CHAPTER I

INTRODUCTION

1.1.Research Background

Nutritional problems in Indonesia have a significant impact on human resources (HR), requiring special attention.[1] One of the most common nutritional problems in Indonesia is undernutrition in toddlers.[2] UNICEF data (2021) showed that in 2021, around 767.9 million people worldwide are undernourished. Representing a 6.4% increase from the 721.7 million population the previous year.[3] According to the World Health Organization (WHO), it is known that about 17% or 98 million children under the age of five in developing countries are undernourished. The prevalence of undernutrition in children under five years of age worldwide is 28.5%, in developing countries 32.2%, in Asia 30.6%, and in Southeast Asia 29.4%.[4]

Based on data from the Basic Health Research (Riskesdas) in 2018, the percentage of undernutrition among toddlers was 17.7%. The Food and Agriculture Organization (2021) reported that, in 2021, Indonesia was the third most undernourished country in Southeast Asia, with 17.7 million people, or 6.5% of the national population.[5] Based on data from the 2022 Indonesian Nutrition Status Survey (SSGI), undernutrition among children under five in Indonesia was 17.1%.[6] The prevalence of undernutrition of children under five

[1] Masnah, C. & Saputri, I. M. (2020). Faktor Risiko Gizi Kurang pada Balita di Puskesmas Paal V Kota Jambi. Riset Informasi Kesehatan, 9(2), 107-114. https://doi.org/10.30644/rik.v9i2.451

[2] Annisa Nuradhiani, (2023) "Faktor Risiko Masalah Gizi Kurang Pada Balita Di Indonesia," *Jurnal Ilmiah Kesehatan Masyarakat Dan Sosial* Vol.1, No.2: 17–25.

[3] UNICEF. 2021. "Unicef: 767,9 Juta Penduduk Dunia Menderita Kekurangan Gizi." DataIndonesia.id.https://dataindonesia.id/varia/detail/unicef-7679-juta-penduduk-dunia menderita kekurangan-gizi.

[4] World Health Organization (WHO). (2021). World Health Statistics. World Health Organization, Geneva, Switzerland.

[5] Food and Agriculture Organization (FAO). 2021. 274 The Lancet Food World and Agriculture.

[6] Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan Ri, *Buku Saku Hasil Survei Status Gizi Indonesia (Ssgi) 2022*,

in Central Java, as measured by BB/U category in children under five was 7.6 % according to SSGI (2022).[7] The prevalence of undernutrition in children under five according to the BB/U category in the Demak area was among the top 5 at 22.3 %.[8] Based on preliminary studies in Merak Village, the prevalence of undernutrition among children under five was around 21.5%.

Inadequate nutritional intake according to the needs of children, especially during the first 1000 days of a child's life, can lead to undernutrition.[9] Undernutrition in toddlers is measured by the BB/U Z-Score threshold, namely, <-2 SD to ≥-3 SD.[10] The occurrence of undernutrition in children under five years of age will be very complex because it is related to many causal factors including lack of nutritional knowledge, socio-economic status of the family including poverty, cultural issues in the community, and the beliefs that exist in the community, the way food preparation practices. All of these will affect the nutritional status of children.[11]

A family's socioeconomic status, which includes employment, education, and income, also plays a significant role the family's nutritional status. The level of income in the family is one of the factors of socioeconomic indicators that play a role in the provision of food and family diet. Low family income can be one of the causes of under-five nutritional status, as limited income restricts food expenditure. This, in turn, reduces purchasing power and the availability

---

[7] Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan Ri, *Buku Saku Hasil Survei Status Gizi Indonesia (Ssgi) 2022,*

[8] Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan Ri, *Buku Saku Hasil Survei Status Gizi Indonesia (Ssgi) 2022,*

[9] Siti Rofiqoh Windha Widyastuti , Yuni Sandra Pratiwi , Febri Lianasari, 2021 "Pola Asuh Pemberian Makan Balita Gizi Kurang Dan Gizi Buruk Di Pekuncen Wiradesa Pekalongan," *University Research Colloqium*, , 595–600.

[10] Kementerian Kesehatan. 2020. Jakarta Pedoman Proses Asuhan Gizi Puskesmas. 2020th ed. Jakarta. 2022. Kemenkes Hasil Survei Status Gizi Indonesia (SSGI) 2022.

[11] Myrnawati Anita, (November 2019) "Pengaruh Pengetahuan Gizi, Status Sosial Ekonomi, Gaya Hidup Dan Pola Makan Terhadap Status Gizi Anak (Studi Kausal Di Pos Paud Kota Semarang Tahun 2015)," *Jurnal Pendidikan Usia Dini* Volume 10 Edisi 2,: 213–32, Https://Doi.Org/10.21009/Jpud.102.02.

of food which plays a role in the level of nutritional consumption of toddlers who are not optimal.[12]

The level of education of parents is related to the fulfillment of nutritional intake of toddlers, which will affect the nutritional status of toddlers.[13] In general, poverty is considered the primary a cause of undernutrition in toddlers.[14] Research conducted by Momuat et al (2017), stated that there was a relationship between socioeconomic status and the nutritional status of toddlers in Tatelu Village, Dimembe District, North Minahasa Regency in 2017.[15]

The eating patterns in toddlers have a role in the growth process in toddlers because food contains many nutrients. Nutrients in food will affect cognitive development and growth. An inadequate diet in toddlers can disrupt their growth, leading to undernutrition,and a thin body, short can even cause undernutrition in toddlers.[16] Research conducted in the work area of the Danga Health Center, Aesesa District, Nagekeo Regency in 2016 showed that there was a relationship between diet and nutritional status in toddlers, with a p-value $= 0.000$ ($\rho < 0.05$). The revealed that 32.3% of toodlers had a good diet, while 67.7% had an in adequate diet.[17]

---

[12] Fitria Ningsih Silvia Wagustina, 2021 "Faktor-Faktor Penyebab Gizi Kurang Pada Balita Yang Dirawat Di Puskesmas Batoh Kecamatan Lueng Bata Kota Banda Aceh Tahun 2021," *Makma* Volume 4, Nomor 1 (February 21,): Hlm. 55-65.

[13] Diana Tuasuun Marsella Amisi, Maureen Punuh, 2019 "Hubungan Antara Status Sosial Ekonomi Dengan Status Gizi Balita Usia 24-59 Bulan Di Desa Tateli Iii Kecamatan Mandolang Kabupaten Minahasa," *Jurnal Kesmas,* Vol. 8, No. 6, (Oktober): 506–12.

[14] Mada Rumende Nova H. Kapantow, Maureen I. Punuh, 2019 "Hubungan Antara Status Sosial Ekonomi Dengan Status Gizi Pada Anak Usia 24-59 Bulan Di Kecamatan Tombatu Uatara Kabupaten Minahasa Tenggara," *Jurnal Kesmas,* Volume 7 Nomor 4 (Oktober): 1–13.

[15] Nancy Lidya Sampouw, 2021 "Hubungan Antara Status Sosial Ekonomi Dengan Status Gizi Balita Di Kelurahan Buha Kecamatan Mapanget Kota Manado," *Klabat Journal Of Nursing* Volume 3, No. 1, (April).

[16] Erni Purwani Mariyam, 2019 "Pola Pemberian Makan Dengan Status Gizi Anak Usia 1 Sampai 5 Tahun Di Kabunan Taman Pemalang," *Jurnal Keperawatan Anak* . Volume 1, No. 1, (Mei): 30–36.

[17] Falerius Jago Marni,Ribka Limbu, 2019 "Pengetahuan Ibu, Pola Makan Balita, Dan Pendapatan Keluarga Dengan Status Gizi Pada Balita Di Wilayah Kerja Puskesmas Danga Kecamatan Aesesa Kabupaten Nagekeo," *Lontar: Journal Of Community Health* Volume 01 Nomor 01, (March): 16–22.

Exclusive breastfeeding can meet the nutritional requirements of infants and can support optimal growth and development so it can affect the nutritional status of infants.[18] Kartiningrum's research (2019) concluded that exclusive breastfeeding history is a risk factor for undernutrition in toddlers because there is a significant effect, toddlers who do not receive exclusive breastfeeding have a risk of experiencing undernutrition.[19]

Breast milk is essential for a baby's health. Islam teaches that health is considered very important, as it enables one to maintain their faith and religion practice well into the future. Islamic law emphasizes that every mother should show her best love for her child, one of which is by providing her best breast milk. According to Maqashid Sharia analysis, breastfeeding aligns with the maqashid of preserving life and intellect.[20] One of the features of breast milk is that it protects babies from diseases because breast milk contains antibodies. In the first days after giving birth, the mother's body will secrete breast milk containing colostrum. This shows the importance of mothers breastfeeding for 2 full years as stated in Q.S. Luqman [31]: 14 which means "And we commanded man (to be good) to his two fathers; his mother has conceived him in a state of increasing weakness and weaned him in two years. Give thanks to Me and your two mothers and fathers, only to Me shall you return".[21]

Allah says in the Qur'an that maintaining a proper diet involves not overdindulging, fulfilling the body's need for nutrition, and consuming halal and thayyib foods that have been prescribed by Islam to ensure a quality and healthy life. Halal food is food that is allowed to be consumed by Muslims by

[18] Seni Rahayu Henni Djuhaeni, Gaga Irawan Nugraha, Gurid Mulyo, 2019 "Hubungan Pengetahuan, Sikap, Perilaku Dan Karakteristik Ibu Tentang Asi Ekslusif Terhadap Status Gizi Bayi," *Jurnal Action: Aceh Nutrition Journal* (4)1: (December 5,): 28–35.

[19] Eka Diah Kartiningrum, (2019) "Faktor Risiko Kejadian Gizi Kurang Pada Balita Di Desa Gayaman Kecamatan Mojoanyar Mojokerto," *Hospital Majapahit* 7: 67–80.

[20] Siti Nur Riani And Irwandi M. Zein, 2023 "Air Susu Ibu Sebagai Upaya Pencegahan Stunting Dan Tinjauannya Dalam Maqashid Syariah," *Labs: Jurnal Bisnis Dan Manajemen* 28, No. 2 (July 20,): 60–65, Https://Doi.Org/10.57134/Labs.V28i2.56.

[21] Asnawati Ibrahim Bafadhol, Ade Wahidin, 2019 "Pemberian Asi Pada Anak Dalam Perspektif Al-Qur`An," *Al Tadabbur: Jurnal Ilmu Alquran Dan Tafsir* Vol: 04 No. 1 (Mei): 85–98,

the rules contained in the Qur'an and Hadith. While ṭhayyiban food is food that contains goodness, both from the way it is obtained, its nutritional content, and other aspects.[22] Among the many verses of Thayyib in the Qur'an, only 11 verses are related to diet. The verses include; QS. Al-Maidah (5): 88, which means "And eat lawful food again good from what Allah has sustained you, and fear Allah whom you believe in".[23]

1.2. Research Problem

Based on the background above, the problem formulation is as follows: Is there a relationship between socioeconomics, eating patterns, and exclusive breastfeeding with undernutrition in toddlers in Merak Village, Dempet Subdistrict, and Demak Regency?

1.3. Research Objectives

1.3.1 General Purpose

To examine the relationship between socioeconomics, eating patterns, and exclusive breastfeeding with undernutrition in toddlers in Merak Village, Dempet Sub-district, Demak Regency.

1.3.2 Specific Objectives

1) To examine the characteristics of respondents based on gender and age of toddlers in Merak Village, Dempet Sub-district, Demak Regency.

2) To Analyze the relationship between socioeconomics and nutritional status in toddlers in Merak Village, Dempet Sub-district, Demak Regency.

3) To Analyze the relationship between eating patterns and nutritional status in toddlers in Merak Village, Dempet Sub-district, Demak Regency.

---

[22] Muhammad Naufal Nuruddin Salim Dadan Rusmana, 2022 "Konsep Pola Makan Menurut Al-Qur'an Dalam Kajian Tafsir Tematik," *Islamic Review: Jurnal Riset Dan Kajian Keislaman* Volume 11 Nomor 1 (April): 73–94.

[23] Dadan Rusmana.

4) To Analyze the relationship between exclusive breastfeeding and nutritional status among toddlers in Merak Village, Dempet Sub-district, Demak District.

5) To identify risk factors for nutritional status among toddlers in Merak Village, Dempet Sub-district, Demak District.

1.4. Research Benefits

1.4.1 Practical Benefits

This research is expected to provide consideration and insight for the wider community, especially for community behavior in Merak Village, Dempet Sub-district, and Demak Regency in knowledge about the relationship between socioeconomics, eating patterns, and exclusive breastfeeding with undernutrition in toddlers.

1.4.2 Theoretical Benefits

This study is expected can be a reference to the relationship between socioeconomics, eating patterns, and exclusive breastfeeding with undernutrition in toddlers.

1.5. Authenticity Research

Table 1. Research Authencity

Title	Methods	Variables	Results	Difference
Hubungan Antara Pemberian ASI Eksklusif Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas Warunggunung Tahun 2018.[24]	Analytic (quantitative) with case-control design. The population in this study were all toddlers in one of the villages that experienced many nutritional problems in the working area of the Warunggunung Health Center in	The Independent variable is Exclusive Breastfeeding and the Dependent variable is the Nutritional Status of Toddlers 12-59 Months.	The results of the bivariate analysis showed a significant relationship between exclusive breastfeeding history and the nutritional status of children under five (p-value = 0.00) OR = 8.04.	Independent Variables: Socioeconomic, Eating Paterrns, and Exclusive Breastfeeding. Place in Merak Village, Dempet Sub-district, Demak Regency

[24] Daini Zulmi Daini Zulmi, 2019 "Hubungan Antara Pemberian Asi Eksklusif Dengan Status Gizi Balita Di Wilayah Kerja Puskesmas Warunggunung Tahun 2018," *Medikes (Media Informasi Kesehatan),* Volume 6, Nomor 1 (Mei): 69–76.

Title	Methods	Variables	Results	Difference
	2018 as many as 379 toddlers. In this study, researchers used a case sample of 20 toddlers and a control sample of 40 toddlers. Resulting in a total of 60 toddlers as a sample.			
Hubungan Pemberian ASI Eksklusif Dengan Kejadian Status Gizi Kurang Pada Balita Umur 1 – 5 Tahun.[25]	This type of research is an analytic survey with a cross-sectional study. Sampling using a total sampling technique, which is 33 people.	The independent variable is exclusive breastfeeding while the dependent variable is the nutritional status of toddlers.	The majority of respondents (60.6%) did not provide exclusive breastfeeding. A total of 51.5% of toddlers who are malnourished are 2-3 years old, The results of statistical tests using chi-square with a significance value of p=0.000.	Independent Variables: Socioeconomic, Eating Paterrns, and Exclusive Breastfeeding. Methods: Case Control Place: Merak Village, Dempet Sub-district, Demak Regency.
Hubungan Pola Makan Dengan Status Gizi Pada Balita.[26]	The type of research conducted was descriptive-analytic with a cross-sectional design. This study's population were all mothers with children under five in Neighborhood VII Sidorejo Village as many as 43 people. The	The independent variable is Diet while the dependent variable is the nutritional status of toddlers.	Based on the chi-square test, the p-value = 0.001 (p-value <0.05) and α = 0.05, there is a relationship between diet and nutritional status of samples in Neighborhood VII Sidorejo Village, Medan Tembung Subdistrict.	Independent Variables: Socioeconomic, Eating Paterrns, and Exclusive Breastfeeding. Methods: Case Control Place: Merak Village, Dempet Sub-district, Demak Regency.

[25]Rully Andriani Endah Retnani Wismaningsih, Oktovina Rizky Indrasari, 2019 "Hubungan Pemberian Asi Eksklusif Dengan Kejadian Status Gizi Kurang Pada Balita Umur 1 – 5 Tahun," *Jurnal Wiyata,* Vol. 2 No. 1 (June 16,): 44–47.
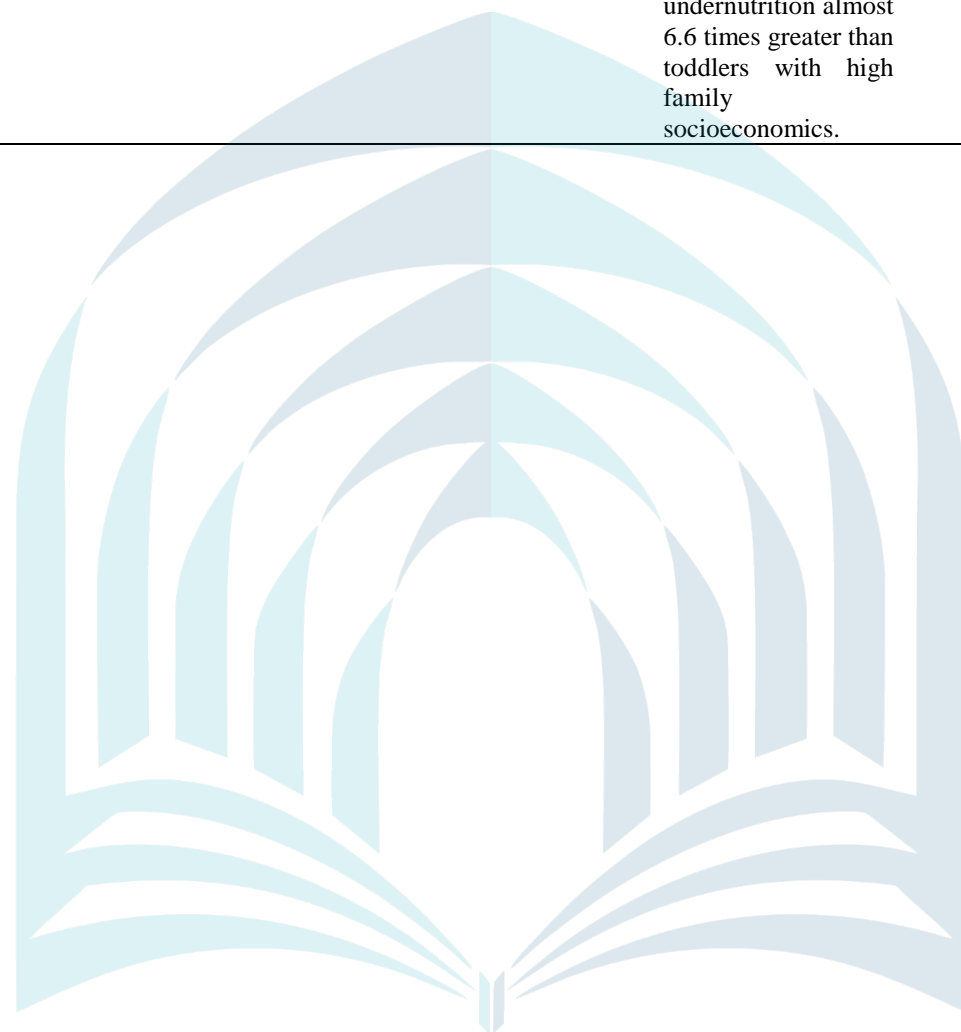
[26] Tri Hartika Putri Hasibuan Masryna Siagian, Eva Ellya Sibagariang, 2020 "Hubungan Pola Makan Dengan Status Gizi Pada Balita," *Jurnal Kebidanan Kestra (Jkk)* Vol. 2 No.2 (April 30,): 116–25.

Title	Methods	Variables	Results	Difference
	sample of this study is to use Total Sampling or the population becomes the sample, namely all mothers who have children under five as many as 43 people.			
Pengetahuan Ibu, Pola Makan Balita, dan Pendapatan Keluarga dengan Status Gizi pada Balita di Wilayah Kerja Puskesmas Danga Kecamatan Aesesa Kabupaten Nagekeo.[27]	This research method is an analytic survey using a cross-sectional study design. The sample in this study were mothers who had toddlers totaling 93 people. The sampling method uses a systematic random sampling technique.	The independent variables are Maternal Knowledge, Toddler Diet, and Family Income while the dependent variable is the nutritional status of toddlers.	The results showed that there was a relationship between maternal knowledge (ρ = 0.003), diet (ρ = 0.000), and family income (ρ = 0.029) with nutritional status in toddlers in the Danga Health Center working area, Aesesa District, Nagekeo Regency in 2016.	Independent Variables: Socioeconomic, Eating Paterrns, and Exclusive Breastfeeding. Methods: Case Control Place: Merak Village, Dempet Sub-district, Demak Regency Demak
Faktor-Faktor Penyebab Gizi Kurang Pada Balita Yang Dirawat Di Puskesmas Batoh Kecamatan Lueng Bata Kota Banda Aceh Tahun 2021.[28]	This type of research uses a case-control research design (case-control) with a sample size of 68 respondents consisting of 34 malnourished toddlers and 32 toddlers not experiencing undernutrition.	The independent variables are infectious diseases, knowledge, socioeconomics, and food intake while the dependent variable is the nutritional status of toddlers.	The statistical test results show that there is a relationship between family socioeconomics and the incidence of undernutrition in toddlers at the Batoh Health Center, Banda Aceh City in 2021, with a P value = 0.001 and an OR value of 6.6, indicating that toddlers with low family socioeconomics have a risk of	Independent Variables: Socioeconomic, Eating Paterrns, and Exclusive Breastfeeding. Place: Merak Village, Dempet Sub-district, Demak Regency Demak

[27] Marni,Ribka Limbu, "Pengetahuan Ibu, Pola Makan Balita, Dan Pendapatan Keluarga Dengan Status Gizi Pada Balita Di Wilayah Kerja Puskesmas Danga Kecamatan Aesesa Kabupaten Nagekeo."

[28] Silvia Wagustina, "Faktor-Faktor Penyebab Gizi Kurang Pada Balita Yang Dirawat Di Puskesmas Batoh Kecamatan Lueng Bata Kota Banda Aceh Tahun 2021."

Title	Methods	Variables	Results	Difference
			undernutrition almost 6.6 times greater than toddlers with high family socioeconomics.	