

The Relationship Between Parenting Style and Protein Intake and the Incidence of Underweight Among Children Aged 12–59 Months in The Working Area of Sukorambi Community Health Center

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ABSTRACT

Underweight remains a common nutritional problem among children under five in Indonesia, a condition that can disrupt their growth and development. Various factors contribute to underweight, including parenting style and protein intake adequacy. This study aimed to analyze the relationship between parenting style and protein intake with the incidence of underweight among children aged 12–59 months in the working area of Sukorambi Public Health Center. This was a quantitative study with an observational analytic design and a cross-sectional approach. The sample consisted of 132 children under five, selected using a proportionate stratified random sampling technique. Parenting style data were collected using a modified Parenting Styles and Dimensions Questionnaire–Short Version (PSDQ), while protein intake data were obtained using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). Nutritional status was determined based on the weight-for-age (W/A) index. Data were analyzed using the Chi-square test. Of the 132 respondents, most had adequate protein intake, experienced democratic parenting, and had normal nutritional status. Bivariate analysis revealed a significant relationship between protein intake and underweight ($p < 0.001$), as well as between parenting style and underweight ($p = 0.003$). It is concluded that parenting style and protein intake are significantly related to the incidence of underweight among children aged 12–59 months in Sukorambi's working area. These findings suggest the need for improved parental education on appropriate parenting practices and adequate protein intake to prevent underweight.

Keywords: *parenting style, protein intake, underweight, children under five.*