

## Factors Related To The Nutritional Status Of Children In The Working Area Of Alasa Public Health Center, North Nias Regency 2019

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**ABSTRACT**

Based on the 2015 MDG's target, the prevalence of malnutrition and under-five children is 15.5%, this prevalence rate is included in the high category. From the results of the monitoring report on the nutritional status of children under five at the Alasa Public Health Center, which is one of the health centers in North Nias, the cases of malnutrition and malnutrition in children under five are still high, with a prevalence of 9.93%. The purpose of this study was to determine the factors associated with the nutritional status of children under five. The population of mothers who have toddlers by means of sampling is done by simple random. The sample in this study was 15% of the total population as many as 65 people. Data were collected using the Chi-Square test.

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### 1. Introduction

The degree of optimal health can be seen from the elements of quality of life as well as elements of motility and those that influence it, namely mobility and nutritional status. The state of good nutrition is the main requirement for realizing quality human resources in health development. The goal of health development towards a healthy Indonesia 2025, is to increase awareness, willingness and ability to live a healthy life for everyone through the creation of an Indonesian society, nation and state characterized by its population living with healthy behavior and in a healthy environment, having the ability to reach quality health services, fairly and equitably throughout the territory of Indonesia (Depkes RI 2009).

Alasa Public Health Center, is one of the health centers in North Nias which has a high prevalence of malnutrition and under-five children, with a prevalence of 9.92%. Based on the results of monitoring the nutritional status at the Alasa Health Center in 2016, it was found that the status of malnutrition and malnutrition was 54 toddlers, consisting of 3 severely malnourished toddlers an

Based on the description of the background above, it is necessary to conduct a study on "Factors related to the nutritional status of children under five in the Alasa Health Center Work Area in 2017".

Nutritional status means the physical condition of a person or group of people determined by one or a combination and certain nutritional measures (Soekirman, 2000). Meanwhile, according to Supariasi et al (2002), nutritional status is an expression of a state of balance in the form of certain variables or the embodiment of nutrition in the form of certain variables and is a static and aggregative index that is less sensitive to see changes in a short time, for example in a month.

Assessment of nutritional status is broadly divided into 2 types, namely: (1) direct nutritional status assessment consisting of: biochemical, clinical, anthropometric, and biophysical, (2) indirect nutritional status assessment consisting of: food consumption survey, vital statistics of ecological factors. The use of the nutritional status assessment method takes into account the purpose of the sample unit, the type of information on the level of reliability, the availability of facilities and equipment, personnel and time of assessment.

The recommended anthropometric indexes include: body weight for age (W/W), weight for height (W/TB), height for age (TB/U), upper arm circumference (LILA), chest circumference for age

(LIDA), head circumference (LIKA), subcutaneous fat thickness according to age and the ratio of hip to hip circumference.

Nutritional status based on indicators of BB / TB describes acute nutritional status as a result of conditions that last for a short time such as decreased appetite due to illness or suffering from diarrhea. In such circumstances the child's weight will fall quickly, so that it is not professional with his height and the child becomes thin. In addition to indicating an acute nutritional problem, it can also be used as an indicator of obesity. In this case body weight will exceed the normal proportion to height. The magnitude of the problem of thinness (thin and very thin) in toddlers which is still a public health problem is if the prevalence of thinness is >5%. Public health problems are considered serious when the prevalence of thinness is between 10.1% - 15.0% and is considered critical if the prevalence of thinness is. Already above 15.0%. Nutritional status based on TB/U indicators describes nutritional status as chronic, as a result of long-standing conditions such as poverty, poor parenting behavior, often suffering from repeated illnesses due to poor hygiene and environmental sanitation.

Parenting is the family's ability to provide time, attention and support for children so that they can grow and develop as well as possible physically, mentally and socially. Childcare patterns are the attitudes and practices of mothers or other caregivers in their proximity to children, how to care for, how to feed and give love.

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## 2. Method

### 2.1. Research Design

The type of research used is quantitative research with an analytical survey research design..

### 2.2. Population and Sample

The population is the entire object of research as many as 430 mothers. In this study, 15% of the total population, as many as 65 people.

### 2.3. Analysis Techniques

Univariate Analysis, This analysis is in the form of frequency distribution and percentage of each variable, Bivariate Analysis In this research, a statistical test was used with Chi Square test with the help of SPSS Windows.

## 3. Results and Discussion

TABLE 1  
DISTRIBUTION OF RESPONDENTS BASED ON FAMILY INCOME FACTORS WITH NUTRITIONAL STATUS OF CHILDREN UNDER FIVE IN THE WORKING AREA OF THE ALASA PUBLIC HEALTH CENTER

		Nutritional status				Pvalue
		Well		Not enough		
		F	%	f	%	0.191
Income	2 million	13	100	0	0	
Family	2 million	42	80.8	10	19.2	

In this study, it was found that the majority family income was < 2 million with good nutritional status as many as 42 respondents (80.8%) and 10 children under five (19.2%) malnutrition with a pValue of 0.191 > significant level (0.05) so that it can be concluded that there is no significant relationship between family income and the nutritional status of children under five in the work area of the Alasa Public Health Center, North Nias Regency.

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TABLE 2  
DISTRIBUTION OF RESPONDENTS BASED ON THE NUMBER OF FAMILY MEMBERS WITH NUTRITIONAL STATUS OF CHILDREN UNDER FIVE

		Nutritional status				Pvalue
		Well		Not enough		
		f	%	f	%	0.339
Number of	< 3	10	100	0	0	
Members						
Family	3	45	81.8	10	18.2	

In this study, it was found that the majority of family members 3 with good nutritional status were 45 respondents (81.8%) and 10 respondents (18.2%) with poor nutritional status with pValue of 0.339 > significant level (0.05), so that it can be concluded that there is no significant relationship between the number of family members and the nutritional status of children under five in the working area of the puskesmas for reasons of North Nias district.

TABLE 3  
DISTRIBUTION OF RESPONDENTS BASED ON THE KNOWLEDGE FACTOR WITH THE NUTRITIONAL STATUS OF CHILDREN UNDER FIVE

		Nutritional status				Pvalue	OR
		Well		Not enough			
		f	%	f	%	0.000	51,000
Knowledge	Well	51	96.2	2	3.8		
	Not enough	4	33.3	8	66.7		

In this study, it was found that the knowledge of the majority of respondents was good with good nutritional status of toddlers as many as 51 respondents (96.2%) and lack of nutritional status as much as 3.8% with poor knowledge of nutritional status as much as 66.7% with a p-value of 0.000 < significant level (0.05) and the OR value is indicated by the estimated value of 51,000 meaning mothers who have good knowledge have 51 times the opportunity to have children under five with good nutritional status, so it can be concluded that there is a significant relationship between mother's knowledge and nutritional status of toddlers in Ombolata village the working area of the Alas Public Health Center in North Niar Regency.

TABLE 4  
DISTRIBUTION OF RESPONDENTS BASED ON PARENTING FACTORS, FEEDING AND NUTRITIONAL STATUS OF CHILDREN UNDER FIVE

		Nutritional status				Pvalue	OR
		Well		Not enough			
		f	%	F	%	0.000	51,000
Toddler Feeding Parenting	Well	51	96.2	2	3.8		
	Not enough	4	33.3	8	66.7		

In this study, it was found that the majority of feeding patterns for toddlers were good with good nutritional status of toddlers as many as 51 respondents (96.2%) and undernutrition status as much as 3.8% with a pValue of 0.000 < significant level (0.05) and the OR value is indicated by an estimated value of 51,000, meaning that mothers who have good knowledge have 51 times the opportunity to have children under five with good nutritional status, so it can be concluded that there is a significant relationship between parenting and giving feeding on toddlers with nutritional status of toddlers in the village of Ombolata, the working area of the Alasa Public Health Center, North Nias Regency.

TABLE 5  
DISTRIBUTION OF RESPONDENTS BASED ON FACTORS OF HEALTH CARE AND NUTRITIONAL STATUS OF CHILDREN UNDER FIVE

		Nutritional status				Pvalue	OR
		Well		Not enough			
		f	%	F	%	0.000	90,000
Health Parenting	Well	50	98.0	1	2.0		
	Not enough	5	35.7	9	64.3		

In this study, it was found that the majority of good health care patterns for toddlers with good nutritional status for toddlers were 50 respondents (98.0%) and poor health care patterns with poor nutritional status for toddlers were 9 respondents (64.3%) with a pValue of 0.000 < significant level (0.05) and the OR value is indicated by an estimated value of 90.000 meaning that mothers who provide good health care for toddlers have a 90 times chance of having toddlers with good nutritional status, so it can be concluded that there is a significant relationship between parenting health and nutritional status of children under five in the village of Ombolata, the working area of the Alasa Public Health Center, North Nias Regency.

#### **4. Conclusion**

There is a significant relationship between knowledge, maternal parenting and nutritional status of toddlers, p value of 0.00, significant level of 0.05 with the OR value indicated by the estimated value of 51,000, meaning that mothers who have good knowledge have 51 times the opportunity to have toddlers with good nutritional status so that they can concluded that there is a significant relationship between IU and the nutritional status of children under five.

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