

## The Impact of Farmer Families' Communication in Compliance Nutritional Needs among Toddlers

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### Abstract:

The nutritional status of a toddler reflects the level of development and welfare of society in a country. Poor nutritional status can lead to wasting, stunting, decreased cognitive ability, or disease susceptibility. Nutritional status can be affected by ineffective communication support. This study aimed to investigate the communication of families in agricultural areas in the fulfillment of toddler nutrition. The method used in this research is to use journal literature studies from Pubmed, ScienceDirect, and Google Scholar with publication years 2020-2024. This research was conducted using 10 journals that have been selected according to the required research criteria. The literature search was conducted using the keywords "Family Communication," "Agricultural Area" AND "Toddler Nutrition." This study's results show that family communication can affect the fulfillment of nutritional needs in toddlers in agricultural areas. Communication with families can increase knowledge about nutrition and family behavior in providing a diet that can improve the nutritional status of toddlers. Parents are in a prime position to help toddlers develop a healthy diet early on. As nurses, we can provide health education to parents to maintain communication with toddlers and monitor their growth, including their nutritional status.

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## INTRODUCTION

Global nutrition problems are an essential concern in the Sustainable Development Goals (SDGs), where, in 2030, the world will be free of nutritional problems in toddlers. The results of monitoring the nutritional status of the prevalence of malnutrition in the world reached 104 million children, and malnutrition is the cause of one-third of all causes of child mortality worldwide. Nutritional status in toddlers significantly influences family functions, indicating that toddlers' poor nutritional status can be caused by not achieving the implementation of family functions that are not good it will influence fulfilling nutrition in toddlers (Ekanovvareta et al., 2020).

Nutrition 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 a measure of success in fulfilling nutrition, which can be seen in the state of the body due to the balance between nutrient intake and needs. The body conditions that can be seen are body weight, height/body length, head circumference, arm circumference, and leg length. The nutritional status of a toddler reflects the level of development and welfare of society in a country and is related to the nutritional status of toddlers in the future. Nutritional problems in toddlers are health and welfare problems due to an imbalance between intake and the body's need for food and the interaction of infectious diseases,

which further results in undernutrition or overnutrition. Good nutritional status is needed to determine the presence or absence of malnutrition in toddlers (Sa'Diyah et al., 2020; Kurniawan et al., 2023).

Family communication is managing words, voice intonation, attitudes, and actions to realize expectations, express feelings, and share understanding. This communication can be done verbally, in speech, nonverbally, or body language. Family communication supports and maintains interactions between family members to create effective communication (Panglipurningsih et al., 2024; Kurniawan et al., 2024).

Effective communication in the family, especially between parents and toddlers, creates attention, intimacy, and openness that makes toddlers feel loved. In contrast, parents can learn about toddlers' physical or psychological development. So, family communication needs to be considered because it can affect the physical and mental health of the family (Keakinen, 2010; Nur et al., 2024). Family involvement through functional communication is needed to fulfill nutritional needs to achieve optimal nutritional status (Ekanovvareta et al., 2020). This study aimed to investigate the communication of families in agricultural areas on the fulfillment of toddler nutrition.

## METHOD

The method used in this journal is a literature review by conducting a systematic review through ScienceDirect, Pubmed, and Google Scholar. The keywords in this literature search were "Family communication," "Agricultural area," OR "Toddler nutrition." Inclusion criteria in the search for articles were selected based on the year of publication from 2020-2024, full text, open access, published in Indonesian and English, and articles related to family communication, toddler nutrition, and agriculture areas. Exclusion criteria in the article search were articles that could not be downloaded, articles less than the last 4 years or before 2020, articles in languages other than Indonesian and English, gray literature, communication articles that are not family communication, and not toddler nutrition in agricultural areas.

From three different sources, 52.244 articles were found that matched the keyword. The journal obtained were then determined based on the inclusion and exclusion criteria, namely IC1 = articles published between 2020-2024, IC2 = full text, IC3 = open access, IC4 = articles published in Indonesian and English, IC5 = articles related to family communication, IC6 = articles related to toddler nutrition, IC7 = articles related to agriculture areas. Then from journals published between 2020-2024, 18.527 articles were obtained. 14.540 articles were excluded because of articles less than the last 4 years or before 2020, 6.982 articles were excluded because of articles that could not be downloaded, and 12.195 articles were excluded because of gray literature. Then, 7.377 articles were obtained because articles were published in Indonesian and English. 6.052 articles were excluded because they were in languages other than Indonesian and English. Furthermore, 1.325 articles were obtained because they were the full text of the article, and 1.241 articles were excluded because they were not the full text of the article. From articles related to family communication, about 84 articles were obtained. Some articles were excluded because of a literature review (n=35) and their observations unrelated to health (n=25). Hereafter, articles related to toddler nutrition were obtained are 24 articles, and 10 articles were obtained because the articles related to agriculture areas. It can be concluded that 10 articles were selected to be analyzed.

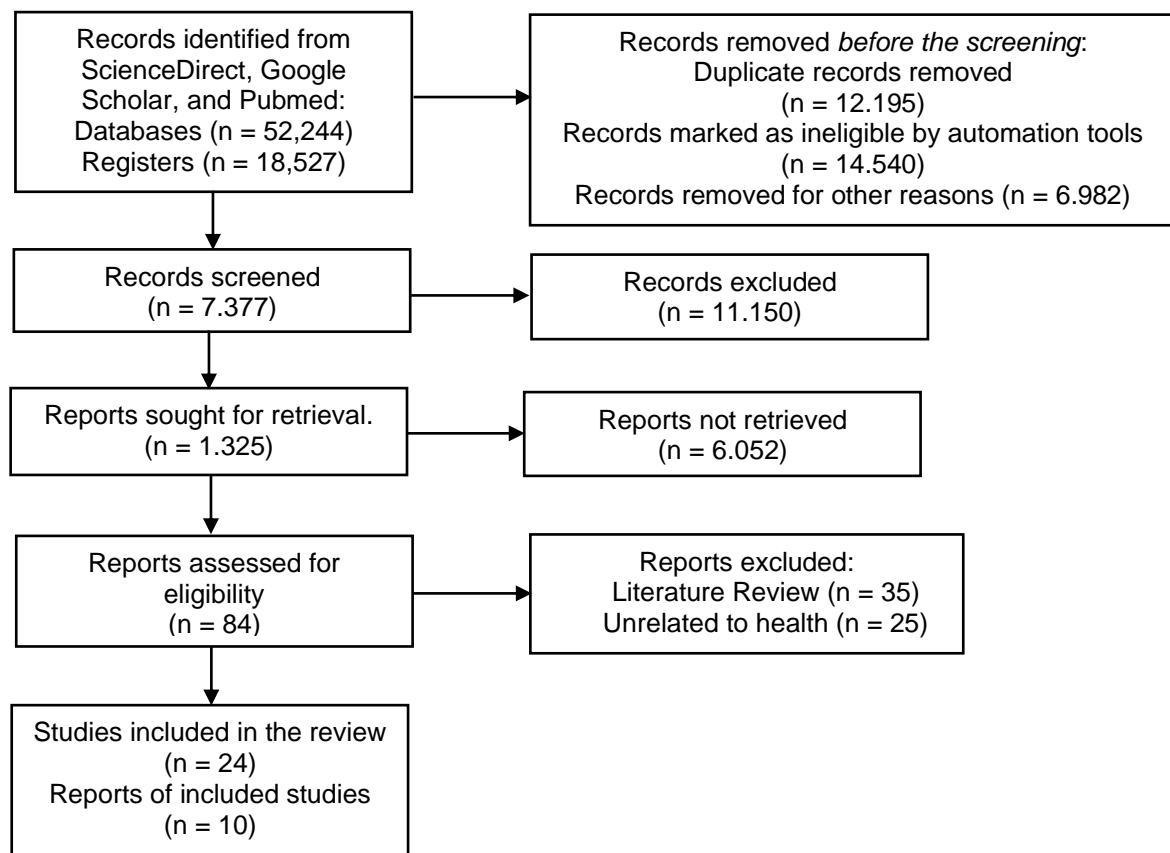


Figure 1. Determining literature using PRISMA flowchart

## RESULT

Communication in the family can affect the fulfillment of nutritional needs in toddlers in agricultural areas (Ekanovvareta et al., 2020). This statement is in line with research conducted by Kusuma & Fauziah (2021), which states that the fulfillment of nutritional needs of toddlers can be fulfilled by providing nutritious food to children with portions that have been adjusted based on the age of the child, aside from the nutritional status of children, it can be seen the warmth that occurs in the family. Warmth can be in the form of how often parents communicate with children so that there is warmth in a good family. Isnaini et al. (2020) argue that family function also affects the nutritional status of toddlers; family function is a regulator that is involved in interactions between family members, so if the family has a good family function, the nutritional status of toddlers will be good, too.

Hidayat et al. (2023) argue that communication with families can increase knowledge about nutrition and family behavior in providing a diet that can improve the nutritional status of toddlers. This is in line with research conducted by Rahmayanti & Lestari (2023), which states that knowledge about nutrition possessed by parents will affect the nutritional status of children and that family support also affects the nutritional status of children. This is evidenced by the results of the study showing categories with sufficient knowledge as much as (41.9%) and less (41.9%). As for family support, parents dominate in the good category (65.1%), and most toddlers are in good nutritional status (72.1%). In addition, research conducted by Htet et al. (2023) is also in line with the statement of Hidayat et al. (2023), which states that improving nutrition in toddlers can improve factors such as education, which includes knowledge possessed by parents in improving the

nutritional status of better toddlers. Research conducted by Murarkar et al. (2020), in line with the statement of Hidayat et al. (2023), states that improving nutrition in children requires increased education or knowledge in mothers and adequate food intake.

Bamji et al. (2022) argue that increasing knowledge in mothers can improve communication and improve the nutritional status of children. This is supported by increasing the planting of vegetables and millet and using organic pesticide fertilizers. Danso et al. (2023) argue that children from non-working families may have poor nutritional status in children. However, non-working families can spend much time with children to supervise the provision of food intake, so families will find it challenging to meet the nutritional needs of children. Murarkar et al., (2020). In addition, Wahyuningsih et al. (2020) argue that nutritional status does not significantly affect education, parenting patterns, and income. This is evidenced in the research results showing that most families with small incomes or in the less category (80%) for parenting in terms of personal and health are in the sufficient category (65.5% and 67%). Nutritional status is in the normal range (75%); from the results of the study, which was then conducted using a chi-square analysis, it was found that there was no significant relationship between nutritional status and education, parenting, and income.

Table 1. Literature Analysis Results

ID Number	Author and Journal Identify	Journal Title	Objective	Population and Sample	Method	Summary of Results
A1	Author: Ekanovvareta, M., Susanto, T., Rasni, H., Aini, L., & Kurdi, F.  Journal Identity: Jurnal Ilmu Keperawatan Komunitas.2020 / Vol. 3:11-20.  DOI : <a href="https://doi.org/10.32584/jikk.v3i1.559">https://doi.org/10.32584/jikk.v3i1.559</a>	Family Communication Relations Regarding Nutritional Needs With The Nutritional Status of Toddlers In The Panti Subdistrict, Jember.	To determine the relationship between family communication regarding nutritional needs with children's nutritional status.	The sample in the study was 236 families who have toddlers aged 2-5 years.	The study used a design analytic correlation design with Cross-sectional method and hypothesis testing correlative hypothesis testing.	After the test using Kruskal Wallis, there is relationship between family communication related to nutritional needs with the nutritional status of toddlers in Panti District Jember Regency with a p-value of 0.000 < 0.05.
A2	Author: Kusuma, L., & Fauziah, P.  Journal Identity: Cakrawala Dini: Jurnal Pendidikan Anak Usia Dini/2021/Vol. 12: 93-106.  DOI : <a href="https://doi.org/10.17509/cd.v12i1.25729">https://doi.org/10.17509/cd.v12i1.25729</a>	Parenting Practices In Following Farm Families Development Program For Toddlers In Dadapan Village	This study aims to determine the parenting practices of family farmers who participate in the Bina Keluarga Balita (BKB) program in Dadapan Hamlet.	The subjects of this study were parents who work as farmers who participate in the BKB program and have children aged 4-5 years and cadres of the BKB program. The number of	This research uses qualitative descriptive approach.	That maternal parenting based on health care and provision of nutritious food to children is good. This can be seen from behavior of mothers who always pay attention to information about the growth and development of baby's growth and development in the KMS (Card Towards

ID Number	Author and Journal Identify	Journal Title	Objective	Population and Sample	Method	Summary of Results
				subjects in this study were 5 people.		Health)
A3	<p>Author: Isnaini, F. Al, Susanto, T., Susumaningrum, L. A., Rasnil, H., &amp; Siswayo, S.</p> <p>Journal Identity: Jurnal Ilmu Keperawatan Komunitas/2020 /Vol. 3: 1-10.</p> <p>DOI: <a href="https://doi.org/10.32584/jikk.v3i1.558">https://doi.org/10.32584/jikk.v3i1.558</a></p>	Correlation of Family Function with Children's Nutrition Status	This study aims to correlate family function with Children's Nutrition Status	The population is step-families who have toddlers under five. The sample is 53 step-families with criteria such as divorced parents who remarried again, remarried parents because their partner died, and parents who brought their toddler from a previous marriage.	This study uses observational analytics with a cross-sectional approach. This study uses McMaster Family Assessment Device (FAD) to measure family function for the questionnaire.	The results showed that most parents are men (27 respondents), and most graduated from elementary school (37 respondents). From the family function, the result showed variations in family function. Anthropometric measurements proved that most toddlers have a good nutritional status. From the analysis of the two variables, there is a significant correlation between them. It means that if family functioning is improved, the nutritional status of toddlers under five will increase.
A4	<p>Author: Hidayat, T., Febriana, A., &amp; Widniah, A. Z.</p> <p>Journal Identity: Journal Health &amp; Science/ 2023/Vol. 7: 19-26.</p> <p>DOI: <a href="https://doi.org/10.35971/gojhes.v7i1.17423">https://doi.org/10.35971/gojhes.v7i1.17423</a></p>	Prevention of Stunting Problems in Family Through The Approach Personal Communication	This study aims to prevent stunting problems in families through <i>Komunikasi Antar Personal</i> (KAP) to create changes in community behavior.	The population for this study includes families who are domiciled near Puskesmas Istanbul. Number of samples are 120 families.	This study uses a combination of quasi-experimental design groups to measure the effectiveness of the interventions and quota sampling to determine the samples.	The socio-demographic showed that most families are in the range of 26-35 years old (45%), have education statuses in SMA (35,1%), and work as private employees (38,4%). The mean result based on the pre and post-test interventions showed changes in families' knowledge and behavior, with an increased score in families' knowledge of 4.31 and in attitudes in the amount of 5.34.
A5	<p>Author: Wahyuningsih, S., Lukman, S., Pannyiwi, R., &amp; Keperawatan, P</p>	Education, Income, and Family Care with The Nutritional Status of Toddlers	This study aims to determine the impact of education, income, and family parenting	The population of this study includes all toddlers aged 6 to 59	This study uses observational analytics with a cross-	Socio-demographics showed that fathers' and mothers' age groups dominated in the 30-34 years. Most of them

ID Number	Author and Journal Identify	Journal Title	Objective	Population and Sample	Method	Summary of Results
	Journal Identity: Jurnal Keperawatan Profesional/2020/Vol. 1: 1-11  DOI: <a href="https://doi.org/10.36590/kepo.v1i1.22">https://doi.org/10.36590/kepo.v1i1.22</a>		patterns on the nutritional status of toddlers.	months domiciled near Puskesmas Bantimurung, Maros. From 2019 toddlers, a sample of 171 toddlers was determined.	sectional study approach. The sampling method used a combination of proportional random sampling and Stanley Lemeshow.	graduated from SMA and worked as farmers, while the mothers were housewives. Analysis of income showed that most families have little income or are in a lesser category (80%). Besides, the parenting patterns in terms of personal and health are in sufficient category (65,5% and 67%). At the same time, the nutritional status is in the normal range (75%). Chi-square analysis proved that there are not significant correlations between education, income, and parenting patterns.
A6	Author: Rahmayanti, E. I., & Lestari.  Journal Identity: Gudang Jurnal Multidisiplin Ilmu/2023/Vol. 1: 131-137.  DOI: <a href="https://doi.org/10.59435/gjmi.v1i3.62">https://doi.org/10.59435/gjmi.v1i3.62</a>	Correlation of Parent's Knowledge and Family Support with Toddler's Nutritional Status in Tora Belo Public Hospital	This study aims to observe the correlation between parent's knowledge and family support toward toddler's nutritional status in Tora Belo Public Hospital	The sample includes 43 parents.	This is a quantitative study with a descriptive-analytic and cross-sectional approach.	The socio-demographic showed that all of the sample is women (100%), in the range of 36-41 years old (46,5%), and graduated from SMA (51,2%). From the test result, we can assume that most of the parents have insufficient (41,9%) and poor (41,9%) categories of knowledge. In family support, parents dominated the good category (65,1%). It also showed that most toddlers have good nutritional status (72,1%). It can be assumed that the better family knowledge and support, the better the toddlers' nutritional status.
A7	Author: Bamji, M. S., Parimala,	Promotion of Food and	This study aims to improve food	The population	This study uses a KAP	Implementing agriculture practices



ID Number	Author and Journal Identify	Journal Title	Objective	Population and Sample	Method	Summary of Results
	<p>P. V. V. S. M. K., &amp; Sudhir, D.</p> <p>Journal Identity: Maternal &amp; Child Nutrition/2021/Vol. 17: 1-26</p> <p>DOI: <a href="https://doi.org/10.1007/s40009-022-01117-7">https://doi.org/10.1007/s40009-022-01117-7</a></p>	<p>Nutrition Security Through Farm Technologies and Behavioural Change Communication, Targeting Women.</p>	<p>and nutrition security in order to combat micronutrient deficiencies.</p>	<p>and sample for this study include 3000 people in Medak District.</p>	<p>(Knowledge , Attitude, and Practice) survey.</p>	<p>such as supplementation with micronutrients, food fortification, and dietary processing proved that there is an increased number of families growing vegetables and millet and using organic fertilizers and pesticides. There was also an improvement in mothers' knowledge in many ways. Such as food security during pregnancy, exclusive breastfeeding from 1 hour after birth, and complementary feeding when the child is in the seventh month. There has also been an improvement in mothers' understanding of common infectious diseases, increasing the frequency and quantity of GLV and vegetables consumed.</p>
A8	<p>Author: Htet, M. K., Do, T. T., Wah, T., Zin, T., Hmone, M. P., Raihana, S., Kirkwood, E., Hlaing, L. M., &amp; Dibley, M. J.</p> <p>Journal Identity: Public Health Nutrition/2023/Vol. 26: 1644–1657</p> <p>DOI: <a href="https://doi.org/10.1017/S1368980023001076">https://doi.org/10.1017/S1368980023001076</a></p>	<p>Socioeconomic and Agricultural Factors Associated with Stunting of Under 5-year Children: Findings from Surveys in Mountains, Dry Zone and Delta Regions of Rural Myanmar (2016-2017)</p>	<p>This study aims to investigate multiple underlying social, economic, and agricultural determinants of stunting among toddlers under 5 in three district ecological areas in rural Myanmar.</p>	<p>The population and sample of this study included 1200 households per area, which were picked randomly.</p>	<p>This study was a repeated cross-sectional panel survey.</p>	<p>From the study, it can be assumed that the prevalence of stunting increased from 40,4% to 42.0%. Among toddlers under one-year-old, the prevalence was low. However, the prevalence tends to increase by two years. In order to lower the prevalence of stunting, improving factors such as the mother having higher education, high maternal posture, higher wealth status, and good food security status.</p>

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A9	<p>Author: Danso, F., Sc, M., Afranie, M., &amp; Appiah, B. P. H.</p> <p>Journal Identity: Nutrition (Burbank Los Angeles County, Calif.)/2023/Vol. 110: 111996</p> <p>DOI: <a href="https://doi.org/10.1016/j.nut.2023.111996">https://doi.org/10.1016/j.nut.2023.111996</a></p>		This study aims to observe the prevalence and risk factors associated with undernutrition among children ages 1 to 5 years in the Nkwanta South Municipality	This study sample includes 240 children aged around 1 to 5 years.	This study used a cross-sectional approach.	According to the study, socioeconomic demographics could affect stunting and wasting. The result proved that parents with two or more children were 3.37 times more likely to have stunted children. Besides, parents who did not work are also likely to have stunted children by 6.23 times more. Parents who achieved junior high school were less likely to have wasted children. It can also be affected by age and birth interval, exclusive breastfeeding practices, challenges in acquiring food and water, and complementary food introduction.
A10	<p>Author: Murarkar, S., Gothankar, J., Doke, P., Pore, P., Lalwani, S., &amp; Dhumale, G.</p> <p>Journal Identity: BMC Public Health/2023/Vol. 20: 1559</p> <p>DOI: <a href="https://doi.org/10.1186/s12889-020-09642-0">https://doi.org/10.1186/s12889-020-09642-0</a></p>	Prevalence and determinants of undernutrition among under-five children residing in urban slums and rural area, Maharashtra, India: a community-based cross-sectional study.	This study aims to observe the prevalence of undernutrition in children under five and its determinants in rural and urban areas of Maharastra, India.	The population of this study is from two districts in Maharashtra and includes 250 children per cluster. The sample of this study is 3671 children.	This study is a community-based cross-sectional.	From the study, it can be assumed that the prevalence of stunting among children under 5 was 45.9%. Moreover, 17.1% of children were wasted. Besides, around 35.% children were in the underweight category. Wating can be caused by a prolonged illness that causes weight loss and inadequate intake of food. To overcome this problem, it is necessary to implement several strategies, such as providing maternal education, improving socioeconomic status, breastfeeding exclusively in the first



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						six months, ensuring adequate food intake, and providing complementary food.

## DISCUSSION

Of the ten journals we reviewed, 5 of them used the cross-sectional method; in the discussion of the journal, Isnaini et al. (2020) discussing nutritional status in toddlers has a big impact on family function where this is indicated by toddlers who have poor nutritional status can be caused by not achieving the implementation of family functions that are not good so that it will influence the fulfillment of nutrition in toddlers. Besides that, this research is also in line with what was written by Ekanovvareta et al. (2020) on communication in the family is very important in the process of nutritional status of toddlers where information obtained about growth will be well implemented, but usually, this will be an obstacle for the middle class, especially farmers in Jember. Low income and education levels are also associated with under-five nutrition. Most people in Panti Sub-district, Jember Regency, on average, only have education up to the primary school level, so many of them work in agriculture, and on average, many still have a low opinion of Isnaini et al. (2020).

Lack of education is also a factor that causes toddlers to experience malnutrition or can even have a stunting effect; the cause of stunting is not only caused by a lack of knowledge but also based on economic factors that are less supportive and can also cause an imbalance in implementing health behavior and implementing good nutrition Hidayat et al., (2023) This study also relates to what was conveyed Rahmayanti & Lestari, (2023) that factors related to knowledge also have an influence where good knowledge will pay more attention to the expiration date on each product given, provide good food for growth and development such as fish and vegetables that must be given every day, and pay attention to good snacks such as nuts compared to snacks. This knowledge is essential to teaching and the role of parents must also be carried out properly, as in the journal written by Wahyuningsih et al. (2020) also correlates with journals written by Hidayat et al. (2023) and Rahmayanti & Lestari (2023) where educational factors are also an influence on children's nutritional status where patterns in food consumption are not good, infectious diseases that are usually unknown by mothers so that sometimes until they show severe symptoms, mothers begin to realize and take them to health facilities, the activeness of mothers in caring for children who are still not good, and the role of community leaders who are usually still thick with customs in their villages which sometimes are not even good to do but are still widely believed, especially for those who still live in rural areas Wahyuningsih et al., (2020).

In a journal written by Htet et al. (2023), another factor is also based on food security; where some people living in rural areas who primarily work as farmers still experience a lack of food security, the high cost of daily food staples causes many of them to sometimes not be able to buy and only eat with makeshift side dishes. The lack of food security is caused by their unsuccessful crops, one of which disasters such as typhoons also influence their crops. A journal written by Murarkar et al. (2020) also has a significant relationship with the journal Htet et al. (2023) that poor food security causes family income to be relatively small for most people living in rural areas, besides that in rural areas, especially in India, it is still one of the traditions that are difficult to change, where children born as boys will be special happiness for their parents, Meanwhile, if a girl

is born, some parents are reluctant to take care of their children and do not even pay attention to their needs, even education for mothers is also a determining factor for malnutrition in toddlers, this is because many women in rural Maharashtra India do not get an education. Whereas if a girl is born, some parents are reluctant to care for the child and do not even pay attention to her needs; even education for the mother is also a determining factor for malnutrition in toddlers; this is because many women in rural Maharashtra India are not educated. In addition, some people living in rural areas lack vaccinations even though unvaccinated children are more likely to be stunted than those who are fully vaccinated. Those who are not exclusively breastfed are more likely to be stunted and wasted than those who are exclusively breastfed, according to a journal written by Danso & Appiah (2023), which is also supported by Murarkar et al. (2020).

The application of parenting patterns in farming families written by Kusuma & Fauziah (2021) said that one could also be done through the Bina Keluarga Balita (BKB) program implemented in Dadapan Hamlet. Parents who take part in the program will be able to understand the fulfillment of nutrition needed in toddlers in reducing malnutrition status by fulfilling good nutrition by routinely bringing children to the nearest *Posyandu*, providing nutritious food and portions given according to the age of the child, providing good parenting, one of which is by creating a comfortable atmosphere for children, building good communication with children and also teaching good habits to children also needs to be done. The journal submitted by Bamji et al. (2022) also has continuity with the journal written by Kusuma & Fauziah (2021) by providing other efforts that can be made by promoting food security through agricultural technology through the development of one by maintaining a vegetable garden and also planting various kinds of nuts with organic methods, so it is hoped that for some rural areas that lack food security can still provide balanced nutrition to children by providing nutritious food from their plantations. So, social interventions such as behaviors that involve families, such as fathers, grandmothers, and other family members such as interventions that focus on breastfeeding and maternal nutrition, must also be carried out, especially in poor and developing countries, one of which is the scope of agricultural problems that are still lacking. This aligns with Isnaini et al.'s (2020) and Ekanovvareta et al. (2020) research.

## CONCLUSION

Communication in the family is essential in the nutritional status of toddlers in agricultural areas. Parents are in a prime position to help children develop a healthy diet early on. Communications through educational activities such as providing exclusive breastfeeding, complementary foods, paying attention to the expiration date of each product given, providing foods that are good for growth and development, such as fish and vegetables that should be given every day, and paying attention to good snacks are several attempts to improve parents' knowledge in order to compliance nutritional needs. Communicating with preschool children about nutrition influences toddler's attitudes and behaviors related to eating practices. As nurses, we can provide health education to parents to maintain communication with toddlers and monitor their growth, including their nutritional status.

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