



## Growth Overview and Parenting Patterns of Toddlers in Wonokromo District, Surabaya

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### A B S T R A C T

RW 07 Wonokromo Subdistrict is a densely populated neighborhood characterized by a diverse culture that includes immigrants and permanent residents. Health cadres conduct activities related to measuring the growth and development of babies. This encourages researchers to investigate and describe parental parenting patterns and their implications for child development. This research uses a qualitative approach to describe parental parenting patterns and their impact on children's social-emotional development. Ninety-seven sources of information were consulted to gather relevant data for the study. Data collection involved measuring the age, height, and weight of toddlers. The technique employed for data collection was non-test, utilizing observation and questionnaires. As a data collection technique, observation involves observing patterns of human behavior in specific situations to gain insights into the desired phenomenon. Observation sheets were prepared and developed based on breastfeeding, complementary feeding (MPASI), family behavior, and parenting patterns toward children. Findings from the study revealed that while the informants displayed good knowledge and commitment regarding breastfeeding, not all of them provided colostrum to newborns. Mothers exhibited commendable activities in preparing and feeding food, with supervision during satisfactory meals. All mothers fulfilled their duties of accompanying their children during meals. The study also indicated that mothers played a vital role in maintaining children's health, focusing on body and oral hygiene. Mothers actively participated in establishing habits such as bathing their children regularly (2–3 times a day), using soap, and ensuring regular teeth brushing (2 times a day). Additionally, mothers ensured that children received sufficient rest during both day and night.

## INTRODUCTION

Children are the nation's next generation who deserve attention and have the right to achieve cognitive and social development (Masruroh et al., 2022). As candidates for the nation's next generation, children's growth and development quality need serious attention. Growth is an increase in physical size, such as weight and height. Developing is the increasing ability of the body's structures and functions to become more complex, such as the baby's ability to move from rolling over to sitting, standing, and walking (Rachmawati, 2014). In the world, children's growth and development problems consist of stunting, wasting, and being overweight. Based on data taken globally by the World Health Organization (WHO) in 2020, 149.2 million children under the age of 5 experienced stunting, 45.4 million experienced wasting, and 38.9 million children experienced excess weight body (overweight) (Salsabila et al., 2021). Parenting is the way, style, or method of parents in treating, educating, guiding, and disciplining children in the maturation process through an interaction process that is influenced by many factors, such as culture, religion, habits, and beliefs so that children can grow and develop according to their knowledge, moral values, and standards of behavior that apply in the social environment and society (Setyaningsih &

Agustini, 2014). is the attitude or treatment of parents toward children, each of which influences the child's behavior, including the child's emotional, social, and intellectual competence (Sri, 2019). A good parenting style is a parenting style that is filled with love, affection, and tenderness and is accompanied by the implementation of teaching that is appropriate to the child's age and intelligence development level, which will be the key to the child's goodness in the future (Ayun, 2017).

Several factors influence parenting patterns on children's growth and development, including (Pangestu et al., 2017), namely as follows: (1) Socio-economic level. Parents who come from a middle socio-economic level behave more warmly compared to those from a low socio-economic level. (2) Education level. Parents with a higher level of education in their parenting practices are seen reading articles more often to see their children's development. In comparison, parents with a lower level of education tend to be authoritarian and treat their children strictly. (3) The personality of parents greatly influences parenting patterns. Conservative parents tend to treat their children strictly and authoritarily. (4) Number of children. Parents with only 2 to 3 children tend to provide more intensive care, where interactions between parents and children emphasize personal development and cooperation between family members. Research that has been carried out on child growth and development is about factors related to child growth or development, such as the relationship between food intake and child growth or development (Utami, 2019). This analysis studies the relationship between food consumption and care with growth and development—Joint development of children (Pangestu et al., 2017). Determining a child's nutritional status refers to the Children's Anthropometric Standards table and child growth charts, but the graphs better describe children's growth trends. Both tables and graphs use the same threshold (President of the Republic of Indonesia, 2021). To determine a child's nutritional status, using either tables or charts, it is necessary to pay attention to the four standard anthropometric indices simultaneously so that growth problems can be determined to carry out preventive measures and further management (Ministry of Health of the Republic of Indonesia, 2020).

According to previous research, children's growth and development are related to children's food intake and care (Harahap et al., 2018). More than 40 percent of Indonesian children experience growth and development disorders. Developmental disorders occur while still in the womb. Therefore, it is essential to pay attention to the health of pregnant women. After birth, the risk of stunting begins at 0.5 years of age (Harahap et al., 2018). Likewise, Lelo & Liutani (2023) stated that parenting styles significantly affect social development. It was found that when children take part in learning activities in class, they have self-awareness in the form of an independent attitude in choosing activities and completing assignments from the teacher, a sense of responsibility towards themselves and others, a willingness to share, help and accompany friends who are experiencing difficulties. In activities, respecting the excellence of others, in this case, admiring the work of others and having an enthusiasm for learning.

Parenting and parental behaviour influence children's independence and bravery in social life. This research aims to provide an overview of parenting patterns and maternal behavior regarding the association of food intake and care with child growth and development (Lelo & Liutani, 2023). RW 07 Wonokromo. Health cadres carry out baby weighing activities to measure the growth and development of babies so that researchers are encouraged to study and describe parental parenting patterns and their implications for child development. Based on this explanation, the problem in this research is the parenting patterns and behavior of parents and their impact on child development. Meanwhile, this research aims to describe parental parenting patterns and their implications for children's social-emotional development.

## METHOD

This research uses a qualitative approach. This research was conducted at Posyandu RW 07 Wonokromo Village, and as many as 97 sources provided data related to this research. Data collection took the form of measuring the age, height, and weight of toddlers. The data collection technique used was a non-test, while the methods used in this research were observations and questionnaires. Observation is a data collection technique that observes patterns of human behavior in certain situations to obtain information about the desired phenomenon. Observation sheets are prepared and developed based on breastfeeding, MPASI, behavior, and family parenting patterns toward children.

## RESULT

Table 1. Characteristics of Information Sources for Posyandu RW 07, Wonokromo Village, Surabaya City

No	Characteristics	Frequency	Percentage
Mother's Age			
1	< 22 Years	18	18.6%
2	22 - 25 Years	28	28.9%
3	26 - 30 Years	19	19.6%
4	31- 35 Years	32	33.0%
Family Income			
1	<UMR (minimum standards)	50	51.5%
2	>UMR (minimum standards)	47	48.5%
Mother's Education			
1	Junior High School	21	21.6%
2	Senior High School	56	57.7%
3	Bachelor	20	20.6%
Mother's Profession			
1	Government employees	12	12.4%
2	Private	25	25.8%
3	Housewife	60	61.9%
Number of Children			
1	Two	35	36.1%
2	One	36	37.1%
3	Three	26	26.8%
Grand Total		97	100.0%

Table 1 provides information that most of the sources of information are aged 31 - 35 years with a family income of less than the minimum wage. Mother's education: Most are in senior high school and have the status of housewife with one child. The following is the process of giving breast milk.

Table 2. Process of Providing Breast Milk Source of Information Posyandu RW 07, Wonokromo Village, Surabaya City

No	Process of Providing Breast Milk	Frequency	Percentage
Providing Colostrum			
1	Yes	26	26.8%
2	No	71	73.2%
When Breast Milk Doesn't Come Out			
1	Keep Trying	94	96.9%
2	Ask the Doctor	1	1.0%
3	Replace Formula Milk	2	2.1%
Given for 0 - 6 Months			
1	Asi	96	99.0%
2	Formula milk	1	1.0%
What is given when the mother is not beside the baby			
1	Asi	79	81.4%
2	Formula milk	18	18.6%
Breastfeeding			
1	Milked and Given	74	76.3%
2	Formula milk	19	19.6%
3	Side by side	4	4.1%
Grand Total		97	100.0%

Table 2 provides information that most mothers do not give colostrum when breast milk comes out for the first time; mothers still try to provide breast milk even though the amount of milk coming out is small and only give breast milk at the age of 0 - 6 months. Mothers still breastfeed even though they are not next to the baby by expressing and providing breast milk. The following is the mother's behavior in preparing food.

Table 3 Mother's Behavior in Preparing Meals at Posyandu RW 07, Wonokromo Village, Surabaya City

No	Mother's Behavior in Preparing Meals	Frequency	Percentage
Children's Breakfast Habits			
1	Yes	93	95.9%
2	No	4	4.1%
Breakfast in 1 Week			
1	4 - 6 Times	95	97.9%
2	1 - 3 Times	2	2.1%
How to Feed Mother			
1	Fed	97	100.0%
Fed How Many Times Labels			
1	Two times	24	24.7%
2	Three times	72	74.2%
3	Four times	1	1.0%
Supervision in eating alone			
1	Supervised	96	99.0%
2	Not Supervised	1	1.0%
Preparing Your Meals			
1	Yes always	95	97.9%
2	Yes Sometimes	1	1.0%
3	No	1	1.0%
Always Persuaded in Spending Food			
1	Yes	84	86.6%

No	Mother's Behavior in Preparing Meals	Frequency	Percentage
2	Sometimes	10	10.3%
3	Never	3	3.1%
It provides a pleasant dining atmosphere.			
1	Yes always	57	58.8%
2	Yes Sometimes	13	13.4%
3	Seldom	25	25.8%
4	Never	2	2.1%
Grand Total		97	100.0%

Table 3 provides information that the mother's habit of feeding her child is to serve breakfast 4-6 times every week, served by the mother herself. The mother's habit is feeding the child three times a day. Mothers always supervise children who eat by themselves, provide a pleasant atmosphere, and persuade them to finish their food. The following are mothers' parenting habits.

Table 4 Mother's Behavior in Parenting Habits at Posyandu RW 07, Wonokromo Village, Surabaya City

No	Mother's Behavior in Parenting Habits	Frequency	Percentage
Childcare			
1	Family members	93	95.9%
2	Neighbor	2	2.1%
3	Home Assistant	2	2.1%
Bathing Children			
1	2 - 3 Times	97	100.0%
Bathing With Soap			
1	Yes	93	95.9%
2	No	4	4.1%
Brush your teeth			
1	≥ 2 times	86	88.7%
2	One time	8	8.2%
3	Never	3	3.1%
Sleep on Time			
1	Yes always	86	88.7%
2	Yes, often	7	7.2%
3	Yes, sometimes	2	2.1%
4	Never	2	2.1%
Nap			
1	Yes always	87	89.7%
2	Yes, often	3	3.1%
3	Yes, sometimes	5	5.2%
4	Never	2	2.1%
Play With Peers			
1	Yes always	66	68.0%
2	Yes, often	13	13.4%
3	Yes, sometimes	14	14.4%
4	Never	4	4.1%
Grand Total		97	100.0%

Table 4 provides information that most of the care is carried out by the mother and family themselves, the habit of using soap 2-3 times is a good habit and brushing their teeth more than two times a day, mothers also make it a habit always to take their children to bed on time and take naps. and play with peers.

## DISCUSSION

Mother's milk (ASI) is the best food for newborn babies, whether babies are born full-term (mature) or preterm (premature). Various research results show that breastfeeding provides many physiological and emotional benefits (Harahap et al., 2018). The World Health Organization (WHO) recommends exclusive breastfeeding for at least the first six months of age, and similar recommendations are also supported by the American Academy of Pediatrics (AAP), Academy of Breastfeeding Medicine, as well as by the Indonesian Pediatrician Association (IDAI).

Much scientific evidence shows that breast milk given exclusively during the first six months of life can meet the baby's nutritional needs for growth and development. Some examples include colostrum (breast milk on days 1-5), which is rich in protein; breast milk lactose as a source of carbohydrates is absorbed better than formula milk (Adhimah, 2020).

Exclusive breastfeeding is defined as breastfeeding without supplementation with food or drink other than medication. After six months, breast milk cannot meet the needs of minerals such as iron and zinc, so to meet these needs, MP ASI (complementary foods for breast milk), which are rich in iron, must be given (Awaludin, 2019). Premature babies, babies with low birth weight, and babies who have hematological disorders who do not have adequate iron reserves at birth generally require iron supplementation before the age of 6 months, which can be given together with exclusive breastfeeding. What needs to be understood in breastfeeding is that breast milk production is not always the same every day, namely between 450 - 1200 ml per day, so if you feel that production is decreasing in 1 day, you are not confident that it will continue like that. Even 1-2 days later, the amount will exceed the average to meet the baby's needs cumulatively. In this study, knowledge regarding breast milk and the informants' commitment was good, but not all informants gave colostrum to newborn babies (Rahmadhita, 2020).

Children generally snack once or twice a day to stay energized. Replace sweet or salty snacks, such as candy and chips, with healthier foods: nuts, cheese, and yogurt. Eating fresh ingredients is only sometimes possible, but try to limit the consumption of processed foods (Salsabila et al., 2021). Ready-to-eat foods, packaged snacks, and sweets are usually high in saturated fat, sugar, and salt. Make cooking and eating a fun routine with your family. Cooking and eating together is a great way to build a healthy family routine, warm up family relationships, and have fun together. This research found that mothers' activities in preparing meals, feeding, and supervision regarding eating were considered good; all mothers carried out their duties and functions in terms of accompanying children to eat (Rachmawati, 2014).

Maintaining healthy teeth and mouth is an important aspect that must be held at all ages, including children (Sasmita, 2021). However, teaching oral hygiene to children takes work. A child often avoids being told to brush his teeth. The earlier you teach this habit, the easier it is for children to do it as a routine (Lonang & Normawati, 2022). Then, when is the right time to teach children to start brushing

their teeth? To prevent this from happening to children, the easiest way to do this is to teach children the habit of brushing their teeth. Brushing teeth must be part of a child's learning process, as children are accustomed to bathing, dressing cleanly, and washing their hands before eating (Sasmita, 2021). Brushing one's teeth is done when the first tooth grows in the child's oral cavity, but getting children used to cleaning their oral cavity can be done from when the child is born. In this research, the mother's role in maintaining children's health, especially in terms of body and mouth hygiene, has gone well; the mother's participation in getting the child used to regularly bathing 2-3 times every day using soap and a regular toothbrush two times a day. As well as providing sufficient rest time both day and night.

## CONCLUSION

In this study, the informants' knowledge regarding breastfeeding and commitment was good, but not all gave colostrum to newborn babies. Mothers' activities in preparing food, feeding, and supervision regarding eating are considered good; all mothers carry out their duties and functions regarding accompanying children to eat. In this research, the mother's role in maintaining children's health, especially in terms of body and mouth hygiene, has gone well; participation in mothers who get their children into the habit of bathing regularly 2-3 times every day using soap and brushing their teeth regularly two times a day. As well as providing sufficient rest time both day and night.

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