

***The Relationship Between Parental Feeding Styles and Parents' Mental Health
with Stunting Incidence Among Toddlers in Panduman Village, Jelbuk District***

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ABSTRACT

Stunting is a chronic nutritional problem that remains a concern in Indonesia, including in Panduman Village, Jelbuk Subdistrict, with a stunting prevalence of 15.6%. One of the factors influencing stunting is parental feeding styles and parental mental health. However, studies on this topic remain limited. This study aimed to determine the relationship between parental feeding styles and parental mental health with the incidence of stunting among toddlers in Panduman Village, Jelbuk Subdistrict. This study used an analytical observational design with a cross-sectional approach involving 115 toddlers aged 6–59 months and their parents, selected using a simple random sampling technique. Data on parental feeding styles were obtained through the Parental Feeding Styles questionnaire, while parental mental health data were measured using the DASS-21 questionnaire. Stunting status was determined based on the height-for-age (HAZ) index. Data analysis was conducted using the Chi-Square test. The results showed that most parents applied good parental feeding styles and had mental health conditions within the normal category. The bivariate analysis showed no significant relationship between maternal ($p=0.259$) and paternal ($p=0.695$) parental feeding styles with the incidence of stunting. In addition, no significant relationship was found between parental mental health and the incidence of stunting, either for mothers (depression $p=0.328$; anxiety $p=0.538$; stress $p=0.771$) or fathers (depression $p=0.696$; anxiety $p=0.855$; stress $p=0.783$). This study concludes that parental feeding styles and parental mental health are not associated with the incidence of stunting among toddlers in Panduman Village, Jelbuk Subdistrict.

Keywords: *stunting, parental feeding styles, mental health, parents, toddlers.*