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Nutritional Status of Toddler in Agricultural Areas

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Abstract

Introduction: Nutritional status in toddlers has an important role in the growth and development of toddlers, which is related to health and intelligence. Nutritional status in toddlers involves measuring height, weight, and age. Providing insufficient or excessive nutrition can cause poor nutritional status. Objective: Find out the nutritional status of toddlers and the problems of malnutrition that occur in toddlers in agricultural areas. Method: This research uses the literature review method or literature review. Literature sources were collected from research journal databases and the internet, focusing on Google Scholar, Science Direct, and Pubmed for publications between 2019 and 2024. Results: The nutritional status of toddlers is influenced by various factors, including parenting patterns, family roles, nutritional consumption, and the environment. Balanced nutrition education can increase understanding among mothers of toddlers. Toddlers in farming families and non-fishing communities have a higher prevalence of stunting. Conclusion: The nutritional status of children under five in agricultural areas still needs to improve. Comprehensive interventions need to always be carried out by ensuring that toddlers receive nutritional intake and a healthy environment for optimal growth and development.

Keywords: toddler, agriculture, nutritional status

Introduction

The toddler years are a critical period in human formation and development. During this critical period, toddlers will be susceptible to growth disorders. The problem of nutritional status is a problem that often arises during childhood. Nutritional status is

a measure of success in providing adequate nutrition. Nutritional status in toddlers is important in their growth and development, which is related to health and intelligence. Nutritional status in toddlers involves measuring height, weight, and age. Providing insufficient or excessive nutrition can cause poor nutritional status1. 2(Wijayanti, 2023; Kurniyawan, et al., 2023).

The problems of nutritional status in toddlers, or as we know that malnutrition or stunting is a frightening thing for all citizens of the world because the problem of malnourished or stunted toddlers can impact the development and growth of a country. According to the WHO, in 2023, the prevalence of cases of malnourished children under five will reach 54 million to 144,5 million children under five, or 28,7% of the world's population. The country in first place for cases of malnourished children under five is an African country with a prevalence of 32.2%. Followed by Southeast Asian countries at 30,9%, South America at 22%, and Europe at 16,5%.3 (World Health Organization, 2023). Meanwhile, the prevalence of under-five children experiencing malnutrition or stunting is 21,6%, according to the Indonesian Ministry of Health in 2022, which has decreased by 2,8% from 2021. From 2023 to 2024, the Indonesian state is targeting a reduction in the incidence of malnutrition and stunting to 14%. In Indonesia, most stunting cases occur in West Java, East Java, Central Java, North Sumatra, and Banten4 (Rokom, 2023). The incidence of malnourished or stunted toddlers in the East Java region in 2022 has a prevalence of 19,2%, with three districts being the highest contributors to stunting cases in East Java, namely Jember district with 34,9%, Situbondo district with 30,9%, and Bondowoso district with as much as 32%. 5(Tim Percepatan Penurunan Stunting Sekretariat Wakil Presiden, 2023).

The occurrence of nutritional status problems can be influenced by several factors, not only unbalanced nutritional consumption but also parenting patterns, family roles, and environmental factors. Parenting style is how parents interact with their children through behavior and attitudes. This method also includes how parents show their emotions when treating, guiding, and disciplining children. Apart from that, the role of the family is also important in influencing the nutritional status of toddlers. An active and supportive family role can minimize nutritional status problems in toddlers 6,7(Rahmawati et al., 2019; Nurprastiwi, et al., 2024).

Malnourished or stunted toddlers can be managed through several prevention

programs that are synergized by the village government in collaboration with the local health center and health service in the form of providing access to basic sanitation such as clean water, clean latrines, household waste disposal facilities, preventing the incidence of malnourished children under five can be done by providing access to health in the form of providing KIA facilities and equipment, providing health insurance for underprivileged residents, providing health education and parenting patterns children to their parents, providing routine check-up facilities through Posyandu and improving nutrition for stunted toddlers. Nurses as caregivers can provide care by providing health promotion8,9 (Hadijah et al., 2022; Afandi, et al., 2023). Therefore, we are interested in raising this topic because of the high long-term impact of malnutrition, which can be used as an important step in optimizing children's health and development.

Method

This research uses the literature review method. Literature sources were collected from research journal databases and the internet, focusing on Google Scholar, ScienceDirect, and Pubmed for publications between 2019 and 2024. Search keywords in English and Indonesian were used to find relevant literature. The literature search used Indonesian with the keywords used in the search, namely "*Gizi Balita*" AND "*Agri*cultural." When searching for literature in English, use the keywords "Toddler," "Agriculture," AND "Nutritional Status."

The journal search process begins by identifying specific keywords. During the search phase, 17,900 journals were found that matched the keywords listed. The next stage is to carry out screening on the journal's publication year, which aims to ensure alignment with research requirements. During the screening stage, 14,202 journals were found that met the criteria. Next, the publication enters the screening stage based on research criteria for inclusion and exclusion, with inclusion criteria, namely those that match the keywords "Toddler" and "Agriculture," while exclusion criteria, namely journals that are not relevant to the keywords. A total of 988 journals were found that met the inclusion and exclusion criteria obtained in the search. In the next stage, there were a total of 80 journals that met the criteria for full free text. Furthermore, the 80 selected journals were screened again based on language, research methodology, results, and

other predetermined factors. After screening, ten journals were selected that met the predetermined criteria and were deemed worthy of further research.

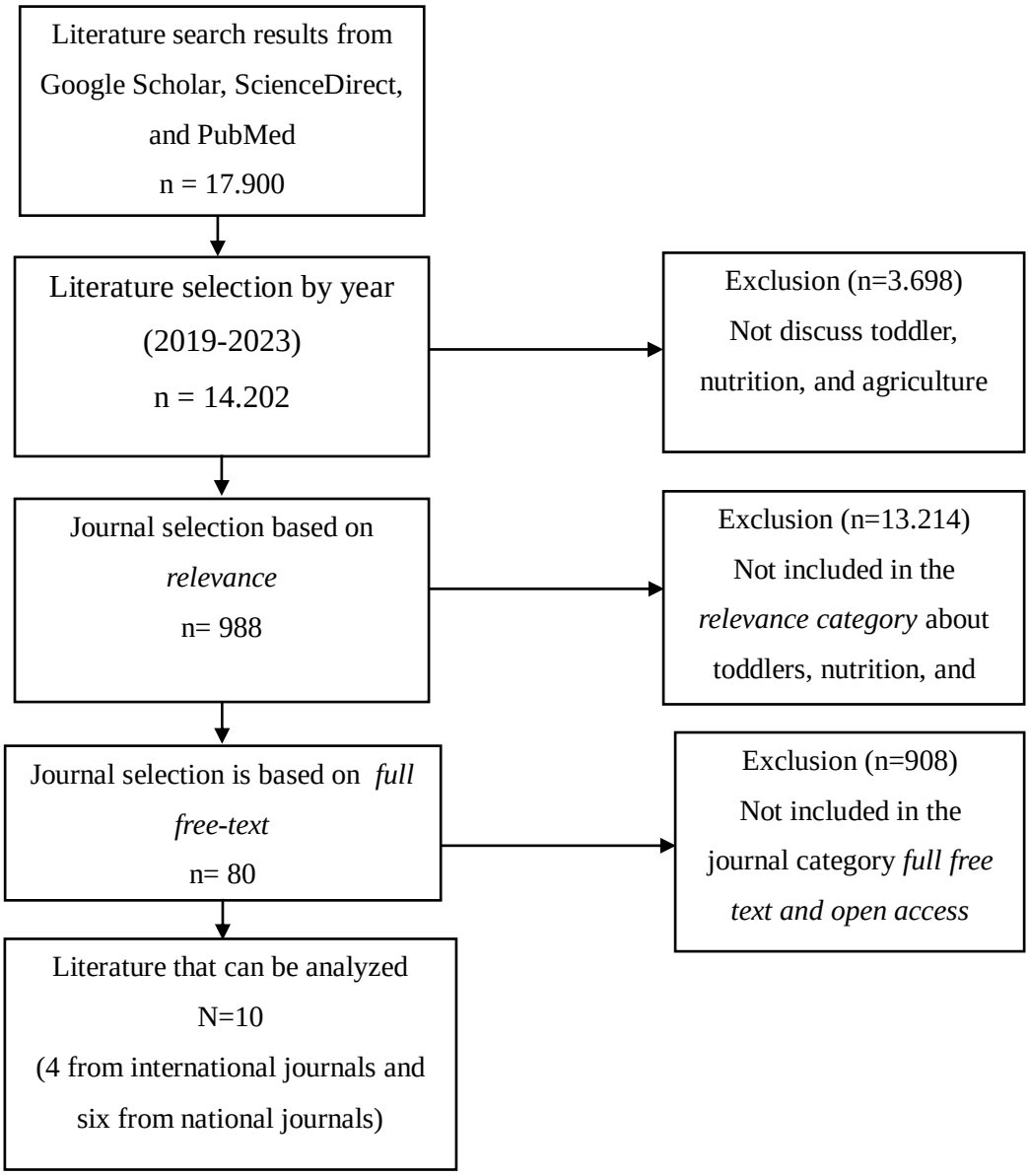

Figure 1. Flow Diagram of Analysis Literature

Results

Of the ten articles examined, it was found that four articles discuss the relationship between malnutrition and stunting in toddlers. This shows that malnutrition is one of the main factors causing stunting. In addition, three articles discuss the nutritional status of children, two articles discuss balanced nutrition, and the rest discuss nutritional deficiencies in general. Check Table 1 for the following literature analysis result for more detailed information.

Table 1. Table Literature Review

ID Number	Author and Journal Identity	Journal Title	Objective	Population and Sample	Method	Summary and Results
A1	**Author:** Fatkuriyah & Sukowati **Journal Identity:** Adi Husada Nursing Journal, Volume. 8 No 2, Halaman 129. e-ISSN: 2502-2083 DOI: https://doi.org/10.37036/ahnj.v8i2.357 [Accessed on Friday, 10 May 2024]	Parenting Patterns and Toddler Nutritional Status in Jember Regency10	This research aims to determine the relationship between maternal parenting patterns and the nutritional status of toddlers.	Toddlers who permanently reside in the research location and mothers who are literate served as the research samples for this study. The mothers and toddlers were drawn from the working area of Posyandu Catleya 85, 86, and Catleya 87 Karangrejo Subdistrict.	This research used a cross-sectional method. The subjects studied were mothers and children under five years old (toddlers) who were in the area of Posyandu Catleya 85, 86, and Catleya 87 in Karangrejo Village. The criteria for being part of the sample were toddlers who must be permanent residents in the study location, and mothers must be able to read and write. The criteria that were not included in this study were toddlers with physical disabilities and toddlers who were not handled directly or not cared for by their own mothers.	This study produced a p-value of 0.023, which means a relationship exists between maternal parenting and the nutritional status of toddlers. Mothers who apply an authoritative parenting style will have high responsiveness and demands for the eating process. Children by placing limits on the types of food they can or cannot consume. Children can build a dining atmosphere that supports their healthy eating patterns by preparing a schedule for their meals, serving highly nutritious food choices, and allowing them to decide how much food they eat.
A2	**Author:** Kartika., et al	Improving Mothers' Knowledg	This research aims to increase the	Thirty-eight moms of toddlers at Posyandu Catleya	The method used in this research is a community service	The results of this research on balanced nutrition counseling show that there

	Journal Identity: Journal of Community Development, Volume. 2 No. 2, Halaman 91–96 DOI: https://doi.org/10.47134/comdev.v2i2.52 [Accessed on Friday, 10 May 2024]	e About Balanced Nutrition to Prevent Nutritional Problems in Toddlers in Jember Regency11	knowledge of mothers of toddlers regarding balanced nutrition in preventing nutritional problems in toddlers.	19 made up the research sample.	method where the activities will use pre-tests and post-tests to determine the results to be obtained and evaluate the implementation of activities.	has been an increase in understanding of balanced nutrition among mothers of toddlers. So this outreach activity is effective in increasing mothers' knowledge about nutrition balance for toddlers. Implementation of nutrition education in community efforts to prevent nutritional problems must continue to be carried out comprehensively. Therefore, community service programs need to be implemented. The next step is practicing how to arrange a balanced nutritional menu and processing food ingredients by implementing balanced nutrition according to children's nutritional adequacy (RDA). Meeting these nutritional needs must also pay attention to the principle of diversity. Food, physical activity, clean living behavior, and maintaining a normal body weight to prevent nutritional problems.
A3	**Author:** Rahmawati.,	Hubungan Pelaksanaa	This research aims to	A cluster random selection technique,	This study used a cross-sectional	This research produces a p-value=0.002, which

	et al **Journal Identity:** Pustaka Kesehatan, Volume. 7 No. 2, Halaman 112 DOI : https://doi.org/10.19184/pk.v7i2.19123 [Accessed on Friday, 10th May 2024]	n Peran Keluarga dengan Kejadian Stunting pada Balita di Kecamatan Arjasa, Jember6	analyze the relationship between the implementation of family roles and the incidence of stunting among toddlers in Arjasa District, Jember Regency.	the research sample comprised 117 respondents from the Arjasa District in the Jember Regency.	research design with sampling techniques and cluster random sampling techniques.	means a relationship exists between the implementation of family roles and the incidence of stunting in toddlers in Arjasa District, Jember Regency. It cannot be denied that the family form can provide. The influence on the incidence of stunting is in line with the characteristics of the number of children in the family because the number of children determines whether a family is large or small. By implementing good family roles, families can provide nutrition to children under five.
A4	**Author:** Kusuma., et al **Journal Identity:** Jurnal Peduli Masyarakat, Volume. 5 No.1, Halaman 203–208. e-ISSN : 2721-9747 DOI : https://doi.org/10.37287/jpm.v5i1.1625	Optimizing Media Literacy in Creating Nutrition-Aware Families (SADARZI) in Agricultural Communities12	The aim of this research is to increase knowledge in the community regarding the balanced nutritional status of children and toddlers.	Twenty-five people participated in the research activities conducted at the Mojoparon Village Village Hall in the Rembang District of the Pasuruan Regency.	In the health literacy research documented in this journal, the methods used were lectures and discussions, which have been proven to effectively increase community understanding and knowledge. The supporting media used in the literacy activities were X-banners and leaflets. Evaluation was conducted to measure	After providing health education about balanced nutrition guidelines, there was a significant increase in participants' knowledge, where literacy was provided about balanced nutrition guidelines, which are expected to be able to create conscious families. Nutrition (awareness) in agricultural communities to prevent and reduce the incidence of stunting in agriculture areas.

	[Accessed on Monday, 6 May 2024]				participants' ability to absorb and understand the material presented. Questionnaires were used to measure the increase in participants' knowledge about good and balanced nutrition before and after the material was delivered.	
A5	**Author:** Ningrum, V. **Journal Identity:** Jurnal Pangan, Volume. 28 No. 1, Halaman 73–82 DOI: https://doi.org/10.33964/jp.v28i1.424 [Accessed on Friday, 10 May 2024]	Food Access and the Incidence of Toddler Stunting: A Case of Agricultural Villages in Klaten13	The aim of this research is to determine the analysis of household resilience in accessing food, which is influenced by cultural, social, and economic factors, as well as the impact on stunting conditions in 4 villages of Klaten Regency, Central Java.	The study population comprised all families in four villages within Klaten Regency with toddlers between the ages of two and five. The research targets included ten mothers in Sumyang Village who had stunted toddlers and 62 houses chosen by the purposive snowballing technique.	Data was collected using quantitative and qualitative methods, including household surveys, detailed interviews, direct observation, and focus group discussions.	The programs carried out by researchers to restore the nutritional status of toddlers who experience stunting have resulted in changes in consumption behavior in accessing and managing family food, which is influenced by modernization in rural areas, namely the increasing culture of buying cooked food and changes in agricultural production becoming monoculture. However, access to food in this respondent's household has many factors that influence limitations in meeting the nutritional needs of their toddlers, namely due to the subsistence farming

						culture, economic limitations, parenting patterns for their toddlers, and the lack of creative ideas of parents in utilizing the land to cultivate food for their children. Meet the nutritional needs of toddlers.
A6	**Author:** Purba., et al **Journal Identity:** Jurnal Kesehatan Lingkungan Indonesia, Volume. 21 No. 3, Halaman 320–328. e-ISSN : 2502-7085 DOI : https://doi.org/10.14710/jkli.21.3.320-328 [Accessed on Monday, 6th May 2024]	Stunting Incidence in Toddlers Exposed to Pesticides in Agricultural Areas14	This research aims to analyze the relationship between pesticide exposure and the incidence of stunting in toddlers in agricultural areas.	Cluster sampling, a sample of 136 mothers of toddlers exposed to pesticides in Sekayu District, Lumpatan 1 Village, and Lumpatan 2 Village was taken.	This research uses quantitative analytical methods with a cross-sectional study approach. A cross-sectional study is used to analyze the relationship between pesticides and the incidence of stunting in toddlers.	The programs carried out by researchers to restore the nutritional status of toddlers who experience stunting have resulted in changes in consumption behavior in accessing and managing family food, which was influenced by modernization in rural areas, namely the increasing culture of buying cooked food and changes in agricultural production becoming monoculture. However, access to food in this respondent's household has many factors that influence limitations in meeting the nutritional needs of their toddlers, namely due to the subsistence farming culture, economic limitations, parenting patterns for their toddlers,

						and the lack of creative ideas of parents in utilizing the land to cultivate food for their children. Meet the nutritional needs of toddlers.
A7	**Author:** Nassreddine., et al **Journal Identity:** Nutritional Epidemiology and Public Health, Volume. 6 No. 5 DOI: https://doi.org/10.1093/cdn/nzac080 [Accessed on Wednesday, 15 May 2024]	Total Usual Nutrient Intakes and Nutritional Status of United Arab Emirates Children (<4 Years): Findings from the Feeding Infants and Toddlers Study (FITS) 2021 15	The research aims to investigate the eating habits and nutritional status of children under 4 years old in the United Arab Emirates (UAE), as well as their compliance with dietary and nutritional guidelines.	A cross-sectional survey aimed at 525 children aged 0–47.9 months was carried out in three significant emirates: Abu Dhabi, Dubai, and Sharjah.	In a cross-sectional study, data are collected from a population or a sample at one point. The researchers in this study used a stratified random cluster sampling framework to recruit participants.	This research shows that there are three burdens on toddlers experiencing malnutrition in the United Arab Emirates, where almost all toddlers fail to meet adequate fiber intake as well as micronutrient deficiencies, especially calcium, zinc, folate, and vitamins A and D. In children aged 0–4 years, as many as 10% experience stunting, 6% are thin, 17% are at risk of being overweight, 5% are overweight, and 3% are obese. This research also shows low compliance with recommendations for nutrient-dense foods, so more attention needs to be paid to policies and strategies to improve the quality of dietary patterns among children under five in the United Arab Emirates.
A8	**Author:** Okidi., et al	Disparity in	This research aims to find	In the Karamoja sub-region of	This research applied a cross-sectional	The prevalence of underweight, stunting, and

	Journal Identity: BMC Pediatrics, Volume. 22 No. 1, Halaman 1–16 DOI: https://doi.org/10.1186/s12887-022-03363-6 [Accessed on Thursday, 9 May 2024]	prevalence and predictors of undernutrition in children under five among agricultural, pastoral, and agro-pastoral ecological zones of Karamoja sub-region, Uganda: a cross-sectional study16	out whether the factors of malnutrition in children under five are related to their agroecological location.	Uganda, the research population consisted of all children under five years old who lived in three agroecological zones: agricultural, agro-pastoral, and pastoral. Phased sampling from each of the three agroecological zones yielded 240 children under the age of five and their mothers/caregivers.	approach in its design. It was conducted in pastoral, agro-pastoral, and agricultural ecosystems in the Karamoja sub-region, located in the northeastern sector of Uganda, from October to December 2019.	wasting ranges from 36 to 58% but varies according to agroecology regarding peak age, which ranges from 6 to 37 months. Child characteristics, feeding practices, home economics factors, sanitation factors, and caregiver characteristics that predict malnutrition in children under five were identified as much as ($p \leq 0.05$). This form of malnutrition is associated with contextual characteristics of the household, such as unhygienic food handling, feeding children, and poor diet.
A9	**Author:** Fatch., et al **Journal Identity:** Scientific African DOI: https://doi.org/10.1016/j.sciaf.2023.e01569 [Accessed on Wednesday,	Agricultural diversity linkage to income, wealth, diets and nutrition: Case of Lilongwe district in Malawi17	This study aims to ascertain how agricultural diversity affects wealth, income, nutrition, and diet.	The study's population comprised all farming households with children under five in Malawi's Lilongwe district. In November 2016, 424 households were polled to form the research sample.	The study employed a repeated cross-sectional study design. Researchers used statistical techniques to measure variables and examine their impacts. A solitary questionnaire was utilized to test both independent and dependent variables	This research did not find a significant relationship between agricultural diversity and the nutritional status of children, women, and men. However, agricultural diversity is a reasonable strategy to improve farming households' welfare in Malawi.

	15 May 2024]				simultaneously.	
A10	**Author:** Marinda., et al **Journal Identity:** Scientific African DOI : https://doi.org/10.1016/j.sciaf.2022.e01527 [Accessed on Thursday, 9 May 2024]	Dietary diversity and nutritional status of children aged 6–59 months from rural fishing and non-fishing communities in Zambia18	This study aims to explore dietary diversity, fish consumption, and nutritional status of children in Luapula.	The study's participants comprised all mother-child pairs residing in Luapula Province with children between 6 and 23 months. The study's target population consisted of 203 mother-child couples who were chosen through a progressive selection procedure and fulfilled the inclusion criteria.	This research uses a cross-sectional method and a semi-structured questionnaire that will be used to collect socio-economic characteristics, food intake, and anthropometric data. Then, descriptive statistical methods and Bivariate associations were also used in this study.	Children in fishing communities often need more fruits, vegetables, and animal protein despite access to fish. While food variety does not directly improve nutrition, promoting diverse local foods like fish can improve children's health.

Discussion

From the journal review that has been carried out, it was found that parental parenting patterns, unbalanced nutritional consumption, and environmental factors can influence nutritional status problems in toddlers. Research by Fatkuriyah and Sukowati (2022) explains that parenting patterns can influence the nutritional status of toddlers. Inappropriate parenting patterns can increase the risk of malnutrition by 12.6 times. The majority of parents with permissive or authoritarian parenting styles tend to have children with poor nutrition. In contrast, authoritative parenting styles that involve two-way communication and clear rules have been proven to support better nutrition. Apart from parenting patterns, the nutritional status of toddlers can be influenced by the role of the family.

This is supported by the results of research by Rahmawati et al. (2019), which

state that the role of the family is optimal in supporting the improvement of nutritional status in toddlers so that it can reduce the incidence of stunting. The role of the family can be carried out well so that the family can increase its role, especially in providing nutrition to children under five years old. In research by Kartika et al. (2021) and Kusuma et al. (2023), education was carried out to prevent nutritional status problems, namely stunting. The education provided is about providing balanced nutrition for toddlers. The results of this balanced nutrition education activity show an increased understanding of balanced nutrition among mothers of toddlers. Apart from providing balanced nutrition to overcome nutritional status problems, the environment around toddlers can also influence their nutritional status.

In Ningrum's (2019) research, food access is related to nutritional status problems in toddlers, namely stunting. It was stated that mothers who were used to buying ready-to-eat food had toddlers with nutritional status problems, namely stunting. The culture of buying ready-to-eat food is because women in the village also work outside the home, reducing the time needed for activities at home. Apart from that, research by Nassreddine et al. (2021) states that unhealthy eating patterns can also contribute to the nutritional status of toddlers. However, toddlers in farming families have nutritional status problems, namely stunting with a prevalence of more than 30% and toddlers with underweight above 5%.

This is also supported by research by Marinda et al. (2023), which explains that toddlers in non-fishing communities have a higher prevalence than toddlers in fishing communities. Apart from that, research by Fatch et al. (2023) states that no significant relationship exists between agricultural diversity and nutritional status. Research by Okidi et al. (2022) also states that environmental cleanliness influences the nutritional status of toddlers. Meanwhile, research by Purba et al. (2022) shows no significant relationship between exposure to pesticides in mothers of toddlers and the incidence of stunting in toddlers. Exposure to pesticides in toddlers also does not show a significant relationship with the incidence of stunting in toddlers.

Conclusion

The nutritional status of children under five in agricultural areas still needs to

improve. The main factors influencing toddlers' nutritional status include parenting patterns, unbalanced nutritional consumption, and environmental factors. The importance of comprehensive interventions, such as education about parenting patterns and balanced nutrition, increasing access to nutritious food, improving sanitation, and limiting exposure to pesticides, emphasizes the need for cooperation from various parties to ensure that toddlers receive optimal nutritional intake and a healthy environment for optimal growth and development.

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Conflict of Interest

None.

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Example:

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