

The Role of Parents in Preparing Balanced Menu with Children's Nutritional Status

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ABSTRACT

Background: Nutritional intake in children plays an important role in optimizing growth and development in children. The adequacy of nutritional intake in children can be assessed by the state of nutritional status characterized by thin, normal, and obese children. One of the roles of parents is to be responsible for fulfilling nutrition for their children. The desire of parents to fulfill their children's nutritional needs is often the background of inappropriate feeding practices. Inappropriate feeding practices include always fulfilling a child's desire to consume the food he wants, even many parents allow whatever food their child consumes, many parents serve ready-to-eat food. Lack of nutritious food will lead to child growth retardation, the prevalence of malnutrition in 2013 was 19.6%, consisting of 5.7% malnutrition and 13.9% malnutrition. When compared with the national prevalence rate in 2010 (17.9%), it seems that this is increasing.

Purpose: The aim of this study is to know the relationship between the role of parents in preparing a balanced menu with the nutritional status of children.

Methods: The design used is a literature review, namely by using several journals from several sources such as: Google Scholar, PubMed. Nutritional Status, publication year between 2015-2020.

Results: The results of the journal discussion show that there is an influence between the role of parents in preparing a balanced menu for children with the nutritional status of the child.

Conclusion: It was concluded that the role of parents is really needed for the growth and development of the child.

Keywords: balanced menu, children, nutritional status, parents' role

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BACKGROUND

Nutritional intake in children plays an important role in optimizing growth and development in children. The adequacy of nutritional intake in children can be assessed by the state of nutritional status which is characterized by thin, normal, and obese children. In general, health problems that are often experienced by children are malnutrition and diet. Nutrition greatly affects the development of children. The problem of diet is very closely related to this. Especially now that there are a lot of fast food (instant), in which there are substances that are harmful to human health if consumed continuously in the long term. For this reason, the role of education for parents can help in creating the quality of children in the future (M. Sulistyoningih, 2015; Supariasa et al., 2016).

A balanced diet is the basis for the healthy growth and development of children. Children in the Cyprus area eat a low-quality diet. The mother's education and the child's own weight status were related to the child's adherence to the recommendations (Tornaritis et al., 2014). The contribution of UPF to children's food consumption is seen to be significant in children's diets and age appears to be an important factor for consumption of related products (Sparrenberger et al., 2015).

Malnutrition in children causes permanent effects that reduce health capital in later life. This results in serious health, social and economic consequences across generations (Martorell & Zongrone, 2012). Despite the desire to prevent malnutrition, there are insufficient data on the implementation of health interventions and the factors that influence them. There are three main factors that cause malnutrition in children, namely inadequate household food, inadequate care and an unhealthy household environment, and lack of health services. It is influenced by income, poverty, employment, place of residence, assets, remittances, pensions and transfers which are also determined by socio-economic and political factors (Tette et al., 2015).

The risk that can occur if poor or poor nutrition will continue to increase is that it can have an influence that greatly inhibits physical, mental growth and thinking abilities which will ultimately reduce work productivity. Toddlers who are malnourished or lacking can experience a decrease in intelligence (IQ) up to 10 percent (Indonesia Ministry of Health, 2012).

Lack of nutritious food will cause retardation of child growth. At the basic stage the child's need is food (nutrition) this is the main element for child growth, so that children can grow according to their genetic abilities, in addition to needs in the physical aspect of children also need guidance, education and affection from the child's parents who are entitled to receive education (Prasetyawati, 2012). Good care because one of the factors that play an important role in fulfilling children's nutritional status is parenting (Soetjiningsih, 2015).

Good nutritional status affects the growth and development of children, school age requires good nutrition to support learning activities at school. Good nutritional intake can affect the power of concentration and cognitive abilities so as to improve children's learning achievement in school. School-age children are strategic targets in improving community nutrition. This is important because in the school child phase, the child's growth and development is in an optimal process (Sa'adah et al., 2014).

The family is the first environment that people know so that the family is the basic determinant of the formation of one's character (Wedastra, 2015). The family is a group that plays an important role in the process of development, prevention, and improvement in any health problems found in the family (Sutikno, 2011). The relationship between family members is a very close relationship and has a very high intensity in each family member (Lestari, 2012).

The family has a very important role in the growth and development of children, because in the family environment, children will get the needs needed by children, ranging from physical needs such as clothing, food and shelter to spiritual needs such as guidance, education, and love from parents. Since humans are still in the womb until they are born, children have felt love and affection from their parents (Soetjiningsih, 2015).

In handling the nutritional status of children, the family has a very important role, this is because in the family environment it is a place for children to maximize their growth and development, and fulfill their nutritional requirements. Families that have good family functions and have good emotional relationships can support growth and development (Almatsier, 2015; Soetjiningsih, 2015).

One of the roles of parents is to be responsible for the fulfillment of nutrition for their children, the desire of parents to meet the nutritional needs of their children is often the background to the practice of offering inappropriate food. The practice of offering inappropriate food, among others, always develops the child's willingness to consume the food he wants, even many parents let whatever food their child consumes, many parents serve ready-to-eat food (Sulistyoningsih, 2011).

The role of parents is the attitude and behavior of parents in interacting with children, the attitudes and behavior of these parents can be seen from the way parents instill discipline in children, influencing emotions and the way parents control their children (Sugiyanto, 2015). Parents play a powerful role in children's eating behavior, providing the genes and environment for children. For example, they influence the eating preferences and behavior of developing children by providing some foods over others, and by acting as models of eating behavior. But in today's eating environment, characterized by too much cheap food that is tasty and energy-dense, these traditional feeding practices can encourage overeating and weight gain (Savage et al., 2007).

Parents have an important role in the development of children's eating behavior. Studies have been conducted of 12 focus groups (three white groups, three African-American, and three low-income Hispanic-American groups; three middle-income white groups) of mothers (N = 101) of 2 to children aged less of 5 years to explore maternal attitudes, concerns, and practices regarding child feeding and perceptions of child weight. The findings on the general use of strategies that may not promote healthy body weight suggest that work is needed to develop culturally and socioeconomically effective overweight prevention programs (Sherry et al., 2004).

Socio-economic status, mother's education, comorbidities, low birth weight, and completeness of immunization are risk factors for malnutrition. The most dominant risk factor for malnutrition is co-morbidity in infants (Novitasari, 2012). Facing big challenges in the field of nutrition, namely undernutrition and overnutrition, the problem of undernutrition is caused by poverty, lack of food, lack of knowledge about nutrition, but the problems experienced from nutrition are mostly caused by lack of knowledge about nutrition in the community (family). One group that requires attention in the consumption of food and nutrients is school age (Almatsier, 2015).

The importance of this research is because the nutritional status of children plays an important role in optimizing growth and development in children. National data shows that the prevalence of malnutrition in 2013 was 19.6%, consisting of 5.7% of malnutrition and 13.9% of malnutrition. When compared with the national prevalence rates in 2007 (18.4%) and 2010 (17.9%) it seems to have increased. Changes, especially in the prevalence of malnutrition, were from 2007 (5.4%), in 2010 (4.9%), and 2013 (5.7%). Meanwhile, the prevalence of undernutrition increased by 0.9% from 2007 and 2013. To achieve the 2015

MDG target of 15.5%, the national prevalence of malnutrition must be reduced by 4.1% in the period 2013 to 2015.

OBJECTIVE

The aim of this study is to know the relationship between the role of parents in preparing a balanced menu with the nutritional status of children.

METHODS

The process carried out in this literature review is to review and search for several research journal articles published through electronic databases. The data base used to perform the search is: Google Scholar, PubMed The keywords used to perform the search are "Menu Balanced With Children's Nutritional Status" for International articles used to perform the search is "Menu Balanced With Children's Nutritional Status", Limited reference search on articles available in full text that can be accessed by researchers, using both Indonesian and English and the year of publication between 2015-2020. The types of studies analyzed were all types of research that used a balanced menu with children's nutritional status.

RESULTS

Based on a literature review search, it was found in 8 search articles with research results stating that there is an influence between the role of parents in preparing a balanced menu and the nutritional status of children.

According to research conducted by Yendi, Eka & Maemunah (2017) on the role of mothers related to improving the nutritional status of toddlers, the results showed that of 44 respondents, mothers who had a good role were 72.2% (Yendi et al., 2017). The results of research on the nutritional status of preschool children with good nutritional status were 36 children (81.82%). It was found that there was a relationship between the mother's role in fulfilling children's nutrition and the nutritional status of preschool children. The value is $0.00 < 0.05$ means that H_1 is accepted. The correlation value (Spearman's rho) of 0.780 proves a relationship of 78% (Strong).

According to research conducted by Rahardjo & Wijayanti (2010) regarding the role of mothers related to improving the nutritional status of toddlers, the results showed that most toddlers (86%) had good nutritional status (Rahardjo & Wijayanti, 2010). There are three important roles of mothers that affect the nutritional status of their children. The identified roles of mothers are food preparation patterns (p value = 0.003), health care patterns (p value = 0.041), and nutritional knowledge (p value = 0.024).

According to research conducted by Permadi (2020) on the role of parents in improving the nutritional status of early childhood through lunch boxes at RA Al Qodir Wage Taman Sidoarjo, the results of the study show that in their role in fulfilling the consumption of foods containing balanced nutrition, parents have fulfilled this role. Where parents always provide food that contains balanced nutrition, well consumed, and able to support the growth and development of children. In the category of parents who do not work or housewives, it is very rare to fulfill their role in providing food that contains balanced nutrition through food supplies, this is because parents think that having breakfast before going to school and having lunch after school are sufficient to fulfill their needs (Permadi, 2020).

According to research conducted by Arisdanni & Buanasita (2018), the relationship between the role of friends, the role of parents, the amount of pocket money and perceptions of snacks with overnutrition in school children, the results of the linear regression test showed that there was a significant relationship between the role of parents ($p = 0.006$), the role of friends ($p = 0.000$), perceptions of snacks ($p = 0.045$), and the amount of pocket

money ($p = 0.023$) with the incidence of overnutrition in school children (Arisdanni & Buanasita, 2018).

According to research conducted by Qonitatul'An (2018) on 'Assessment of the Role of Parents and Efforts to Formation of Children's Self-Concept towards Snacks at Risk of Over Nutrition (Quantitative Study on Children with Over Nutritional Status at Al-Baitul Amien Elementary School, Jember Regency, the results The analysis shows that there is an influence between the role of parents as protectors on the formation of children's self-concept related to snacks at risk of overnutrition. However, other results show that there is no influence between the roles of parents as educators and controllers on the formation of children's self-concepts related to snacks at risk of overnutrition (Qonitatul'An, 2018).

DISCUSSION

The role of mothers related to improving the nutritional status of toddlers. Said that in testing the correlation between the mother's role in fulfilling children's nutrition and the nutritional status of children, a significant relationship was found. The influence of the mother's role in fulfilling children's nutrition with the nutritional status of children is caused by the learning process. The learning process will lead to the formation of certain attitudes and actions. It can be understood that the better one's knowledge, the better the attitudes and actions in fulfilling children's nutrition will be. Because the higher level of education, the higher the knowledge he gets. Meanwhile, abilities based on knowledge, awareness and positive attitudes will be better than abilities that are not based on knowledge (Yendi et al., 2017).

This study is in line with research conducted by Rahardjo & Wijayanti (2010), regarding the role of mothers related to improving the nutritional status of toddlers, the researchers said that there are several things that affect the role of mothers, namely the Effect of Food Parenting Patterns on Toddler Nutritional Status and the Effect of Mother's Nutritional Knowledge on the nutritional status of children under five with p value = 0.003, health care patterns (p value 0.041), and nutritional knowledge (0.024). Parenting pattern and parents' knowledge have an important role in managing food for children and ensuring the fulfillment of children's needs for nutritious food.

This research is also in line with the research conducted by Permadi (2020) on the role of parents in improving the nutritional status of early childhood through the lunch box at Ra Al Qodir Wage Taman Sidoarjo, the researcher said that in its role in fulfilling the consumption of foods that contain nutrients balanced, parents have fulfilled this role. Where parents always provide food that contains balanced nutrition, well consumed, and able to support the growth and development of children. In the category of parents who do not work or housewives, it is very rare to fulfill their role in providing food that contains balanced nutrition through food supplies, this is because parents think that having breakfast before going to school and having lunch after school are sufficient to fulfill their needs. nutritional needs of children (Permadi, 2020).

The role of mothers in fulfilling children's nutrition is grouped into 3 namely: shaping children's eating patterns, creating fun situations and serving interesting foods. Mothers as caregivers have an important role in matters relating to food, starting from the preparation of food menus, purchases, feeding children, children's eating patterns and the frequency of children's eating. Inadequate parenting will cause children not to like to eat or not to be given balanced food. The nutritional needs of children are needed to grow and develop, each child has different nutritional needs with distinctive characteristics in consuming food. Therefore, to determine the right food In children, determine the amount of nutritional needs and also

determine the type of food ingredients that can be selected to be processed according to the desired menu (Marmi, 2013).

So that researchers can assume that the role of parents is very important in increasing the growth and development of the child itself, because the role of parents is really needed for the growth and development of the child. However, children must receive adequate nutrition in order to grow healthy. Parents must be selective in what a child will consume. Like since the child is still in the womb, the child's health needs to be considered through the mother. Parents also play a significant role in the nutritional status of children. Most of the incidence of malnutrition in children can be avoided if the mother has sufficient knowledge about how to maintain nutrition and regulate children's food.

According to Helmi (2013) factors related to the nutritional status of toddlers in the working area of the Margototo Health Center, Metro Kibang District, East Lampung Regency. From the results of the study, it was found that there are several factors related to the nutritional status of children (Helmi, 2013). The first is the relationship between infectious diseases and nutritional status. 8.153, meaning that under-fives who are undernourished according to BW/U, are 8.153 times more common in under-fives with infectious diseases compared to under-fives who are not infected with infectious diseases.

Energy intake and nutritional status from the research that has been carried out, it can be seen that there is a relationship between energy intake and the incidence of malnutrition according to the BB/U indicator with an OR = 6.517, meaning that under five years of age, according to the BB/U indicator, there are 6.5 times more found in toddlers whose energy intake is less than toddlers with sufficient energy intake.

Carbohydrate intake with nutritional status From the research that was conducted in the working area of the Margototo Health Center, it can be seen that the results of the analysis of the relationship between carbohydrate intake and nutritional status according to BW/U had a significant relationship with an OR value = 4.333, meaning that toddlers with poor nutritional status according to BW/U. U is 4.3 times more common in toddlers with less carbohydrate intake than toddlers with sufficient carbohydrate intake.

Nutritional status is a measure of the condition of a person's body that can be seen from the food consumed and the use of nutrients in the body. Nutritional status is divided into three categories, namely undernutrition status, normal nutrition, and over nutrition. Nutritional status is an expression of balance in the form of certain variables. Nutritional status is also a result of the balance between the consumption and absorption of nutrients and the use of these nutrients or the physiologic state resulting from the availability of nutrients in the whole body (Supariasa et al., 2016).

So that researchers can assume that nutritional status is good if the body gets good nutritional intake, thus allowing physical growth and general health in the best possible general condition. Malnutrition status occurs when the body experiences a deficiency or excess of nutrients.

According to Yendi, Eka and Maemunah (2017) the role of mothers related to improving the nutritional status of toddlers. Said that in testing the correlation between the mother's role in fulfilling children's nutrition and the nutritional status of children, a significant relationship was found. The influence of the mother's role in fulfilling children's nutrition with the nutritional status of children is caused by the learning process. The learning process will lead to the formation of certain attitudes and actions. It can be understood that the better one's knowledge, the better the attitudes and actions in fulfilling children's nutrition will be. Because the higher level of education, the higher the knowledge people get.

Meanwhile, abilities based on knowledge, awareness and positive attitudes will be better than abilities that are not based on knowledge.

This study is in line with research conducted by Rahardjo & Wijayanti (2010), regarding the role of mothers related to improving the nutritional status of toddlers, the researchers said that there are several things that affect the role of mothers, namely the Effect of Food Parenting Patterns on Toddler Nutritional Status and the Effect of Mother's Nutritional Knowledge on the nutritional status of children under five with p value = 0.003, health care patterns (p value 0.041), and nutritional knowledge (0.024) because it plays an important role in managing food for children and ensuring the fulfillment of children's needs for nutritious food.

From the results of this literature review, it shows that the role of parents has a big influence in fulfilling the improvement of nutritional status in children. The nutritional status of children is something that parents need to strive for seriously. For this reason, efforts are made to regulate the right balanced feeding pattern so that the child remains healthy. Children's health can be achieved through efforts to provide a balanced diet in accordance with their nutritional needs. Balanced eating is eating according to the composition of food ingredients that the body needs in portions that are tailored to the needs of children at each age.

The role of mothers in fulfilling children's nutrition is grouped into 3, namely: shaping children's eating patterns, creating fun situations and serving interesting foods. Mothers as caregivers have an important role in matters relating to food, starting from the preparation of food menus, purchases, feeding children, children's eating patterns and the frequency of children's eating. Inadequate parenting will cause children not to like to eat or not to be given balanced food. The nutritional needs of children are needed to grow and develop, each child has different nutritional needs with distinctive characteristics in consuming food. Therefore, to determine the right food In children, determine the amount of nutritional needs and also determine the type of food ingredients that can be selected to be processed according to the desired menu (Marmi, 2013).

So that researchers can assume that the role of parents in preparing a balanced menu with the nutritional status of children is very influential in fulfilling the nutritional status of children. So that parents are also expected to create a pleasant food atmosphere. However, if the atmosphere at mealtime is pleasant, it will invite appetite for him. Try to create the food that will be made. If the child does not like vegetables, it is better for parents to make unusual creations with these vegetables.

CONCLUSION

The results of this literature review indicate that the role of parents has a major influence in meeting the improvement of nutritional status in children. The nutritional status of children is something that parents need to strive for seriously. For this reason, efforts are made to regulate the right balanced feeding pattern so that the child remains healthy. Children's health can be achieved through efforts to provide a balanced diet in accordance with their nutritional needs. Balanced eating is eating according to the composition of food ingredients that the body needs in portions that are tailored to the needs of children at each age.

Thus it can be said that there is an influence between the role of parents in preparing a balanced menu with the nutritional status of children. because from the results of the journal discussion, it was found that there was a very close influence between the role of parents and the nutritional status of children.

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The results of this study are expected to be useful as a source of input for educational institutions, especially with regard to research methods for future students who will carry out the preparation of the thesis.

It is hoped that it can be input for parents so that they can pay more attention to meeting the nutritional needs of their children.

As a reference material for further researchers so that in future research they can pay more attention to what is lacking from the current research so that it can help change the knowledge and skills of parents regarding the fulfillment of children's nutritional status.

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