NUTRITION STATUS IN LOW NUTRITION CHILDREN AFTER NUTRITIONAL INTERVENTION IN COVID 19 PANDEMIC

Yolanda Henita[1)]

ABSTRACT

Based on the results of the PSG (Nutritional Status Monitoring) in 2017, globally, the prevalence of malnourished children under five was 17.8%, especially in West Java Province, 7.4% of under-five malnutrition 210,155 people. Along with these problems, the government created a PMT (Supplementary Food) program to address nutritional problems in Indonesia. For this reason, this study aims to determine the relationship of supplementary feeding to the improvement of nutritional status of malnourished children under five at Posyandu Anyelir, Pancoranmas District, Depok, with a cross-sectional research design. The data were collected using a questionnaire tested for validity and reliability and carried out anthropometric measurements for toddlers from 0 to 60 months. The result was that 22 out of 33 children (66.7%) experienced malnutrition. There was a significant, significant, strong, unidirectional relationship between changes in nutritional status before and after supplementary feeding (p = 0.004)

Keywords: Supplementary food, malnourished toddlers

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[1)] *Student of Faculty of Medicine, Christian Indonesia University Email: Yolandahenita@gmail.com*

INTRODUCTION

Children under five years old or often abbreviated as toddlers Children are candidates for the next generation of the nation who are expected to become superior and quality human resources in the future. Age under five years is the "golden age" both in terms of physical growth and intelligence.[1] Nutritional problem can have many adverse effects on both children and adults .[2]

Based on basic health research (Rikesdas) in 2018, it is known that the prevalence of underweight children under five and the prevalence of stunting under five is 10.2% and 30.8%, respectively. [3] Results of Monitoring of Nutritional Status (PSG) throughout Indonesia in 2017 showed the prevalence of stunting in children under five was 29.6%, underweight children at 9.5%, and underweight children at 17.8%.

Meanwhile, Nutritional Status Monitoring (PSG) results in the West Java Provision, especially in Depok City, show the prevalence of malnutrition among toddlers is 1.2%, and under-nutrition children are 7.4% of the total population of under-fives of 210,155 people.[4]

To overcome the problem of malnutrition that occurs in toddlers, it is necessary to provide additional food (PMT). PMT is given to malnourished toddlers which aims to provide a high intake of protein, sufficient vitamins, and minerals gradually, to achieve optimal nutritional status.[6] Provision of Supplementary Food (PMT) for children under five at the age of 6 - 59 months as an additional staple food, not as a substitute for the main meal. [5] Based on the description of the background above, the following research problems can be formulated: What is the description of the nutritional status of malnourished toddlers after receiving additional food by the Public Health Center. The purpose of this study was to describe the nutritional status of malnourished children under five after receiving additional food by Posyandu Anyelir, Pancoranmas Village.

This research is expected to provide a foundation for other researchers and as a basis and reference for further research related to the nutritional status of children under five and can be used as materialfor further study.

METHOD

This research is a Cross-Sectional Study or research with one-time data collection using a questionnaire taken at Posyandu Anyelir, Pancoranmas Urban Village, Depok City. This research was conducted to determine the nutritional status of under-nutrition children after being given additional food.

The population of this study was all malnourished toddlers who received the Supplementary Feeding program provided by Posyandu Anyelir, Pancoranmas Village, Depok City, in 2020.

The sample used in this study was 33 children under five in the work area of Public Health Center Anyelir, Pancoranmas Village, Depok City. The sampling technique used was non-random sampling, namely purposive sampling. For populations smaller than 10,000, you can use the Taro Yamane formula. Based on calculations using the Taro Yamane formula, the sample size is 33 toddlers.

This study uses primary data in the form of interviews, questionnaires, and scales. The statistical analysis used to process research data is bivariate analysis.

RESULTS
Table 1. Relation of Supplementary Feeding with Improved Nutritional Status of Children under Five

Variabel		Pemberian Makanan Tambahan		Total	Nilai P
		Baik	Kurang Baik		
	Terjadi Perbaikan Status Gizi	20 (100%)	7 (53,8%)	27 (81,8%)	
Perbaikan Status Gizi	Tidak Terjadi Perbaikan Status Gizi	0 (0%)	2 (15,4%)	2 (6,1%)	0,004
	Terjadi Penurunan Status Gizi	0 (0%)	4 (30,8%)	4 (12,1%)	
Total		20 (100%)	13 (100%)	33 (100%)	

Table 1 shows that there were 27 respondents (81.8%) who experienced an improvement in nutritional status, with 20 respondents (100%) among them getting good supplementary food and seven respondents (53.8%) who received poor nutrition. Two respondents (6.1%) did not experience improvement in nutritional status by giving poor food (15.4%). Meanwhile, four respondents (12.1%) experienced a decrease in nutritional status by giving poor food(30.8%).

In the chi-square test at SPSS, the p-value was obtained = 0.004 with a significance level of 5% (0.005%). The p-value is smaller than the significance value, so it can be said that there is a significant relationship between the provision of additional food and the improvement of the nutritional status of children under five at Anyelir Posyandu, Pancoranmas, Depok.

DISCUSSION
Based on this study, it was found that the provision of additional food had a significant relationship with the improvement of the nutritional status of children under five, seen from its p-value, namely 0.004, which is less than 0.005 (p<0.005).

This research is in line with research conducted by Fenny in 2013 in the coastal area of Padang City, with a p-value of 0.004 coastal area of Padang city, with a p-value of 0.004 In his statement, he said that additional food if given to children at the right age could make them grow and develop optimally. [7] This research is also in line with research conducted by Ersa in 2013, namely the PMT program is effective against weight gain in toddlers with a p-value of 0.000. [8] Apart from improvements in the provision of supplementary feeding by mothers, it is also necessary to observe the growth of BGM (Below the Red Line) under-five children continuously by the Public Health Center. One action that can be taken is to make home visits. For this reason, parents need to maintain the nutritional intake given to children during 100 HPK (First Day of Life).

CONCLUSION
Based on the results of research regarding our nutritional status of malnutrition after nutritional intervention specifically, when pandemic covid in IHC Carnation, Pancoranmas, Depok, 2020, specifically can be drawn that there is a significant relationship, the strong, the direction of change in nutritional status before and after provision of additional food for children under five with low nutritional status with a value of p = 0.004 (p <0.005) and a correlation coefficient = 0.533. Positive correlation describes an increase in one variable, causing additional values to be added to other variables.

SUGGESTION
Based on the results of research that has been carried out in IHC Carnations, to improvements to improve the nutritional status of the respondent, the suggestions given to Public Health Centre is Providing counseling and health education increase knowledge of mothers on feeding additional monitoring programs providing the right of the collateral should be further improved to run well. And for further we to conduct

further research on malnutrition status in toddlers using other research methods and designs. The author also hopes that when he goes to the community to conduct research, we can provide
counseling for thecommunity to prevent malnutrition.

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