

## Health Education on Balanced Nutrition in Toddlers in Teluk Pinang Village

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### Abstrak

**Introduction:** Knowledge of balanced nutrition in toddlers in Indonesia is still relatively low. Of the 37.2% of toddlers in Indonesia, only 13.0% experienced malnutrition status based on age and 2.5% who experienced thinness based on weight compared to height. This means that there are only 13.0% and 2.5% of children under five who have been malnourished from a long time until now, low balanced nutrition knowledge has resulted in Indonesia still facing nutritional problems in toddlers such as malnutrition. **Purpose:** To determine the effect of "balanced nutrition" education on maternal knowledge in fulfilling "balanced nutrition" in toddlers in Teluk Pinang Village. **Method:** The method carried out is the lecture method, in this community service, the speaker team provides understanding to 22 mothers who have toddlers. **Results:** The results of statistical test calculations obtained a t value of 6,953 and  $p = 0.000$  ( $p < 0.001$ ), meaning that there is an influence of balanced nutrition education for toddlers. From the results obtained from the pre-test and post-test, it shows an increase in participants' understanding from an average pre-test value of 60 to an average post test value of 75. **Conclusion:** This "balanced nutrition" education can be influenced on mothers who have toddlers, especially for mothers who are poorly educated and relatively young to be able to increase knowledge in meeting the nutrition of toddlers in Teluk Pinang Village.

### Article Info

#### Article History:

Received 1 June 2022

Revised 10 June 2022

Accepted 25 June 2022

Available online 30 July 2022

#### Keywords:

Health education,  
balanced nutrition,  
toddlers

## INTRODUCTION

Toddlers are children who have turned over the age of one year or the age of children under five years old. Every year more than a third of child deaths in the world are related to the problem of malnutrition. (Utamingtyas, 2020). According to RISKESDAS in data from the Ministry of Health of the Republic of Indonesia (2017), the number of malnourished and undernourished toddlers is still 19.6%. (Melyani, Yuliana, 2020). Based on Nutritional Status Monitoring (PSG) data organized by the Ministry of Health in 2017, West Java has a malnourished toddler rate of 2.9%. (Ambarwati & Hastono, 2020). Bogor Regency is one of the districts that is a priority for malnutrition interventions in West Java. Bogor Regency has the lowest prevalence of malnutrition among the 13 priority districts/cities of western peers, which is 28.29%, based on data and information on policies related to malnutrition in toddlers. (Irmaida et al., 2021). Factors affecting nutrition in toddlers are environmental and family factors which are very important factors in the eating habits of toddlers. (Pritasari; Damayant, Didit; Lestari, 2017). The mother's lack of knowledge about toddler nutrition, low family income, and inactive posyandu are factors that

affect the nutritional status of toddlers. (Muharry et al., 2017). Malnutrition is caused because the nutritional intake is below the recommended adequacy while nutrition is more caused because the nutritional intake exceeds the recommended adequacy and is not balanced with sufficient physical activity. (Pratami et al., 2016). The causes of poor nutrition in toddlers are underfeeding, unbalanced food, irregular food, and misprocessing of food. (Kementrian Kesehatan Republik Indonesia, 2019).

The impact of poor nutrition is a lack of nutrients needed by the body so that there is a growth disorder, it is easy to get sick, less intelligent, and the production of energy becomes less. (National & Pillars, 2014). In an effort to overcome malnutrition in toddlers, the Ministry of Health has established a comprehensive policy, including prevention, health promotion, education and overcoming malnutrition in toddlers.. (RI, 2009). In order to carry out this counseling will carry out guidance / counseling, to clients, the community and health workers including obstetrics students, cadres, and communities related to nutrition in toddlers. (Walyani, 2014)

Intervention efforts are carried out to increase awareness, willingness and ability of individuals, families, groups and communities to live healthy lives, as well as to work together with cadres in an effort to overcome nutritional problems in toddlers. "The contents of my plate" can be given to mothers who have stunting toddlers, especially for mothers who are poorly educated and relatively young to be able to improve mothers' knowledge and behavior in meeting the nutritional needs of children. (Siahaya et al., 2021) . Therefore understanding how nutritional problems occur should be the basis for establishing prevention and counter measures strategies. (Laswati, 2019)

This implementation in order to prevent malnutrition in Teluk Pinang Village was carried out by the Service Team of the Prima Husada Midwifery Academy in Bogor. The formulation of the problem in this study is whether there is a "balanced nutrition" education barrier to maternal knowledge in meeting the nutritional needs of undernourished toddlers in Teluk Pinang. The purpose of this study was to analyze the effect of "balanced nutrition" education on maternal knowledge in meeting the nutritional needs of undernourished toddlers in Teluk Pinang. The purpose of this intervention is to help improve nutritional status, increase public knowledge about balanced nutrition in toddlers, and a balanced nutrition menu in preventing malnutrition in toddlers.

## METHOD

This research was conducted on mothers of toddlers in Teluk Pinang Village by the lecture method through the delivery of material directly to mothers who have toddlers in Teluk Pinang Village with open interactions and both parties gave a fairly good response. This counseling was given for 2 hours to 22 respondents of mothers who had toddlers. The material presented was in the form of theoretical presentations, discussions and questions and answers as well as providing questionnaires through pre-tests and post-tests with 10 questions about balanced nutrition.



**Figure 1.** Delivery of material by lecture method

## RESULTS AND DISCUSSION

The level of maternal knowledge about toddler nutrition greatly affects the nutritional state of the toddler because the mother is the one who has the greatest attachment to the child. (Nurmaliza & Herlina, 2019). If the nutritional consumption of toddlers is not balanced, it will result in problems with the nutritional status of toddlers in Teluk Pinang Village. (Apriliani et al., 2021). Poor health conditions will greatly affect the child's appetite, so in this condition it needs special attention to the child so that nutritional problems can be avoided. (Pritasari; Damayant, Didit; Lestari, 2017).

**Figure 2.** Balanced Nutrition Interventions in Toddlers

The intervention activity was carried out at MDTA Attaqwa, Ranji Village, Teluk Pinang Village, Ciawi District, Bogor Regency followed by 22 mothers of toddlers on March 9, 2022 at 10.00 o'clock. Before the implementation of the intervention, participants were given a pre-test on balanced nutrition in toddlers, then participants were given material including understanding balanced nutrition, understanding malnutrition, factors and the impact of malnutrition on toddlers and how to overcome it. Participants participated in the activity enthusiastically and actively in asking questions. After being given the material and the question and answer session was over, participants were given an appreciation in the form of a prize for 3 participants who actively asked about the material that had been delivered. Then at the end of the event participants were given a post test to measure how far the understanding of the material that had been delivered.

**Figure 3.** Handover of Contributions to the Village

After the intervention, the next step is the submission of contributions to the village in the form of two scales and a banner regarding balanced nutrition. Scales are one of the indicators of measurement / monitoring in terms of weight, the handing over of scales to cadres is useful for monitoring growth by using weight according to age which is carried out regularly at posyandu every month. then for the submission of the banner contribution is carried out in order to increase

maternal knowledge about balanced nutrition in toddlers. (Kementrian Kesehatan Republik Indonesia, 2016).

**Table 1.** Pretest And Posttest Scores

Knowledge	Mean	Standard Deviation
Pretest	60.00	6.901
Posttest	75.00	11.443

Based on table 4. The sample paired test analysis test obtained can be seen the average pretest result score of 60.00 to 75.00 with an increase of 15.00.

**Table 2.** Accumulated Final Scores of Questionnaires Before and After Counseling

Knowledge	Average difference	Standard Deviation	T-value	P-Value
Pretest-Posttest	15.000	10.118	6.953	<.001

Based on table 5 . the results of the statistical test calculation obtained a t value of 6,953 and  $p = 0.000$  ( $p < 0.001$ ), meaning that there is an influence on balanced nutrition education for toddlers.

**Table 3.** Pretest and posttest questions

No.	Questions
1.	What is called malnutrition and overweight?
2.	What is a diverse diet that contains all the elements of the necessary nutrients of the body?
3.	What are the substances contained in the guidelines for balanced nutrition?
4.	Which of the foodstuffs below include sources of energy substances?
5.	Which of the following is included in the balanced menu?
6.	What to choose when choosing snacks?
7.	What substances are contained in apples, bananas and greens?
8.	Which of the foodstuffs below are among the sources of building substances?
9.	Which is below an example of a healthy snack?
10.	What are the consequences of malnourished children?

## CONCLUSIONS AND RECOMMENDATIONS

So we can conclude that there are mothers who have toddlers in Teluk Pinang village who have toddlers with underweight and have problems with toddler nutrition, then the steps taken to overcome nutritional problems are by conducting health promotion in the form of counseling to toddler mothers and collaborating with cadres in an effort to overcome nutritional problems in toddlers. Therefore, a deep understanding of this counseling is an important basis for dealing with malnutrition in toddlers.

Seeing the problem of nutritional status in Teluk Pinang Village, the advice that can be given to mothers of toddlers is to provide a diverse and regular food menu so as to meet the nutrition needed by toddlers. For the management of Teluk Pinang Village, it is better to be able to pay more attention to nutritional status issues by holding active and routine posyandu, especially regarding nutritional status so that the community, especially mothers of toddlers, can follow and monitor the nutritional status of their toddlers.

## ACKNOWLEDGMENTS

This research can be carried out well thanks to the help of various parties, therefore the researcher would like to thank Midwifery Academy of Prima Husada Bogor, Supervisor, community leaders in Teluk Pinang Village such as the Village Head, family empowerment and well-being driving team (PKK), village health cadres who have provided good cooperation in this study.

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