

DETERMINANTS OF APPLICATION OF BALANCED NUTRITION GUIDELINES TO MOTHERS WHO HAVE PRESCHOOL CHILDREN (3-6 YEARS) DURING THE ADAPTATION OF NEW HABITS

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ABSTRAK

DETERMINAN PENERAPAN PEDOMAN GIZI SEIMBANG PADA IBU YANG MEMILIKI ANAK PAUD (3-6 TAHUN) SELAMA ADAPTASI DARI KEBIASAAN BARU

Latar Belakang: Adaptasi Kebiasaan Baru merupakan wujud dari hadirnya Corona Virus Disease (Covid 19). Penyebaran Covid 19 sangat masif, tidak dapat dipungkiri bahwa Covid 19 merupakan salah satu jalan menuju kebiasaan baru dalam tatanan hidup yang lebih baik, terutama terkait dengan aspek kesehatan. Masyarakat akan lebih disiplin dalam menggunakan alat pelindung diri, secara mandiri mau dan mampu membuat prioritas dalam hal menjaga kebersihan diri dan lingkungan, termasuk kesadaran tentang pemenuhan pola pemenuhan gizi seimbang bagi anggota keluarga dalam kehidupan sehari-hari menjadi lebih baik.

Tujuan: penelitian ini untuk melihat pola penerapan pedoman gizi seimbang bagi ibu yang memiliki anak (usia 3-6 tahun) selama adaptasi kebiasaan baru dan hubungannya dengan determinannya.

Metode penelitian ini: merupakan penelitian analitik dengan pendekatan cross sectional. Penelitian ini akan melihat masing-masing determinan dan akan dilakukan uji Chi Square untuk menjawab hipotesis penelitian, ada hubungan antara determinan dengan pola penerapan pedoman gizi seimbang pada ibu yang memiliki anak prasekolah (usia 3-6 tahun). Penelitian ini dilakukan pada ibu yang memiliki anak pra sekolah (usia 3-6 tahun). Teknik pengambilan sampel yang digunakan adalah purposive sampling, dalam teknik ini ibu yang merupakan wali siswa pada TK di Kabupaten Cirebon. Teknik analisis data yang digunakan adalah analisis univariat dan bivariat dengan bantuan SPSS versi 23.

Hasil penelitian menunjukkan hubungan umur dengan penerapan gizi seimbang diperoleh p-value = 0,000 ($\leq 0,05$). Hubungan antara pendidikan dan penerapan gizi seimbang diperoleh p-value = 0,002 ($\leq 0,05$). Hubungan pengetahuan dengan penerapan gizi seimbang dengan p-value = 0,000 ($\leq 0,05$).

Kesimpulannya adalah terdapat hubungan antara determinan dengan penerapan gizi seimbang pada masa adaptasi kebiasaan baru, sehingga berdampak baik terhadap status kesehatan khususnya bagi kelompok rentan yaitu anak pra sekolah (3-6 bertahun-tahun).

Saran: sosialisasi dan evaluasi berkala kepada orang tua yang memiliki anak prasekolah dan membina mitra penyelenggara pendidikan anak yang potensial.

Kata kunci: Penerapan pedoman gizi seimbang, anak prasekolah, adaptasi kebiasaan baru

ABSTRACT

Background: Adaptation to New Habits is a manifestation of the presence of the Coronavirus Disease (Covid 19). The spreading of Covid 19 is very massive, it is undeniable that Covid 19 is one of the roads leading to new habits in a better order of life, especially related to the health aspect. The community will be more disciplined in using personal protective equipment, independently willing and able to make priorities in terms of maintaining personal and environmental hygiene, including awareness about fulfilling patterns of fulfilling balanced nutrition for family members in daily life for the better.

The purpose: of this study was to see the pattern of application of balanced nutrition guidelines for mothers who have children (aged 3-6 years) during the adaptation of new habits and the relationship with its determinants. The methods of this research: is an analytic study with a cross sectional approach. This research will look at each determinant and the Chi Square test will be carried out to answer the research hypothesis, there is a relationship between the determinants and the pattern of applying balanced nutrition guidelines for mothers who have preschool children (aged 3-6 years). This study was conducted on mothers who have pre-school children (aged 3-6 years).

The sampling technique used was purposive sampling, in this technique, the mother who was the guardian of the student at the Kindergarten School in Cirebon Regency. The data analysis technique is univariate and bivariate analysis with SPSS version 23.

The results showed the relationship between age and the application of balanced nutrition obtained p-value = 0.000 (≤ 0.05). The relationship between education and the application of balanced nutrition obtained p-value = 0.002 (≤ 0.05). The relationship between knowledge and the application of balanced nutrition with p-value = 0.000 (≤ 0.05). The conclusion is that there is a relationship between the determinants and the application of balanced nutrition during the adaptation period for new habits, so that it has a good impact on health status, especially for vulnerable groups, namely pre-school children (3-6 years). Suggestion: periodic socialization and evaluation to parents who have preschool children and building the partners of potentially childhood education providers.

Keywords: Application of balanced nutrition guidelines, preschool children, the adaptation of new habit

INTRODUCTION

Corona Virus Disease (Covid 19) has a very powerful appearance. The World Health Organization (WHO) through the China Country Office reported its first case on January 26, 2020. The case development was very fast (CFR = 3.1%) there were 1320 confirmed cases in 10 countries in the world with the number of deaths increasing. (Winarno F, 2020). Data on October 26, 2020 in Indonesia was 392,934 positive cases of covid 19, 317,672 people recovered from covid 19, and 13,411 people died (Nasional, 2020)

The common signs and symptoms of COVID-19 infection are acute respiratory distress (fever, cough and shortness of breath). The average of incubation period is 5-6 days, the longest incubation is 14 days in severe cases of Covid 19 which can cause pneumonia, acute respiratory syndrome, kidney failure and even death (Kementrian, 2020)

Adaptation of new habits is a manifestation of a new life order where something that was not usually done before becomes a normal thing to do, as recommended by WHO is to wear a mask when leaving the house, maintain a safe distance (at least in 1 meter) from other people, maintain a clean lifestyle and healthy, try to wash hands regularly, get enough rest, always eat nutritious food, do regular physical activity and take multivitamins/supplements (if necessary) (Chandra, 2020). Consuming foods with balanced and safe nutrition can improve the immune system and reduce chronic diseases and infectious diseases, so, it can reduce the exposure of Covid 19, especially in vulnerable age groups (Kesehatan RI, 2014)(Kementrian, 2020)

In Cheril Gloria's 2020 research on the description of diet in the COVID-19 pandemic, it was found that the diet of educators and education staff at the Faculty of Public Health, University of SamRatulangi, was mostly in the sufficient category as much as 95.7%. (Cheril, 2020). Amirullah Aris's

2020 research on the description of the nutritional status of children aged 3 to 5 years during the COVID-19 period was within normal limits and the knowledge of parents was good. (Amirullah, 2020). Likewise, Dara Mulidini's 2020 research on the behavior of implementing balanced nutrition stated that respondents from a housewife background understood the guidelines for balanced nutrition during the Covid 19 pandemic. (Maulidini, 2020)

Responding to the spread of Covid 19, it's necessary to able stay healthy. Good maintenance of mental and physical health. Mental health shows symptoms of hedonia and has a positive function, which can be translated by measuring well being. Families affected by covid 19 experience depressions, stress and anxiety. At personal who are mental health will be ready and have positively. This is very important every family can take care to members of each other, including implementing of nutrition guidelines for toddlers. (Ketut, 2020)

Pasambo research in 2018 stated that 22 toddlers aged 1-5 years showed the results of 10 toddlers (45.5%) having good nutrition, 11 toddlers (50%) having poor nutrition and 1 toddler (4.5%) having malnutrition. This is due to the reduced intake of balanced nutrition needed by toddlers in the stage of growth and development and due to a lack of parental knowledge about the nutritional needs of their toddlers. (Pasambo, 2018)

The study by Alexander and Melyani's 2018, stated that no significant relationship between toddler's nutritional status and knowledge. The result 6 of 57 respondents with good knowledge reaching only 78% in toddlers normal nutritional status. (Alexander, 2018). Meanwhile, Hariska Pratiwi's research in 2016 stated that there was a relationship between balanced nutrition counseling and maternal knowledge and attitude change. (Pratiwi, 2016)

The results of Nadimin's 2018 research on dietary habit, health conditions and nutritional intake

of stunting toddlers in Moncong, North Sulawesi, showed the percentage of toddlers very short were 27.7% and stunting were 72.3%, where it is known that they get complementary food for breast milk before 6 months old were 29.78%, babies with complementary food for breast milk after 6 months were 74.4%. Most stunting toddlers are prone to illness, fever, cough and cold. (Nadimin, 2018)

The purpose of this study was to determine the determinants related to the research subject (mothers with children aged 3-6 years) in implementing guidelines for fulfilling balanced nutrition for preschool children and their implementation. Fulfillment of pre-school children's nutrition is very important, considering that at that time it was very short and significant in supporting their growth and development, so that, they could determine their future productivity and prepare a superior generation in Adapting New Habits. (Rohman, 2019). To see the sustainability of this research, if there is a lack of knowledge and its application, intervention or guidance will be carried out through sustainable health promotion efforts using media in the form of guidelines that have been developed based on the findings.

RESEARCH METHODOLOGY

This research is an analytic study with a cross sectional approach. This research will see each of its determinants and bivariate data analysis will be carried out. (Mahfoed, 2014). This study was conducted on mothers who have pre-school children (aged 3-6 years). The sampling technique used was purposive sampling, means the mothers who were guardians of students at Kindergarten Schools and preschool in Cirebon Regency. The sample in this study was 233 respondents involving 5 kindergartens and 1 preschool.

RESEARCH RESULT

Univariate

Based on the table, it can be inferred that the majority of respondents are between 20-35 years old as many as 136 people (58.4%).

Table 1
Frequency Distribution of respondent's age groups

Category	Frequency	Percentage
< 20 yo	0	0
20-35 yo	136	58,4
> 35 yo	97	41,6
TOTAL	233	100

Table 2
Frequency distribution of respondent's education group

Education Level	Frequency	Percentage
Primary school	41	17,6
Secondary school	42	18,0
Higher education	102	43,8
College	48	20,6
TOTAL	233	100

Based on the table, it can be inferred that the majority of respondent's education is between 20-35 years as many as 136 people (58.4%).

Table 3
Frequency distribution of respondent's knowledge

Knowledge	Frequency	Percentage
Good	214	91,8
Moderate	10	4,3
Lack	9	3,9
TOTAL	233	100

Based on the table, it can be inferred that the majority of respondent's knowledge related to the application of balanced nutrition in Good category was 214 people (91.8%).

Table 4
Frequency Distribution of Balanced Nutrition Application System

Nutrition Application Habit	Frequency	Percentage
Applying	141	60,5
Not Applying	92	39,5
TOTAL	233	100

Based on the table, it can be inferred that the majority of the system of the balanced nutrition application in the respondents with the category of Applying as many as 141 people (60.5 %).

Bivariate

Based on the table, it can be inferred that the majority of respondents aged 20-35 years applied the

system of application of nutrition as many as 99 respondents (72.8%) and after the chi square test was carried out, the p-value 0.05 means that there is

a relationship between the age of the respondent and the system of application nutrition guidelines.

Table 5
Distribution of Respondents by Age and Nutrition Application System

Age	Nutrition Application System				Total		P- Value
	Applying		Not applying				
	n	%	n	%	n	%	
20 – 35 yo	99	72,8	37	27,2	136	100	0,000
>35 yo	42	43,3	55	56,7	97	100	
Total	141	60,5	92	39,5	233	100	

Table 6
Distribution of Respondents by Education and Nutrition Application System

Education	Nutrition Application System				Total		P- Value
	Applied		Not applied				
	n	%	n	%	n	%	
Primary school	14	34,1	27	65,9	41	100	0,002
Secondary school	27	64,3	15	35,7	42	100	
Higher education	67	65,7	35	34,4	102	100	
College	33	68,8	15	31,2	48	100	
Total	141	100	92	39,5	233	100	

Based on the table, it can be inferred that the majority of respondents with Senior High School education applied the nutrition application pattern as many as 67 respondents (65.7%) and after the chi

square test was carried out, the p-value 0.05 meant that there was a relationship between the respondent's education and the system of application of the nutrition guidelines.

Table 7
Distribution of Respondents According to Knowledge and Nutrition Application System

Knowledge	Nutrition Application System				Total		P- Value
	Applied		Not applied				
	n	%	n	%	n	%	
Good	141	65,9	73	34,1	214	100	0,000
Moderate	0	0	10	100	10	100	
Lack	0	0	9	100	9	100	
Total	141	60,5	92	39,5	233	100	

Based on the table, it can be inferred that the majority of respondents who have good knowledge apply the Nutrition application system as many as 141 respondents (60.5%) and after the chi square test, the p-value 0.05 means that there is a relationship between the knowledge of the respondents and the nutrition application system guidelines.

DISCUSSION

In table 5 it can be inferred that the majority of respondents aged 20-35 years apply nutrition application system as many as 99 respondents (72.8%) and after the chi square test is obtained p-

value 0.05, it means that there is a relationship between the age of the respondent and nutrition application system guidelines. This is in line with the theory by Elisabeth in Wawan and Dewi in 2010, which state the level of maturity and strength of a person will be more mature in thinking, working, including in decision making. (Wawan, 2011). In this study the variable age was grouped into several categories, it's > 20 years, a range of 20-35 years which is known as a healthy reproductive age and > 35 years, and in this stage there are several factors that affect health. So that the authors argue that there is no gap between the theory and the results of the respondents. In this age, there is physical and

psychological stability. The system of people who work in their bodies is very optimal and their maturity and way of thinking include fulfilling their duties and functions as parents well by having awareness and evidenced by the behavior of implementing balanced nutrition for their children.

In table 6 it can be inferred that the majority of respondents with higher education applied the nutrition application system as many as 67 respondents (65.7%) and after the chi square test was carried out, the p-value 0.05 meant that there was a relationship between the respondent's education and the system of application of the nutrition guidelines. According to the theory, the level of education affects a person's perception of being more receptive to ideas, information and technology. Education level also affects a person's perception and perspective to decide something and or make decisions (Azyumardi, 1999). According to Weird Hary in Notoatmodjo 2017, a person's level of education has an effect on knowledge. Thus, the authors argue that there is no gap between the theory and the results of the study, it explains that a person's behavior can be influenced by the level of education. (Notoatmodjo, 2017). Considering the condition of the respondents being in medium socioeconomic status, and the geographical environment in rural areas, so that, the majority of the education level is higher education (Senior high school). There are other things that allow a good level of application of a balanced nutrition system, it's access to good health services and adequate sources of information. So that, it contributes to decision making to implement the implementation of a well balanced nutrition.

In table 7 it can be inferred that the majority of respondents who have good knowledge apply the Nutrition applicaatio system as many as 141 respondents (60.5%) and after the chi square test, the p-value 0.05 means that there is a relationship between the knowledge of the respondents and the nutrition application system guidelines. The system of application of balanced nutrition is divided into 2 categories where the system of application is good, it's above the median 60.5%, while the category with the system of application is lack is below the median 39.5%. This result is suitable with the theory by Notoatmodjo in 2017 which says that someone's knowledge has an impact on someone's behavior in applying the results of knowledge or sources of information obtained. Knowledge is the result of knowing and this occurs after someone has sensed the object. Sensing through the human senses, like the senses of hearing, sight, smell, feeling and touch. The good level of knowledge obtained in the study is relevant to the good level of application of balanced

nutrition. The better person's knowledge increases, the better his health behavior will be. (Notoatmodjo, 2017)

In Cheril gloria's 2020 research on the description of diet in the COVID-19 pandemic, it was found that the diet of educators and educational staff at the Faculty of Public Health, University of Sam Ratulangi, was mostly in the sufficient category, it was 95.7%. Aris' 2020 research on the description of the nutritional status of children aged 3 to 5 years during the COVID-19 period was within normal limits and the knowledge of parents was good. (Cheril, 2020). Dara Mulidini's 2020 research on the behavior of implementing balanced nutrition stated that respondents from a housewife background understood the guidelines for balanced nutrition during the Covid 19 pandemic. Previous studies are relevant to the results of current research. (Maulidini, 2020)

Meanwhile, the research of Merryana Adriani's 2013, on the nutritional status of toddlers discovered that malnutrition infants and toddlers were found in parents with an education level of 16.7% dropout. Meanwhile in higher education (Senior high school) were 44.8%. This shows that there is a relationship between the level of education and the incidence rate of malnutrition infants and toddlers. (Adriani, 2013)

Nurun Ayati's 2018 research on the characteristics of mothers with malnutrition incidence, stated that there was a relationship between the nutritional status of infants and toddlers according to the characteristics of the mother such as education, knowledge, employment and income. Therefore, according to the findings of the researcher that has good level of education and knowledge, the practicing of balanced nutrition guidelines will also good. (Ayati, 2018)

Regular coaching of balanced nutrition guidelines activities are expected to increase the interest and knowledge of parents, especially mothers in practicing. This is in line with the research by Islah Wahyuni in 2020 on optimizing coaching activities for mothers who have toddlers with growth problems. It shows that the target group is very enthusiast and has awareness about good nutrition. (Wahyuni, 2020)

Fazria Umasugi's research in 2020 stated that there was an influence of parental understanding on improving children's nutritional status through the practicing of balanced nutrition that is practiced in preschool children's meals. The result showed there were 38 out of 58 children with good/normal nutritional status. (Umasugi, 2020)

This is different from the results of Fitriana Ikhtiarinawati's research in 2017 about the description of the level of knowledge and education with nutritional status in toddlers. It stated that mothers with lack of knowledge have toddlers with good nutritional status, while mothers with low education also have toddlers with good nutritional status. (Ikhtiarinawati, 2017). Therefore, there are other factors that influence the nutritional status of the toddler, as stated in Rizka Fikrinnisa's research in 2019 that there was a relationship between the nutritional status of toddlers and the role of the family, economic level and infectious diseases. (Fikrinnisa, 2018)

The factors that influence the nutritional status of toddlers through the practicing of balanced nutrition guidelines are very diverse, as Debriana Sovyanti's research in 2021 found that nutritional status can be influenced by the role of Integrated Healthcare Center (posyandu) cadres, the level of knowledge and active role of posyandu cadres must also be measured and it was found that 95.6% of posyandu cadres play an active role in assessing the nutritional status of toddlers, and 46.7% of posyandu cadres have a lack of knowledge in assessing nutritional status of toddlers. (Sovyanti, 2021)

The efforts to overcome nutritional problems through awareness of the practicing of balanced nutrition involve many internal and external parties and it should get more attention. This is in line with the results of the research by Iren Ressie in 2020, it stated that the policies of the East Halmahera government regarding the prevention of stunting which is holding a Supplementary Feeding Program for toddlers with undernourished status which is managed by the Health Center and Integrated Healthcare Center. The program includes the development of Integrated Healthcare Center and counseling as well as the provision of nutritional support foods for undernourished toddlers (aged 5-59 months) based on local food which distributed through Children's Feeding Day. And also the concern to the program budget which come from the Bantuan Operasional Kesehatan (BOK) and Dana Alokasi Khusus (DAK) for the local area. (Ressie, 2020)

Many efforts have been taken to improve the implementation of balanced nutrition guidelines, especially for toddlers considering that this age group should get special attention in order to determine the quality of their future life. A paradigm transformation regarding information sources make the community can independently access application-based information sources which can increase their knowledge, so, it has an impact on the practicing of

fulfilling balanced nutrition for their toddlers. This is in line with Martini et al's research in 2018, the research entitled parenting application for android-based healthy baby food, created an application that displays the selection of children's ages, menu selection, tutorials on how to make, displays a healthy menu list according to the child's age, displays useful articles and has an alarm setting. (Martini, 2018)

The application of balanced nutrition is one of the main things in this pandemic situation. Where the immune system must be considered, maintained and improved, especially for vulnerable groups, they are children aged 3-6 years. Where this period is included in the category of the Golden Period. So that, families are strongly encouraged to take part in the prevention and transmission of COVID-19. (Susilowati, 2016). Balanced nutrition is very necessary in supporting growth and development, especially for pre-school children (aged 3-6 years). In this period, they growth quickly, so, parents do not lose opportunities in one of the main tasks of parenting, it is meeting their basic needs in the form of good nutrition. (Soenardi, 2006)

Referring to the current situation, it is very important to pay attention to the 10 general guidelines for balanced nutrition which are currently packaged in an applied form during the adapting to new habits, it is the habit of consuming a variety of staple foods, limiting consumption of sweet, salty and excessive fat foods, doing physical activity and taking care of yourself, build an ideal body weight, make it a habit to consume high protein side dishes, wash hands with soap and water, have breakfast, drink enough and safe water, eat lots of fruit and vegetables, read the labels on the packages listed and be grateful and enjoy a variety of foods existing ones. (Kesehatan RI, 2014)

Diet is the most important behavior that can affect a person's nutritional status. Especially certain people in the group of age which is vulnerable and poor nutritional status, the example is pre-school children (aged 3-5 years). This is because the quantity and quality of food and drink consumed will affect nutritional intake, so that, it will affect the health of individuals, families and more broadly is an impact on the degree of public health in general. In order to keep the body healthy and avoid various infectious diseases, both bacterial and viruses, chronic diseases or non-communicable diseases related to nutrition, the diet of individuals, families and communities needs to be improved towards balanced nutritional consumption. Good nutritional status can improve individual and community health,

so that, it will be productive and efficient both in the short and long term. (Susilowati, 2016)

CONCLUSION

There is a relationship between age, education and knowledge of pregnant women with the application of balanced nutrition for mothers who have pre-school children (3-6 years) during the adaptation period of new habits in Cirebon Regency in 2021.

SUGGESTION

For school

It is necessary to maintain and improve access to information and cooperation with health facilities related to health education services for parents and teachers in the education unit as well as to increase networking with related parties.

For the government

In order to continue the promotion of health education and information services and collaborate with schools to make it easier to disseminate health information and improve the health status of the community.

For the next researcher

Develop research models, both designs and variations of variables in the research, so that the impact of research has broad benefits and make a positive contribution through empowering research activities.

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