

Shaping Healthy Beginnings: A Systematic Review on the Impact of Parenting Styles on Toddler Nutritional Status

Sofiatun^{1*}, Fitriyo Deviantony²

¹Diploma of Physiotherapy Program, Faculty of Vocational Studies, Universitas Airlangga, Indonesia;
sofiatun@vokasi.unair.ac.id (Corresponding Author)

²Mental Health Department, Faculty of Nursing, Universitas Jember, Indonesia

Article Info:

Submitted:
15-08-2024
Revised:
02-09-2024
Accepted:
03-09-2024

DOI:

<https://doi.org/10.53713/nhsj.v4i3.409>



This work is licensed
under CC BY-SA License.

ABSTRACT

Toddlers need a sufficient diet to support their physical and mental development because they grow and develop quickly during this time. Children under five's nutritional status is crucial to their overall health. A child's nutritional health is also influenced by their parents' educational methods and parenting styles. While ineffective parenting can lead to nutritional issues, effective parenting can help children get the nutrition they need. This study investigates how parenting practices affect the nutritional status of children under five. A review of the literature from 2019 to 2020 was conducted as part of this research technique using Google Scholar and the keywords "parenting patterns," "under-five nutrition," and "nurses." The literature review findings indicate a substantial relationship between toddlers' health and nutritional status and how parents raise their offspring. Well-educated children under five typically have better nutritional conditions than those raised in unsuitable ways. Based on this research, their parents' parenting practices significantly influence toddlers' nutritional status. Thus, attempts to improve children's nutritional condition throughout the toddler years must prioritize enhancing the quality of parenting practices.

Keywords: parenting style; toddler; nutrition

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 vital to their growth and development in terms of health and intelligence. Nutritional status in toddlers involves measuring height, weight, and age. Providing insufficient or excessive nutrition can cause poor nutritional status (Martin et al., 2021; Kurniyawan et al., 2023).

The 2022 Indonesian Nutrition Status Survey (SSGI) conducted by the Ministry of Health found four main nutritional problems in children: stunting, wasting, underweight and overweight. The prevalence of stunting fell from 24.4% in 2021 to 21.6% in 2022. This shows progress in efforts to prevent stunting in Indonesia. The prevalence of wasting increased from 7.1% in 2021 to 7.7% in 2022. Wasting is a condition of severe underweight and requires immediate attention. The prevalence of underweight increased from 17% in 2021 to 17.1% in 2022. Being underweight indicates a lack of weight that is less severe than wasting. On the other hand, the prevalence of overweight decreased from 3.8% in 2021 to 3.5% in 2022. Being overweight refers to being overweight, which can increase health risks (Kementerian Kesehatan Republik Indonesia, 2018).

Besides food intake, parental parenting is essential to determining a child's nutritional status (Chan et al., 2022). Parenting patterns are the roles, actions, and communication carried out by parents to develop children's growth and development. There are several types of parenting, namely democratic, permissive, and authoritarian parenting. Democratic parenting is a parenting style that influences children to be more involved with others and supports them in practicing independence (Doreswamy et al., 2020). Permissive parenting tends not to support children's independence; parents are not active in providing guidelines and boundaries to children. Permissive parenting impacts children, such as children who tend to make mistakes so that children cannot control their behavior. Authoritarian parenting is a parenting

style where parents tend to set limits, raising only according to what the parents want. This parenting style can impact children, such as fear of making mistakes and poor communication skills (Kurniyawan et al., 2021).

More research should be conducted on the relationship between parenting patterns and nutritional status. Some studies show a significant relationship, while others found no relationship at all (Davis et al., 2021). This encourages researchers to conduct further research to clarify this relationship.

METHOD

This research uses the literature review method. Literature sources were collected from research journal databases and the internet, focusing on Google Scholar 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 being "Toddlers' Nutrition," "Parenting Patterns," AND "Nurses". When searching for English literature, use the keywords "Parenting Style." AND "Toddler Nutrition".

The journal search process begins by identifying specific keywords. During the search stage, 16,200 journals 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, 13,100 journals were found to meet the criteria. Next, the publication enters the screening stage based on research criteria for inclusion and exclusion. One hundred fifty journals met the inclusion and exclusion criteria obtained in the search. In the next stage, a total of 40 journals met the criteria. Next, the 40 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. From the full-text screening, theme suitability, population suitability, methods, and results obtained 10 appropriate articles were. Screening search results are shown in the PRISMA chart below.

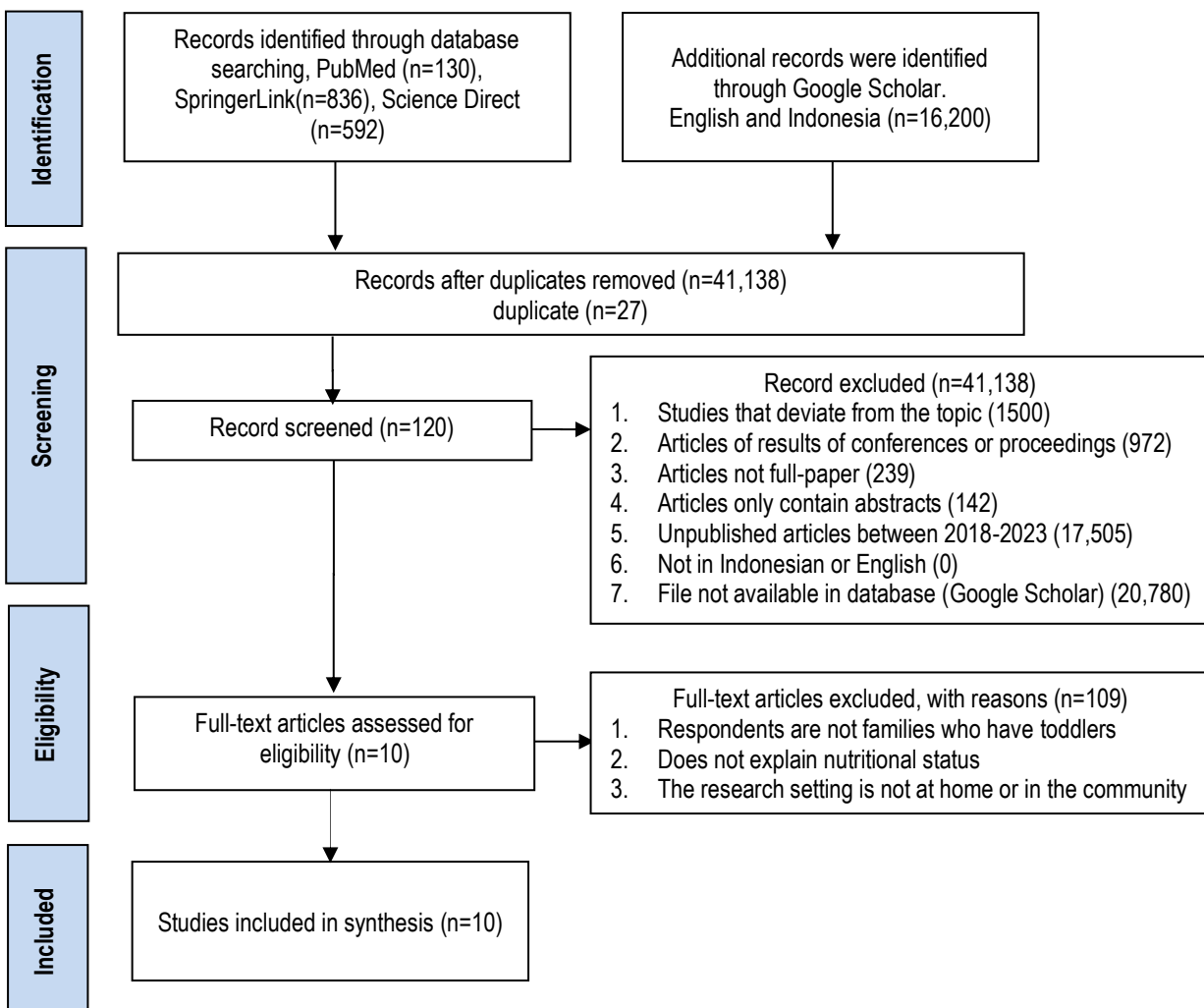


Figure 1. PRISMA Flowchart of The Literature Search

RESULT

After researching various studies and articles, it was found that seven studies showed a relationship between the way parents raise children (parenting patterns) and their children's health and nutrition (nutritional status). However, three other studies did not find this relationship. For more detailed information, see Table 1 for the results of the following literature analysis.

Table 1. Results of Article Analysis

No	Title	Author	Year	Objective	Design	Subject	Result	Factor
1.	The Relationship Between Parenting Patterns and Nutritional Status in Toddlers	Sa' Diyah., et al.	2020	The purpose of this study was to examine the correlation between parenting styles and the nutritional health of toddlers at Posyandu Mennur, located in Bujel Village, Kediri City, throughout the year 2019.	Analytic surveys	All mothers who have toddlers at the Mennur Posyandu, Bujel Village, Kediri City in 2019, totaling 47 mothers of toddlers.	From a survey of 47 people at Posyandu Mennur, Bujel Village, Kediri City, in 2019, a correlation coefficient of 0.482 indicated a positive relationship between maternal parenting style and toddler nutritional status. The findings suggest that better parenting practices are associated with improved child nutrition.	Parenting patterns and the nutritional status of toddlers
2.	The Relationship between Parenting Patterns and Nutritional Status in Kindergarten Children in the City of Yogyakarta	Marpaung., et al	2021	This research aims to find the relationship between parenting patterns and nutritional status in children attending kindergartens in Yogyakarta City.	Cross-sectional study	There are 50 children from Bopkri Gondokusuman Kindergarten, Bina Putra Kindergarten, Bopkri Ungaran Kindergarten, and their mothers.	The characteristics table reveals that most mothers have a high education level (50%), with democratic parenting being dominant (92%). Nearly all respondents exhibit good personal health care (98%), and 62% of children have a dominant nutritional status. The study indicates that the relationship between maternal parenting patterns and toddler nutritional status is not very strong.	Parenting patterns and the nutritional status of kindergarten children
3	Mother's parenting style is related to nutritional status in toddlers	Midu., et al	2023	This research aims to identify how parenting patterns affect the nutritional conditions of children under five.	Correlation Design. With data collection techniques,	All 34 mothers of toddlers, using simple random sampling techniques, obtained a sample of 31 respondents.	The results showed that 67.7% of respondents exclusively breastfed for 6 months, and the same percentage did not introduce formula milk before 6 months. Nearly 42% of mothers had less than optimal parenting patterns, and 51.7% of toddlers had inadequate nutritional status.	Parents and children under five years old

No	Title	Author	Year	Objective	Design	Subject	Result	Factor
4.	The Relationship Between Toddler Nutritional Parenting Patterns and the Nutritional Status of Toddlers in Cipanengah Subdistrict, Cikundul Health Center Working Area, Sukabumi City	Utami., et al	2021	This study aims to determine the relationship between parenting patterns and nutritional status of children under five in Cipanengah Village, Cikundul Health Center Working Area, Sukabumi City.	Cross sectional	Mothers of toddlers with a sample size of 215 respondents	The research found that 15.8% of mothers used an authoritarian parenting style, resulting in 10.7% of their children having normal nutritional status and 0.5% being obese. In contrast, 68.4% of mothers practiced a democratic style, with 63.7% of their children having normal nutritional status and 1.9% being obese.	Parenting patterns and nutritional status among children under five years old
5.	The Relationship between Maternal Education, Knowledge, Attitudes and Parenting Patterns on Children's Nutritional Status	Casando, et al	2019	This study aims to determine the factors that influence the nutritional status of children 12-59 months.	Cross sectional	There were 875 mothers of toddlers who visited the Paal Merah Health Center, Jambi City, in 2019, and 90 people were sampled using purposive sampling techniques.	The study discovered a notable correlation between the maternal parenting styles and the nutritional condition of children aged 12-59 months at Community Health Center in Jambi City. This is supported by p-Values of 0.033 for maternal views and 0.018 for parenting patterns, both lower than the significance level of 0.05. Ultimately, the presence of favorable maternal attitudes and superior parenting techniques directly contribute to enhanced child nutritional status.	Factors of nutritional status in children among 12-59 months
6.	The study examines the correlation between parenting patterns and the nutritional status of toddlers in the working area of the Mantrijeron Health Center, Yogyakarta.	Khadijah., et al	2022	This research aims to determine the relationship between parenting patterns and the nutritional status of toddlers.	Cross sectional	All mothers of toddlers in the working area of the Mantrijeron Yogyakarta Community Health Center, with a total sample of 35 respondents.	Most parenting patterns were democratic (91.4%), with 77.15% of toddlers having normal nutritional status. However, 22.9% experienced stunting, including 8 toddlers (22.86%) under democratic parenting. The analysis yielded a p-value of 0.324.	Parenting patterns and the nutritional status of toddlers
7.	An Investigation on the Correlation between Parenting Styles and the Nutritional Status	Sukezi., et al.	2023	The aim of this research is to find out whether there is a relationship between parenting styles	Cross sectional	There are 100 mothers and toddlers.	This research found that most toddlers in Jaan Village aged 12-24 months have ideal body weight and normal height. Only a few toddlers are	parenting styles and the nutritional status of toddlers.

No	Title	Author	Year	Objective	Design	Subject	Result	Factor
	of Children Aged 12-24 Months			and the nutritional status of toddlers.			malnourished or very short in stature. The results of statistical analysis show that there is no relationship between parenting styles and toddler height in the village.	
8.	The Relationship between Parenting Style and Nutritional Status of Child Aged 12-24 Months at Jelbuk Public Health Center, Jember Regency	Winarsih., et al	2019	This study aims to determine the relationship between parenting patterns and the nutritional status of babies aged 12-24 months at the Jelbuk Community Health Center, Jember Regency.	Cross sectional	The sample in this study involved 97 mothers and toddlers	The research shows that 50% of children with permissive parenting are underweight, 47.1% are normal, and 2.9% are at risk of being overweight. Among those with democratic parenting, 86% have normal nutritional status, and 14% are underweight. In authoritarian parenting, 83.3% of children are normal weight, and 16.7% are underweight. A significant relationship exists between parenting styles and the nutritional status of children aged 12-24 months ($p = 0.001$). Democratic parenting is linked to normal weight in children.	parenting patterns and the nutritional status of babies aged 12-24 months
9.	The Effect of Parenting Style On Nutritional Status Of Toddlers In Surabaya	Nadhila., et al	2019	This research aims to provide information to the Pacar Keling Community Health Center regarding health promotion activities that focus on improving children's nutrition and parenting patterns.	analytical observational research design using a cross-sectional approach	The sample in this study consisted of 75 babies and their parents.	The findings of this study indicate a correlation between parental parenting methods and the nutritional status of toddlers. The prevalence of democratic parenting was highest at 61.3%, while the majority of children under the age of five had a normal nutritional condition at 64%. The impact of parental parenting behaviors on children's nutritional health was analyzed using the chi-square test, yielding a p-value of 0.018.	children's nutrition and parenting patterns.

No	Title	Author	Year	Objective	Design	Subject	Result	Factor
10.	Analysis of Risk Factors for the Incidence of Stunting in Toddlers	Sastria., et al	2021	This study aims to analyze the risk factors for stunting in toddlers in Empagae, Sidrap Regency	analytical observational research design using a cross-sectional approach	The sample in this study consisted of 52 toddlers and mothers	This study demonstrates a moderate correlation between the involvement of healthcare professionals and stunting (p-value = 0.018; r = 0.33), a strong correlation between parenting styles and stunting (p-value = 0.000; r = 0.82), and a moderate correlation between stunting and visits to posyandu (p-value = 0.002; r = 0.43). This study demonstrates that it is imperative for mothers to meet their children's dietary requirements in order to prevent stunting. Additionally, moms should actively participate in posyandu activities to effectively monitor their children's nutritional status. Health is anticipated.	risk factors for stunting in toddlers

DISCUSSION

Most studies, 7 out of 10, support a relationship between parenting patterns and the nutritional status of toddlers. However, 3 other studies did not find this relationship. In research Diyah et al. (2023), it was found that of 47 toddlers with good parenting patterns, 5 had good nutritional status; in toddlers with fairly good parenting patterns, 32 had good nutritional status, and 1 had more nutritional status; while in toddlers with poor parenting style, 5 had good nutritional status and 4 have poor nutritional status. The results of this study show that most respondents have good parenting patterns and nutritional status; some parents have poor parenting patterns but good nutritional status. Research Lali Midu et al., (2021) also shows that poor parenting has an impact on nutritional status. The data obtained in this study shows that poor parenting has an impact on good and adequate nutritional status, with a percentage of 16.1% each. The research results Casando et al. (2022) also emphasize the importance of parenting patterns in supporting the nutritional status of toddlers in this research. Good parenting patterns can help toddlers grow and develop optimally and achieve ideal nutritional status.

Research by Utami & Septica (2022) revealed a correlation between parenting patterns and the nutritional status of toddlers. Democratic parenting patterns have been proven to be optimal in supporting the achievement of normal nutritional status in toddlers, while poor parenting patterns have the potential to cause poor nutritional status in toddlers. This is in line with research by Winarsih et al. (2024) stated that parents who implemented a democratic parenting style and 49 toddlers had normal weight and 8 toddlers were underweight. This underweight is caused by parents' low knowledge of toddler nutrition (Reynaldy et al., 2021). Democratic parenting is more dominant in creating good nutritional status. In permissive parenting, it shows that 17 and 16 toddlers are underweight with normal nutritional status and 1 toddler is at risk of being overweight. In the authoritarian parenting style, there are 5 toddlers with normal nutritional status and 1 toddler with malnutrition status. According to researchers, authoritarian parenting is not good for parents to implement because toddlers will become passive and lack courage. Research also explained that authoritarian parenting

can influence appetite, so if a toddler experiences a decrease in appetite, it will have an impact on nutritional status. Research data from Eka et al. (2023) shows that 82% of parents' parenting patterns influence nutritional status problems.

Meanwhile, research Reynaldy et al., (2021) is different; this study did not find evidence showing a relationship between parenting patterns and the nutritional status of toddlers. This research data shows democratic parenting patterns are mostly found in toddlers with normal nutritional status. Researchers found that although parenting styles (democratic, authoritarian, and permissive) can influence the nutritional status of toddlers, other factors, such as meeting nutritional needs (including low family income), also play an important role (Yurni & Sinaga, 2017). These factors, which were not examined in this study, may indirectly influence the nutritional status of toddlers. (Balantekin et al., 2020) research also shows no significant relationship between parenting patterns and nutritional status. Different results in the research of Segovia-Siapco et al. (2018) no significant relationship was found between parenting patterns and the nutritional status of toddlers when measured based on height/age. However, the relationship between parenting patterns and the nutritional status of toddlers is clearly visible when measured based on body weight/age.

CONCLUSION

Based on a literature review of 10 research journals, evidence was found of a close relationship between parenting patterns and the nutritional status of toddlers, which was revealed in this study. As many as 7 out of 10 journals studied showed a positive correlation between good parenting patterns and optimal nutritional status of toddlers if poor parenting patterns result in poor nutritional status as well. This research identified several parenting patterns that influence the nutritional status of toddlers, namely democratic, authoritarian, and permissive parenting patterns. Other factors, such as family income, also play a role. To improve the nutritional status of toddlers, parents are encouraged to implement democratic and supportive parenting patterns to support the good nutritional status of toddlers. The government also participates in providing education and programs directly related to parenting patterns and toddler nutrition to parents and health workers need to do so. screening and counseling related to parenting and nutrition for toddlers in health services for children. With these efforts, it is hoped that it can improve the nutritional status of toddlers as well as the overall health of children.

REFERENCES

- Balantekin, K. N., Anzman-Frasca, S., Francis, L. A., Ventura, A. K., Fisher, J. O., & Johnson, S. L. (2020). Positive parenting approaches and their association with child eating and weight: A narrative review from infancy to adolescence. *Pediatric Obesity*, *15*(10), 1–15. <https://doi.org/10.1111/ijpo.12722>
- Casando, N. I., Hapis, A. A., & Wuni, C. (2022). Hubungan Pendidikan Ibu, Pengetahuan, Sikap Dan Pola Asuh Terhadap Status Gizi Anak. *Jip*, *2*(8), 2429–2432.
- Chan, C. L., Tan, P. Y., & Gong, Y. Y. (2022). Evaluating the impacts of school garden-based programmes on diet and nutrition-related knowledge, attitudes and practices among the school children: a systematic review. *BMC Public Health*, *22*(1), 1–33. <https://doi.org/10.1186/s12889-022-13587-x>
- Davis, J. N., Pérez, A., Asigbee, F. M., Landry, M. J., Vandyousefi, S., Ghaddar, R., Hoover, A., Jeans, M., Nikah, K., Fischer, B., Pont, S. J., Richards, D., Hoelscher, D. M., & Van Den Berg, A. E. (2021). School-based gardening, cooking and nutrition intervention increased vegetable intake but did not reduce BMI: Texas sprouts - a cluster randomized controlled trial. *International Journal of Behavioral Nutrition and Physical Activity*, *18*(1), 1–14. <https://doi.org/10.1186/s12966-021-01087-x>
- Diyah, H. S., Sari, D. L., & Nikmah, A. N. (2023). Hubungan Antara Pola Asuh dengan Status Gizi pada Balita. *Jurnal Mahasiwa Kesehatan*, *1*(2), 151–158.
- Doreswamy, S., Bashir, A., Guarecuco, J. E., Lahori, S., Baig, A., Narra, L. R., Patel, P., & Heindl, S. E. (2020). Effects of Diet, Nutrition, and Exercise in Children With Autism and Autism Spectrum Disorder: A Literature Review. *Cureus*, *12*(12). <https://doi.org/10.7759/cureus.12222>
- Eka Masturina, S., Hardjito, K., & Estuning Rahayu, D. (2023). The relationship between feeding patterns and nutritional status of toddlers. *Science Midwifery*, *11*(1). <https://doi.org/10.35335/midwifery.v11i1.1248>
- Kemntrian Kesehatan Republik Indonesia. (2018). Basic Health Research 2018. In Riskesdas 2018.
- Kurniyawan, E. H., Mulyaningsasi, R. B., Wuryaningsih, E. W., & Sulistyorini, L. (2021). Correlation between authoritarian parenting and self-confidence in school-age children in Indonesia: a cross-sectional study. *Nursing and Health Sciences Journal (NHSJ)*, *1*(1), 6-11. <https://doi.org/10.53713/nhs.v1i1.3>
- Kurniyawan, E. H., Hana, N., Kahono, M. H. P., Sari, I. R., Afandi, A. T., Kurniawan, D. E., & Nur, K. R. M. (2023). The Role of Parents in Fulfilling Nutrition and Respiratory Health for Children in Agricultural Area: Literature Review. *Nursing and Health Sciences Journal (NHSJ)*, *3*(4), 417-425. <https://doi.org/10.53713/nhsj.v3i4.284>
- Lali Midu, Y. A., Putri, R. M., & Adi Wibowo, R. C. (2021). Pola Asuh Ibu Berhubungan Dengan Status Gizi Pada Balita. *Jurnal Ilmiah Keperawatan Altruistik*, *67*–78. <https://doi.org/10.48079/vol4.iss2.74>

- Martin, S. L., McCann, J. K., Gascoigne, E., Allotey, D., Fundira, D., & Dickin, K. L. (2021). Engaging family members in maternal, infant and young child nutrition activities in low- and middle-income countries: A systematic scoping review. *Maternal and Child Nutrition*, 17(S1), 1–26. <https://doi.org/10.1111/mcn.13158>
- Reynaldy Valentino Pratama Marpaung, Yoseph Leonardo Samodra, & Slamet Sunarno Harjosuwarno. (2021). Hubungan pola asuh terhadap status gizi pada anak tk di Kota Yogyakarta. *Jurnal Ilmiah Kesehatan Media Husada*, 10(1), 65–70.
- Segovia-Siapco, G., Jung, S., & Sabaté, J. (2018). Vegetarian diets and pediatric obesity. *Contemporary Endocrinology*, 287–303. https://doi.org/10.1007/978-3-319-68192-4_17
- Utami, S., & Septica, Q. W. (2022). Hubungan Pola Asuh Gizi Balita Dengan Status Gizi. *Jurnal Health Society*, 11(1), 68–75.
- Winarsih, S., Fatkuriyah, L., Widada, W., & Nafista, U. F. (2024). The Relationship between Parenting Style and Nutritional Status of Child Aged 12-24 Months at Jelbuk Public Health Center, Jember Regency. *Journal of Nursing Periodic*, 3(25), 37-44–44.
- Yurni, A. F., & Sinaga, T. (2017). Pengaruh Pendidikan Gizi Terhadap Pengetahuan. *Media Gizi Indonesia*, 11(2), 183–190.