



Relationship Between Mother's Knowledge and Motivation with Feeding Patterns of Toddlers Experiencing Stunting in The Work Area of Padang Alai Community Health Center Padang Pariaman Regency, West Sumatera Province

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Abstract. An increase in the prevalence of stunting among toddlers is associated with the knowledge, motivation, and dietary patterns imparted by their mothers. The objective of this study was to assess the correlation between mothers' knowledge and motivation with the feeding patterns of malnourished toddlers at the Padang Alai Health Center. The type of quantitative research is with a cross-sectional approach. The independent variables were knowledge and motivation, while the dependent variable was the feeding pattern. The sample included 40 mothers of toddlers who had weights below the expected range for their age, with a purposive sampling technique. The research instrument used a questionnaire. Data analysis was conducted using univariate analysis to determine the frequency distribution and percentage of variables. Bivariate tests employed the Chi-Square statistical test at a 5% significance level. The univariate analysis indicated that the majority of respondents, specifically 24 participants (60.00%), exhibited a low knowledge level, 21 participants (52.50%) demonstrated low motivation, and 22 participants (55.00%) reported appropriate feeding patterns for children. The bivariate analysis indicated a significant relationship between the level of knowledge and feeding patterns ($p\text{-value} = 0.016 < \alpha = 0.05$), as well as a relationship between maternal motivation and feeding patterns ($p\text{-value} = 0.010 < \alpha = 0.05$) for malnourished toddlers at the Padang Alai Health Center in Padang Pariaman Regency. It can be concluded that the knowledge level and motivation of mothers were related to the feeding patterns of toddlers with stunting at the Padang Alai Health Center in Padang Pariaman Regency, West Sumatra Province.

Keywords: Knowledge, Motivation, Feeding Patterns, Nutrition, Stunting

INTRODUCTION

Nutrition plays a crucial role in growth, health, and development. Nutritional adequacy can be evaluated through an assessment of nutritional status, which refers to the body's ability to process the nutrients from consumed food. Nutritional status reflects the balance between nutrient intake and the body's metabolic needs. Assessment of nutritional status can be conducted directly through anthropometric measurements (such as height and weight), as well as clinical, biochemical, and biophysical evaluations. Indirect assessments may include food consumption surveys, vital statistics, and ecological studies. Several factors influence nutritional status, including infection, dietary habits, cultural practices, feeding patterns, social and economic conditions, family parenting styles, food production, and the availability of health and education services [1].

The assessment of a person's nutritional status aims to determine whether they are consuming an adequate amount of nutrients. Currently, malnutrition is a significant concern regarding nutritional status. A deficiency in essential nutrients can lead to both short-term and long-term consequences for survival. Short-term risks include increased morbidity and mortality rates, developmental disorders (such as cognitive, motor, and language impairments), and a heightened economic burden due to the costs associated with the care and treatment of ill children. In contrast, long-term risks may involve diminished reproductive health, reduced concentration in learning, and decreased work productivity [2].

Malnutrition disorders, particularly stunting, remain a significant global health issue. Stunting is a growth and development disorder in children caused by chronic malnutrition. It can begin during the first 1,000 days of life, encompassing the period from pregnancy to the age of two years. Stunting is characterized by a height that is not appropriate for a child's age [2]. Currently, stunting affects children aged 6 to 59 months, which includes both infants and toddlers. This period is often referred to as the critical or golden age, as growth and development occur at an exceptionally rapid pace [3]. Therefore, it is essential for children in this age group to receive adequate and optimal nutritional intake to support their long-term growth and development. Problems related to growth and development that arise during this critical period are irreversible; thus, any nutritional improvements made later will not significantly enhance their nutritional status.

World Health Organization's 2025 data indicate an increase in the global prevalence of stunting among toddlers, rising from 22.9% in 2021 to 23.2% in 2024 [4]. In contrast, the results of the 2023 Indonesian Health Survey (SKI) reveal a slight decrease in stunting prevalence, from 21.6% in 2022 to 21.5% in 2023 [5]. However, this reduction falls short of the government's target of 14% and the WHO standard of below 20%. Currently, 23 provinces still report stunting rates above the target, including West Sumatra. The stunting rate in West Sumatra Province has declined from 25.2% in 2022 to 21.5% in 2023. Data from the West Sumatra Health Office in 2023 indicates that the highest prevalence of stunting is found in West Pasaman Regency (35.5%), followed by Mentawai Regency (35.5%) and Pesisir Selatan (29.8%). Padang Pariaman Regency ranks fourth with a stunting prevalence of 19.4% [6]. In contrast, the prevalence of stunting at the Padang Alai Health Center in Padang Pariaman Regency is alarmingly high at 91.2%, significantly exceeding the national target set by the Indonesian Ministry of Health.

The increase in the prevalence of stunting is closely related to diet. Diet encompasses a variety of information that provides an overview of the types and amounts of food consumed daily by an individual and is characteristic of a specific community group [7]. Research conducted a significant relationship between diet and the incidence of stunting in infants and toddlers [7][8]. In addition to diet, factors such as parenting, sanitation, and access to clean water can also contribute to stunting. In toddlers, regulating diet can be one of the most challenging tasks for mothers. A balanced diet is essential for meeting the nutritional needs of toddlers. At this age, toddlers often exhibit a preference for a limited variety of foods, which can result in inadequate nutrient intake that does not align with their body's requirements. Consequently, the role of parents is crucial in shaping the dietary habits of toddlers. Factors such as knowledge, perception, motivation, culture, and the availability of food sources significantly influence parents' ability to regulate their children's eating patterns [7][9][10][11][12].

Knowledge is the result of "knowing" after someone senses a specific object [7]. A mother's extensive understanding of children's nutritional needs can significantly enhance the diet provided to her child. Well-informed mothers typically possess a comprehensive insight into the adequacy of children's nutrition, methods for preparing nutritious meals, and selecting healthy food options for their children. Furthermore, a mother's level of knowledge influences her ability to assimilate nutritional information essential for her

child's growth and development [13]. Therefore, various research results show that there is a strong correlation between maternal knowledge and the nutritional status of toddlers [11][13][14]. Maternal knowledge was closely linked to feeding patterns and can prevent stunting [10][11].

The knowledge possessed by a mother significantly influences her attitudes and behaviors. These attitudes stem from a strong motivation to achieve optimal growth and development for her babies and toddlers. Motivation is an internal drive that compels individuals to act or behave in specific ways to reach their desired goals [7]. Typically, mothers who are motivated to ensure the best growth and development for their children actively seek information to enhance their dietary practices [12] [16]. Consequently, knowledge and motivation are two critical factors that profoundly impact feeding patterns, as evidenced by a positive attitude toward feeding babies and toddlers.

The results of an initial survey conducted by researchers at the Padang Alai Health Center on July 1, 2024, through interviews and observations of ten mothers with toddlers, revealed that seven of the mothers were unaware of the principles of balanced nutrition for their children. Their criteria for providing food were primarily based on the child's complaints of hunger, and they offered any available food without considering its nutritional content. In contrast, three mothers acknowledged that good nutrition for toddlers involves meeting specific nutritional standards, including adequate protein, carbohydrates, vitamins, and minerals. Furthermore, six out of the ten mothers reported that they provided snacks more frequently than breakfast for their toddlers. Observations of the toddlers indicated that six out of the ten were underweight.

Based on the survey results, it is evident that mothers' understanding of toddlers' nutritional needs and eating patterns remains limited. Consequently, their motivation to provide nutritious food for their children is also low. Literature indicates that malnutrition in toddlers is closely linked to the knowledge, motivation, and feeding practices of parents, particularly mothers. Therefore, the author conducted a study to explore the relationship between mothers' knowledge and motivation and the feeding patterns of malnourished toddlers in the Padang Alai Health Center area of Padang Pariaman Regency. The objective of this study was to assess the correlation between mothers' knowledge and motivation with the feeding practices for malnourished toddlers in the Padang Alai Health Center work area, Padang Pariaman Regency.

METHODS

The type of quantitative research with a cross-sectional approach, namely measuring both independent and dependent variables simultaneously. The independent variables in this research are knowledge and motivation, while the dependent variable is the feeding pattern. The study was conducted from September 1 to September 15, 2024. The population for this study consisted of mothers with toddlers at the Padang Alai Health Center, totaling 73 participants. The sample included mothers of toddlers who had a weight below the expected range for their age, specifically 40 participants from the Koto Tinggi (16 participants), Batang Piaman (14 participants), and Balai (11 participants) areas. The sampling method utilized was purposive sampling, with inclusion criteria requiring that participants be mothers of toddlers weighing less than the expected weight for their age, in good health, willing to participate as respondents, and actively visiting the integrated health post under the jurisdiction of the Padang Alai Health Center.

The research instrument used a questionnaire. The knowledge assessment employed the Guttman scale, consisting of 10 questions. The assessment of the measurement results of knowledge is high if the correct answer score is > 50% and low if < 50%. Meanwhile, the motivation questionnaire consists of 15 questions with the Gutman scale with an assessment if the correct score is more than 50% reflects high motivation, and a score of less than 50% reflects low motivation, the questionnaire for eating patterns employed the Child Feeding Questionnaire, which includes 15 statements on a Likert scale. A score exceeding 50%

indicates appropriate eating patterns, while a score below 50% indicates inappropriate eating patterns. The adopted questionnaires have been tested for both validity and reliability. The types of data utilized in this study include both primary and secondary data. Primary data were collected directly from the responses provided by mothers in the questionnaire, while secondary data were sourced from a summary of information regarding toddlers who experienced stunting at the Padang Alai Health Center.

Data analysis was conducted using both univariate and bivariate methods. Univariate analysis was performed to determine the frequency distribution and percentage of the variables related to knowledge, motivation, and eating patterns. Bivariate tests were employed to examine the relationship between maternal knowledge and motivation and the feeding patterns of malnourished toddlers in the Padang Alai Health Center area, Padang Pariaman Regency. In this study, the bivariate analysis utilized the Chi-Square statistical test at a 5% significance level. The results of both the univariate and bivariate analyses are presented in the accompanying table. The analyses were conducted using SPSS software, version 29.

RESULTS AND DISCUSSION

3.1 Research Result

3.1.1 Respondent characteristics

Respondent characteristics refer to the traits or attributes possessed by participants in a study. These characteristics are crucial for understanding the context of the collected data and for tailoring the analysis to the target population. In this study, the observed characteristics of respondents included age, education level, and occupation. Data on these respondent characteristics can be seen in **Table 1**.

Table 1. Frequency and percentage distribution of respondent characteristics

Respondent characteristics	Frequency (f)	Percentage (%)
Age		
21-25	2	5.00
26-30	12	30.00
31-35	15	37.50
36-40	11	27.50
Education level		
Elementary School	3	7.50
Junior High School	21	52.50
High School	14	35.00
Bachelor	2	5.00
Occupation		
Housewife	37	92.50
Private	7	17.50
Civil servant	1	2.50
Total	40	100

The data presented in Table 1 indicates that the majority of respondents are mothers aged 31 to 35 years, totaling 15 participants (37.50%). Additionally, a significant portion of the respondents, 21 participants (52.50%), have attained a junior high school education level. Furthermore, the predominant occupation among the respondents is that of housewives, comprising 37 participants (92.50%).

3.1.1 Univariate analysis

The results of the univariate test analysis are presented in **Table 2**.

Table 2. Frequency and percentage distribution of variables

Variables	Frequency (f)	Percentage (%)
Knowledge		
Low	24	60.00
High	16	40.00
Motivation		
Low	21	52.50
High	19	47.50
Feeding patterns		
appropriate	22	55.00
Not appropriate	18	45.00
Total	40	100

Based on the data presented in Table 2, it is evident that the majority of respondents exhibit a low level of knowledge, with 24 participants (60.00%) falling into this category. Additionally, 21 participants (52.50%) demonstrate low motivation. Furthermore, most respondents provide an appropriate diet for children experiencing stunting, with 22 participants (55.00%) reported in this group.

3.1.2. Bivariate analysis

Bivariate analysis is employed to examine the relationship between two variables: independent and dependent variables in a study. In this research, bivariate tests were utilized to investigate the relationship between maternal knowledge levels and feeding patterns of children experiencing stunting, as well as the relationship between maternal motivation and the feeding patterns of stunted children in the Padang Alai Health Center Work Area, Padang Pariaman Regency, West Sumatra. The results of the bivariate analysis are presented in **Table 3 and 4**.

Table 3. Frequency, percentage, and relationship between knowledge and feeding patterns

Knowledge	Feeding Patterns				Total	P-value	OR	
	Not appropriate		Appropriate					
	f	%	F	%				
Low	15	62.50	9	37.50	24	100	0.016	7.222
High	3	18.80	13	81.20	16	100		
Total	18	45.00	22	55.00	40	100		

^fFrequency, [%]Percentage

Table 3 illustrates that mothers of toddlers with low levels of knowledge predominantly provide inappropriate diets for their children who experience stunting, with 15 participants (62.50%). In contrast, mothers with high levels of knowledge, namely 13 participants (81.20%) are more likely to offer diets that meet the nutritional needs of their stunted children in the Padang Alai Health Center area. The results of the statistical test indicate that the p-value obtained is higher than the 5% significance level used ($p\text{-value} = 0.016 < \alpha = 0.05$), suggests a significant relationship between maternal knowledge and feeding patterns in children experiencing stunting. The odds ratio (OR) value is 7.22, indicating that respondents with low knowledge are 7.2 times more likely to provide inappropriate diets for toddlers, while those with high knowledge are 7.2 times more likely to implement appropriate diets. Additionally, the results of the

bivariate test examining the relationship between maternal motivation and dietary provision for children experiencing stunting in the Padang Alai Health Center area are presented in **Table 4**.

Table 4. Frequency, percentage, and relationship between motivation and feeding patterns

Motivation	Feeding Patterns				Total		p-value	OR
	Not Appropriate		Appropriate		F	%		
	f	%	F	%				
Low	14	66.70	7	33.30	21	52.50	0.010	7.50
High	4	21.10	15	78.90	19	47.50		
Total	18	45.00	22	55.00	40	100		

^fFrequency, %Percentage

Table 4 illustrates that mothers of toddlers with low motivation levels predominantly provide inappropriate diets for their children who experience stunting, with 14 participants (66.70%) falling into this category. On the other hand, mothers who have high motivation level, namely 15 participants (78.90%) are more likely to offer diets that meet the nutritional needs of their stunted children within the Padang Alai Health Center's service area. The results of the statistical test indicate that the p-value obtained is smaller than the 5% significance level ($p\text{-value} = 0.010 < \alpha = 0.05$), it means a significant relationship between motivation and feeding patterns in children experiencing stunting. Additionally, the odds ratio (OR) value of 7.50 indicates that respondents with low motivation are 7.50 times more likely to provide inappropriate diets for their children, while those with high motivation are 7.50 times more likely to implement appropriate diets.

3.2 Discussion

3.2.1 Univariate analysis

1. Knowledge level

The statistical analysis of 40 respondents revealed that 24 participants (60%) possessed low knowledge, while 16 participants (40%) demonstrated high knowledge regarding feeding patterns for children with stunting in the Padang Alai Health Center work area. These findings indicate that mothers of toddlers with stunting predominantly exhibit low levels of knowledge. A study found that the knowledge level among mothers of malnourished toddlers in Rambusarau Village, Mamasa District, was primarily low, with 21 participants (70%) falling into this category [14]. Similarly, other research indicated that the knowledge level of mothers of toddlers in the Bayongbong Health Center work area of Garut Regency concerning malnutrition was also predominantly low, with 43 participants (51.2%) demonstrating insufficient knowledge [11].

The limited knowledge of mothers with toddlers regarding their children's eating patterns is influenced by their level of education, age, and occupation. Participants with higher levels of education find it easier to access and comprehend information [15]. The study revealed that among the mothers of toddlers in the Padang Alai Health Center's service area, the level of knowledge of mothers in the work area of this health center is minimal regarding their children's nutritional needs. In addition, regarding occupational factors, the predominant caregivers of toddlers are housewives who are highly active at home, comprising 37 individuals (92.50%). The challenge of accessing information to enhance knowledge is often linked to employment, particularly for housewives. Those who spend less time at home are typically less exposed to various sources of information. Conversely, mothers who work outside the

home tend to have greater access to information. Consequently, this study indicates that the majority of mothers of toddlers possess limited knowledge, primarily because they are housewives.

Based on the responses to the questionnaire submitted by the researcher, the low level of knowledge among respondents is evident in the significant number of individuals who do not understand the concept of nutritional status, the appropriate quantity of food for toddlers that meets nutritional standards, and the types of food that are suitable for toddlers. Most respondents believe that meals consisting of rice and side dishes are adequate to fulfill the nutritional needs of toddlers. However, this combination is insufficient to meet the daily nutritional requirements of toddlers who are actively growing and developing. The researcher posits that the level of knowledge is correlated with the mother's education and occupation. To enhance their understanding of toddler nutrition, mothers can benefit from exposure to a wealth of information related to nutrition. Knowledge about nutrition may deteriorate if mothers are unwilling to accept new information that could improve their dietary practices. Adequate knowledge empowers mothers to make informed decisions when selecting nutritious food for their children. Consequently, a high level of maternal knowledge is significantly associated with a reduction in the incidence of malnutrition among children.

2. *Motivation*

The results of this study indicate that mothers of toddlers predominantly exhibit low motivation; specifically, 21 respondents (52.5%) reported low motivation, while 19 respondents (47.5%) demonstrated high motivation. A study found that 46 mothers (40%) had sufficient motivation to regulate the feeding patterns of malnourished toddler [16]. This underscores the necessity of high motivation to enhance the feeding practices of toddlers experiencing stunting. Maternal motivation is a crucial factor in improving the nutritional status of stunted children, particularly through the enhancement of feeding patterns [12][18]. The researchers suggest that low maternal motivation may be linked to the mothers' limited education and knowledge. An essential area for improvement is the mothers' knowledge base, which can be achieved by actively reading or participating in nutrition-related activities for toddlers. Mothers with low motivation often do not grasp the significance of balanced nutrition for their children's growth, development, and future well-being.

The respondents' questionnaire indicated that mothers were often unmotivated to create a varied and balanced menu due to a sense of laziness. Additionally, the challenge of dealing with children who are picky eaters further discourages mothers from providing nutritious meals. This low motivation is also linked to a lack of understanding regarding the nutritional content of food; many mothers mistakenly believe that nutritious options are only available at a high cost. Furthermore, the respondents demonstrated a limited awareness of the importance of including fish and meat in their children's diets. Many still avoid offering these foods to toddlers, fearing that they will lead to smellier and harder stools.

3. *Feeding patterns*

In terms of feeding patterns, the results of the study indicated that 18 respondents (45.00%) exhibited inappropriate feeding patterns for toddlers experiencing stunting. This finding aligns with the study reported that inappropriate feeding patterns among 34 people (85.00%) can contribute to an increase in stunting cases [9]. Additionally, other study revealed that approximately 28 people (45.2%) provided inappropriate feeding patterns for children who were stunted [19]. Collectively, these results demonstrate that the feeding patterns carried out by mothers significantly influence the nutritional status of their children.

Feeding patterns refer to the methods and strategies used by mothers to provide food for toddlers, ensuring that their nutritional needs are met both in terms of quantity and quality, as seen in terms of the type of food, amount, frequency, time of feeding, and method of feeding, which are adjusted to the age, nutritional needs, and health condition of the toddler [20]. These feeding patterns are influenced by various factors, including the mother's level of education, knowledge, and socio-cultural background [21]. In this study, the feeding patterns given by respondents were predominantly inappropriate, as indicated by their questionnaire responses, which revealed a lack of understanding regarding nutritious meal options and the benefits of providing additional milk to children daily. Moreover, toddlers often exhibit complex eating behaviors, such as being picky eaters or having aversions to certain foods, which further complicates mothers' efforts to establish healthy eating patterns. The researcher assume that mother's motivation plays a crucial role in shaping the feeding patterns of toddlers, as mothers are primarily responsible for meeting their children's nutritional needs at home. High levels of motivation encourage mothers to be more responsive, active, and consistent in providing nutritious meals that are timely and tailored to their child's needs. While challenges in implementing proper feeding practices may arise from children's behavior, it is essential for mothers to take a proactive approach and motivate their children to eat. This can be achieved by exploring alternative food sources that offer similar nutritional value and enhancing the presentation of the meals served to children.

3.2.2 Bivariate analysis

1. *The relationship between maternal knowledge levels with feeding patterns of toddlers who experience stunting*

Statistical analysis using the Chi-Square test indicates that the $p\text{-value} = 0.016 < \alpha = 0.05$ and the odds ratio (OR) is 7.222. This suggests that maternal knowledge is significantly related to the feeding patterns of stunted toddlers at the Padang Alai Health Center. Mothers with a high level of knowledge are 7.22 times more likely to provide an appropriate diet for their children. Conversely, mothers with a low level of knowledge are 7.2 times more likely to offer an inadequate diet. These findings demonstrate that one of the factors contributing to inappropriate toddler diets is the mother's understanding of nutrition. A research further supports this, revealing a significant relationship between maternal nutritional knowledge and toddler feeding patterns at the Dawan I Klungkung Health Center ($p\text{-value} = 0.000, \alpha = 0.05$) [21]. Additional research has also confirmed a correlation between maternal knowledge and feeding patterns affecting the nutritional status of children in Jambi City ($p\text{-value} = 0.001, \alpha = 0.05$) [10]. Furthermore, other studies indicate a relationship between maternal knowledge levels and feeding patterns at the Karangmalang Integrated Health Post in Gebog District, Kudus Regency ($p\text{-value} = 0.00 < \alpha = 0.05$) [8]. A solid understanding of nutrition can significantly enhance a mother's quality of life. A well-informed mother is better equipped to make appropriate health decisions [9]. Furthermore, a mother's knowledge, especially about good nutrition, influences the mother's attitude and behaviors when selecting food for her child. If a mother's nutritional knowledge is limited, they may tend to offer simple and delicious food without considering their nutritional value, which can lead to malnutrition or overnutrition. Effective food selection, nutritional composition, preparation, and serving require a strong foundation in maternal nutritional knowledge [8]. The researcher posits that the tendency among respondents to provide inadequate diets stems from a limited understanding of nutrition. This lack of knowledge restricts a mother's ability to offer a diet rich in the balanced nutrients essential for her toddler's growth and development. Conversely, respondents with a solid understanding of nutrition are more likely to provide the appropriate diet for their children, thereby reducing the risk of growth and developmental disorders.

2. The relationship between maternal motivations with feeding patterns of toddlers who experience stunting

The results of the statistical test indicate that the p-value is 0.010, which is less than the significance level of $\alpha = 0.05$, and the odds ratio (OR) is 7.5. This suggests a significant relationship between maternal motivation and the feeding patterns of toddlers experiencing stunting at the Padang Alai Health Center. According to the OR value, high maternal motivation increases the likelihood of proper feeding patterns by 7.5 times, while low maternal motivation increases the likelihood of improper feeding patterns by the same factor in toddlers at the Padang Alai Health Center. This finding underscores the importance of maternal motivation in determining the feeding patterns of toddlers. Other research findings indicate a correlation between maternal motivation and the provision of complementary foods to infants aged 6 to 24 months in the Sedayu District of Bantul, Yogyakarta [12].

Motivation is a conscious effort to influence behavior, prompting individuals to take action in order to achieve specific results and goals. It is shaped by various factors, including intrinsic and extrinsic influences. An example of an intrinsic factor is knowledge [12]. A mother's motivation can be significantly impacted by her understanding of nutrition [19]. In this study, it was found that many mothers had a limited understanding of toddler nutrition, which resulted in low motivation to provide appropriate diets. Consequently, many mothers lack the motivation to offer nutritious food to their toddlers due to insufficient knowledge about the benefits of such foods.

The researcher posits that knowledge is a crucial factor influencing a mother's motivation to provide appropriate nutrition for her toddler. The mother's limited understanding is evident in her belief that toddlers should avoid excessive fish consumption while permitting frequent intake of canned foods, snacks, and fast food. This misconception contributes to a lack of motivation to establish a healthy feeding routine. Additionally, a child's rejection of food perceived as unappetizing further diminishes the mother's motivation. At this stage, parents should cultivate creative and innovative strategies to encourage their children to eat, such as substituting with other food options that offer similar nutritional value or enhancing the presentation of the meals served. During infancy, children require adequate and high-quality nutrients. To bolster motivation, it is essential to provide health education focused on nutrition. If these issues are not addressed, they may lead to long-term consequences regarding children's unhealthy eating habits.

CONCLUSIONS

Based on the research findings, it can be concluded that there is a significant relationship between the level of knowledge and feeding patterns ($p\text{-value} = 0.016 < \alpha = 0.05$), as well as a relationship between maternal motivation and feeding patterns ($p\text{-value} = 0.010 < \alpha = 0.05$) in toddlers experiencing stunting at the Padang Alai Health Center in Padang Pariaman Regency, West Sumatra Province. The suggestion in this study is that mothers should take a more active role in understanding the nutritional needs of toddlers, which will motivate them to enhance their feeding practices and prevent stunting.

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