

The Relationship Of Nutrition Conscious Family Application With The Nutritional Status Of Toddlers At Lotu Puskesmas, Lotu District, Nias Utara Regency In 2019

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ABSTRACT

One of the specific nutrition interventions and efforts to overcome nutritional problems is by applying the behavior of Kadarzi (nutrition conscious family). Kadarzi is a program that has been implemented in Indonesia since 2007 until now. Based on nutrition development activities in North Sumatra in 2015, several indicators of Kadarzi were obtained, namely toddlers weighed 74.2% and a target of 80%, exclusive breastfeeding 57% of the 80% target, the use of iodized salt by 79.6% of the 90% target and the provision of nutritional supplements by 90.5% from the target of 90%. The type of research used is a quantitative study with a cross sectional research design, the sampling technique used is total sampling. The population in this study were all toddlers aged 6-59 months in the work area of the Lotu Health Center in 2019 as many as 147 toddlers. The study was conducted to determine the relationship between the application of nutrition-aware families and nutritional status. The results showed that the level of application of nutritionally aware families was good, there were 138 (94.2%) toddlers whose nutritional status was normal, from 9 respondents whose level of application of nutritionally aware families was less, there were 3 (2.1%) toddlers whose nutritional status was normal, and 6 toddlers whose nutritional status is not good. Based on statistical tests using the Chi Square test, the results showed that there was a significant relationship between the application of nutrition-aware families and the nutritional status of children under five with a p-value (0.001).

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1. Introduction

Toddlers are children in the 12-59 month age group. The period experienced by toddlers is in the form of language skills, emotional, social awareness and the ability to think quickly so that they become a reference in early development. This period also formed the moral development and basic personality. The golden period of child growth and development is experienced as a toddler because future child development is influenced by basic growth during toddlerhood. Toddlers are included in the group prone to nutritional problems. One of the specific nutrition interventions and efforts to overcome nutritional problems is by applying the behavior of Kadarzi (nutrition conscious family). Kadarzi is a program that has been implemented in Indonesia since 2007 until now. In the 2010 vision of healthy Indonesia, 80% of families are expected to become levels of levels of zi. At first, the indicators of levels of levels of zi are routinely weighing, exclusive breastfeeding, consuming a variety of foods, using iodized salt and the family usually has breakfast. Over time, the fifth indicator, which is the family accustomed to breakfast, has changed to consuming nutritional supplements as recommended. Kadarzi (nutrition conscious family) is a nutritional problem that can completed by the family on each family member starting from recognizing the research that has been carried out in Tulungagung Regency shows that there is a relationship between the application of Kadarzi behavior

with nutritional status. Toddlers who are weighed regularly will monitor their nutritional and health status. Natural foods that can affect the growth and development of children are breastfeeding, especially the first 6 months. According to research by Fatimah and Wirjatmadi (2018), not only iodine, another nutrient that can also affect height is vitamin A.

2. Method

2.1. Research Design

The type and research design used is a quantitative study with a research design using cross sectional, namely the research design carried out by observing the subject with a one-time approach or the subject being observed only once during the research conducted to determine the relationship between the application of nutrition-aware families and nutritional status.

2.2. Population and Sample

The population in this study were all undernourished children aged 2-3 years in the working area of the Hutabalang Health Center as many as 147 toddlers. The sample is part of the population under study. The sampling technique used is total sampling, that is, the entire population is used as the object of research, as many as 147 respondents. Respondents in this study were mothers of toddlers aged 6-59 months who were weighed in the working area of the Lotu Public Health Center, Lotu District, North Nias Regency in 2019.

2.3. Data Collection Procedur

The data collection method was carried out through primary data, which is data obtained from direct observation, namely data on the weight of undernourished children under five before and after being given Tempeh Nugget and secondary data is data obtained from nutrition reports at the Hutabalang Health Center as well as other related reports and books. -reference book..

2.4. Analysis Techniques

This bivariate analysis was carried out on two variables, which were carried out by two variables that were suspected to be related or correlated. This analysis is used to determine the relationship between the independent variable and the dependent variable. To be able to analyze the two variables, a chi-square test can be performed with the help of SPSS. If p-value < 0.05 then Ho is rejected, If p-value > 0.05 then Ho is accepted.

3. Results and Discussion

a. Characteristics of Respondents

Characteristics of respondents can be seen from the age and education and occupation of pregnant women who suffer from anemia in Tugala Village are housewives.

TABLE 1
DISTRIBUTION OF RESPONDENTS

Application of nutrition-aware family	Nutritional Status				Total	P Value
	Normal		not enough			
	n	%	n	%		
nutrition conscious	130	94,2	8	5,8	138	
not aware of nutrition	3	33,3	6	66,7	9	0,001

The results showed that from 147 respondents whose level of application of nutrition-aware families was good, there were 138 (94.2%) toddlers whose nutritional status was normal, from 9 respondents whose level of application of nutritionally-aware families was less, there were 3 (2.1%) toddlers who had poor nutritional status. normal nutrition, and 6 toddlers whose nutritional status is not good. Based on statistical tests using the Chi Square test, the results showed that there was a significant relationship between the application of nutrition-aware families and the nutritional status of children under five with p-value (0.001).

3.1 Discussion

Based on the results of the study, the indicator of levels of zi which was mostly carried out by the response was the provision of supplements according to the recommendation of vitamin A capsules as many as 44 balira (100%). This is involved from all respondents who have given

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vitamin A capsules to their toddlers. The behavior of cadres who deliver vitamin A capsules for children under five who do not come to the posyandu in February and August is a reinforcing factor for taking supplements as recommended.

From the results of the study, it was found that 26 children under five (59.1%) were included in the underweight category. Based on data from Riskesdas (2010), in the province of Central Java, children under five in the thin category were 7.8%. The results show that the prevalence of under-fives in the underweight category in the Lotu Health Center area, Lotu sub-district, North Nias Regency in 2017 is still high, but there are no subjects who are included in the very thin category. Nutrition affects the growth and development of toddlers. Toddlers are in the transition from baby food to adult food. In addition, toddlers are also not able to take care of themselves including in choosing their food so that the role of parental behavior is needed.

The results of research conducted on respondents in the working area of the Lotu Public Health Center, North Nias Regency in 2019, based on the results of the chi square test calculation between the application of nutrition-aware families and the nutritional status of children under five, obtained a p-value with a value of $0.000 < 0.05$, so H_a is accepted which means there is a significant relationship between the application of nutrition-aware families with the nutritional status of children under five.

Of the 23 respondents whose level of application of the nutritional awareness family was not good with the nutritional status of toddlers in the normal category as many as 3 toddlers (23%). In respondents whose level of application of nutritionally aware families is not good with the nutritional status of toddlers in the underweight category as many as 20 toddlers (87%). Meanwhile, of the 21 respondents whose level of application of nutrition-aware families was good, the nutritional status of children under five in the normal category was 15 (71.4%). Nutritional status with BW/U index is an indicator of current nutritional problems. The impact of the implementation of nutritional awareness families under five in the long term (Ministry of Health RI, 2009). Good nutrition awareness behavior in under-five households with levels of z_i levels is directly related to weight monitoring as an early indication of rapid changes in nutritional status.

4. Conclusion

There is a relationship between the application of nutrition-aware families and the nutritional status of children under five in the working area of the Lotu Public Health Center, Lotu District, North Nias Regency in 2019 where $PValue (0.001 < 0.05)$.

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