1), 45-52. <https://Jurnal.Untan.Ac.Id/Index.Php/Jmkeperawatanfk/Article/Download/34659/75676582457>
- Hasibuan, R., Ismy, J., Husnah, H., Syahrizal, S., Dimiati, H. (2025). Pengaruh Pola Asuh Dan Pemberian Makan Terhadap Status Gizi Balita Di Puskesmas Kuta Alam Banda Aceh. *Jurnal Sari Pediatrik*. Vol 27, No 1.2025. <http://Dx.Doi.Org/10.14238/Sp27.1.2025.38-43>.
- Istiqomah, S., Sulastri, & Listiana, E. (2024). Hubungan Pengetahuan Dan Pola Asuh Orang Tua Terhadap Status Gizi Anak Usia Sekolah Di Mi Islamiyah Kebondalem 02. *Jurnal Surya Muda*, 6(1), 119–135. <https://Doi.Org/10.38102/Jsm.V6i1.362>
- Johnson, R., & Lee, S. (2023). Parenting Styles And Child Nutrition Outcomes: A Systematic Review. *International Journal Of Child Health And Nutrition*, 12(1), 45-60.
- Leuba, L., Octarya, R., & Suryani, N. (2022). Pengaruh Pola Asuh Demokratis Terhadap Status Gizi Anak Di Aceh. *Jurnal Kesehatan Masyarakat Aceh*, 8(2), 99-110. <https://Ejournal.Poltekkesaceh.Ac.Id/Index.Php/Gikes/Article/Download/2150/802>
- Mangngi, J., Nur, M., Liufeto, M. (2025). Hubungan Pola Asuh Makan Dengan Status Gizi Anak Usia Pra Sekolah Di Kelurahan Oesapa Kota Kupang. *Sehatmas (Jurnal Ilmiah Kesehatan Masyarakat)* E-Issn 2809-9702 | P-Issn 2810-0492 Vol. 4 No. 2 (April 2025) 454-468 Doi: 10.55123/Sehatmas.V4i2.4032
- Sabila, H., Asih, S., Asmuji. (2024). Hubungan Pola Asuh Orang Tua Dengan Status Gizi Pada Anak Usia 5-6 Tahun Di Tk Baiturrohim Kecamatan Jenggawah Kabupaten Jember. *Jurnal Ilmiah Kajian Multidisipliner* Vol 8 No. 7 Juli 2024 Eissn: 2118-7302
- Sakti, P., Anwar, K. (2024). Hubungan Antara Pola Asuh Pemberian Makan Dan Status Gizi Pada Anak Usia 3–6 Tahun Di Bekasi. *Sago: Gizi Dan Kesehatan* 2025, Vol. 6(1) 44-53. Doi: <http://Dx.Doi.Org/10.30867/Gikes.V6i1.2150>
- Sari, A,P & Haryanti, W. (2023). Hubungan Pengetahuan, Pendidikan, Dan Tingkat Pendapatan Terhadap Status Gizi Pada Balita Di Posyandu Desa Sumber Jaya. *Media Publikasi Promosi Kesehatan Indonesia (Mppki)*, 6(6), 1164–1171. <https://Doi.Org/10.56338/Mppki.V6i6.3319>
- Sari, N., Et Al. (2024). Hubungan Pola Asuh Dengan Status Gizi Anak Di Wilayah Kerja Puskesmas Kuta Alam. *Jurnal Pediatri Indonesia*, 14(1), 25-33. <https://Saripediatri.Org/Index.Php/Sari-Pediatri/Article/Download/2861/Pdf>
- Selomo, P. A. M. (2023). Status Gizi. *Pekan : Jurnal Pengabdian Kesehatan*, 2(1), 7–11. <https://Doi.Org/10.33387/Pekan.V2i1.6808>
- Syifa, N., Rachman, A., & Asniwati, A. (2023). Kerjasama Orang Tua Dengan Sekolah Dan Pola Asuh Orang Tua Berpengaruh Terhadap Kemandirian Anak. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 7(1), 384–397. <https://Doi.Org/10.31004/Obsesi.V7i1.3745>
- Tharida, M., Iskandar, & Erisma, E. (2023). Analisis Perbedaan Status Sosial Ekonomi Dan Pola Asuh Pada Balita Gizi. *Journal Of Health, Education And Literacy (J-Healt)*, 5(2), 104–110.
- Utami, D. (2022). Hubungan Pola Asuh Demokratis Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas. *Jurnal Sehat Masyarakat*, 10(2), 88-95. <https://Journal.Literasisains.Id/Index.Php/Sehatmas/Article/Download/4032/2007/22525>