

ABSTRACT

ASSOCIATION BETWEEN NUTRITIONAL STATUS, DIETARY PATTERN, PARENTING STYLE, AND MOTOR DEVELOPMENT AMONG CHILDREN AGED 1–5 YEARS IN THE WORKING AREA OF KEMILING PRIMARY HEALTH CENTER

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Background: The under-five period is a sensitive phase for motor development, during which disturbances in nutritional status, dietary pattern, or parenting style may hinder the achievement of age-appropriate motor abilities. This study aimed to determine the association between nutritional status, dietary pattern, and parenting style with motor development among children aged 1–5 years in the working area of Kemiling Primary Health Center.

Methods: This analytical cross-sectional study involved 100 children aged 1–5 years and their mothers selected using multistage sampling. Nutritional status was assessed using the weight-for-height index (WHO z-score). Dietary pattern was measured with an SQ-FFQ questionnaire, parenting style (democratic, permissive, authoritarian) with the Parenting Styles and Dimensions Questionnaire, and motor development with the motor domain of the Developmental Pre-Screening Questionnaire (KPSP). Bivariate analysis used Fisher's Exact, Continuity Correction, and Likelihood Ratio tests according to chi-square assumptions.

Results: Most toddlers had good nutritional status (82%), poor eating patterns (54%), were raised with democratic parenting styles (84%), and exhibited normal motor development (83%) with doubtful motor development (17%). Significant associations were found between nutritional status and motor development ($p < 0,001$) and between parenting style and motor development ($p < 0,001$), whereas eating patterns showed no significant relationship with motor development ($p = 0,716$).

Conclusion: Good nutritional status and democratic parenting style are associated with more optimal motor development in children aged 1–5 years. Strengthening growth monitoring, nutrition counselling, and supportive parenting education is needed to promote motor development in the first years of life.

Keywords: nutritional status, dietary pattern, parenting style, motor development, children aged 1–5 years.

ABSTRAK

HUBUNGAN STATUS GIZI, POLA MAKAN, DAN POLA ASUH DENGAN PERKEMBANGAN MOTORIK BALITA USIA 1–5 TAHUN DI WILAYAH KERJA PUSKESMAS KEMILING

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Latar Belakang: Masa balita merupakan fase peka perkembangan motorik, ketika gangguan status gizi, pola makan, maupun pola asuh dapat menghambat pencapaian kemampuan gerak sesuai usia. Penelitian ini bertujuan mengetahui hubungan status gizi, pola makan, dan pola asuh dengan perkembangan motorik balita usia 1–5 tahun di wilayah kerja Puskesmas Kemiling.

Metode: Penelitian analitik dengan desain potong lintang ini melibatkan 100 balita usia 1–5 tahun dan ibunya yang dipilih dengan multistage sampling. Status gizi dinilai menggunakan indeks BB/TB (z-score WHO), pola makan diukur dengan kuesioner SQ-FFQ, pola asuh (demokratis, permisif, otoriter) dinilai menggunakan Parenting Styles and Dimensions Questionnaire, serta perkembangan motorik menggunakan Kuesioner Pra Skrining Perkembangan (KPSP) aspek motorik. Analisis bivariat menggunakan uji Fisher Exact, Continuity Correction, dan Likelihood Ratio sesuai asumsi Chi-Square.

Hasil: Mayoritas balita berstatus gizi baik (82%), pola makan tidak baik (54%), dan diasuh dengan pola asuh demokratis (84%), serta memiliki perkembangan motorik normal (83%) dan perkembangan motorik meragukan (17%). Terdapat hubungan bermakna antara status gizi dengan perkembangan motorik ($p < 0,001$) dan antara pola asuh dengan perkembangan motorik ($p < 0,001$), sedangkan pola makan tidak berhubungan signifikan dengan perkembangan motorik ($p = 0,716$).

Simpulan: Status gizi yang baik dan pola asuh demokratis berhubungan dengan perkembangan motorik balita yang lebih optimal. Penguatan pemantauan pertumbuhan, konseling gizi, dan edukasi pola asuh suportif diperlukan untuk mendukung perkembangan motorik pada tahun-tahun pertama kehidupan.

Keywords: status gizi, pola makan, pola asuh, perkembangan motorik, balita 1-5 tahun