

MATERNAL KNOWLEDGE AND NUTRITIONAL STATUS OF SCHOOL-AGE CHILDREN (6-12 YO) IN MEDAN KRIO VILLAGE DELI SERDANG REGENCY

Maimunah. R¹, Rahmi Mutia Ulfa², Nopita Yanti Sitorus³, Desi Handayani Lubis⁴
¹⁻²⁻³⁻⁴ Sekolah Tinggi Ilmu Kesehatan Flora

Email: mumunrieto@gmail.com, mutiaskb@gmail.com, nopistr27@gmail.com,
desihandyanilubis84@gmail.com

ABSTRACT

Adequate nutrition and food are the most important factors in developing the quality of human resources. They are the key factors in the success of a nation's development. In this case, nutrition turns out to have a great influence on human intelligence and work productivity. So that planning efforts to improve the nutritional status of the population can be carried out properly, all influential aspects need to be studied, including aspects of food patterns, socio-culture, and the influence of food consumption on nutritional status. Nutrition problems are essentially public health problems, but they cannot be solved with medical approaches and health services alone. Many factors cause nutritional problems, therefore the approach to overcome them must involve various related sectors. In certain cases, such as in crisis situations (drought disasters, wars, social chaos, economic crises), nutritional problems arise due to food security problems at the household level, i.e. the ability of households to obtain food for all their members. Improving the nutritional status of the community requires policies that ensure every member of the community can obtain food in sufficient quantity and quality. Nutritional problems faced by elementary school-age children include: obesity, failure to grow, anemia due to iron deficiency and caries in teeth and worm infections. Obesity is usually caused by the consumption of food that exceeds their daily needs. On the contrary, failure to grow is usually caused by a lack of nutrient intake. This is a descriptive research method, which aims to get an accurate picture of a number of characteristics studied. This study obtained that 22 respondents (48,9%) had enough knowledge in the age group of >30 yo, 20 respondents (44,4%) were graduated secondary school, 20 respondents (44,4%) were housewives and 25 respondents (55,6%) obtained health information through electronic media.

Keywords: *Mother. Nutrition, School-Aged Children*

INTRODUCTION

Adequate nutrition and food are the most important factors in developing the quality of human resources. They are the key factors in the success of a nation's development. In this case, nutrition turns out to have a great influence on human intelligence and work productivity. In this case, nutrition turns out to have a great influence on human intelligence and work productivity. So that planning efforts to

improve the nutritional status of the population can be carried out properly, all influential aspects need to be studied, including aspects of food patterns, socio-culture, and the influence of food consumption on nutritional status.

Nutrition problems are essentially public health problems, but they cannot be solved with medical approaches and health services alone. Many factors cause nutritional problems, therefore the approach to overcome them must involve various related sectors. In certain cases, such as in crisis situations (drought disasters, wars, social chaos, economic crises), nutritional problems arise due to food security problems at the household level, i.e. the ability of households to obtain food for all their members. Improving the nutritional status of the community requires policies that ensure every member of the community can obtain food in sufficient quantity and quality. Nutrition is an important component for children's health. children need good nutrition such as protein, energy, and other nutrient components for their growth and development. Their diet that start since childhood affect their health in the future. Nutritional problems faced by elementary school-age children include: obesity, failure to grow, anemia due to iron deficiency and caries in teeth and worm infections. Obesity is usually caused by the consumption of food that exceeds their daily needs. On the contrary, failure to grow is usually caused by a lack of nutrient intake. In addition to failing to grow, lack of nutritional intake can also cause anemia and makes children susceptible to infections. Caries are caused by the consumption of food which contains excessive sugar and usually accompanied by poor dental hygiene. Worm infections are caused by a lack of hand washing habits while eating and often not using footwear when doing activities. To overcome nutritional problems, several efforts are needed, especially from parents and schools.

It is very important to consider the school-aged children's food because at this age the children are still in the stage of growth and development so that the nutritional balance needs to be maintained. Nutritional intake in school-age children begins to be influenced by environmental factors. Therefore, the attention of parents and schools needs to be increased to prevent nutritional disorders. The participation of various parties in terms of nutritional intake is generally needed to improve the nutritional status of Indonesian children and especially elementary school age children. Based on the description above, the researcher is interested in conducting a study on "The Relationship between Mother's Knowledge and Nutritional Status in School-Age Children (6-12 yo) in Medan Krio Village, Deli Serdang Regency".

METHOD

This study uses a descriptive research method, which aims to get an accurate picture of a number of characteristics studied. the purpose of the study is to find out how the mother's knowledge about nutritional status in school-age children (6-12 years old) in Medan Krio Village, Deli Serdang Regency with a cross sectional research design, in which measurements and observations are carried out simultaneously at one time (once a time). This study is conducted in Medan Krio Village, Deli Serdang Regency.

The populations are the subjects of the study to be studied. They are all mothers who have school-age children in Medan Krio Village, Deli Serdang Regency, they are about 180 mothers and the samples are about 45 mothers. According to Arikunto (2002), if the total population > 100, then the samples are 20-25%.

RESULT AND DISCUSSION

Analisa Univariat

This study uses univariate analysis which aims to describe the results of the collection of respondent data. It analyzes the description of respondent characteristics based on age, education, occupation, and source of information.

Frequency Distribution of Respondent Characteristics Based on Age

No	Age (yo)	N	%
1	20-25 yo	8	17,8
2	26-30 yo	15	33,3
3	>30 yo	22	48,9
	Total	45	100

Frequency Distribution of Respondent Characteristics Based on Education

No	Education	N	%
1	No education	-	-
2	Primary School	3	6,7
3	Junior High School	12	26,7
4	High School	20	44,4
5	University	10	22,2
	Total	45	100

Frequency Distribution of Respondent Characteristics based on Occupation

No	Occupation	N	%
1	Housewives	20	44,4
2	Private Employees	8	17,8
3	Civil Servants	7	15,6
4	Self Employed	10	22,2
	Total	45	100

Frequency Distribution of Respondent Characteristics Based on Information Sources

No	Information Sources	N	%
1	Printed Media	12	26,7
2	Electronic Media	25	55,6
3	Health Staff	8	17,8
	Total	45	100

Frequency Distribution of Respondents' Knowledge

No	Respondents; Knowledge	N	%
1	Good	10	22,2
2	Enough	30	66,7
3	Lack	5	11,1
	Total	45	100

Based on table 4.5, it shows that about 30 respondents (66,7%) had enough knowledge of school-age children's nutrition (6-12 yo)

The result of the study found that mostly 22 respondents (48,9%) in aged >30 yo had enough knowledge and less about 8 respondents (17,8%) aged 20-25 yo.

This is in accordance with Nursalam (2003) that states Lifespan is the length of an individual's life from the time of birth to birthday. The more enough

The older you are, the more mature a person will be in thinking and working. In terms of public trust, a person who is more mature will be more trusted than a person who is not mature enough. This is as a result of experience and maturity of the soul.

The above theory is also reinforced by Notoatmodjo (2010), that the age factor also affects a person's knowledge. The younger a person is, the easier it will be for him to absorb information and experience a memory process that is still quite good, while the older a person is, the more difficult it will be for him to absorb information because of the weakness of the memory system that has been decreasing. Therefore, in this study, it is clear that good knowledge is greatly influenced by a person's age in obtaining information to develop knowledge. So it can be concluded that the higher a person's level of education, the more he will know about a certain object.

Similarly, the respondents who had enough knowledge were about 20 respondents (44.4%) graduated from high school and less respondents were graduated from university about 3 respondents (6.7%).

The level of education in this study is closely related to the knowledge and insight that mothers have about the nutritional status of school-age children. The nutritional status of children must be considered by every family because growth and development is a period that urgently needs balanced nutritional intake in order to create a healthy and quality successor to the nation.

As Fahriansjah (2009) also states that the higher a person's education, the higher the knowledge. His study found most respondents had enough knowledge with the education level of high school. The level of education is able to influence the formation of a family's mindset and ability to absorb the information obtained so that it can increase knowledge about the nutrition needed by a child.

Nurses as health extension agents play a role in providing health education to families in determining good nutrients for school-age children. According to the researcher's assumption, the knowledge of families with secondary education will be much different from families with elementary education. This is due to the understanding in absorbing information about nutritional fulfillment in school-age children who are different from each other. Furthermore, for respondents who have enough knowledge, most of the respondents work as housewives about 20 respondents (44.4%) and less work as civil servants about 7 respondents (15.6%).

Those above are in accordance with Nursalam (2003), he stated that work is generally a time-consuming activity for mothers that has an influence on family life. Work is an activity or activity of mothers that is carried out to meet daily needs in accordance with their field.

The above is also strengthened by the theory put forward by Notoatmodjo (2010). He states that with a job, a person will need a lot of time to complete work that is considered important and requires attention so that working mothers will tend to get more information about the nutritional status of school-age children. This is because they will obtain information that they consider important on the sidelines of their work. Meanwhile, mothers who only work as housewives tend to get less information they need because work as housewives has taken up their free time so most of them have enough knowledge.

According to the researchers' assumptions, most of the respondents' occupations are housewives. The occupation provides greater opportunities for respondents to get more information about nutrition fulfillment for school-age

children, so that the knowledge of the respondents is getting better. The better knowledge of school-age children's nutrition then the nutritional status of children will also be better.

Most of the respondents who had sufficient knowledge obtained health information through electronic media about 25 respondents (55.6%) and a small number of respondents obtained information through print media about 8 respondents (17.8%).

This is in accordance with the theory put forward by Notoatmodjo (2010) which states that information is obtained from the media, reading books and direct experience in the field. If a person gets a lot of information, he will tend to have extensive knowledge.

According to the researcher's assumption, the dissemination of information about the status of good nutrition for school-age children in the era of globalization has been widely carried out. This can not only be seen from the rise of advertisements and banners on television, but also health workers have begun to realize the importance of improving nutritional status for school-age children. So it can be concluded that the source of information has an effect on the knowledge possessed by a mother in determining the children's nutritional status.

The results of this study can be seen that most of the respondents are sufficiently knowledgeable about 30 respondents (66.7%) and less of the respondents have good knowledge about 5 respondents (11.1%).

This is in accordance with Notoatmojo (2010), he states that knowledge or cognition is a very important domain for the formation of a person's

actions or behaviors. In this case, a person's behavior in terms of nutritional fulfillment for school-age children is influenced by the mother's education and knowledge about the child's nutritional status. The higher a person's education, the higher the knowledge will be and tend to get easier information about health, especially about the nutritional status of school-age children, so that families will be more quickly motivated to participate in the fulfillment of nutrition for their children. Knowledge and information about nutritional status are sometimes not obtained through formal education, but also through family, friends and the community.

The results of the study are obtained that most of the respondents are sufficiently knowledgeable in the age group >30 yo about 22 respondents (48.9%), family education is mostly secondary education about 20 respondents (44.4%), the work of a family member is a housewife about 20 respondents (44.4%) and most of the respondents get health information through electronic media as about 25 respondents (55.6%).

CONCLUSION

The results of the study were obtained that most of the respondents have enough knowledge in the age group >30 yo about 22 respondents (48.9%), family education was mostly secondary education about 20 respondents (44.4%), the work of family members was a housewife about 20 respondents (44.4%) and most of the respondents got health information through electronic media about 25 respondents.25 respondents (55.6%).



For Health Staff

Health staff should provide continuous counseling to families about fulfilling good nutrition for school-age children so that there is an increase in nutritional status for their children. Health staff are expected to provide motivation to families so that their knowledge about nutritional status is getting better.

For The Health Institution

The institutions should add and enrich more concepts that can enrich the development of health science, especially pediatric nursing to increase family knowledge

For Further Researcher

Further research is expected to continue more in-depth research on the factors that affect the fulfillment of nutritional status in school-age children.

REFERENCES

- Almatsier. 2010. *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Aziz. 2009. *Metode Penelitian Keperawatan dan Teknik Analisa Data*. Jakarta: Salemba Medika.
- Azwar .2012. *Sikap Manusia*. Jogjakarata : Pustaka Pelajar
- Arisman. (2009). *Gizi Dalam Daur Kehidupan*. Jakarta : EGC
- Hanum. 2010. Ilmu Gizi. Medan: Sekolah Tinggi Ilmu Kesehatan Flora
- Kartasapoetra, Marsetyo. (2008). *Ilmu Gizi*. Jakarta : Rineka Cipta

Notoatmodjo. 2010. *Ilmu Perilaku Kesehatan*. Jakarta : Rineka Cipta.

Notoatmodjo. 2012. *Promosi Kesehatan dan Perilaku Kesehatan*. Jakarta : Rineka Cipta.

Nursalam. (2003). *Metodelogi Riset Keperawatan*. Jakarta : Infomedika.

Notoatmodjo. (2010). *Ilmu Perilaku Kesehatan*. Jakarta : Rhineka Cipta

. (2012). *Promosi Kesehatan Dan Perilaku Kesehatan. (Edisi Revisi)*. Jakarta : Rhineka Cipta.

Sunaryo. (2004). *Psikologi Untuk Keperawatan* : Jakarta : EGC.

Supariasa. (2001). *Penilaian Status Gizi*. Jakarta: EGC

Sugiono. 2011. *Statistika Untuk Penelitian*. Bandung : Alfabeta

Tarwoto. (2004). *Kebutuhan Dasar Manusia dan Proses Keperawatan*. Jakarta : Salemba Medika