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**The EFFECT OF DIGITAL PARENTING, EATING, AND, SLEEP PATTERNS ON
NUTRITIONAL STATUS IN TODDLER**

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ABSTRACT

Background: The nutritional status of children aged 1–5 years is an important indicator in determining the quality of their physical growth and cognitive development. Nutritional problems such as wasting, underweight, overweight, and stunting are still prevalent in Indonesia, including in the Sepanjang Community Health Center area. **Object:** This study aims to identify the influence of Digital Parenting, Dietary Patterns, and Sleep Patterns on the Nutritional Status of Children Aged 1–5 Years in the Sepanjang Community Health Center area. **Method:** The research method used was a quantitative, analytic correlation study. The study design was cross-sectional. A sample of 90 participants was selected using consecutive sampling. The Chi-Square statistical test was used to assess the data for bivariate analysis, and multivariate analysis used ordinal logistic regression. **Results:** The bivariate analysis showed that the most common nutritional status was underweight (20 respondents (22.7%)) and overweight (25 respondents (27.8%)). Statistically, there was a significant influence between Digital Parenting ($P=0.004$), Dietary Patterns ($P=0.000$), and Sleep Patterns ($P=0.000$) on Nutritional Status. Multivariate analysis showed that sleep patterns had a significant adverse effect on the log-odds of nutritional status, with a significance value of 0.000 and a Wald test result of 22.343. Children with inferior sleep patterns had a 22-fold greater risk of malnutrition than those with adequate sleep. **Conclusion:** Digital parenting, diet, and sleep patterns have been shown to influence children's nutritional status. These findings emphasize the importance of educating parents about screen time management, providing nutritious food, and adequate sleep to prevent nutritional problems in toddlers.

Keywords: Digital Parenting, Eating Patterns, Sleep Patterns, Nutritional Status

BACKGROUND

The problem of nutritional status in toddlers is a global health problem which is particular concern to each country, this problems of malnutrition increase morbidity rates which impact the health status of children (Benazeera & Aranha, 2023). Children's growth stages, especially those under five years of age, require adequate nutrition to facilitate their physical and cognitive growth. During the early toddler years, children rely heavily on the parenting styles provided by their mothers and fathers, who play a crucial

role in ensuring their nutritional needs are met and in promoting a healthy lifestyle (Ulfa et al., 2022). Long-term nutritional status problems will cause cognitive, physical, and health development disorders, as well as an increased risk of degenerative diseases (Dessie et al., 2022). Growth and development disorders due to inadequate nutrition will become permanent until adulthood and affect morbidity and mortality (Sm et al., 2019).

The nutritional status of toddlers worldwide in 2022, based on data from the

World Health Organization (WHO), indicates that the prevalence of stunting is 22.3%, wasting is 6.8%, and overweight is 5.6%. The prevalence of stunting in Asia reaches 22.3%, wasting reaches 9.3%, and overweight reaches 5.1% (WHO et al., 2023). In 2022, the prevalence of stunting in Indonesia decreased from 24.4% to 21.6%, while wasting increased from 7.1% to 7.7%, underweight remained at 17.0%, and overweight decreased from 3.8% to 3.5% (SSGI, 2023). The 2023 SSGI in East Java showed that stunting in toddlers was 19.2%, wasting was 7.2%, underweight was 15.8%, and overweight was 3.6% (Dinkes Prov. Jatim, 2024). Meanwhile, in Banyuwangi Regency, the number of toddlers with stunting was 3.5%, wasting was 7.0%, underweight was 3.2%, and overweight was 2.2%. In Sepanjang Regency, underweight was 1.4%, and stunting was 0.8% (Dinkes Kab. Banyuwangi, 2023).

Children's nutritional status is influenced by a variety of complex factors, including the impact of digital device use, which can negatively impact their eating patterns and sleep quality, thus affecting their overall nutritional health (Domoff et al., 2020). Parents greatly influence their children's eating habits, so they need to ensure their children receive adequate nutrition (Goodman, 2019). Nutritional problems stem from inadequate eating habits. A lack of proper dietary composition in young children can weaken the immune system, reduce appetite, and increase susceptibility to infection, leading to nutritional problems (Susanti et al., 2023). Insufficient sleep duration can affect leptin metabolism, thereby increasing hunger and weight gain, and promoting the development of type 2 diabetes (Mosavat et al., 2021).

The role of parents, especially mothers, is vital in providing nutrition to ensure children's nutritional needs are met (Dayanti et al., 2024). Collaboration between government agencies, communities, and the private sector can

accelerate the reduction of nutritional problems through appropriate prevention programs. For example, incorporating materials on balanced nutrition and the importance of healthy sleep patterns into the education curriculum or conducting outreach programs in schools and community health centers can be effective strategies. The complexity of childhood nutritional problems cannot be attributed to just one or two factors. The various causes require cross-sector collaboration to ensure optimal management of childhood nutritional issues (Kamarudin et al., 2023).

RESEARCH METHODS

Description of Materials or Research Subjects

The subjects in this study were all 926 toddlers in Karangharjo village. The sample used was 90 samples selected based on the following inclusion criteria: mothers of toddlers who were willing to be respondents, children who frequently interact with digital devices, and children who are at risk of nutritional status problems, while the exclusion criteria were as follows: mothers who have children with comorbid diseases such as asthma, diarrhea, pneumonia, and allergies.

Research Design

This research design uses quantitative correlational analysis with a cross-sectional approach. The sampling method used in this study is consecutive sampling.

Research Procedure

The researcher created a questionnaire for respondents to complete. After undergoing validity and reliability testing, the questionnaire was distributed to participants who matched the predetermined sample. The researcher explained the purpose of the study and asked participants to sign a consent form. If respondents were unsure how to complete the questionnaire, the researcher assisted them. The questionnaires and data

were collected. After data collection was complete, the researcher entered the data using Microsoft Excel 2021 and IBM SPSS Statistics 24.

Instruments and Equipment

The tool used in this study was a questionnaire sheet.

Data Collection Methods

The data collection method used a survey with a questionnaire sheet that has been declared valid and reliable. The research instrument used a gadget duration questionnaire, a CFQ (Child Feeding Questionnaire) questionnaire, and a CHSQ (Children's Sleep Habits Questionnaire). These three questionnaires are standardized and, therefore, are valid and reliable. This questionnaire is considered valid because in previous research, a validity test was conducted with an r value

of 0.666. Eating patterns with an r value of 0.444 and sleep patterns with an r value of 0.497. The reliability test using Cronbach's Alpha showed results exceeding 0.60. The digital parenting questionnaire with a value of 0.846, eating patterns with a value of 0.6, and sleep patterns with a value of 0.971

Data Analysis

Univariate analysis was used to analyze each variable, bivariate analysis employed the chi-square test to determine the relationship between variables, and multivariate analysis utilized logistic regression to identify the most dominant factor. The analysis was conducted using the IBM SPSS Statistics 24 application.

RESULT AND DISCUSSION

Table 1.

Frequency Distribution of Digital Parenting, Eating Patterns, Sleep Patterns, and Nutritional Status of Toodler

Variables	Frequency	Presentation %
Digital Parenting		
Short	49	54,4%
Duration	41	45,6%
Total	90	100,0%
Eating Pattern		
Good	17	18,9%
Sufficient	30	33,3%
Insufficient	43	47,8%
Total	90	100,0%
Sleep Pattern		
Sufficient	8	8,9%
Insufficient	35	38,9%
Very Insufficient	47	52,2%
Total	90	100,0%
Nutritional status		
Wasting	5	5,6%
Underweight	20	22,2%
Overweight	25	27,8%
Normal	40	44,4%
Total	90	100,0%

Based on Table 1, 49 respondents (54,4%) engage in digital parenting with children who use mobile phones for a short time. Insufficient are 43 respondents (47,8%). Very insufficient

sleep patterns are 47 respondents (52,2%). Children with underweight are 20 respondents (22,2%) and overweight 25 respondents (27,8%).

Table 2.
Data Analysis of Nutritional Status in Toddler

Variable		Nutritional status								Total	P-value	
		Wasting		Underweight		Overweight		Normal				
		n	%	n	%	n	%	n	%			
Digital parenting	Short	3	3.3	12	13.3	6	6.7	28	31.1	49	54.4	0.004*
	Long	2	2.2	8	8.9	19	21.1	12	13.3	41	45.6	
Eating Pattern	Good	0	0	0	0	3	3.3	14	15.6	17	18.9	0.000*
	Sufficient	1	1.1	3	3.3	9	10	14	15.6	30	33.3	
Sleep pattern	Insufficient	4	4.4	17	18.9	13	14.4	12	13.3	43	47.8	0.000*
	Sufficient	0	0	0	0	0	0	8	8.9	8	8.9	
	Insufficient	2	2.2	2	2.2	7	7.8	24	26.7	35	38.9	
	Very insufficient	3	3.3	18	20	18	20	8	8.9	47	52.2	

Based on Table 2, the distribution of digital parenting data over a long period showed 19 respondents (21.1%) with overweight nutritional status and p-value of 0.004 indicates an influence between digital parenting and children's nutritional status. Insufficient eating pattern 17 respondents (18.9%) with underweight nutritional status and p-value of 0.000

indicates that there is an influence between diet and children's nutritional status. Very insufficient sleeping pattern showed 18 respondents (20%) had underweight and overweight with p-value of 0.000 indicates an influence between sleep patterns and children's nutritional status.

Table 3.
Multivariate Analysis of Ordinal Logistic Regression of Digital Parenting, Eating Patterns, Sleep Patterns on the Nutritional Status of Toddler

	Estimate	Stderror	Wald	df	Sig.	95% CI	
						LB	UB
Nutritional status =0,00	-7,705	1,507	26,127	1	,000	-	-4,750 10,659
Digital Parenting =0,04	-,166	,445	,140	1	,709	-1,038	,706
Dietary habit =0,00	-1,060	,330	10,929	1	,001	-1,707	-,412
Sleep Patterns =0,00	-2,147	,454	22,343	1	,000	-3,037	-1,256

Estimate	Stderror	Wald	df	Sig.	95% CI	
					LB	UB

Based on Table 3, the analysis results indicate that the most dominant influence of the sleep pattern variable is significant. 0.000, a Wald value of 22.343 indicates that sleep patterns have a 22-fold chance of influencing children's nutritional status. Overall, these results indicate that both variables significantly contribute to children's nutritional status and require attention in efforts to improve it through a family approach, which involves implementing good eating and sleeping patterns. However, the digital parenting variable does not affect children's nutritional status.

Discussion

The Influence of Digital Parenting on the Nutritional Status of Toddler

A chi-square test analysis showed a p-value of 0.004, indicating an influence between digital parenting and nutritional status. Essentially, giving a personal cell phone to a toddler is not advisable due to concerns about it leading to excessive consumption behavior, so extra parental supervision is necessary (Kamarudin et al., 2023). This result is in line with (Putri & Humayrah, 2024). The results of this study revealed that toddlers who spend their mealtimes with electronic devices tend to eat more slowly over time. Research result (Wahyuningrum et al., 2021) has shown that even brief screen exposure, especially during mealtimes, can lead to distracted eating. This makes children less responsive to hunger and fullness signals, which can disrupt eating patterns and potentially negatively impact nutritional status. Research conducted by previous researchers regarding parenting patterns found that positive patterns are the most determining factors in children nutritional status, parenting patterns from how parents educate, prepare and serving the food for

their children (Nuzula & Oktaviana, 2024);(Nuzula & Oktaviana, 2025).

Setting limits on digital device use for toddlers plays a crucial role in influencing the risk of nutritional problems. Prolonged screen time is often linked to unhealthy eating patterns. The phenomenon of eating while watching a screen, commonly known as distracted eating, causes children to be less sensitive to hunger and satiety signals, potentially leading to excess calorie consumption. Furthermore, it can reduce children's activity levels, increasing the risk of obesity. This impacts not only the quantity of food consumed but also the quality of their nutrition. With proper management, it is hoped that children's nutritional status can be maintained and support healthy development.

The Influence of Diet on the Nutritional Status of Children Toddler

The chi-square test analysis showed a p-value of 0.000, indicating an influence between dietary patterns and nutritional status. Dietary patterns describe the diversity and quantity of food intake by a person (Sumbara et al., 2021). To ensure that children consume healthy food, parents must understand the need for good and sufficient nutrition (Cholana et al., 2023). Poor eating habits in children have a significant impact on their nutritional status. Low nutrient content in food leads to poor nutritional status and malnutrition in children (Afrinis et al., 2021). A good eating habit is three meals a day. If someone only eats once a day, their nutritional intake, especially for children, will not be met, regardless of how the food is served. A balanced menu should include staple foods, vegetables, animal protein sources, plant protein sources, and fruits (Valeriani et al., 2023).

Research results (Adriani et al., 2022) found that diet and stunting incidence were significantly correlated. The correlation in this study was caused by the fact that mothers with stunted toddlers implemented inappropriate diet patterns. For example, they always followed their children's food desires, rarely provided a variety of nutritious foods in every meal served at home, and allowed children to eat anything without considering the nutritional value of the food. Because their growth is still very rapid, infants and toddlers have relatively higher energy needs than adults (Budiarti et al., 2022). If a toddler does not get enough energy from the food he consumes, he must use the energy reserves in his body, but this habit can cause serious problems, such as malnutrition (Andriani et al., 2022).

Poor feeding patterns often cause nutritional problems in children. Healthy eating habits have a significant impact on a child's development and intelligence. By establishing healthy eating habits and regularly providing foods that meet children's nutritional needs—such as fruits, vegetables, protein, fat, and carbohydrates—we can reduce the risk of nutritional problems.

The Effect of Sleep Patterns on the Nutritional Status of Toddler

The chi-square test analysis showed a p-value of 0.000, indicating the influence of sleep patterns on nutritional status. Research result (Baroya, 2019) found that sleep patterns and children's nutritional status were significantly correlated. Too little sleep resulted in decreased leptin levels and increased ghrelin levels, which play a role in increasing the risk of obesity in children. Research result (Fitriah et al., 2023) found that sleep duration and obesity in children were significantly correlated. Several explanations exist for the link between obesity in toddlers and sleep duration, such as increased food intake. Sleep deprivation

indicates more awake time, which results in higher food consumption.

Irregular sleep patterns affect children's nutritional status. Sleep, like nutrition and physical activity, is a crucial factor in determining health and fitness. Disturbed sleep patterns can increase the risk of nutritional disorders, caused by the disruption of growth hormone production in children. Disrupted hormone production can trigger nutritional imbalances due to increased metabolism and appetite in children.

Dominant Factors of the Influence of Digital Parenting, Eating Patterns, and Sleep Patterns on the Nutritional Status of Toddler

The effect of sleep patterns on the log-odds of nutritional status is statistically significant. 0.000 and a Wald result of 22.343. This indicates that sleep patterns have a 22-fold chance of influencing children's nutritional status. Good sleep is when individuals get sufficient duration, consistency, and quality of sleep. Sleep quality refers to the state individuals experience, allowing them to feel refreshed and fit upon waking (Razali et al., 2021). According to Tailor in (Kiftia & Agustina, 2019), Several factors influence an individual's sleep quality and quantity, such as age, mental stress, diet, lifestyle, medication, and physical activity levels. Lack of sleep can lead to hormonal changes, characterized by decreased leptin levels and increased ghrelin levels, which can lead to an increase in a child's Z-score (Parmasari & Maharani, 2025).

These results are consistent with research (Parmasari & Maharani, 2025). There is a relationship between sleep patterns and the incidence of underweight. Lack of sleep can inhibit children's growth. Children's immune systems are weakened by sleep deprivation, making them more susceptible to infections. Adequate sleep plays a vital role in children's growth, brain development, and physical and emotional health. Children who lack sleep can

become more irritable, have difficulty concentrating, and be more susceptible to infections.

When a child's sleep patterns are disrupted, Growth Hormone (GH) production is also disrupted, leading to sleep quality issues. This can lead to underweight and, if left untreated, stunting (Malik et al., 2020). Short sleep duration (<9 hours/day) is related to and is a dominant risk factor for obesity, this is because the metabolism of leptin and ghrelin is disturbed so that the body experiences increased hunger and weight gain, and encourages the development of diabetes mellitus 2. Leptin is a metabolic hormone that functions in balancing satiety and appetite through energy intake and homeostasis. The production of leptin and ghrelin is influenced by the length of sleep (Malik et al., 2020).

Rest and sleep patterns are one of the factors that influence a child's nutritional status. Children with inadequate sleep patterns are at risk of nutritional problems, as sleeping too late can inhibit growth hormone production. This condition can lead to nutritional imbalances due to increased metabolism and appetite in children. This problem can be addressed early by changing children's lifestyles, encouraging good sleep habits, promoting a balanced diet, and engaging in age-appropriate activities.

CONCLUSION

The results of this study show the influence of digital parenting on the nutritional status of children aged 1-5 years with a p-value = 0.004, the influence of eating patterns on the nutritional status of children aged 1-5 years with a p-value = 0.000, the influence of sleep patterns on the nutritional status of children aged 1-5 years with a p-value = 0.000. The most dominant influence is the sleep pattern variable, which is significant. 0.000, a Wald value of 22.343, indicating that sleep patterns have a 22-fold chance of influencing children's nutritional status.

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