

Relationship Between Parental Feeding Style And Picky Eating Behavior Towards Stunting Incidents In The Work Area Of The Sungai Penuh City Health Office

Mimi Rosiska, Yosep Andri Putra, Rima Sintia

Bina Insani Sakti College of Health Sciences, Sungai Penuh City

Corresponding : mimiroosiska@gmail.com

ABSTRACT

According to the Ministry of Health's Indonesian Nutrition Status Survey (SSGI), the prevalence of stunted toddlers in East Nusa Tenggara (NTT) Province is again in the top position with a stunted toddler rate of 35.3%. This research aims to determine the relationship between parental feeding style and picky eating behavior on the incidence of stunting. This type of research is quantitative and analytical with a cross-sectional study approach. The sampling technique used in this research was the Total Sampling technique. The population in this study was all 31 stunting cases with a sample of 31 people. The location of this research was carried out in the Sungai Penuh City Health Service Work Area and was carried out in January-July 2024. The results showed that more than half of 22 (71.0%) of the respondents had very short stunting, more than half of 19 (61.3%) respondents with a low parental feeding style with statistical test results (Chi-Square) obtained a p-value of 0.001 and more than half of the 22 (71.0%) respondents with picky eating behavior with statistical test results (Chi-Square) obtained a p-value of 0.012. The conclusion of the research shows that there is a relationship between parental feeding style and picky eating behavior on the incidence of stunting. The researchers' suggestions from the research results can be applied in daily nursing practice, such as providing counseling about parental feeding styles and picky eating behavior for patients, to prevent stunting in children.

Keyword : Parenteral Feeding Style, Picky Eating Behavior Towards, Stunting, Toddlers, Child Nutrition

INTRODUCTION

Malnutrition refers to a deficiency, excess, or imbalance in energy or nutrient intake, and includes two large groups of conditions. The conditions in question are overweight, obesity, and malnutrition, which include stunting, wasting, acute malnutrition, underweight, and micronutrients. The incidence of malnutrition, one of the global focuses, is stunting. There are still many children who experience stunting in the world. This problem is often found in developing countries, countries suffering from war and refugee crises (Surono, 2021). Stunting or short toddlers is a problem of chronic malnutrition caused by a lack of nutritional intake over a long period due to inappropriate feeding (Fitriah D.A, Permatasari I.L & Wardin I, 2021).

According to the World Health Organization (WHO), in 2022 there were 148.1 million children under the age of 5 who were too short for their age (stunting), 45.0 million children were too thin for their height (wasting), and 37.0 million children were too heavy for their height (overweight) (World Health Organization, 2022). Stunting is still a serious health problem facing Indonesia. Based on the 2022 Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in Indonesia was 21.6%, this number decreased compared to the previous 24.4%. Although decreasing, this figure is still high, considering the target prevalence of stunting in 2024 is 14% and the WHO standard is below 20% (Directorate of Early Childhood Education, 2023).

Meanwhile, based on the Indonesian Nutritional Status Survey (SSGI) of the Ministry of Health, the prevalence of stunting in toddlers in the Province of East Nusa Tenggara (NTT) is again in the top position with a stunting rate of 35.3%. Although still perched at the top, the prevalence of stunting in toddlers in NTT has decreased from 2021 which was 37.8%. Furthermore, the second rank is occupied by South Sulawesi with a prevalence of stunting in toddlers of 34.6% and 32.7% respectively. On the other hand, Bali is in the lowest rank, aka the lowest prevalence of stunting in toddlers at only 8%, while Jambi Province is in 28th place with a prevalence of stunting in toddlers of 18% (Ministry of Health of the Republic of Indonesia in Annur M.C, 2023).

According to data from the Sungai Penuh City Health Office in 2024 with a recap of toddlers based on nutritional status, in 2020 there were 16 cases of stunting, in 2021 there were 27 cases of

stunting with a risk of stunting of 7 people, in 2022 there were 47 cases of stunting with a risk of stunting of 19 people, while in 2023 there were 24 cases of stunting with a risk of stunting of 7 people (Sungai Penuh City Health Office, 2024). Stunting is a condition of growth disorders in children, namely, the child's height is lower or shorter (dwarf) than the standard for their age. Stunting is a serious condition that occurs when a person does not get the right amount of nutritious intake for a long time (chronic) (Neherta M, Deswita & Marlani R, 2023).

Short toddlers (stunting) are toddlers with nutritional status based on their length or height according to an age when compared to the standard results are below normal, namely the Z-score is less than -2SD and is categorized as very short if the Z-score is less than -3SD (Rahmawati D & Agustin L, 2020). According to Dewi, Suhartatik & Suriani (2019), one of the factors that influence the incidence of stunting is diet. Eating patterns in children are an important basis in the growth process that requires parental support and attention in terms of fulfilling nutrition in toddlers. Parental feeding style and picky eating behavior are areas that can influence eating patterns.

Parental feeding style is a factor that influences nutritional status. Lack of food intake can be caused by several factors, including parental knowledge, use of health services, and exclusive breastfeeding in children. The attitude and control of parents in feeding are factors that influence the realization of adequate nutritional intake in children. Thus, there is a relationship between parental feeding style and the incidence of stunting, which is supported by previous studies and existing theories (Dewi I, Rahayu A & Sumi SS, 2023).

Parental feeding style is categorized into 2, namely low parental feeding style and high parental feeding style. Marr, C., Breeze, P., & Caton, S.J in Dewi I, Rahayu A & Sumi S.S in (2023) stated that parents, especially mothers, have an important role in regulating children's eating behavior, such as children who like to eat snacks and drink sweet drinks that must be changed to prevent obesity in children. Parents also play a role in the intake of fruit consumed by children. The quality of children's growth and development is influenced by picky eating behavior which makes it difficult for children to accept food. Children become fussy when given food that is not according to their wishes so children do not enjoy the food served. This also affects the amount of food variation received and requires special food serving techniques that need to be done so that children can easily accept food. Limited food variations will affect the intake of protein, energy, meat, and vegetables (Purnamasari, 2020).

Picky eating behavior is a behavior of being picky about eating which is sometimes also called fussy/faddy/choosy eating, where parents report/complain about early childhood children who are often fussy or selective about food. Until now, there has been no clear limitation regarding the rejection or restriction of food that is chosen for consumption by children, so the child can be categorized as experiencing picky eating behavior (Muflih & Widaryanti R, 2023).

Picky eating behavior if left untreated can cause inadequate food intake which can lead to growth disorders in children. Children who experience picky eating behavior are at higher risk of having low body weight, especially in toddlers, picky eating behavior that is not addressed as early as possible can cause children to become accustomed to being picky about food and can cause children to lack nutritional intake so that it can affect their nutritional status can also describe something, a pattern of consuming food that may continue and play a role in eating behavior disorders in adulthood (Astuti in Nadhirah F, Taufiq S & Hernita, 2021). Children with picky eating behavior have lower fat intake compared to children who are not picky eaters. Picky eating behavior occurs due to the infrequent introduction of food by parents to their children. If nutritional intake is not met optimally, it will cause growth disorders in children. Children with picky eating behavior tend to have lower body weight compared to children who are not picky eaters (Purnamasari, 2020).

Forcing children to eat is a high risk of malnutrition as they get older. This can be identified and followed up early by measuring the nutritional status of children with eating difficulties to avoid one of its complications, namely malnutrition. Eating pattern problems that often occur in toddlers such as picky eating behavior and incorrect handling of picky eating behavior by parents is one of the contributors to the increase in malnutrition or poor nutrition in children (Astuti, in Nadhirah F, Taufiq S & Hernita 2021). Based on research conducted by Dewi I, Rahayu A & Sumi SS in (2023) with the title of the study, namely "Parental Feeding Style and Picky Eating Behavior

Against Stunting Incidence in Preschool Children". The results of the study showed that parental feeding style p value 0.028 ($p < 0.05$) while picky eating behavior p value 0.017 ($p < 0.05$). It is concluded that there is a relationship between parental feeding style and picky eating behavior with the incidence of stunting in preschool children. According to research conducted by Nadhirah F, Taufiq S & Hernita in the year of research (2021) with the title of the research "The Relationship between Picky Eater Behavior and Nutritional Status in Preschool Children in Kindergarten". The results of the study showed that the p-value was 0.000 ($p < 0.05$). It is concluded that there is a relationship between picky eater behavior and nutritional status in preschool children.

Based on an initial survey conducted by researchers on February 1, 2024, at 09.00 am in the Sungai Penuh City Health Service Work Area, in Lingkungan 1 Village, Sungai Penuh Village, based on interviews with 10 mothers, 8 mothers said that the parental feeding style/mother's attitude towards nutrition manifested in the interaction between parents and children was lacking, so that their children's eating behavior and habits became bad and picky eating behavior/choosing food such as consuming packaged food, when given rice the child did not want to eat and became fussy. Meanwhile, 2 mothers said that the parental feeding style/mother's attitude towards nutrition manifested in the interaction between parents and children was good by eating with the family and consuming foods rich in nutrients, so that their children's eating behavior and habits became good, while picky eating behavior/choosing food, children did not choose food, what the mother cooked/gave the child would eat. Therefore, the author is interested in writing a scientific paper entitled "The Relationship between Parental Feeding Style and Picky Eating Behavior to the Incidence of Stunting in the Sungai Penuh City Health Service Work Area in 2024".

METHODS

Study Design

This research employed a quantitative analytical method with a cross-sectional study design. A cross-sectional approach allows for the simultaneous observation and analysis of multiple variables at a single point in time, making it suitable for examining the relationship between independent and dependent variables.

Study Location

The study was conducted in the Sungai Penuh City Health Office Work Area, specifically in Environment I, RT 3, Sungai Penuh City, Jambi Province, Indonesia. The data collection period spanned from January to July 2024.

Population and Sample

The population consisted of all identified stunting cases in the Sungai Penuh City Health Service Work Area, totaling 31 children. The sampling technique applied in this research was Total Sampling, meaning that all members of the population who met the inclusion criteria were included in the sample. Thus, the final sample size was 31 respondents (caregivers of stunted children).

Data Collection and Instruments

Data were collected using structured questionnaires that assessed: 1) Parental feeding style: Measured through a validated feeding practices scale, 2) Picky eating behavior: Evaluated using a checklist of behaviors associated with selective eating, 3) Stunting status: Determined based on anthropometric measurements (height-for-age Z-score), following the WHO growth standard references.

Data Analysis

- Univariate Analysis: Performed to describe the frequency distribution and percentage of each variable.
- Bivariate Analysis: Conducted to explore the relationship between the independent variables (parental feeding style and picky eating behavior) and the dependent variable (stunting). The statistical method used was the Chi-Square test, which is appropriate for categorical data and was used to determine whether there were statistically significant associations between variables.

RESULTS

Univariate Analysis

The distribution of the frequency of stunting incidents in the Sungai Penuh City Health Service Work Area in 2024 is known.

Table 1. The Distribution Of The Frequency Of Stunting Incidents In The Sungai Penuh City Health Service Work Area In 2024 Is Known

Stunting Incidence	F	%
Short	9	29,0
Very Short	22	71,0
Total	31	100,0

Based on Table 1, it can be seen that more than half of the 22 (71.0%) respondents with very short stunting incidents in the Sungai Penuh City Health Service Work Area in 2024.

The distribution of parental feeding style frequencies in the Sungai Penuh City Health Service Work Area in 2024 is known

Table 2. The Distribution Of Parental Feeding Style Frequencies In The Sungai Penuh City Health Service Work Area In 2024 Is Known

Parental Feeding Style	F	%
Low	19	61,3
High	12	38,7
Total	31	100,0

Based on table 2, it can be seen that more than half of the 19 (61.3%) respondents with low parental feeding style in the Sungai Penuh City Health Service Work Area in 2024

The frequency distribution of picky eating behavior in the Sungai Penuh City Health Service Work Area in 2024 is known.

Table 3. The Frequency Distribution Of Picky Eating Behavior In The Sungai Penuh City Health Service Work Area In 2024 Is Known.

Picky Eating Behavior	F	%
Picky Eating	22	71,0
Not Picky Eating	9	29,0
Total	31	100,0

Based on Table 4.3, it can be seen that more than half of the 22 (71.0%) respondents with picky eating behavior in the Sungai Penuh City Health Service Work Area in 2024

Bivariate Analysis

Hubungan picky eating behavior terhadap kejadian stunting di Wilayah Kerja Dinas Kesehatan Kota Sungai Penuh Tahun 2024.

Table 4. The Relationship Between Picky Eating Behavior And Stunting Incidents In The Sungai Penuh City Health Service Work Area In 2024

		Kejadian Stunting		Total	P Value
		Pendek	Sangat Pendek		
Picky Eating Behavior	Picky Eating	3	19	22	0,012
		9,7%	61,3%	71,0%	
	Tidak Picky Eating	6	3	9	
		19,4%	9,7%	29,0%	
Total		9	22	31	
		29,0%	71,0%	100,0%	

Based on Table 4. it can be seen that a higher proportion was found in respondents with picky eating behavior and very short stunting cases, namely 19 (61.3%) respondents, compared to respondents without picky eating behavior and short stunting cases, namely 6 (19.4%) respondents. The results of the statistical test (Chi-Square) obtained a value of $p = 0.012$ ($p < 0.05$), meaning that there is a relationship between picky eating behavior and stunting cases in the Sungai Penuh City Health Service Work Area in 2024.

Table 5. Relationship Between Parental Feeding Style And Stunting Cases In The Sungai Penuh City Health Service Work Area In 2024

		Area in 2024		Total	P Value
		Kejadian Stunting			
		Pendek	Sangat Pendek		
Parental Feeding Style	Rendah	1	18	19	0,001
		3,2%	58,1%	61,3%	
	Tinggi	8	4	12	
		25,8%	12,9%	38,7%	
Total		9	22	31	
		29,0%	71,0%	100,0%	

Berdasarkan tabel 5 dapat dilihat bahwa proporsi lebih banyak ditemukan pada responden dengan parental feeding style rendah dan kejadian stunting sangat pendek yaitu sebanyak 18 (58,1%) responden, dibandingkan dengan responden parental feeding style tinggi dan kejadian stunting pendek yaitu sebanyak 8 (29,0%) responden. Hasil uji statistic (Chi Square) diperoleh nilai $p=0.001$ ($p<0.05$), berarti terdapat hubungan parental feeding style terhadap kejadian stunting di Wilayah Kerja Dinas Kesehatan Kota Sungai Penuh Tahun 2024.

DISCUSSION

Hubungan picky eating behavior terhadap kejadian stunting di Wilayah Kerja Dinas Kesehatan Kota Sungai Penuh Tahun 2024

Based on the study, the results obtained showed that a higher proportion was found in respondents with picky eating behavior and very short stunting cases, namely 19 (61.3%) respondents, compared to respondents who did not have picky eating behavior and short stunting cases, namely 6 (19.4%) respondents. The results of the statistical test (Chi-Square) obtained a p -value = 0.012 ($p < 0.05$), meaning that there is a relationship between picky eating behavior and stunting cases in the Sungai Penuh City Health Service Work Area in 2024.

This study is in line with the research conducted by Dewi I, Rahayu A & Sumi SS (2023) with the title of the study, namely "Parental Feeding Style and Picky Eating Behavior Against Stunting Incidents in Preschool Children". The results of the study showed that picky eating behavior p value 0.017 ($p < 0.05$). So it is concluded that there is a relationship between picky eating behavior and stunting incidents in preschool children.

This study is also in line with the study conducted by Nadhirah F, Taufiq S & Hernita in the year of research (2021) with the title of the study, namely "The Relationship between Picky Eater Behavior and Nutritional Status in Preschool Children in Kindergarten". The results of the study showed that the p-value was 0.000 ($p < 0.05$). So it is concluded that there is a relationship between picky eater behavior and nutritional status in preschool children.

Malnutrition refers to a deficiency, excess, or imbalance in energy or nutrient intake, and encompasses two broad groups of conditions. The conditions in question are overweight, obesity, and malnutrition, which include stunting, wasting, acute malnutrition, underweight, and micronutrients. The incidence of malnutrition, one of the global focuses, is stunting. There are still many children who experience stunting in the world. This problem is often found in developing countries, countries suffering from war and refugee crises (Surono, 2021). Stunting or short toddlers is a problem of chronic malnutrition caused by a lack of nutritional intake over a long period due to inappropriate feeding (Fitriah D.A, Permatasari I.L & Wardin I, 2021). Stunting is a condition of growth disorders in children, namely, the child's height is lower or shorter (dwarf) than the standard for their age. Stunting is a serious condition that occurs when someone does not get the right amount of nutritious intake for a long time (chronic) (Neherta M, Deswita & Marlani R, 2023). Short toddlers (stunting) are toddlers with nutritional status based on their length or height according to an age when compared to the standard results are below normal, namely the Z-score is less than -2SD and is categorized as very short if the Z-score is less than -3SD (Rahmawati D & Agustin L, 2020).

According to Dewi, Suhartatik & Suriani (2019), one of the factors that influence the incidence of stunting is diet. Eating patterns in children are an important basis in the growth process that requires the support and attention of parents in terms of fulfilling nutrition in toddlers. Parental feeding style and picky eating behavior are areas that can affect eating patterns.

The quality of children's growth and development is influenced by picky eating behavior which makes it difficult for children to accept food. Children become fussy when given food that is not according to their wishes so children do not enjoy the food served. This also affects the amount of food variation received and requires special food serving techniques that need to be done so that children can easily accept food. Limited food variations will affect protein, energy, meat, and vegetable intake (Purnamasari, 2020).

Picky eating behavior is a behavior of being picky about eating which is sometimes also called fussy/faddy/choosy eating, where parents report/complain about early childhood children who are often fussy or selective about food. Until now, there has been no clear limitation regarding the rejection or restriction of food that is chosen for consumption by children, so the child can be categorized as experiencing picky eating behavior (Muflih & Widaryanti R, 2023).

Picky eating behavior if left untreated can cause inadequate food intake which can lead to growth disorders in children. Children who experience picky eating behavior are at higher risk of having low body weight, especially in toddlers, picky eating behavior that is not addressed as early as possible can cause children to become accustomed to being picky about food and can cause children to lack nutritional intake so that it can affect their nutritional status can also describe something, a pattern of consuming food that may continue and play a role in eating behavior disorders in adulthood (Astuti in Nadhirah F, Taufiq S & Hernita, 2021). Children with picky eating behavior have lower fat intake compared to children who are not picky eaters. Picky eating behavior occurs due to the infrequent introduction of food by parents to their children. If nutritional intake is not met optimally, it will cause growth disorders in children. Children with picky eating behavior tend to have lower body weight compared to children who are not picky eaters (Purnamasari, 2020).

Forcing children to eat is a high risk of malnutrition as they get older. This can be identified and followed up early by measuring the nutritional status of children with eating difficulties to avoid one of its complications, namely malnutrition. Eating pattern problems that often occur in toddlers such as picky eating behavior and incorrect handling of picky eating behavior by parents are one of

the contributors to the increase in malnutrition or poor nutrition in children (Astuti, in Nadhirah F, Taufiq S & Hernita 2021). Based on the researcher's assumption that there is a relationship between picky eating behavior and the incidence of stunting in the Sungai Banyak City Health Service Work Area in 2024. Picky eating behavior can affect the nutritional status of children because the composition of nutrients contained in food is the main ingredient in the child's growth and development process. Based on the analysis of the questionnaire, the most answers in the response category to food in number 5 were 24 with the statement "children will find space for their favorite food, even though they are full before". Therefore, it is better to teach children from now on not to pick and choose food.

Relationship between parental feeding style and stunting cases in the Sungai Penuh City Health Service Work Area in 2024

Based on the study, the results obtained showed that the proportion was higher in respondents with low parental feeding style and very short stunting cases, namely 18 (58.1%) respondents, compared to respondents with high parental feeding style and short stunting cases, namely 8 (29.0%) respondents. The results of the statistical test (Chi-Square) obtained a $p\text{-value} = 0.001$ ($p < 0.05$), meaning that there is a relationship between parental feeding style and stunting cases in the Sungai Penuh City Health Service Work Area in 2024.

This study is in line with the research conducted by Dewi I, Rahayu A & Sumi SS (2023) with the title of the study, namely "Parental Feeding Style and Picky Eating Behavior Against Stunting Incidents in Preschool Children". The results of the study showed that parental feeding style p value 0.028 ($p < 0.05$). So it is concluded that there is a relationship between parental feeding style and stunting incidents in preschool children.

This study is also in line with the research conducted by Pribadi P.R, Gunawan H & Rahmat in the year of research (2019) the title of study, namely "The Relationship between Parenting Patterns of Feeding by Mothers (Parental Feeding Style) and the incidence of stunting in Toddlers Aged 2-5 Years". The results of the study showed that parental feeding style p value 0.000 ($p < 0.05$). So it is concluded that there is a relationship between parenting patterns of feeding by mothers (parental feeding style) and the incidence of stunting.

Stunting is a condition of growth disorders in children, namely, the child's height is lower or shorter (dwarf) than the standard for their age. Stunting is a serious condition that occurs when someone does not get the right amount of nutritious intake for a long time (chronic) (Neherta M, Deswita & Marlani R, 2023). Short toddlers (stunting) are toddlers with nutritional status based on their length or height according to an age when compared to the standard results are below normal, namely the Z-score is less than -2SD and is categorized as very short if the Z-score is less than -3SD (Rahmawati D & Agustin L, 2020).

According to the results of research by Dewi, Suhartatik & Suriani (2019), one of the factors that influence the incidence of stunting is diet. Diet in children is an important basis in the growth process that requires the support and attention of parents in terms of fulfilling nutrition in toddlers. Parental feeding style and picky eating behavior are areas that can influence diet. Parental feeding style is a factor that influences nutritional status. Lack of food intake can be caused by several factors, including parental knowledge, use of health services, and exclusive breastfeeding in children. Parental attitudes and control in feeding are some of the factors that influence the realization of adequate nutritional intake in children. Thus, there is a relationship between parental feeding style and the incidence of stunting, which is strengthened by previous studies and existing theories (Dewi I, Rahayu A & Sumi SS, 2023).

Parental feeding style is categorized into 2, namely low parental feeding style and high parental feeding style. Marr, C., Breeze, P., & Caton, S.J in Dewi I, Rahayu A & Sumi S.S in (2023) stated that parents, especially mothers, have an important role in regulating children's eating behavior, such as children who like to eat snacks and drink sweet drinks that must be changed to prevent obesity in children. Parents also play a role in the intake of fruit consumed by children. Based on the researcher's assumption that, after the study. Parental feeding style greatly affects the nutritional status of children, because children still need guidance from parents, especially in fulfilling the food intake consumed.

Based on the analysis of the questionnaire, the least answers to statement no. 5 were 12 with the form of a statement, namely "I spoil my child, tend to feed my child whenever and whatever the child asks for". Therefore, as parents, do not spoil children and as parents, always interact with parents and children in providing food, so that their child's behavior and eating habits are good.

CONCLUSIONS

Based on the results of the research and discussion that have been carried out, the following conclusions can be drawn: there is a relationship between picky eating behavior and the incidence of stunting in the Sungai Penuh City Health Service Work Area in 2024 with the results of the statistical test (Chi-Square) obtained a value of $p = 0.012$ ($p < 0.05$). There is a relationship between parental feeding style and the incidence of stunting in the Sungai Penuh City Health Service Work Area in 2024. with the results of the statistical test (Chi-Square) obtained a value of $p = 0.001$ ($p < 0.05$). As for suggestions for the Sungai Penuh City Health Service, as a reference in reviewing the relationship between parental feeding style and picky eating behavior and the incidence of stunting. Also as an additional knowledge for all levels of the health team, especially in the nursing field and other health teams in reviewing the incidence of stunting and efforts to prevent stunting.

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