

Education on the Importance of Good Nutrition in Infants and Toddlers in the Johar Baru II Puskesmas Community

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ABSTRACT

Nutrition is a chemical component found in food and required by the body that can determine the quality of children's development and growth. The World Health Organization (WHO) global data from 2017 states that 22.2% of young children worldwide suffer from nutritional problems. And more than half (55%) are in Asian countries and Indonesia is in the top 5 places. The nutritional problems experienced in Indonesia are experienced by many young children due to many factors, for example, the problem of poverty and the problem of parents' lack of knowledge about nutritional supplements for young children. From the analysis of the data obtained in the Johar Baru 2 community data assessment on November 9-12, 2020, out of 20 infants, 2 infants had irregular eating habits, 1 infant did not eat vegetables. And out of the 20 toddlers, 2 toddlers still have poor nutritional status (yellow), 8 toddlers have a habit of snacking, most kinds of snacks are sweets. The method used in this activity is to provide advice on the importance of good nutrition for infants and young children. The activities are conducted online and are aimed at families with infants and young children. After completing the consultation, the participants' knowledge of good nutrition for small children increased by 21% per question.

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INTRODUCTION

Food and nutrition insecurity increases the risk of acute nutritional problems (undernutrition and malnutrition) among vulnerable groups, even chronic nutritional problems (stunting) may increase if the COVID-19 emergency measures are declared for a long time (Kementrian Kesehatan RI, 2020). Global data from the World Health Organization (WHO) for 2017 states that 22.2% of young children worldwide suffer from nutritional problems. And more than half (55%) are in Asian countries and Indonesia is in the top 5 places. The nutritional problems experienced in Indonesia are experienced by many young children due to many factors, for example, the problem of poverty and the problem of parents' lack of knowledge as feeders for young children, cited by DKI Jakarta Provincial Health Office in 2017.

One of the characteristics of a developed nation is one that exhibits high levels of health, intelligence, and labor productivity. These three things are affected by nutritional conditions. Diet is the most important behavior that can affect nutritional status. This is because the quantity and quality of food and drink consumed affects food intake, so it affects the health of individuals and society. Optimal nutrition is very important for normal growth and physical development and intelligence of infants, children and all ages (Silalahi, 2016).

Good nutrition makes body weight normal or healthy, the body is not susceptible to infectious diseases, increases labor productivity, and is protected from chronic diseases and premature death. In order to keep the body healthy and avoid various chronic diseases or non-communicable diseases related to diet, people's diet needs to be improved toward a balanced diet. Good nutritional status can improve individual and community health (Menteri Kesehatan Republik Indonesia, 2014).

Nutrition is part of the life process and the process of child growth and development, so meeting nutritional needs also accurately determines the quality of growth and development as human resources of the future. From various definitions it can be concluded that the term nutrition is a chemical component of food that the body needs for its development and growth (Mansur, 2019).

Balanced nutrition is found in daily meals that contain nutrients in the types and amounts according to the needs of the body, observing the principles of diet variety, physical activity, clean living and regular body weight monitoring to maintain normal body weight and prevent nutritional problems (Yuliana, 2019).

Balanced nutrition for babies aged 0-6 months A balanced nutrition for babies aged 0-6 months is only sufficient with breast milk. Breast milk is the best food for babies because it can cheaply and cleanly provide all the nutrients babies need up to the age of 6 months according to the development of their digestive system. Therefore, every baby must be exclusively breastfed, i.e. up to the age of 6 months it only gets mother's milk (Loya & Nuryanto, 2017).

Balanced nutrition for children aged 2-5 years The nutritional needs of children aged 2-5 years are increasing as they are still in a period of rapid growth and their activity levels increase. Likewise, children already have choices about what they want to eat, including snacks. Therefore, the quantity and variety of food needs special attention from the mother or the child's caregiver, especially to influence the child's decision to eat a nutritionally balanced diet. In addition, children of this age often leave home, so they are prone to infectious diseases and helminthiasis, so clean living habits must be used to prevent this. (Menteri Kesehatan Republik Indonesia, 2014).

The impact of malnutrition in the first 1000 days of life, i.e. from the fetus to the second year of life of the child, affects not only physical development, but also cognitive development, which in turn affects intelligence and mental performance as well as labor productivity. Malnutrition during this period is also linked to the risk of developing chronic diseases in adulthood, namely obesity, cardiovascular disease, hypertension, stroke and diabetes (Irnani & Sinaga, 2019)

During the COVID-19 pandemic, there have been many restrictions on almost all routine services, including maternal and newborn health services. And it is not uncommon for mothers to hesitate to have their children examined for fear of infection. In such a situation, it is important to continue to provide online information and knowledge to the public, both parents, families and healthcare professionals about the importance of nutrition in young children, so that the above risks do not occur..

Based on basic health research data (Riskesdas) in 2018, nationwide the prevalence of under-5-year-olds with malnutrition is 3.9% and malnutrition is 13.8%. And for DKI Jakarta area malnutrition is 2.3% and malnutrition is 12%. This shows that there are still children with malnutrition and malnutrition in Indonesia, so the development in Indonesia has not been able to fully improve the human resource quality of life (Kementerian Kesehatan RI, 2018).

The nutritional status of the population is influenced by many factors. Socioeconomic conditions are one of the important factors affecting nutritional status. With good socio-economic conditions, a better nutritional status can be expected. The nutritional status of children under five years of age is closely related to the socioeconomic conditions of the family (parents), including parental education, parental occupation, number of parental children, maternal knowledge and upbringing, and parental general economic status (Putri, Sulastri, & Lestari, 2015).

Johar Subdistrict Health Center is a health center in the middle of the city in the central area of Jakarta, however, infant and young child feeding problems still occur. Based on the above situation analysis, infant malnutrition is still found in urban communities, since the impact of malnutrition cases is very dangerous, it is important for people to know the importance of infant nutrition. This outreach activity in the community aims to increase knowledge and awareness of the importance of good nutrition during young child development.

METHOD

This charitable activity began by coordinating with the coordinating midwife at Johar Baru II Village Health Center. The counseling workers then worked with local midwives to distribute Google registration forms. with the identity of the participant (name, mobile phone number). then the data from the Google form will be used to form a registration group for counseling activities on November 24, 2020 at 1 p.m. Thursday (24-27 November 2020). On one day, namely Tuesday 24th November 2020, a health consultation will be conducted via Zoom, during which statements will be made before and after the activity to assess mothers'

knowledge of infant nutrition. We hope this online activity will invite the community to increase knowledge about the importance of nutrition and the impact of malnutrition on young children.

While conducting outreach activities, the activity lasts 90 minutes divided into 3 phases. The first stage is the opening with 15 minutes, which is used for the opening, remarks by the coordinating midwife, registration and filling in the Google form containing the identity data of the participants as well as asking pre-test questions. Next comes the core phase, which is the provision of 15 minutes of advisory material by the resource persons, Ms. Lorensia Panselina and Ms. Agustina, on the importance of nutrition in infants and young children, and the last phase is the conclusion phase, which lasts 30 minutes. At this point, the g-form was shared as part of the posttest to assess knowledge gains. This section also awards door prizes to people who can correctly answer the questions asked. The activity ended with a closing prayer.

RESULTS

This advisory activity took place on November 24, 2020 at 1.30 p.m. WIB to 3.00 p.m. WIB. Counseling participants are families with infants and young children. This advice is provided online using media with links <https://zoom.us/j/96499470945?pwd=MmZndnI3VW8xQnZmdmVZazhFaUtXZz09> with Meeting ID: 964 9947 0945 which starts at 1.30-3.00pm WIB. This event started with an opening by the MC, represented by the students from STIK Sint Carolus siti salamao and Eva Januarita, which then continued with the completion of the attendance and a pre-test on gform to explain the importance of nutrition for young children.

The number of participants who took part in the expansion activities was 35 people with the following characteristics:

Table 1. Frequency Distribution of Extension Participant Profiles Based on Gender and Age

Variabel	N	%
Gender		
Woman	33	80
Man	2	20
Total	35	100
Age (in years)		
<20 years	2	5,71
20-35 years	23	65,72
>30 years	10	28,57
Total	35	100%

Next is the phase of providing online material related to the importance of infant and young child nutrition for child growth and development provided by the resource people.

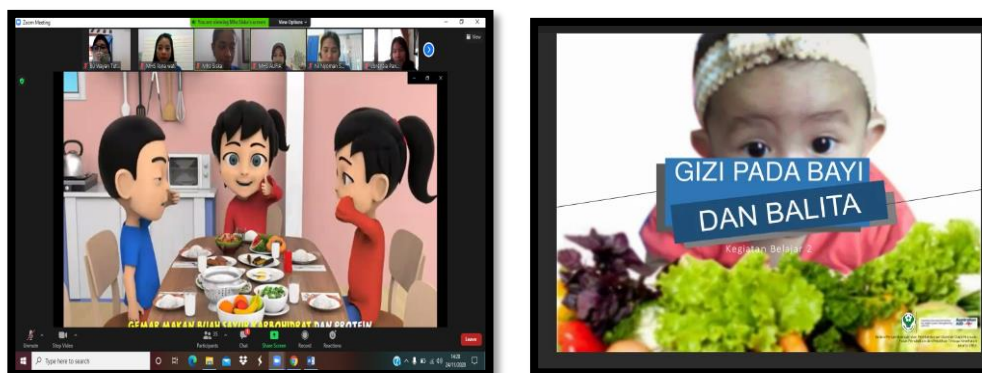


Figure 2. Material delivery session on infant and young child feeding



Figure 3. Question and answer session

Several questions were asked during the Q&A session, including:

- a) My child is active and eats a lot, but why is he smaller than other children his age?
- b) How can I increase the child's appetite? Can it help with a specific brand of milk?
- c) Is it necessary to provide additional vitamins and increase the appetite of children?

Rating was awarded a door prize. After there were no questions, participants were once again reminded that they had until November 27, 2022 to attend the Infant and Young Child Nutrition Advisory Group. and proceeded to close

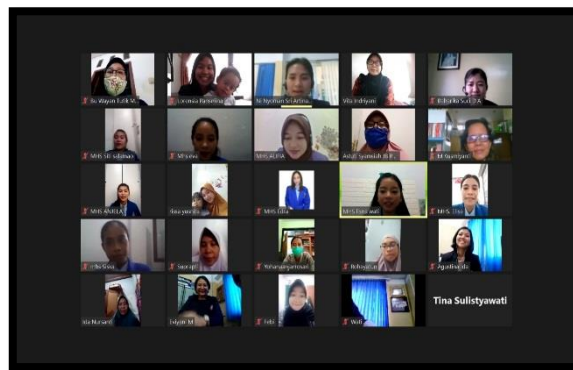


Figure 4. Closure

After completing the activity, the pre-test and post-test were evaluated with the following results:

Pre-test

It consists of 10 multiple choice questions:

1. Question 1 as much as 90.5% of respondents answered correctly
2. Question 2 as much as 81% of respondents answered correctly
3. Question 3 as much as 66.7% of respondents answered correctly
4. Question 4 as much as 52.4% of respondents answered correctly
5. Question 5 as much as 47.6% of respondents answered correctly
6. Question 6 as much as 38.1% of respondents answered correctly
7. Question 7 as much as 38.1% of respondents answered correctly
8. Question 8 as much as 23.8% of respondents answered correctly
9. Question 9 as much as 14.3% of respondents answered correctly
10. Question 10 as much as 76.2% of respondents answered correctly

Post-Test

It consists of 10 multiple choice questions

1. Question 1 as much as 100% of respondents answered correctly
2. Question 2 as much as 92.9% of respondents answered correctly
3. Question 3 as much as 78% of respondents answered correctly
4. Question 4 as much as 75.4% of respondents answered correctly
5. Question 5 as much as 67.8% of respondents answered correctly
6. Question 6 as much as 52.4% of respondents answered correctly

7. Question 7 as much as 76% of respondents answered correctly
8. Question 8 as much as 47.6% of respondents answered correctly
9. Question 9 as much as 57% of respondents answered correctly
10. Question 10 as much as 90.5% of respondents answered correctly

From the results of the evaluation, it is clear that the participants who participated in the health education experienced an increase in knowledge, which was evidenced by the results of the pre-test and the post-test, which showed an increase in the responses to each of the statements. The average percentage increase for each question is 21%.

With increased knowledge, as measured by the difference in mean pretest and posttest scores, it is hoped that there will be changes in the attitudes and behavior of families, particularly parents with babies and young children, towards a good future in the future Nutrition of babies and young children. With the advice and provision of information from trusted sources, this move aims to be a positive approach to reduce issues that arise in the community, particularly with regard to the ability to independently access invalid information from different sources..

These results are consistent with research showing the effectiveness of counseling in improving school children's knowledge of nutrition in traditional snacks (Fitri, Al Rahmad, Suryana, & Nurbaiti, 2020). Other studies have also found significant differences in knowledge levels and attitudes regarding dietary concerns between before and after dietary counseling and food processing technology (Marchianti, Sakinah, & Diniyah, 2017).

The more information the mother receives and the greater her knowledge of how to administer MP-ASI, the better the mother will behave in providing complementary foods for ASI to children 6 to 24 months of age. The mother's level of knowledge about the provision of complementary foods for breastfeeding influences the mother's attitude and behavior when choosing the food for her child. Good maternal nutritional knowledge is expected to influence good food consumption for their children. This can also improve nutritional status in a better direction. Maternal nutritional knowledge plays an important role in shaping children's eating habits (Kustiani & Misa, 2018). It is also known that nutritional counseling for mothers with children under the age of five can prevent stunting that can affect the next generation (Manungkalit, Nyoman, Arthina, & Kartiko, 2018; Wardani & Manungkalit, 2022).

The results of this service are also consistent with research stating that mothers' knowledge and willingness to offer foods according to WHO recommendations increases after they have socialized regarding the MP-ASI menu according to the age of the infants in Gunung have received district sari. This shows that counseling is effective and well used to increase public knowledge about health (Baiq Fitria Rahmiati, 2019; Dewi Novitasari Suhaid, Ria Purnawian Sulistiani, Eviyani Margaretha Manungkalit, Yusnita Pabeno, Merinta Sada, Agustina Ida Pratiwi, Dyah Woro Kartiko Kusumo Wardani, Budi Prasetyo, Nadya Puspita Adriana, Baharika Suci Dwi Aningsih, Megasari Mandarana, 2022).

CONCLUSION

From this counseling activity it can be concluded that this counseling can expand the knowledge of mothers with babies and small children. Increased knowledge of infant nutrition was noted after mothers were educated and supported throughout the activity process. This online activity can also allow mothers with young children to further increase their knowledge about health during the Covid-19 pandemic, even from home.

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