

The Relationship of Mother's Knowledge Level and Occupation with Feeding Patterns of 12-60 Months Children in Melapeh New Village Kutai Barat Regency

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Introduction: Diet in toddlers plays an important role in the growth process in toddlers, because foods that contain lots of nutrients can support the child's growth and development process. So, there is malnutrition in toddlers. The level of knowledge and work of the mother will greatly affect the pattern of feeding the child, the mother's ignorance of the pattern of feeding the child will result in errors in the selection of food ingredients so that it will cause malnutrition. **Objective:** To determine the relationship between mother's level of knowledge and occupation with feeding patterns in children aged 12-60 months in Melapeh Baru Village. **Methods:** This type of research is an observational study using a Cross Sectional approach. The population of mothers with toddlers aged 12-60 months in Melapeh Baru Village in January 2021 amounted to 124 toddlers. **Results and Discussion:** The test results obtained that there was a relationship between the level of mother's knowledge ($p\text{-value} = 0.035$) and work ($p\text{-value} = 0.000$) with eating patterns in children aged 12-60 months. **Conclusion:** There is a relationship between the level of knowledge and mother's occupation with feeding patterns in children aged 12-60 months in Melapeh Baru Village.

Keywords: Knowledge Level; Mother's Occupation; Feeding Pattern; Children 12-60 Months Old;

Introduction

Toddlers are the most vulnerable group affected by nutritional problems, this is because toddlers are a golden period where the body needs large amounts of nutrients to meet the peak of growth and development, Malnutrition in this period can inhibit growth and development into adulthood and is *irreversible* (Vaughn et al., 2016). This is in line with the statement that the golden age is the age of 0-6 years which is a time when physical, motor, intellectual, emotional, language and social development takes place very quickly which only occurs once in development of human life (Bhandari & Chhetri, 2013)

In 2018 in East Kalimantan Province, the percentage of malnutrition in infants aged 0-59 months was 3.2% and the percentage of undernutrition was 11.5%, while in 2017 the percentage of malnutrition was 4.40% and the percentage of undernutrition is 14.90%. There are 124 toddlers in Melapeh Baru Village and according to puskesmas data (2021) there are 5 toddlers who are classified as stunting and there are 2 toddlers who have more nutritional risk. An important factor in child health is the behavior of the mother, as a person who plays a role in childcare (Puteri Firmana, 2015) in (DIONA & Flora, 2020). Shows the relationship between maternal behavior and work that affects the healthy diet needed by children to get the same nutrition (Jawad et al., 2018)

At the age of 1-5 years, children already have an active toddler nature, that is, they can already choose the food they like so that the food obtained is not entirely under the control of the mother or caregiver (Ri, 2018). Diet in toddlers plays an important role in the growth process in toddlers, because foods that contain lots of nutrients can support the child's growth and development process, if the diet is not achieved properly in toddlers. Then the growth of toddlers will be disrupted, thin, short bodies can even be malnourished in toddlers. Children experience growth according to their age, but some circumstances will affect growth so that disorders appear. In general, factors that influence the formation of diet are economic, socio-cultural, religious, educational and environmental factors (Ri, 2018).

The level of knowledge of mothers will greatly affect the feeding patterns of children, ignorance of mothers about feeding patterns in children will result in errors in the selection of food ingredients so that it will cause undernutrition (thin) in children (Sulistiyadewi & Puspaningrum, 2017). Nutrition in food given to children has a very close attachment to health and intelligence. Diet is a way to regulate the quantity of food types, so as to improve the quality of health, psychology, prevention and the healing process of illness. Good eating habits always represent optimal nutritional fulfillment (Kutalaningtyas et al., 2017). Nutritional needs in children are needed to grow and develop, each child has different nutritional needs with distinctive characteristics in Totaling food n (Li et al., 2015), therefore the contribution of a mother's nutritional knowledge has a major influence on attitude change and Behavior in the selection of food ingredients which will further affect the nutritional status of individuals in the family. The food Total must contain micronutrients and vitamins needed for the growth and cognitive development of infants (Nisak et al., 2018).

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The higher the level of education of parents, the higher their knowledge and experience in caring for their children, especially in their feeding patterns. Working mothers have children with mostly malnourished nutritional status, and non-working mothers show good nutritional status. There are 124 toddlers in Melapeh Baru Village where the majority of mothers work as farmers and private workers so that mothers do not have enough time to take care of their children (Purwani, 2013).

One of the impacts of working mothers is the lack of attention of parents, especially mothers, to stimulate toddlers. Stimulation must be done by all family members because stimulation has a very big meaning for the development of children later (Rafaela, n.d.)

Mothers who do not work in the family can affect the nutritional intake of toddlers because the mother acts as a caregiver and regulator of food. Totaling of family members (Nikma, 2013). Working mothers do not have enough time to take care of and care for their children so that their children can suffer from malnutrition.

Method

The type of research conducted is observational research using a *cross sectional* approach. This study will obtain the prevalence or effect of a phenomenon by conducting a correlation analysis between the independent variable, namely the level of knowledge and work factors of the mother with the dependent variable, namely the feeding pattern on toddlers aged 12-60 months. The population in this study was mothers who had toddlers aged 12-60 months in Melapeh Baru Village. In January 2022, 124 toddlers aged 12-60 months in Melapeh Village numbered 124 toddlers. The total sample was 92 respondents. The sampling technique in this study is Purposive sampling. The research was conducted in Melapeh Baru Village, Linggang Bigung District, West Kutai Regency and took place from June to July 2022.

Results and Discussion

Result

1. Analyzes Univariat

Table 1

Frequency Distribution of Respondents' Characteristics in Melapeh Baru Village

Characteristic	Frequency	Presented (%)
Age		
20-35 tahun	65	70.7
>35 years	27	29.3
Total	92	100
Education		
Primary school	21	22.8
Junior High School	49	53.3
High School	22	23.9
Total	92	100

Primary data sources, 2022

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Based on table 1, the frequency distribution of respondents' characteristics from 92 respondents, mostly aged (20-35 years) as many as 66 people (70.7%), with junior high school education as many as 49 people (53.3%).

2. Bivariate Analysis

a. Work

Table 2

Analysis of respondents' job variables in research in Melapeh Baru Village

Work	Frequency	Presented (%)
Work	45	48.9
Not Working	47	51.1
Total	92	100

Primary data sources, 2022

Based on table 2 above, it was found that from 92 respondents, most respondents did not work or as housewives as many as 47 people (51.1%), while the rest had 45 jobs people (48.9%).

b. Knowledge

Table 3

Variable Analysis of respondents' knowledge in research in Melapeh Baru Village

Knowledge	Frequency	Presented (%)
Not Good	21	22.8
Good enough	47	51.1
Good	24	26.1
Total	92	100

Primary data sources, 2022

Based on table 3 above, it was found that from 92 respondents, most respondents had good knowledge as many as 47 people (51.1%) while those with good knowledge were 24 people (26.1%) and poor knowledge as many as 21 people (22.8%).

c. Feeding patterns

Table 4

Variable Analysis of Respondents' Feeding Patterns in Research in Melapeh Baru Village

Feeding patterns	Frequency	Presented (%)
Not Good	50	54.3
Good	42	45.7
Total	92	100

Primary data sources, 2022

Based on table 4 above, it was found that most respondents had poor feeding patterns as many as 50 people (54.3%), while the rest had good feeding patterns as many as 42 people (45.7%).

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- d. The relationship of knowledge to feeding patterns

Table 5

The relationship of knowledge with feeding patterns in research in Melapeh Baru Village

	Feeding patterns						
Knowledge	Not Good		Good		Total		P-Value
	N	%	N	%	N	%	
Less	20	21.7	1	1.1	21	22.8	0.000*
Enough	20	21.7	27	29.3	47	51.1	
Good	10	10.9	14	15.2	24	26.1	
Total	50	54.3	42	45.7	92	100	

Source of Chi Square Test Analysis*

Based on table 5 of the results of the analysis of the relationship between knowledge and feeding patterns in Melapeh Baru Village, it was found that there were as many as 20 out of 21 (21.7%) respondents who had less knowledge and poor feeding patterns, while there were as many as 14 out of 24 (15.2%) respondents who had good knowledge and good feeding pattern. The results of the *Chi-Square* statistical test obtained a value of $p = 0.000$, it can be concluded that there is a relationship between the level of maternal knowledge and feeding patterns in children aged 12-60 months in Melapeh Baru Village.

- e. The relationship of work with feeding patterns

Table 6

Relationship of Work with Feeding Patterns In research in Melapeh Baru Village

	Feeding patterns						
Work	Not Good		Good		Total		P-Value
	N	%	N	%	N	%	
Work	30	32.6	15	16.3	45	48.9	0.020*
Not Working	20	21.7	27	29.3	47	51.1	
Total	50	54.3	42	45.7	92	100	

Source of Chi Square Test Analysis*

Based on table 6 of the results of the analysis of the relationship between work and feeding patterns in Melapeh Baru Village, it was found that there were as many as 30 out of 45 (32.6%) respondents who worked and feeding patterns were not good, while there were as many as 27 out of 47 (29.3%) respondents who did not work and the feeding pattern was good. The results of the *Chi-Square* statistical test obtained a value of $p = 0.035$, it can be concluded that there is a relationship between the level of maternal employment and feeding patterns in children aged 12-60 months in Melapeh Baru Village

Discussion

1. The mother's level of knowledge with diet

Based on the results of respondent characteristic data, there were 65 people (70.7%) mothers of non-risk age (20-35 years) and 27 mothers (29.3%) mothers of at-risk age (aged >35 years). Based on the results, there were 21 mothers (22.8%) mothers with low education, 49 mothers (53.3%) mothers with secondary education and 22 mothers (23.9%) mothers with higher education.

The results of the study found that the higher the level of education of parents, the higher their knowledge and experience in caring for their children, especially in their feeding patterns. The Melapeh Baru village that actively carries out posyandu activities for toddlers is thought to have an influence on mothers' knowledge about feeding patterns in children, besides that access to supporting information also has a positive impact on mothers. To increase her knowledge because the level of knowledge of the mother will greatly affect the feeding pattern of the child, the mother's ignorance of the feeding pattern in the child will result in errors in Selection of food ingredients so that it will cause malnutrition (thin) in children. Nutrition in food given to children has a very close attachment to health and intelligence.

The average mother in Linggang Melapeh Baru Village has a fairly good knowledge (51.1%) with a fairly good level of knowledge thought to have an influence on the absorption of information so that mothers are unable to provide feeding patterns which is appropriate and optimal for children. This is certainly very influential on the growth and development of toddlers because diet in toddlers plays an important role in the growth process in toddlers, because foods that contain lots of nutrients can Supporting the process of child growth and development, if the diet is not achieved properly in toddlers, the growth of toddlers will be disrupted, thin, short bodies can even occur malnutrition in toddlers. Children experience growth according to their age, but some circumstances will affect growth so that disorders appear. In general, factors that influence the formation of diet are economic, socio-cultural, religious, educational and environmental factors.

The researcher's as Total option is that mothers of no age are at risk with secondary education has an influence on maternal knowledge in receiving, understanding and applying information obtained, especially in parenting, especially knowledge about patterns of giving feeding in a child.

2. Mother's work with diet

Based on research in Linggang Melapeh Baru, there are 48.9% of working mothers, this high value certainly has an influence on maternal parenting, especially the feeding pattern for children in Linggang Melapeh Baru Village, besides that Working mothers have less time to supervise their children so that children are free to move outside the home without getting scheduled and nutritious food intake, this is in line with the results of the study shows that working mothers have children with mostly malnourished nutritional status, and non-working mothers show good nutritional status. One of the impacts of working mothers is the lack of attention of parents, especially mothers, to stimulate toddlers. Stimulation must be done by all family members because stimulation has a very big meaning for the development of children later (Rafaela, n.d.)

Socioeconomic status of parents is associated with both part-time and full-time parental work, proper feeding is a factor that influences whether malnutrition in children under the age of five years (Totalarni et al, 2013) in (KuTotalaningtyas

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et al., 2017) . This is associated with the existence of a sufficient economy that will be dominant in increasing opportunities to buy food with better quantity and quality, on the contrary, a decrease in income that is identical to income will cause a decrease in food purchasing power both in quantity and quality.

Respondents who are included in the working category here are respondents who have activities other than housewives (IRT) such as Negeri Sipil employees (PNS), traders, self-employed, laborers, farmers, employees, IRT have side jobs and others, while respondents who are included in the category of not working are respondents who have a role as IRT without a side job. The high number of working mothers is influenced by the higher level of family needs so that not only husbands make a living but also by wives to help you (Suyadi, 2014)

The researcher's assumption is that the status of working mothers, especially those who work as farmers, has flexible time to provide supervision to their children, the mother's free time for her children depends on the length of work of mothers in the garden where mothers who work in the fields have the longest working time, which is around 8-10 hours. This situation certainly greatly affects the feeding pattern in children because children cannot eat their own food without the assistance of parents, especially mothers. The role of the mother as an IRT certainly provides greater free time for the mother with her child so that the mother has the opportunity to adjust the child's diet according to her nutritional needs

3. Feeding patterns for children aged 12-60 months in Melapeh Baru Village

Based on the results of the analysis, it was found that most respondents had poor feeding patterns as many as 50 people (54.3%), while the rest had good feeding patterns as many as 42 people (45.7%).

Food nutrition is very influential on appetite. If the diet is not achieved properly in toddlers, the growth of toddlers will be disrupted, thin bodies, short and even malnutrition can occur in toddlers. Diet in toddlers plays an important role in the growth process in toddlers, because food contains many nutrients. Nutrition becomes a very important part of growth. Nutrition in it has a very close relationship with health and intelligence. If exposed to nutritional deficiencies, it is very likely that the child will be easily exposed to infection

Diet is a way to regulate the quantity of food types, so as to improve the quality of health, psychology, prevention and the healing process of illness. Good eating habits always represent the fulfillment of good nutrition. Optimal. Nutritional needs in children are needed to grow and develop, each child has different nutritional needs with distinctive characteristics in consuming food. Limited time for working mothers to obtain nutritional needs.

The assumption of the researcher is that respondents who have poor feeding patterns as many as 50 people, poor feeding patterns have an influence on the fulfillment of child nutrition in Melapeh Baru Village, this is because the number of mothers who work in Melapeh Baru Village is quite high, especially mothers who work as farmers do not have scheduled work time so that it can inhibit mothers from implementing a scheduled diet, besides that limited knowledge also has a great influence accordingly. With the statement that the contribution of a mother's nutritional knowledge has a great influence on changes in attitudes and behavior in the selection of food ingredients which will further affect the nutritional status of individuals in the family aforementioned. The food consumed must contain

micronutrients and vitamins needed for the baby's cognitive growth and development.

The knowledge of mothers in Melapeh Baru Village, which is classified as medium, has an influence on poor feeding patterns as many as 50 people, it is hoped that the activities of the toddler posyandu can provide socialization and increase knowledge mother about the importance of feeding patterns for children aged 12-60 months in Melapeh Baru Village.

4. The relationship between the level of maternal knowledge and feeding patterns in children aged 12-60 months

Based on the results of the analysis of the relationship between knowledge and feeding patterns in Melapeh Baru Village, it was found that there were as many as 20 out of 21 (21.7%) respondents who had less knowledge and poor feeding patterns, while there were As many as 14 out of 24 (15.2%) respondents have good knowledge and good feeding patterns.

According to the Indonesian Nutritionist Association (1992) the diet of toddlers is different from the diet of school-age children and adults, healthy children include preschool children (1-6 years), school children (7-12 years) and adolescents (13-18 years year). Each group has different nutritional needs, according to the speed of growth and activities carried out. The feeding schedule is the same, namely 3 main meals (morning, afternoon, and evening) and 2 interlude meals (between two main meals).

The average mother in Melapeh Baru Village has a fairly good knowledge (51.1%) this situation has an influence on the fulfillment of child nutrition, this occurs because of the lack of socialization to mothers regarding feeding patterns for toddlers aged 12-60 months and the lack of maternal initiative to access information. The results of the Chi-Square statistical test obtained a value of $p = 0.000$, it can be concluded that there is a relationship between the level of maternal knowledge and feeding patterns in children aged 12-60 months in Melapeh Baru Village.

The researcher's as totaled is based on the value of mothers' lack of knowledge about feeding patterns in children aged 12-60 months in Melapeh Baru Village, allegedly because there are still mothers with low education and mothers with secondary education, this situation certainly has an influence on mothers in obtaining and applying information about feeding patterns in children and the lack of experience of mothers in caring for children also affects feeding patterns in children. In Melapeh Baru Village, there are housewives who provide food intake with adults to their toddlers, this is due to lack of knowledge and family economic limitations.

Researchers also as Totaled that along with the increase in maternal knowledge, the better the quality of feeding patterns for children aged 12-60 months in Melapeh Baru Village. Increased knowledge can make a mother able to manage time optimally to supervise and prepare nutritional intake in accordance with the age needs of her child so as to reduce the factors of malnutrition in children.

Poor feeding patterns can certainly affect children's growth and development such as mental and emotional health disorders such as the occurrence of hyperactivity in children or children experiencing high levels of fatigue, low IQ levels also greatly affect children in Following teaching and learning activities, children who have poor feeding patterns are at risk of developing infectious diseases so that mothers must pay great attention to child nutrition, especially their macronutrient needs like protein and carbohydrates, the next impact is that children are short and do not grow optimally.

5. The relationship between mother's work and feeding patterns for children aged 12-60 months in Melapeh Baru Village

Based on the results of the analysis of the relationship between work and feeding patterns in Melapeh Baru Village, it was found that there were as many as 30 out of 45 (32.6%) respondents who worked and feeding patterns were not good, while there were as many as 27 out of 47 (29.3%) respondents who does not work and feeding pattern is good. The results of the Chi-Square statistical test obtained a value of $p = 0.035$, it can be concluded that there is a relationship between the level of maternal employment and feeding patterns in children aged 12-60 months in Melapeh Baru Village.

Mothers who do not work in the family can affect the nutritional intake of toddlers because the mother acts as a caregiver and regulator of food totaled of family members. Working mothers do not have enough time to nurture and care for their children so that their children can suffer from malnutrition

Feeding can be influenced by maternal factors, because it is the mother who plays an important role in the family in regulating the feeding of her child. Many mothers with children aged 0-24 months work to earn a living for their families as well as for themselves. Work factors alone do not seem to play a role in the emergence of malnutrition problems, but working conditions are more prominent as influencing factors in feeding and nutritional status

The negative effects of mothers working outside the home include inefficient allocation of time to meet their children and lack of time for working mothers to provide food for their children so that mothers rely more on fast food (Bhandari & Chhetri, 2013). Working mothers must still have good nutritional knowledge to manage the nutritional needs of the family.

Some researchers have found that when the family / mother is actively involved in the child's daily life, it creates a harmonious environment to contribute to the development of children (Soetjiningsih, 2013) Mothers who do not work or Working at home has more time with their babies so that have more opportunities to breastfeed compared to mothers who work outside the family (Yendi et al., 2017). Stating a mother who does not work outside the home will have more time in caring for and caring for children. So that mothers of toddlers who do not work have a greater opportunity to monitor and nurture the development and growth of toddlers

The researcher's totaled is that in Linggang Melapeh Baru Village, there are as many as 30 out of 45 respondents who work and the pattern of giving makan is not good, this is allegedly due to the lack of time you spare mothers to take care of their children, lack of knowledge ibu Regarding the feeding pattern of children and environmental factors where the fulfillment of food needs both animal and vegetable can only be obtained by the market located in the center of the sub-district, this is alsoan obstacle for working mothers

Conclusion

Characteristics were obtained for pregnant women in the Technical Implementation Unit of Linggang Bigung Community Health Center from 54 respondents, most of whom had high school education as many as 17 people (31.5%), as housewives as many as 25 people (46.3%). The characteristics of respondents were mostly non-risk age (20-35 years) as many as 66 people (70.7%), secondary education as many as 49 people (53.3%).

It was obtained that the level of knowledge of mothers in Melapeh Baru Village was that most respondents did not work oras householdmothers as many as 47 people

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(51.1%), while the rest had 45 jobs (48.9%). Obtained by mothers' jobs in Melapeh Baru Village, most respondents had good knowledge as many as 47 people (51.1%), while those with good knowledge were 24 people (26.1%) and poor knowledge as many as 21 people (22.8%).

Obtained feeding patterns for children aged 12-60 months in Melapeh Baru Village, most respondents had poor feeding patterns as many as 50 people (54.3%), while the rest had good feeding patterns as many as 42 people (45.7%). There was a relationship between the level of maternal knowledge and diet in children aged 12-60 months (p -value = 0.035). It was found that there was a relationship between maternal work and feeding patterns in children aged 12-60 months in Melapeh Baru Village (p -value = 0.000).

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