

OVERVIEW OF THE EATING PATTERNS OF TODDLERS WITH STUNTING IN PARE VILLAGE, MONDOKAN DISTRICT, SRAGEN REGENCY

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ABSTRACT

Background: The global prevalence of stunting increased significantly in 2022, with Indonesia accounting for 4.7% of all stunting cases worldwide. Stunting is a chronic nutritional problem that affects children's physical growth and cognitive development in the long term. The village of Pare, Mondokan District, Sragen Regency, was designated as a stunting locus by the government due to its high prevalence of cases. Feeding patterns are a key determinant of stunting, as food contains essential nutrients, vitamins, and minerals crucial for children's growth. **Objective:** This study aims to determine the feeding patterns of stunted infants based on mothers' perceptions using the CFQ instrument. **Method:** This study employed a quantitative descriptive method with a total sampling technique, involving 63 mothers of stunted infants. **Results:** The results showed that the majority of stunted children were male and aged 3 years. The mothers of stunted children were predominantly educated at the junior high school and high school levels, worked as housewives, and had an income of Rp 500,000–1,000,000. The dietary patterns of stunted children were appropriate. **Conclusion:** The dietary patterns of stunted infants in Pare Village, Mondokan Subdistrict, Sragen District, were found to be appropriate.

Keywords: Toddlers, Dietary Patterns, Stunting