



## **THE RELATIONSHIP OF PARENTING STYLES AND CHILDREN'S HEIGHT IN BANDAR DUA STATE KINDERGARTEN, BANDAR DUA SUB-DISTRICT, PIDIE JAYA DISTRICT**

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### **ABSTRACT**

Height is a crucial anthropometric parameter. Generally, height measurements can be used to calculate Body Mass Index (BMI). Individually, height measurements in children can be used to determine nutritional status, while height measurement data in a population can be used to assess growth standards. Determining the nutritional status of children, especially children under the age of five, is essential, considering that the incidence of malnutrition in this range of age can lead to disruption of the child's growth and development function, the impact of which will still be visible in adulthood. The role of mothers and parenting styles greatly influence the nutritional status of toddlers. Family parenting patterns influence the nutritional status of toddlers because toddlers still rely on their parents in fulfilling their food intake and health care. Meanwhile, the quality of food and nutrition depends on the family's parenting patterns. Analytical research design with a cross sectional study was conducted in Bandar Dua public kindergarten, Pidie Jaya Regency on 7-12 October 2022. This research used a sample of 58 mothers with a total sampling technique. The research instrument used a questionnaire and microtools. The research results: generally, the parenting style is permissive (55.2%), nutritional status was generally normal (79.3%), and a P value of 0.000 was obtained. Conclusion: there is a relationship between parenting styles and the height of kindergarten children. Parents should change their parenting style from authoritarian to democratic or permissive parenting.

***Keywords:*** Parenting style, Children Height

## **INTRODUCTION**

Height is an essential anthropometric parameter. In general, height measurements can be used to calculate Body Mass Index (BMI). BMI can then be used to determine the risks of diseases that may arise. Height is also used to determine basal energy requirements, calculate drug doses, and determine lung volume standards and predictions. Height measurements in individual children can be used to determine nutritional status, while height measurement data in a population can be used to determine growth standards. Anthropometric data consisting only of height will not mean anything without other data, such as age and weight. Height data must be combined with age data or weight data so that we get height data based on body weight or height based on age, which is usually called the anthropometric index. This anthropometric index will be helpful in determining standards for specific groups or individual measurements. The individual's nutritional status can only be determined by comparing it with existing standards. Toddlers are children aged 1-5 years old and are a group that is vulnerable to malnutrition. The prevalence of undernutrition among children under the age of five in Indonesia reached 13.8% based on the results of Riskesdas in 2018.

Food and nutrition are some factors that are closely related to efforts to improve the quality of human resources. Communities whose needs are met with balanced nutritional quality are better able to participate in development. Food and nutrition issues are complex and interrelated problems. The role of maternal characteristics and parenting styles greatly determines their influence on the nutritional status of toddlers. Generally, parents provide food irregularly and sometimes force certain foods on children. Apart from that, there is no effort on the part of the family to get the child to eat and instead let the child snack carelessly. Most of the mothers behaved less, such as giving the form of food, the frequency of providing food was less than the age of toddlers, and the presence of 1-month-old children who were given rice. Apart from that, some mothers did not agree that malnutrition should be treated immediately, introducing semi-liquid food to babies and giving children 12-24 months soft food.

Family parenting patterns influence the nutritional status of toddlers because toddlers are still dependent on fulfilling their food intake and health care. Meanwhile, the quality of food and nutrition depends on the family's parenting patterns. The mother's role in parenting is significant because she is the closest person to the child. Maternal feeding can positively and negatively influence a child's growth and development. Several methods of approach used in determining the assessment of food and nutritional conditions can be done by assessing consumption and eating habits as well as assessing the nutritional status of a particular area or group. Each region has food and nutrition problems that are different from other regions. The area where the population lives also determines the consumption patterns of that community.

In Indonesia, it is estimated that 7.8 million children experience stunting. This data is based on a report by UNICEF and positions Indonesia in the top 5 countries with many children experiencing stunting (UNICEF, 2007). 2018 Riskesdas Results Nationally, the prevalence of shortness in children aged 2-5 years in Indonesia is 30.8%, consisting of 11.5% concise and 19.3% short. The Riskesdas (2018) results showed that the stunting prevalence rate in Aceh Province was 37.9%, ranking 3rd with the most stunted toddlers under NTT and West Sulawesi. In Aceh province, the highest prevalence of stunting is occupied by East Aceh Regency, followed by Pidie Regency in second place.

## **METHODS**

This research design is analytical research using a cross-sectional design by approaching, observing, or collecting data at one time (point time approach). This means that each research subject is only observed once, and measurements are made of the subject's character status or variables at the time of the examination. The research sample used a total sampling technique with a total sample of 58 mothers of toddlers who attended TK Negeri Bandar Dua, Pidie Jaya Regency. The research was conducted on 7 - 12 October 2022. The data was processed using Editing, Coding, Transferring, and Tabulating techniques, then analyzed using Univariate and Bivariate analysis.

## **RESULTS AND DISCUSSION**

### **1. Univariate Test**

#### **a. Parenting Styles**

The distribution of parenting styles for mothers of children at Bandar Dua State Kindergarten, Pidie Jaya Regency, is as shown in the following table:

**Table 5.3.** Frequency Distribution of Mother's Parenting Styles in Bandar Dua State Kindergarten, Pidie Jaya Regency in 2022

<i>No</i>	<i>Parenting styles</i>	<i>Number</i>	<i>%</i>
1	Democratic	17	29,3
2	Permissive	32	55,2
3	Otoriter	9	15,5
	Total	58	100,0

The table above shows that mothers' parenting style in the Bandar Dua State Kindergarten, Pidie Jaya Regency, is generally permissive, namely 32 people (55.2%).

b. Heigh

**Table 5.4.** Height distribution of children in Bandar Dua State Kindergarten, Pidie Jaya Regency, 2022

No	Parenting styles	Number	%
1	Short	12	20,7
2	Normal	46	79,3
Total		58	100,0

The table above shows that the height of children in Bandar Dua State Kindergarten, Pidie Jaya Regency, is generally normal, namely 46 people (79%).

2. Bivariate Analysis

**Table 5.5.** The Relationship between Parenting Styles and the Height of Kindergarten Children in Bandar Dua State, Pidie Jaya Regency in 2022

Parenting styles	Heigh				Number		P value	A
	short		normal		n	%		
	n	%	n	%				
Democratic	4	11,1	14	88,9	18	100	0,000	0,05
Permissive	6	19,4	25	80,6	31	100		
otoriter	2	22,2	7	77,8	9	100		
Total	12	20,7	46	79,3	58	100		

The table above shows that of the 18 people who had a democratic parenting style, there were 14 people (88.9%) who were of average height. Meanwhile, of the 31 people whose parenting style was permissive, there were 25 people (80.6%) whose height was normal. Meanwhile, of the nine people with authoritarian parenting styles, 7 (20.7%) kindergarten children were short in height.

Based on statistical tests using chi-square, it is known that the Fisher exact value = 0.000, meaning that there is a relationship between parenting patterns and the height of children in Bandar Dua State Kindergarten, Pidie Jaya Regency in 2022.

The table above shows that the parenting style in Bandar Dua State Kindergarten, Pidie Jaya Regency, is generally permissive, namely 32 people (55.2%), while nine people (15.5%) are authoritarian. The results of the research show that the nutritional status of the children of Bandar Dua State Kindergarten, Pidie Jaya Regency, is generally normal, namely 46 people (79.3%). In comparison, the number of short children is 12 people (20.7%). Based on statistical tests using chi-square, it is known that the p-value = 0.000, meaning there is a relationship between parenting patterns and the incidence of stunting in the Bandar Dua State Kindergarten, Pidie Jaya Regency in 2022.

Family parenting patterns influence the nutritional status of toddlers because toddlers are still dependent on fulfilling their food intake and health care. Meanwhile, the quality of food and nutrition is very dependent on the parenting patterns implemented by the family (Martianto, et al, 2011). The mother's role in parenting is crucial because she is the closest person to the child. Maternal feeding can positively and negatively influence children's growth and development (Fitriana, 2007). Research by Riyadi et al (2011) on factors that influence the nutritional status of toddlers in North Central Timor Regency shows that the mother's care for children is the mother's ability to provide the stimulation needed for toddler growth. The results of this study show that 27% of mothers have parenting quality in the poor category. In general, it is seen that mothers still use quite a lot of violence when they are angry with their children by pinching, hitting, and saying negative words.

Poor food quality includes poor micronutrient quality, lack of diversity and food intake from animal sources, non-nutritive content, and low energy content in complementary foods. Inadequate feeding practices can include infrequent feeding, inadequate feeding during and after illness, food consistency that is too light, insufficient food quantity, and unresponsive feeding. Evidence suggests a more varied diet and consumption of foods from animal sources is associated with improved linear growth. Recent analysis shows that households that adopt a diverse diet, including a diet enriched with complementary nutrients, will increase nutritional intake and reduce the risk of stunting (Sandra Fikawati et al, 2017).

Parenting style is the attitude of parents in interacting with their children. This parental attitude includes how parents give rules, rewards and punishments, how parents show their authority, and how parents pay attention and respond to their children (Sugiono, 2016). This research aligns with the results of Termuji (2002) in Fikhriani (2012), showing that democratic parenting has a negative and high relationship. Meanwhile, authoritarian parenting has a positive but low relationship, and permissive parenting has a positive and moderate relationship with children's aggressive behavior.

In an authoritarian parenting style, parents instill discipline and demand high achievement from their children. It's a shame that parents don't allow their children to express their opinions and put their children's needs first. The opposite of authoritarian parenting is permissive. In this group, parents are democratic and full of love. However, on the other hand, parental control and demands for achievement in children are low. Children are allowed to do as they please without any obligations or targets. In implementing an authoritarian parenting style, it is ideal for parents to have an adequate educational background. The reason is this model of parenting requires particular reasoning. You can't just forbid it, but parents have to explain why they are banning something and give something a target.

## **CONCLUSIONS**

The parenting style in the Bandar Dua State Kindergarten, Pidie Jaya Regency is generally permissive, namely, 32 people (55.2%), the nutritional status of the majority of children is normal, 46 people (79.3%), while the number of short children (stunting) is 12 people (20.7%). There is a relationship between parenting styles and children's height in the Bandar Dua State Kindergarten, Pidie Jaya Regency in 2022.

It is hoped that parents will apply a democratic or permissive parenting style and pay more attention to the food intake given to their children.

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