

Overview Of Nutritional Status In Preschool Children At Assisi Kindegarten Medan In 2021

Vina Yolanda Sari Sigalingging¹, Lilis Novitarum², Gracya Marettha³

Program Studi Ners STIKes Santa Elisabeth Medan, Provinsi Sumatera Utara

ARTICLE INFO

Keywords:

Nutrition,
Preschool

ABSTRACT

Nutritional status is an expression of a state of balance in the form of certain variables, or the embodiment of body status related to nutrition in the form of certain variables. This study aims to describe the nutritional status of preschool children in Assisi Kindergarten Medan in 2021. This type of research is descriptive. Sampling using *Simple Random Sampling* with 56 respondents. The results showed that the nutritional status of preschool children in Assisi Kindergarten in 2021 with good nutrition found that there were 22 people (33.9%) and 3 people (5.4%). The results of the univariate analysis test where there is an overview of the nutritional status of preschool children in TK Assisi Medan in 2021. It is recommended for teachers and parents of students to be able to improve and maintain good nutrition in preschool children to avoid the occurrence of nutritional status in the obesity category. Conclusion: The results of the study can be concluded that the nutritional status of preschool children is influenced by several factors in the family, namely work, income, and parental education.

E-mail:

vina.ysigalingging@gmail.com

Copyright © 2022 Science Midwifery.

1. Introduction

Nutritional status is the state of the body as a result of food consumption and use of nutrients. Distinguished between poor nutritional status, less, good, and more. Classically the word nutrition is only associated with body health, namely to provide energy, build and maintain body tissues and regulate life processes in the body. However, now the word nutrition has a broader meaning, in addition to health, nutrition is associated with a person's economic potential because nutrition is related to brain development, learning ability, and work productivity. Assessment of nutritional status is an explanation derived from data obtained by using various methods to find a population or individual at risk of undernutrition or overnutrition. While nutritional status is a state of balance in the form of certain variables or the embodiment of nutriture (nutritional state) in the form of certain variables. Nutrition plays an important role in the growth and development of children. In Indonesia, the spectrum of malnutrition is very broad and occurs at all stages of life, including in the form of Protein Energy Deficiency (KEP), micronutrient deficiencies, low birth weight, and growth disorders as seen from the indicators of height for age (Amirullah *et al.*, 2020).

The nutrition obtained by a child through daily food consumption plays an important role in the child's growth and development. Preschool children are doing a very active growth process, so they need relatively more food substances with higher quality. The results of growth after becoming an adult human, are largely determined by the growth of preschool children. Malnutrition in the growth phase will produce adult humans with inferior quality traits (Sediaoetama, 2004) (Sekip, 2020).

Adequacy of nutrition and food is one of the most important factors in developing the quality of human resources, which is the most important factor in the success of a nation's development. In this case, nutrition is very influential on the intelligence and productivity of human work. In order for planning to improve the nutritional status of the population to be carried out properly, all influential aspects need to be studied, including the effect of food consumption on nutritional status (Sekip,

2020). One of the health indicators that is assessed for its achievement in the MDGs is the nutritional status of preschool children. The nutritional status of preschool children is measured by age, weight (BB) and height (Kemenkes RI, 2013). In the 2030 SDGs target on public nutrition, it is hoped that it will end all forms of malnutrition, including achieving the 2025 international target for reducing stunting and wasting in preschool children (Sholikah et al., 2017).

Resilient, which will support the success of national development. In real. Malnutrition in the field of public health is a nutritional disease that continuously affects the growth and development of children (Ministry of Nutrition and Public Health, 2011) (Hardika & Dian, 2017) Based on the World Health Organization (WHO), United Nations Children's Fund (UNICEF) and World Bank Group in 2019 Nationally there are levels and trends of malnutrition that occurs in children. The form of malnutrition presented in the study includes stunting which is estimated to affect 21.9% or about 149 million preschool children globally, with the highest prevalence being in East Africa 35.2% and the lowest in North America 2.6%. Second, wasting affects 7.3% or about 49 million children under five years, with the highest prevalence in South Asia at 14.6% and the lowest in North America 0.4%. The three overweight are estimated to affect 5.9% or about 40 million children under five years, with the highest prevalence in South Africa at 13.0% and the lowest in West Africa 2.1%. (United Nations-World Health Organization-The World Bank Group, 2019) The problem of hunger and malnutrition in Africa and Asia is still rife. Judging from the region, more than 70% of cases of malnutrition in children are dominated by Asians, while 26% are in Africa and 4% in Latin America and the Caribbean. malnutrition in children, or Ending Child Hunger and Under Nutrition Initiative (ECHUI) (Evi Hasnita, Cici Apriza Yanti, 2018).

Indonesia has a major nutritional problem, which is marked by the high prevalence of nutritional problems in children. The prevalence of underweight nutritional status in children 5-12 years in Indonesia is 11.2% consisting of 4.0% very thin and 7.2% thin. Nationally, the problem of obesity in children aged 5-12 years is still high at 18.8%, consisting of 10.8% fat and 8.8% very fat. Based on the 2018 Basic Health Research conducted by the Research and Development Agency of the Ministry of Health, it is known that the prevalence of severe and undernourished preschool children in North Sumatra in 2018 was 19.67% consisting of 5.37% malnutrition and 14.3 undernourishment (decreased by 2.73% from the results of riskesdas 2013 which amounted to 22.4%. While in North Sumatra, Medan ranks third with the nutritional status of children with less than 19, 44%. (Balitbangkes, Ministry of Health RI, 2018). In 2030, the target that will be carried out in child development by the government is to achieve the target of the Sustainable Development Goals or SGD'. The government formulates various strategies that are targeted at national and regional levels in order to achieve the targets that have been determined. The actions taken by the order seek to eradicate poverty in Indonesia. Poverty that occurs in children must consider the various dimensions of life that affect their growth. With the elimination of child poverty carried out by the government, there will be no more children with poor nutritional status and dying from diseases. creating a friendly environment for children, fulfilling children's education, especially early childhood education (Windiarto & Yanto, 2018). The school age group is one of the nutritionally vulnerable groups. Although this age group has better health than preschool children, this group can have health problems, such as: low body weight, iron deficiency, and vitamin E deficiency. Kindergarten education (TK) Assisi Medan is a form of PAUD (Early Childhood Education) located in Medan, North Sumatra which aims to develop children's personalities and prepare for elementary school levels. In addition, to form quality children, namely children who grow and develop according to their level of development so that they have optimal readiness to enter basic education and navigate life in adulthood.

Based on the explanation of the background above, the researchers are interested in conducting research in the future about the Overview of Nutritional Status in preschool children in Assisi Kindergarten.

2. Methods

Quantitative research design with *cross sectional*. This research was conducted at Assisi Kindergarten in 2021. The time of the study was from March 17 to April 19, 2021. The population in this study used a sampling technique, namely *simple random sampling* Assisi Kindergarten consisted

of 56 respondents. The research was conducted using an instrument in the form of a questionnaire through school data

3. Result, Analysis and Discussion

3.1 Table

The results of this study on the characteristics of respondents at Assisi Kindergarten Medan in 2021 include: age, gender, height and weight and a description of the nutritional status of preschool children at Kindergarten Assisi Medan.

Table 1.
Frequency Distribution of Respondents Characteristics Demographic Data for Kindergarten Assisi Medan in 2021 (n=56)

Variabel	Frequency (F)	Percentage (%)
Age :		
4 Years	19	33,9
5 Years	37	66,1
Total	56	100
Gender :		
Male	29	51,8
Female	27	48,2
Total	56	100
Parent's income		
Rp.1Jt -Rp. 1.9Jt	5	8,9
Rp.2Jt-Rp.4.9Jt	14	25,0
Rp.5Jt-Rp.20Jt	37	66,1
Total	56	100
Parent job		
PNS/TNI/POLRI	9	16,1
Wiraswasta	17	30,4
Karyawan swasta	30	53,6
Total	56	100
Parent education		
SMA/ sederajat	18	32,1
D2/D3	7	12,5
S1	31	55,4
Total	56	100

Based on table 1. that based on the age of the majority of respondents aged 5 years 37 people (66.1%) and aged 4 years 19 people (33.9%). Based on the gender of the respondents, the majority of respondents were 29 people (51.8%) and 27 people (48.2%) were female. Based on the income of the respondents' parents, the majority were Rp. 5 million-Rp. 20 million with a total of 37 people (66.1%) and the income of the respondent's parents was Rp. 1 million-Rp. 1.9 million with a total of 5 (8.9%). Based on the occupations of the parents of the respondents, the private employees are 30 people (53.6%) and the parents' occupations are PNS/TNI/POLRI respondents with a total of 9 people (16.1). Based on the last education of the respondent's parents S1 with a total of 31 people (55, 4%) and the last education of the respondent's parents with a total of 7 people (12, 5%).

Table 2.
Frequency Distribution of Characteristics of Demographic Data Nutritional Status of Kindergarten Assisi Medan in 2021 (n=56)

No	Nutritional Status	Frequency	Percentage
1	Malnutrition	0	0
2	Mild malnutrition	0	0
3	Enough nutrition	12	21,4
4	Good nutrition	22	39,3
5	Excess nutrition	19	33,9
6	Obesity	3	5,4
	Total	56	100

Based on table 2. the results of the study show that the majority of nutritional status in preschool children with good nutrition category are 22 people (39.3%), minority category of obesity is 3 people (5.4%), and no students have poor nutrition and malnutrition. light. From the results of research conducted by researchers in the field, it was found that preschool age is a phase that requires good nutritional status to support growth and development both physically, intelligently, and emotionally (Hardianti et al., 2018)

3.2 Discussion

In the results of the study in Table 1 Based on this research that has been conducted on Assisi Kindergarten students in Medan in 2021, it shows that the majority of preschoolers in the category of 5 years old are 37 people (66.1%) and 19 people are 4 years old (33.9%). This is in line with research that has been carried out, this research is supported by (Suciati, 2017) At this time, it is widely known that childhood is divided into two different periods, divided into early and late childhood. The initial period lasts from 2 years to 6 years and the late period from six until the time the child is sexually mature. Thus, early childhood begins as the end of infancy, the age at which dependence is practically passed, replaced by the growth of independence and ends around the age of entering elementary school.

Based on this research, which was conducted on Assisi Kindergarten students in Medan in 2021, it showed that the majority of the respondents were male with a total of 29 people (51.8%) and female as many as 27 people (48.2%). This is in line with research that has been carried out, this study is supported by (Suciati, 2017) who said that between men and women differ in terms of calcium storage in the body. This difference lies in the effectiveness of calcium absorption and calcium loss in the body. Usually men are more efficient in using calcium. At the same age range, men have more calcium intake than women. The ability to absorb calcium in men is higher than women in all age groups.

Based on this research that has been carried out on Assisi Kindergarten students in Medan in 2021, it shows that the majority of parents' income, occupation, education with the majority category of parental income: Rp. 5 million-Rp. 20 million as many as 37 people (66.1 %), work parents: private employees as many as 30 people (53.6%), parents education: S1 as many as 31 people (55.4%). From the results of research conducted by researchers in the field, it is found that parental income, parental occupation, and parental education are one of the factors that can affect the nutritional status of preschool children. This is in line with research that has been carried out. This research is supported by (School, 2017) it is said that the education of parents is thought to have contributed indirectly to the nutritional status of preschool children. Preschool children who have highly educated parents tend to have good nutritional status, because of the parents' knowledge, motivation and impact on the provision of good food. The results of research that has been carried out in the field, researchers find that with regard to the education of parents who are suspected of contributing to the nutritional status of children, the work of parents is also the same. Parents who work outside the home tend to have less time to interact with their children compared to mothers who do not work. Including in terms of food assistance, it is very possible that the child's eating pattern will be disturbed. This is because preschool children are still very dependent on their parents, so it is possible that children's eating patterns will be disturbed if mothers work with less time to interact, and accompany children less and less. And this has an impact on the mental development and personality of children who are more or less disturbed. If the child's diet is disturbed, then the child's growth and development is also not optimal. As a result, children who are physically thin, short, and even malnourished in preschool age children.

This is also in line with research that has been carried out. This research is supported by (Sambo et al., 2020) it is said that parents who are aware of the importance of health in the family will teach children good eating habits with regular eating patterns 3 times a day and always pay attention nutritional content which refers to balanced nutrition. In addition, children's eating patterns are also influenced by the education level of their parents, where in the study it was found that the average child's parents had a high school education and bachelor's degree. So that parents are able to choose and process the right food to be given to their children so that the nutritional needs of children are achieved properly.

Based on this research that has been conducted on Assisi Kindergarten students in Medan in 2021, it shows that the majority of nutritional status in preschool children with good nutrition category is 22 people (39.3%), minority obesity category is 3 people (5.4%). The researcher assumes

that the good nutrition found in pre-school children of Kindergarten Assisi is due to the income, education and occupation background of the parents. The better the income of parents, the better in fulfilling children's nutrition. Likewise in terms of parental education, the higher the education of parents, the better in providing the best nutrition for their children. At this time, children's activities have begun to decrease due to the online learning process which causes the movement of children's activities to decrease. In addition, the activity of playing gadgets in children also affects activities in children. Children sit for a long time to play gadgets. This according to researchers can cause weight gain in children.

This is in line with the research that has been carried out, this research is supported by (Aldriana et al., 2020) who say that undernutrition and malnutrition are problems that need attention, because they can lead to the lost generation. The quality of the nation in the future is greatly influenced by the current state or nutritional status, especially preschool children. As a result of poor nutrition and malnutrition will affect the quality of life in the future. Nutritional status is a state of the body as a result of food consumption and the use of nutrients, where nutrients are needed by the body as a source of energy, growth and maintenance of body tissues, as well as regulating body processes.

In this case, Assisi Kindergarten checks the nutritional needs of its students by measuring body weight once a month with a scale and providing complementary foods, namely bread, milk/mung bean porridge, fruit and vegetables every day. Supplementary food is needed for preschool children to support their growth and development. Playing activities in preschool children can drain energy and calories in children, so they need replacement meals. For this reason, it is hoped that schools can maintain what has been given to maintain the nutritional status of preschool children.

4. Conclusion

Based on the results of the study with a sample of 56 respondents regarding the Overview of Nutritional Status in Preschool Children at Assisi Kindergarten Medan in 2021, it can be concluded: Demographic data shows the age of the majority of respondents in the 5 year age category as many as 37 people (66.1%). The gender of the students in the male category was 29 people (51.80%). The income of parents of Assisi Kindergarten students in the category of Rp. 5M-Rp. 20 million as many as 37 people (66.1%), the work of parents of students in the private employee category as many as 30 people (53.6%), Education of parents of TK assisi students in the S1 category as many as 37 people (55.4%). The nutritional status of preschool children at Assisi Kindergarten in Medan in the good nutrition category was 22 people (39.3%).

References

- Alia, T. (2018). *Pendampingan Orang Tua pada Anak Usia Dini dalam Penggunaan Teknologi Digital. A Journal of Language, Literature, Culture and Education*, 14(1), 65–70. Adom, D., & Hussain, Emad.Kamil, and Joe, A. . A. (2018). THEORETICAL AND CONCEPTUAL FRAMEWORK : MANDATORY INGREDIENTS THEORETICAL AND CONCEPTUAL FRAMEWORK : MANDATORY INGREDIENTS Engineering Dickson Adom * Emad Kamil Hussein. *International Journal of Scientific Research*, 7(1), 93–98.
- Amirullah, A., Try, A., Putra, A., Daud, A., & Kahar, A. (2020). *Deskripsi Status Gizi Anak Usia 3 Sampai 5 Tahun Pada Masa Covid 19*. 1(1), 16–27.
- Attitude, N. S., Hyovovolemic, O. F., & Management, S. (2018). *JIM FKep Volume IV No. 1 2018*. IV(1), 13–18.
- Aldriana, N., Andria, & Sepduwiana, H. (2020). Faktor-Faktor Yang Mempengaruhi Status Gizi Anak prasekolah Di Desa Kepenuhan Hulu Wilayah Kerja Puskesmas Kepenuhan Hulu. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699. <https://e-journal.upp.ac.id/index.php/akbd/article/view/1985/1570>
- Balitbangkes Depkes RI. (2018). Laporan Riset Kesehatan Dasar Provinsi Sumatera Utara tahun 2018. In *Balitbangkes*.
- Evi Hasnita, Cici Apriza Yanti, D. A. tyas. (2018). *Factors affecting under-five children nutrition status*. 634.
- Hardika, & Dian, M. (2017). Hubungan Pelaksanaan Keluarga Sadar Gizi (KADARZI) dengan Status

- Gizi Anak 1-4 Tahun. *Bidan Prada: Jurnal Publikasi Kebidanan Akbid YLPP Purwokerto*, 0(0), 178-188.
- Hidayati Tutik dkk. (2019). *Pendamping Gizi Pada Blita*. CV Budil Utama.
- Hardianti, R., Dieny, F. F., & Wijayanti, H. S. (2018). Picky eating dan status gizi pada anak prasekolah. *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, 6(2), 123-130. <https://doi.org/10.14710/jgi.6.2.123-130>
- Sambo, M., Ciuantasari, F., & Maria, G. (2020). Hubungan Pola Makan Dengan Status Gizi Pada Anak Usia Prasekolah. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 423-429. <https://doi.org/10.35816/jiskh.v11i1.316>
- Sekip, J. L. (2020). *HUBUNGAN POLA MAKAN DENGAN STATUS GIZI PADA ANAK PRASEKOLAH The data from the Health Profile of Medan in 2016 revealed that there were anak prasekolah suffered from severe malnutrition at Lingkungan VII , Kelurahan Sidorejo , Medan Tembung Sub-district . The research used . 2(2)*.
- Sholikhah, A., Rustiana, E. R., & Yuniastuti, A. (2017). Faktor - Faktor yang Berhubungan dengan Status Gizi Anak prasekolah di Pedesaan dan Perkotaan. *Public Health Perspective Journal*, 2(1), 9-18.
- Sibarani, B. B. (2016). *Pola makan dan Profil Status Gizi Anak Anak prasekolah di Posyandu Jakarta Utara*.
- Suciati, L. (2017). Hubungan Pengetahuan Ibu Tentang Kalsium Dan Frekuensi Konsumsi Kalsium Serta Asupannya Dengan Status Gizi Anak 4-6 Tahun Di Tk Al-Husna Bekasi. 125.
- United Nations-World Health Organization-The World Bank Group. (2019). *UNICEF-WHO-The World Bank: Joint child malnutrition estimates - Levels and trends*. p.1-15.
- Windiarto, & Yanto. (2018). 74D38-Buku-Pai-2018. *Ilmu Pendidikan*, 5(1), 12 21.78.