

FIN (3) Description of The Nutritional Status of Children Aged 3-5 Years In Dharma Wanita Kindergarten Bandar Lor Kediri.docx

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Description of The Nutritional Status of Children Aged 3-5 Years In Dharma Wanita Kindergarten Bandar Lor Kediri

Aprilia Nurtika Sari^{a,1,*}

^a Dharma Husada Kediri Midwifery Academy

¹ apriliana0486@gmail.com*

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ABSTRACT

Toddler period is a time to determine the growth of toddlers running normally or not. Optimization of growth and development in toddler is usually associated with nutritional problems in toddler. Based on Riskesdas 2013 indicated, nationally, the prevalence of weight-less in 2013 was 19.6% where 5.7% malnutrition and 13.9% less nutrition. Less nutrition causes physical impairment growth, intelligence and productivity as they mature, thus requiring serious attention from parents as it can cause irreversible damage. This study aims to describe the nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri. The design of this research is descriptive with crosssectional approach. Population of all children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor. Sampling technique used total sampling, so the samples obtained as many as 48 children. The research variables are nutritional status of children aged 3-5 years. Data collection uses observation sheets, height and weight measurements. Data processing with editing, coding, scoring, tabulating. Data analyzed using percentage. Based on the results of the research, it is found that the nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten 2016 based on BB/TB index, that most of them are normal category that is 47 (97.92%). Nutritional status of children aged 3-5 years based on the index of TB/U, that most of the children including the normal category that is as many as 37 (77.08%). The nutritional status of children aged 3-5 years based on index BB/U, that all children including good nutrition category that is as much as 48 (100%). From the research can be concluded that most of the children aged 3-5 years have good nutritional status. Therefore, nutritional intake to children aged 3-5 years should be considered the nutritional value, and more attention to factors - factors that affect nutritional status in toddlers.

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I. Introduction

Children's health problems are one of the major health problems currently occurring in the country. The degree of child health reflects the health status of the nation, because the child is the next generation of the nation. Based on these reasons, child health problems become one of the priorities in planning and organizing the nation's development. Nutritional status is an indicator of health and nutrition for children under five years of age. If less nutrition is not addressed then it is feared will develop into malnutrition, so it can cause disruption of physical growth, intelligence and productivity as adults.

Indonesia recorded 27 percent of 98 million toddlers in Indonesia suffered from malnutrition. One of the triggers for the high number of malnutrition cases is due to the weak government's attention to the health sector. This is evidenced by the amount of health budget that reaches no more than 2.5 percent of the total state budget.^[1]

As many as 4650 toddlers from 3.4 million toddlers in East Java have less nutrition, about 38% less nutritional sufferer caused by low social-cultural result of 4.8% due to disease, 36% due to less nutritional intake due to people's purchasing power low and other causes. Toddlers malnutrition is scattered in some areas in East Java Province. Most are in the poverty-stricken village. Not achieving the basic needs of the lifetime will impact the failure to achieve the appropriate growth and developmental stages of age, and even become permanent disability for the rest of their life.^[2]

Based on this background, the researcher is interested in conducting research entitled "Description of The Nutritional Status of Children Aged 3-5 Years In Dharma Wanita Kindergarten Bandar Lor Kediri “.

II. Method

This research is a descriptive research. Descriptive research is a research method undertaken with the main purpose to create a picture of a situation objectively ^[3]. Approach in cross sectional study. A cross sectional approach is a research approach in which the research variables are measured at the same time. This study describes the nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri.

Population in this research is all children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri as many as 48 children. The sample of this research is all children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri as many as 48 children. In this research the sampling technique using total sampling technique. Total sampling is sampling technique where all population is made sample ^[3]. The variable of this research is the nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri.

Instrument of data collection in this research is weight scale, height measurement, and observation sheet to record the measurement result and use Z-score formula. After the questionnaire from the respondents collected, then performed data processing by Editing, Coding, Tabulating, and Scoring Data that have been collected and then analyzed using the provisions of the WHO NCHS anthropometry index.

III. Results and Discussion

Age

Table 1 Characteristics of Respondents by Age In Dharma Wanita Kindergarten Bandar Lor Kediri

Age Group (Month)	N	%
36-40	13	27.08
41-45	0	0
46-50	23	47.92
51-55	12	25
56-60	0	0
Total	48	100

Table 1 shows that 48 respondents studied got 23 respondents (47.92%) aged 46-50 months and 12 respondents (25%) were 51-55 months.

Sex

Table 2 Characteristics of Respondents by Sex in Dharma Wanita Kindergarten Bandar Lor Kediri

Sex	N	%
Male	29	60
Female	19	40
Total	48	100

Table 2 shows that male is more than female, which is 29 children (60%).

Nutritional Status of Children

Child growth can be determined by nutritional status, because growth is closely related to nutritional status. The nutritional status of children in this study was determined by the latest standard WHO 2005 / WHO MGRS reference standard with body weight index by height or body weight by body length (BB / TB or BB / PB), height by age or body length by age (TB / U or PB / U), and weight by age (BB / U). This can be seen in the following table.

Table 3 Frequency Distribution of Respondents Based on the Nutritional Status of Children Aged 3-5 Years in Dharma Wanita Kindergarten Bandar Lor Kediri

Indeks	Category	N	%
BB/TB	Sangat kurus	0	0
	Kurus	0	0
	Normal	47	97.92
	Gemuk	1	2.08
	Total	48	100
TB/U	Sangat Pendek	1	2.08
	Pendek	10	20.84
	Normal	37	77.08
	Tinggi	0	0
	Total	48	100
BB/U	Gizi Buruk	0	0
	Gizi Kurang	0	0
	Gizi Baik	48	100
	Gizi Lebih	0	0
	Total	48	100

Based on the index of BB / TB, most of the nutritional status of children in Dharma Wanita Kindergarten 2016 is normal category as much as 97.92%, but there is also a child who is in category of obese 2.08%. As it is known weight has a linear relationship with height. In addition to genetic factors, environmental factors such as eating behavior also plays an important role / great influence on the occurrence of obesity. Diet instilled by parents to their children can lead to obesity in children [4].

In a normal situation, the development of body weight will be in the same direction with the increase of height with certain acceleration. BB / TB Index is an indicator that states the current nutritional status associated with chronic nutritional conditions that may be experienced by infants so that the effect on the growth of body mass (height). One of the factors that can directly affect nutritional status is food intake [5]. From the results of the study found there are still poor mother's behavior in providing nutrition to children. One of them is the provision of milk before the main meal schedule, milk is also given with frequent frequencies. Behavior is likely to cause obesity in children.

Based on the TB / U index, most of children nutritional status in Dharma Wanita Kindergarten 2016 is normal category as much as 77.08%. But there is also a short children 20.84% and very short children 2.08%. The TB / U indicator provides an indication of past chronic nutritional problems as

a result of long-standing conditions, such as: poverty, healthy lifestyle and poorly groomed / feeding pattern from birth that resulted in the child becoming short ^[6]. Caring provided plays an important role in the determination of past and present nutritional status. One such form of parenting is the setting of the child's sleep patterns. Bad sleep patterns will result in less good growth of the toddler as well.

Based on table 3 it is known that with the index BB / U, nutritional status of all children aged 3-5 years in Dharma Wanita Kindergarten 2016 including good nutrition category (100%). Given the characteristics of the sensitive body weight, the index BB / U more describes the current nutritional status of a person. Toddlers who are likely to have growth problems should be examined further on BB / TB or BB / PB or IMT / U to find out if the infant is experiencing problems in the growth. The results of research conducted Yanti ^[7] states that there is a tendency with the better parenting, then the proportion of good nutrition in children is also greater.

IV. Conclusion

The nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri 2016 based on BB / TB index, that most of the children including the normal category that is as much as 47 (97,92%). The nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri 2016 based on TB / U index, that most of them are normal category which is 37 (77,08%). The nutritional status of children aged 3-5 years in Dharma Wanita Kindergarten Bandar Lor Kediri 2016 based on index BB / U, that all toddlers including good nutrition category that is as much as 48 (100%).

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