



## The Relationship Between Parenting Patterns and Education of Mothers with Child Nutrition in Families Benefiting from the Family Hope Programme

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### Abstrak

Status gizi anak prasekolah dipengaruhi oleh beberapa faktor, termasuk gaya pengasuhan dan tingkat pendidikan ibu. Studi ini bertujuan untuk menganalisis korelasi antara gaya pengasuhan dan tingkat pendidikan ibu dengan status gizi anak-anak di keluarga yang berpartisipasi dalam Program Keluarga Harapan (PKH). Penelitian ini dilakukan dengan pendekatan kuantitatif menggunakan desain deskriptif *korelasional*. Sampel terdiri dari 108 Keluarga Penerima Manfaat (KPM) PKH di Kecamatan Kampung Kelawi, yang dipilih melalui pengambilan sampel total. Data dikumpulkan melalui kuesioner dan pengukuran antropometrik, kemudian dianalisis dengan uji *Chi-Square*. Hasil studi menunjukkan adanya hubungan yang signifikan antara praktik pengasuhan ibu dan status gizi anak-anak ( $p = 0,001$ ), di mana anak-anak dengan pengasuhan yang baik memiliki status gizi yang lebih baik. Sebaliknya, tidak ditemukan hubungan yang signifikan antara tingkat pendidikan ibu dan status gizi anak ( $p = 0,318$ ). Temuan ini menunjukkan bahwa untuk meningkatkan status gizi anak-anak di keluarga PKH, fokus harus diarahkan pada pelatihan pengasuhan praktis daripada hanya meningkatkan pendidikan formal. Program bantuan sosial perlu memperkuat pendidikan praktik pengasuhan untuk memiliki dampak yang lebih besar pada kesehatan anak.

Kata kunci: Pola asuh, pendidikan ibu, status gizi, balita, PKH

### Abstract

The nutritional status of preschool children is influenced by several factors, including parenting style and the mother's education level. This study aims to analyze the correlation between parenting styles and mothers' educational levels, as well as their nutritional status, in families participating in the Family Hope Program (PKH). This study employed a quantitative approach, utilising a descriptive correlational design. The sample consisted of 108 PKH beneficiary families in Kampung Kelawi sub-district, selected through total sampling. Data were collected through questionnaires and anthropometric measurements, then analysed using the Chi-Square test. The study revealed a significant association between mothers' parenting practices and their children's nutritional status ( $p = 0.001$ ), indicating that children with mothers who employed good parenting practices had a better nutritional status. In contrast, no significant association was found between mothers' education level and children's nutritional status ( $p = 0.318$ ). These findings suggest that to improve the nutritional status of children in PKH families, the focus should be on practical parenting training rather than simply enhancing formal education. Social assistance programmes need to strengthen practical parenting education to have a greater impact on child health.

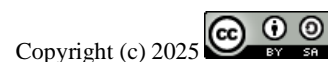
Keywords: Parenting, maternal education, nutritional status, toddlers, PKH

Histori Artikel : Submit: 18 June 2025 Accepted: 16 August 2025 Publish: 30 August 2025

Doi : <https://doi.org/10.64146/3wxr6x22>

### How to cite this article:

The Relationship Between Parenting Patterns and Education of Mothers with Child Nutrition in Families Benefiting from the Family Hope Programme. (n.d.). HealthSmart: Jurnal Kesehatan Masyarakat, 1(1), 27-36. <https://doi.org/10.64146/3wxr6x22>



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e-issn: xxxx,xxxx

## INTRODUCTION

Meeting nutritional needs during early childhood is an essential foundation for human resource development. The age period of 0–5 years is recognised as a critical phase that significantly influences the physical, cognitive, and emotional growth and development of children. However, Indonesia still faces serious challenges in child malnutrition, according to Data [Kemenkes RI \(2022\)](#), which shows a prevalence of stunting of 21.6%, with the highest rate found in low-income families. This phenomenon indicates that nutritional issues are not merely a matter of access to food, but are also related to parenting patterns and child-rearing practices within families. The role of parental care in preventing malnutrition, particularly nutritional issues that impact a child's future, such as stunting, often occurs in families with poor parenting patterns ([Afriyani et al., 2023](#); [Endah Permatasari, 2021](#); [Hamdani et al., 2024](#); [Syafei et al., 2023](#); [Yudianti & Saeni, 2017](#))

One of the government's strategic interventions to address poverty and improve family welfare is the PKH. This programme provides conditional assistance to vulnerable groups such as pregnant women and children under five years of age to enable them to access health and education services. Kampung Kelawi Village is one of the areas where the community has been designated as a recipient of Family Benefit under the PKH programme. Despite cash and education assistance interventions, there are still children among the beneficiaries who are at risk of malnutrition. This issue is concerning because children under five are highly vulnerable to malnutrition, which can lead to serious problems such as stunting and underweight conditions ([Maryani, 2023](#)).

Parenting and the education of mothers as primary caregivers play a significant role in determining children's nutritional status ([Putri, 2019](#); [Sari et al., 2022](#); [Sulaeman & Basra, 2021](#)). Feeding patterns, environmental hygiene, and attention to children's growth and development needs are greatly influenced by appropriate parenting and adequate education, which tend to raise awareness of the importance of balanced nutrition, access to health services, and nurturing based on love and rules. However, in reality, not all KPM PKH mothers have adequate education or parenting patterns that align with the principles of healthy child growth and development.

Parenting and education play a crucial role in influencing the nutritional status of these children. Previous studies have shown that good parenting and adequate education can improve parents' knowledge of nutrition, thereby positively impacting children's nutritional intake. This is important to note because toddlers are a group that is highly vulnerable to malnutrition, which can lead to serious problems such as stunting and underweight ([Maryani, 2023](#); [C. Della Widyanata et al., 2020](#)). Similar findings were also found in studies showing that poor parenting contributes to high rates of stunting ([Aramico et al., 2016](#); [Wibowo et al., 2023](#)).

Research studies on child nutrition and parenting patterns still have gaps in the literature that specifically examine these relationships within families of PKH beneficiaries. Most previous studies did not include social assistance recipient status as an essential contextual variable, even though this

aspect greatly influences parenting behaviour. This study is novel because it combines the parenting perspective with the context of PKH social assistance recipients, a context that has not been extensively explored in previous studies. Unlike other studies that tend to focus solely on economic aspects or general maternal behaviour, this study focuses on the relationship between the parenting patterns applied by mothers in KPM families and how these directly impact children's nutrition.

The urgency of this research is multidimensional, serving as a basis for developing a child care education module for KPM PKH, so that social assistance programmes not only have an economic impact but also improve the quality of childcare and health. From a policy perspective, this research can assist the government in formulating more effective and sustainable family-based interventions, particularly in efforts to combat stunting and malnutrition.

This study makes a significant contribution to multidisciplinary research at the intersection of nutrition science, public health, and parenting psychology. It also opens up opportunities for the development of family-based intervention models in the context of social assistance, which has been lacking in government programmes.

## **METODOLOGI**

### **Research Type**

This study used a quantitative approach with a cross-sectional design, aiming to determine the relationship between maternal parenting patterns and the nutritional status of toddlers in KPM PKH. Data were collected and analysed statistically without direct intervention.

### **Time and Place of Research**

The research was conducted in Kampung Kelawi Village, Sungai Serut Subdistrict, Bengkulu City, from August to October 2024.

### **Research Objectives (Population and Sample)**

The population consists of all mothers with children under five years of age who are PKH beneficiaries in Kampung Kelawi Village, totalling 108 people. This study used total sampling.

### **Data Collection Techniques**

- Questionnaire: To assess maternal parenting patterns.
- Anthropometry: To measure the weight and height of children and determine nutritional status.

### **Data Analysis Techniques**

The data were analysed using statistical software statistics

- Univariate: To describe the distribution of data.
- Bivariate: Using the Chi-Square test ( $\chi^2$ ) to see the relationship between parenting patterns and nutritional status.

## RESULTS AND DISCUSSION

### RESULT

Univariate analysis was conducted to provide an overview of the respondents' background in this study, focusing on demographic characteristics and the main variables under investigation. Table 1 presents the frequency distribution of maternal care patterns, nutritional status of infants, maternal age, maternal education level, infant age, and number of children in the family. This information is essential for understanding the social and economic context of the respondents, which may influence the nutritional status of children.

Table 1. Frequency Distribution of Respondent Characteristics

Yes	Variabel	Category	<i>f</i>	%
1	Mother's Parenting	Good	95	67,4%
		Less	46	32,6%
2	Child Nutrition	Good Nutrition	104	73,8%
		Vulnerable to Malnutrition	37	26,2%
3	Mother's Age	< 20 years old	15	10,6%
		20–35 years old	98	69,5%
		> 35 years old	28	19,9%
4	Mother's Education	Low	112	79,4%
		Tall	2	20,6%
5	Age of Toddler Children	0–12 months	25	17,7%
		13–24 months	33	23,4%
		25–36 months	40	28,4%
		37–59 months	43	30,5%
6	Number of Children	1 Child	32	22,7%
		2 Children	68	48,2%
		≥ 3 Children	41	29,1%

Based on Table 1, the majority of mothers (67.4%) practiced good parenting, while the rest (32.6%) fell into the poor category. In terms of nutritional status, most children were well-nourished (73.8%), but 26.2% remained vulnerable to malnutrition. The dominant age group of mothers is in the productive age range (20–35 years), accounting for 69.5%, and most respondents have a low level of education (79.4%). Additionally, most children are aged between 25–59 months, and nearly half of the families have two children.

This study indicates that most respondents have demographic conditions that could support good childcare. Still, maternal education and the number of children remain challenges in optimising children's nutritional status, after describing the characteristics of the respondents, the univariate results were analysed to focus on the relationship between maternal parenting patterns and the

nutritional status of children under five years of age. The chi-square test was used to test the significance of the relationship between the two variables. Table 2 presents the results of the analysis of the relationship between parenting patterns (good and poor) and the nutritional status of children (good and at risk of malnutrition).

Table 2. The Relationship Between Parenting Styles and Children's Nutritional Status

Parenting	Child Nutrition				<i>p</i>
	Good		Vulnerable to Malnutrition		
	n	%	n	%	
Good	82	78.8	13	35.1	0.001
Less	22	21.2	24	64.9	
Total	104	100	37	100	

The results of the chi-square test demonstrated a significance value of  $p = 0.001$ , thereby indicating a significant relationship between maternal parenting patterns and children's nutritional status. The study's findings showed that children who were raised with good parenting patterns exhibited optimal nutritional status (78.8%), while those with poor parenting patterns demonstrated a higher risk of malnutrition (64.9%).

The analysis examined the correlation between maternal education levels and the nutritional status of children under the age of five. The correlation between maternal education and maternal health outcomes has been a subject of considerable research. A body of literature has emerged suggesting a positive relationship between maternal education and maternal nutritional knowledge, healthy behaviors, and adequate access to health services. As illustrated in Table 3, the results of the chi-square test were used to examine the relationship between maternal education and the nutritional status of children.

Table 2. The Relationship Between Parental Education and Child Nutrition Status

Education	Child Nutrition				<i>p</i>
	Good		Vulnerable to Malnutrition		
	n	%	n	%	
Low	80	76.9	32	86.5	0.318
Less	24	23.1	5	13.5	
Total	104	100	37	100	

Based on the results of the chi-square test, the significance value obtained was  $p = 0.318$ , indicating that there was no statistically significant relationship between the mother's education level and the child's nutritional status. Although descriptively, most children with low-educated mothers had good nutrition (76.9%), this cannot be concluded as a statistically significant relationship. It is

likely that intervention factors from the PKH program, such as nutrition and health education, contribute to improvements in children's nutritional status, despite their mothers' low educational background. This study highlights the importance of external support in enhancing knowledge and parenting practices, regardless of formal educational attainment.

## **DISCUSSION**

This study found that maternal parenting patterns were significantly associated with the nutritional status of toddlers, while the level of maternal education was not significantly associated. These results suggest that parenting practices have a more significant impact on children's nutritional status than the formal educational background of their mothers.

### **The Relationship Between Parenting Styles and Child Nutrition**

The results showed a significant relationship between maternal parenting patterns and the nutritional status of children under five ( $p = 0.001$ ). Children who received good parenting tended to have good dietary status (78.8%), while those who were raised with poor parenting were more likely to be malnourished (64.9%).

This study supports ecological theories.(Bronfenbrenner, 1979) highly relevant. Parenting patterns are part of the family microsystem that has a direct influence on children's behaviour, including eating habits, hygiene, and exposure to infections. Mothers' perceptions and decisions greatly influence children's eating patterns in providing food, as explained by [Contento \(2011\)](#) in nutritional behaviour models.

This study is consistent with previous studies stating that parenting patterns have a significant effect on children's nutritional fulfillment ([Nerawati et al., 2023](#); [Sulaeman & Basra, 2021](#)). Good parenting supports regular feeding, environmental hygiene, and growth monitoring, which has a positive impact on the nutritional status of toddlers. In contrast, research has shown that poor parenting can negatively impact children's nutrition [P. Widyanata et al \(2020\)](#) it was also stated that parenting practices that do not pay attention to children's basic needs, such as food, immunisation, and developmental stimulation, will increase the risk of stunting and wasting. Other researchers stated that [Aramico et al \(2016\)](#) children who receive poor parenting are at higher risk of nutritional problems.

PKH beneficiary families, economic pressures, limited access, and mothers' workloads can affect the quality of parenting. Therefore, parenting is a more sensitive indicator of children's nutritional status than other factors, such as socioeconomic status or education. With appropriate intervention through education and assistance, parenting can be improved even in conditions of socioeconomic deprivation.

### **The Relationship Between Maternal Education and Child Nutrition**

Although it is generally assumed that maternal education influences children's nutritional status, the results of this study show no statistically significant relationship between maternal education and the nutritional status of children under five ( $p = 0.318$ ). Most mothers were poorly educated (79.4%), but the majority of their children still had good nutritional status (76.9%).

Maternal education is theoretically related to cognitive abilities, health literacy, and decision-making within the family. The human capital theory by [Becker et al \(2014\)](#) states that education improves productivity and efficiency, including in managing family health; however, in the context of poor families receiving PKH, the effects of formal education can be offset by informal education and program-based assistance.

Academic studies on the relationship between parental education and child nutrition have yielded a variety of research findings, including arguments that there is not always a significant correlation between the two. One study that can be used as a reference is that conducted by [\(Rahmawati et al., 2019\)](#), which indicates that although parental education affects children's nutritional status, this influence is not always statistically significant. Their research also suggests that other factors, such as parents' ability to access information about health and nutrition, play a role in determining children's nutritional status. This indicates that parents with low levels of education do not always have children with poorer nutritional status, depending on their ability to provide adequate nutrition based on the information available to them.

This study is in line with [Sari et al \(2022\)](#). The author found that parenting patterns contribute to children's emotional development and overall condition, but parental education has no direct impact on children's nutritional status. The study emphasises that good guidance and parenting can be implemented regardless of parents' educational level, thereby creating conditions in which children can obtain adequate nutrition without being constrained by their parents' educational background. Furthermore, [Fitriana](#), in her study on parents' understanding of child nutrition, notes that although there are variations in nutrition knowledge among parents, this does not always correlate with their educational level. This study highlights that parents' experience and curiosity also play an essential role in meeting children's nutritional needs. Thus, it can be understood that while education plays a role, other factors such as life experience and access to information have a significant impact on children's nutritional status ([Fitriana, 2020](#)).

Both results show that parenting quality has a more direct impact on children's nutritional status than maternal educational background. However, it is worth noting that parenting patterns themselves are the result of complex interactions among knowledge, cultural values, life experiences, and social support. Therefore, caution is needed in interpreting these results deterministically.

This study enriches the literature on child nutrition by presenting a social context-based approach, explicitly focusing on PKH beneficiary families. The novelty of this study lies in its analysis of the relationship between parenting, education, and nutritional status in the context of poor

families receiving conditional assistance. This topic has not been studied explicitly in national surveys.

This study reinforces Bronfenbrenner's ecological theory, which posits that direct interactions within the family (microsystem), such as parenting patterns, greatly determine children's developmental outcomes. Practically speaking, these results support the need to strengthen parenting education in the implementation of social assistance programs such as PKH, so that assistance not only has a financial impact but also supports improvements in the quality of childcare and children's nutritional status.

This study did not account for other potential mediating variables, such as nutritional knowledge, environmental sanitation, or family income, which could have influenced the results. Furthermore, the correlational design limits the ability to draw causal conclusions. Further research, utilising advanced quantitative or in-depth qualitative approaches, is needed to comprehensively explore the dynamics of parenting patterns within the context of social interventions.

## CONCLUSION

This study reveals a significant relationship between maternal parenting patterns and the nutritional status of toddlers in families participating in the PKH in Kampung Kelawi Village, South Lampung District. Children who are raised with good parenting patterns tend to have a better nutritional status than those raised with poor parenting patterns. Conversely, the level of maternal education does not show a statistically significant relationship with children's nutritional status, indicating that program-based interventions, such as PKH, play a crucial role in shaping positive parenting behaviors, even among mothers with low educational levels.

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