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Factors Affecting Nutritional Status Of Toddler Under The Red Line At Tambakrejo Health Center, Jombang District, Jombang District

Mitayakuna Stianto^{1✉}, Alfira Fitriana², Yustina Rahayu³

STIKES Bahrul Ulum Jombang

Email: mitayaku@gmail.com^{1✉}

Abstrak

Masalah kesehatan dan gizi sering kali dijumpai pada masa anak-anak terutama masa balita (usia 1-5 tahun) yang dapat dimanifestasikan sebagai balita dengan BGM (BawahGarisMerah) pada KMS (KartuMenujuSehat), apabila balita dalam batas bawah garis merah pada KMS balita berstatus gizi kurang, ini diketahui dari balita yang ditimbang di Posyandu. Tujuan penelitian ini untuk mengetahui faktor yang mempengaruhi status gizi pada balita bawah garis merah di Puskesmas Tambakrejo Kecamatan Jombang Kabupaten Jombang. Penelitian ini menggunakan metode penelitian deskriptif dengan menggunakan alat ukur kuesioner dan wawancara. Data diperoleh dengan penyebaran kuesioner kepada 14 responden dengan teknik pengambilan sampel total sampling, penelitian dilakukan tanggal 06 sampai 13 Maret 2023. Hasil penelitian menunjukkan bahwa faktor yang mempengaruhi status gizi pada balita bawah garis merah adalah faktor makanan yaitu kurangnya konsumsi bahan makanan yang mengandung gizi seimbang dan kurangnya keseimbangan antara keempat sub faktor yang ada dalamnya. Hasil penelitian menunjukkan bahwa faktor paling dominan yang menyebabkan terjadinya balita dengan BGM adalah faktor makanan dan faktor ekonomi. Diharapkan bagi para responden agar dapat memberikan makanan dengan jenis makanan dan jumlah makan yang sesuai dengan kecukupan gizi usia 1-3 tahun perhari dalam makanan menurut ukuran rumah tangga (URT). Agar memberikan waktu dalam meluangkan waktu dan perhatian kepada anaknya dan juga memeriksakan anaknya bagian gizi karena sebagian besar anaknya merupakan tipe anak yang sulit menerima makan.

Kata Kunci : *balita BGM, faktor yang mempengaruhi.*

Abstract

Health and nutrition problems are often encountered during childhood, especially the toddler period (ages 1-5 years) which can be manifested as toddlers with BGM (BawahGarisMerah) on the KMS (KartuMenujuSehat), if the toddler is below the red line on the KMS toddler is malnourished, this is known from toddlers who are weighed at the Posyandu. The purpose of this study was to determine the factors that influence nutritional status in toddlers under the red line at Puskesmas Tambakrejo Jombang District Jombang Regency. This study used descriptive research methods using questionnaires and interviews. Data obtained by distributing questionnaires to 14 respondents with total sampling technique, the research was conducted on 06 to 13 March 2023. The results showed that the factors affecting nutritional status in toddlers below the red line are food factors, namely the lack of consumption of food ingredients that contain balanced nutrition and the lack of balance between the four sub-factors in it. The results showed that the most dominant factors that caused the occurrence of toddlers with BGM were food factors and economic factors. It is expected for respondents to be able to provide food with the type of food and the number of meals in accordance with the nutritional adequacy of 1-3 years of age per day in food according to household size (URT). In order to give time and attention to their children and also check their children in the nutrition department because most of their children are the type of children who are difficult to accept food.

Keywords: BGM toddlers, influencing factors

INTRODUCTION

Childhood, especially the period under five years old, is a critical period in the process of human growth and development, because it lays the foundation for the formation of the body, personality and subsequent skeleton (Putri et al., 2020). Health and nutrition problems are often encountered during this period, which can be manifested as toddlers with Below the Red Line (BGM) on the Towards Health Card (KMS) (Ningtyias et al., 2020). The World Health Organisation (WHO) estimates that malnutrition is the cause of child mortality with a percentage of 54% and will later lead to malnutrition. Indonesia estimates that 80% of child deaths are caused by nutritional problems, especially malnutrition (Ningtyias et al., 2020). Factors that affect nutritional status include dietary factors, organic factors, psychological factors, educational factors, birth spacing factors, economic factors (Suryani et al., 2017).

According to the results of Riskesdas, nationally in 2018, the underweight prevalence rate decreased compared to 2017, which was 17.7%, but this figure is still high compared to the 2019 RPJMN target of 17%. A survey conducted by the East Java Provincial Health Office in 2015 found that 17.8% of children under five were underweight, compared to the national minimum underweight rate of 15.5%. East Java is in the critical category for

weight below the red line (BGM) in the card towards healthy (KMS), there are 1750 toddlers in the BGM category which is the focus of government attention out of 8000 toddlers (Putri et al., 2020).

Based on data from Tambakrejo health centre, the number of toddlers is 3286, toddlers come to the posyandu to weigh 1455 (44.28%), with the results of weighing the number of toddlers with weight gain of 694 (21.12%), while toddlers with weighing status below the red line (BGM) of 14 (0.96) (UPTD Puskesmas Tambakrejo, 2022). As a result of the high incidence of BGM will have a negative impact on the level of growth and development of toddlers such as malnutrition, marasmus, kwashiorkor, or marasmus-kwashiorkor, and PEM so that it will hamper the formation of a healthy young generation both physically and mentally (Mugiati, 2019).

In an effort to realise development in the health sector, especially toddlers with BGM, in addition to government efforts, the role of the family is very important. Families, especially mothers, need to know the factors that cause malnutrition or toddlers with BGM and must make various efforts such as improving the nutrition of their children, increasing parental knowledge about nutrition, following toddler posyandu activities, as well as parenting, attitudes, and family behaviour (mother) in providing full affection (Febry, 2016). It would be better to provide vitamins and protein through milk. For families who cannot afford to replace milk with eggs, good quality food is food that contains all nutrients including protein, carbohydrates, fat, iron and minerals. The last effort is to treat comorbidities (Natalia, 2017).

Given the high incidence of BGM, optimal strategies and handling are needed in responding to the problem of under-fives with BGM. Therefore, researchers are very interested in researching "Factors affecting the nutritional status of toddlers below the red line (BGM) at Tambakrejo Health Centre, Jombang District, Jombang Regency".

RESEARCH METODE

This study uses descriptive research methods using questionnaire and interview measuring instruments. Data was obtained by distributing questionnaires to 14 respondents with total sampling technique, the research was conducted from 06 to 13 March 2023 at Puskesmas Tambakrejo Jombang Regency.

RESULTS AND DISCUSSION

1. Frequency distribution of respondents based on mother's knowledge level

Table 1 Frequency distribution of respondents based on mother's knowledge level

No	Mother's Knowledge Level	Frequency	Percentage (%)
1	Good : 76-100%	4	29%
2	Moderate: 56-75%	9	64%
3	deficient: <55%	1	7%
	Jumlah	14	100 %

Source: Primary data 2023

Based on table 1, it shows that most respondents stated the factor of the mother's knowledge level with a number of moderate criteria as many as 9 respondents (64%).

2. Frequency distribution of respondents based on birth range

Table 2 Frequency distribution of respondents based on birth range

No	Birth Range	Frequency	Percentage (%)
1	Only 1 child	4	29%
2	< 2 year	3	21%
3	>2 year	7	50%
	Total	14	100%

Based on table 2 above, it can be seen that the frequency based on birth range is shown in the data 50% of respondents have children with a birth range of > 2 years.

2. Frequency distribution of respondents based on economic factors

Tabel 3 Frequency distribution of respondents based on economic factors

No	Income level	Frequency	Percentage
1	Income > Expenses	2	14%
2	Income < Expenses	11	79%
3	Income = Expenses	1	7%
	Total	14	100 %

The results of table 3 show that most respondents have less income than expenses, which is 11 respondents (79%).

DISCUSSION

Based on the research in table 1, it can be seen from the level of maternal knowledge that the number of criteria is moderate as many as 9 respondents (64%). This

indicates that the state of nutritional status in toddlers below the red line is influenced by educational factors when viewed from maternal knowledge because maternal knowledge is not good (Suryani et al., 2017).

Education plays an important role in terms of feeding, at least it is desired that all residents know the importance of food for health, and that with a balanced diet toddlers can move stronger in a happy atmosphere as well (Mugiati, 2019). Good nutritional knowledge will cause a person to be able to compile a good menu for consumption. The more nutritional knowledge a person has, the more he will take into account the type and amount of food he gets for his consumption (Achmad Djaeni Sediaoetama, 2000 : 12-13).

Education has the aim of providing assistance to the development of the whole child. This means developing physical potential, emotions, attitudes, morals, knowledge and skills as much as possible in order to become an adult human being. So that the lack of knowledge or low education possessed by family members can hinder the process of growth and development in toddlers (Khotimah, 2021).

Table 2 shows that respondents stated that their babies did not have a birth spacing of 4 respondents (29%), who had a birth spacing of < 2 years by 3 respondents (21%), while those who had a birth spacing of > 2 years by 7 respondents (50%). This means that it does not affect the nutritional status of toddlers under the red line because the birth range is long enough.

Many children suffer from nutritional disorders because the mother is pregnant again or the new child has been born, so the mother does not have time to take good care of him (Suhardjo, 2003 : 23).

Toddlers growing up in a large family are the most vulnerable to malnutrition of all family members and the youngest children are usually the most affected by food shortages. Many children suffer from malnutrition because the mother has become pregnant again or the new child has been born, so the mother does not have time to take good care of him. This can be seen from table 3 which shows the results of income less average income less than expenditure (Suryani et al., 2017).

Based on research in table 3, it can be seen that most respondents have a poor economic level, namely income < expenditure of 79%. This shows that the nutritional status of toddlers below the red line is influenced by economic factors.

Income is all forms of income and real receipts from all family members to meet household needs It is undeniable that family income will contribute to determining the dishes served every day, both the quality and quantity of food, however, it should be ruled

out the assumption that food that meets nutritional requirements is only possible to be served in a family environment that has sufficient income (Putri et al., 2020).

The higher the income, the greater the percentage of income used to buy fruits, vegetables and various other types of food. The level of income also determines what type of food will be purchased with additional money. The higher the income, the greater the percentage of income used to buy fruits, vegetables and other types of food. Income is an important factor for quantity and quality (Febry, 2016).

CONCLUSION

Based on the results of the research that has been done, it can be concluded that most of the factors that influence the nutritional status of toddlers below the red line (BGM) at Puskesmas Tambakrejo, Jombang District, Jombang Regency, it is known that the largest proportion of respondents have a high school education. From the research conducted that most respondents have babies with birth range > 2 years. From the research conducted that most respondents have a poor economic level, namely income < expenditure.

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