

Education About the Importance of Attention Nutritional Needs in Children

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Abstract

This study aims to help educate and provide an understanding of the importance of paying attention to the nutritional needs of children, so children's growth and development can develop healthily and have adequate nutritional balance in children's bodies from an early age. Paying attention to nutrition in children from an early age has indeed become a responsibility for every parent. The method used is descriptive qualitative research and uses a questionnaire as one of the media used to determine the knowledge of the target respondents. Therefore, the results of this research are 7 parents who participated as respondents showed that they knew the information required in the questionnaire. 11 fifth-grade students, on the other hand, displayed a lack of fundamental understanding and familiarity with the subject. Thus, with this research, it can increase students and parents' understanding about the importance of nutritional needs of children and the awareness in considering what intake should be given to children so that children's continue to get balanced nutrition.

Kata Kunci: *Child Nutrition, Knowledge of Nutrition, Nutritional Needs, Parents*

INTRODUCTION

Nutrition is the need or supply of substances and nutrients, such as food, which are needed to meet the needs of children for growth and development of children from an early age. One of the factors that affect a person's nutritional status is the individual's knowledge of nutrition (Kartini *et al.*, 2019). One of the essential aspects needed for the body's, neurological system's, brain's development and growth, as well as the development of cognition and human intelligence, is nutrition. Children's nutritional needs or standards should be able to be achieved by their nutritional satisfaction. (Sukamti, 1994) stated, the primary factor in achieving growth and development goals in accordance with their genetic potential is the satisfaction of dietary needs (nutrition). Food safety, hygiene, and nutritional value are frequently ignored in street food. School age children are the early teens of children in the age range of 6 to 12 years who enter puberty (Hasrul *et al.*, 2020). There are many issues that develop as a result of parents not being concerned about the food that children eat at school (Mawarni, 2017). Environmental influences, such as schools, can have an impact on food habits and behaviors over the course of a lifetime. Moreover, parents play a significant role in assuring that their children get the proper nutritional intake, thus parents must be aware of the fact that both healthy and unhealthy foods can affect a child's development regardless of their lifestyle (Fitriana, 2020). The proper nutritional balance will boost growth; healthy nutrition should be adjusted for activity age and level. In order to preserve children's physical health and growth, it is necessary to start paying attention to their nutritional restrictions at a young age (Irnani *et al.*, 2017). Every parent cherishes having children, and they all want to see them develop into a happy and healthy young adult. According to (Purnamasari *et al.*, 2017), a healthy eating behavior in school; children must have cooperation with parents. Proper nutrition presents numerous benefits for children, including giving them energy and preserving their bodies natural cells. Health and wellbeing are connected to this nutritional intake. In order to maintain children's development and growth, it is important to pay attention to their nutritional needs through education.

There have been several studies on the importance of paying attention to the nutritional needs of children. The importance of paying attention to the nutritional needs of children, according to (Wulandari *et al.*, 2022), he believes that in order for children's nutrition to be successful, it must fulfil their nutritional requirements or standards. Understanding how nutrition affects the body's health is essential for both parents and kids. There are several ways to educate people about nutrition. The dietary of children in school, according to (Yurni *et al.*, 2017), said that it tends to be high in snacks and low in fruits and vegetables. Discussed in research (Masrikhiyah, 2020), not just malnutrition, which results in stunted and underweight children, but also overnutrition, which results in obesity and diabetes, are still common problems with child nutrition. Besides that, according to (Das *et al.*, 2017), during childhood, a variety of factors affect dietary, including societal pressure, parenting role figures, food accessibility, dietary preferences, and cost. These are part of the category of individual factors. Also, as conducted in research (Laswati, 2017), people's health status and the amount of nutrition they consume in relation to their need are 2 factors that have a direct impact on their nutritional status. Because these two factors are interrelated, increasing one will not necessarily improve the other. Nonetheless, nutritional difficulties can arise for a variety of reasons, one of which is a lack of knowledge about healthy menu options and eating habits, (Johnson *et al.*, 2016). Furthermore, research conducted by (Sartika, 2012), provide an education about nutrition by giving lectures for parents and children in order to increase knowledge about the importance of paying attention to the nutritional needs of children from an early age.

Numerous studies on children's understanding of nutrition, but there is still a lack of research on the significance of paying attention to children's nutritional needs and the strategies or practices used to put this knowledge into implementation. As (Achadi *et al.*, 2010) stated that to get enough nutrients, the food consumed should be varied. Education can expand one's understanding, and as one's knowledge grows, it is anticipated that its behavior about diet and health will improve (Nuryanto *et al.*, 2014). Children who have nutritional issues experience a variety of negative impacts, such as increased morbidity and mortality as well as a loss in intelligence, as stated by (Hardiansyah *et al.*, 2017). Nonetheless according to (Rahmawati *et al.*, 2016), health, intelligent, fit and healthy, yet productive human resources are the results of great nutrition. Therefore, the aim of this research upon this significance of education about children's nutritional needs is to educate those who still lack understanding about nutrition in recognizing the significance of children's nutritional needs and intake for their growth and development. In which, using direct research to the field by providing a questionnaire in the form of a pre-test that must be filled out by parents and 5th grade students of Tugu Elementary School. The novelty of this study is (1) research on basic knowledge about nutrition, (2) the process of providing education about the importance of paying attention to nutritional needs in children, using posters and PPT, and (3) the results of the implementation of this education can be applied by parents and the child.

METHOD

1. Research Subject

The research subjects or targets of this study were 5th graders at Tugu Elementary School and several parents who live in Cihideung Village, Parongpong District, West Bandung Regency. Respondents were 18 people; 11 students from 5th grade, and 7 parents. Research data collection was then carried out by giving a questionnaire to 18 respondents.

2. Research Design Analysis

The research data used is descriptive qualitative research method and is carried out by distributing questionnaires as one of the media used to determine the knowledge of the target respondents. In this study, there were 3 stages carried out in data collection, which: (1) conducting a pre-test through a given questionnaire, (2) providing education about the importance of paying attention to nutritional needs in children, and finally (3) conducting a post-test. **Table 1** shows the pre-test and post-test questions in this research.

Table 1. The questionnaires.

No	Questions	Answer	
1.	Nutrition is the need or supply of substances and nutrients (food) for growth and body health.	True	False
2.	Unbalanced nutritional intake has an effect on better body resistance.	True	False
3.	Adequate nutrition in children greatly affects the formation of brain nerves.	True	False
4.	The quantity & quality of food and drink consumed affects food intake and affects children's health.	True	False
5.	Parental ignorance about nutrition is one of the causes of child malnutrition.	True	False
6.	Consuming fast food too often can adversely affect the nutritional balance of children.	True	False
7.	Low economic level is one of the causes of child malnutrition.	True	False
8.	Nutrition = the main factor that can affect the growth and development of children from an early age.	True	False
9.	The best nutritional health level is maximum health, the body is free from disease and has maximum work power.	True	False
10.	Obesity is a disease of overnutrition.	True	False
11.	Eating patterns that start early can have a lasting impact on children's health. For example, poor nutrition can make a child obese or underweight.	True	False
12.	A good child's diet is done by meeting the calorie needs, side dishes, green vegetables, and consumption of milk or yogurt.	True	False
13.	Malnutrition is a problem that occurs due to lack of consuming foods that contain energy, protein, and minerals (calcium).	True	False
14.	Nutrition is one of the factors that affect the working power of the immune system.	True	False
15.	Some vitamins that can increase immunity are vitamins A, B6, B12, C, D, E, folic acid, and minerals.	True	False
16.	The influence of the external environment can affect the diet and nutritional intake of children.	True	False
17.	One of the criteria for foods that children like is foods that contain a lot of sugar, as well as dark colors that attract	True	False

children's attention.

18.	One of the efforts to improve nutrition in children is by serving the child's portion according to his wishes, then giving praise when the child eats healthy food (vegetables).	True	False
19.	In order to maintain nutritional balance, reduce consumption of sugary drinks / soft drinks.	True	False
20.	Nutritional disorders are caused by primary or secondary factors. The primary factor is when a person's food composition is wrong in quantity or quality caused by a lack of food supply, poor food distribution, and poverty.	True	False

RESULTS AND DISCUSSION

The findings have been collected during the data collection process for the questionnaire of 20 questions with 18 respondents. The findings of the pre-test and post-test questionnaires from 18 respondents are shown on the **Table 2**, which the results of respondents answer as regards the questionnaires.

Table 2. The results of the pre-test and post-test.

No	Pre-test	Post-test	Results Description
1.	100%	100%	Both pre-test and post-test have the same percentages, answered correctly by 18 respondents.
2.	27,8%	94,4%	In pre-test (27,8%) answered correctly, after doing the post-test (94,4%) answered correctly.
3.	83,3%	100%	In pre-test, 15 respondents (83,3%) answered correctly, after doing the post-test, 18 respondents (100%) answer the question correctly.
4.	83,3%	94,4%	In pre-test, 15 respondents (83,3%) answered correctly, meanwhile the other 3 respondents didn't answer the right question; after doing the post-test, 17 respondents (94,4%) answer the question correctly.
5.	83,3%	100%	In the pre-test, 15 respondents (83,3%) answer the right question, after doing the post-test, all respondents (100%) answered correctly.
6.	83,3%	100%	In the pre-test, 15 respondents (83,3%) answer the right question, after doing the post-test, all respondents (100%) answered correctly.
7.	83,3%	88,9%	In the pre-test (83,3%) answered correctly, and increased 1 respondent in the post-test, which become (88,9%).
8.	88,9%	100%	In the pre-test, 16 respondents (88,9%) answer the right question, then after doing the post-test

			(100%) answered correctly.
9.	83,3%	88,9%	In the pre-test, (83,3%) answered correctly, then after doing the post-test, it is increased 1 respondent (88,9%).
10.	83,3%	100%	In the pre-test, 15 respondents (83,3%) answered correctly, meanwhile the other respondents choose the wrong answer, but after doing the post-test, 18 respondent (100%) answer the right question.
11.	83,3%	94,4%	In the pre-test, (83,3%) answered correctly, then after doing the post-test, it is increased (94,4%) answer the right question.
12.	94,4%	100%	In the pre-test, 17 respondents (94,4%) answered correctly, after doing the post-test, 18 respondents (100%) answer the right question.
13.	72,2%	94,4%	In the pre-test (72,2%) answered correctly, meanwhile then other (27,8%) answered incorrectly, the after doing the post-test (94,4%) answer the right question.
14.	72,2%	94,4%	In the pre-test (72,2%) answered correctly, then after doing the post-test (94,4%) answer the right question.
15.	88,9%	100%	In the pre-test, 16 respondents (88,9%) answer the right question, after doing the post-test, 18 respondents (100%) answered correctly.
16.	72,2%	94,4%	In the pre-test (72,2%) answered correctly, then after doing the post-test (94,4%) answer the right question.
17.	83,3%	100%	In the pre-test, 15 respondents (83,3%) answered correctly, then after doing the post-test, all respondents (100%) answer the right question.
18.	88,9%	100%	In the pre-test, 16 respondents (88,9%) answer the right question, then after doing the post-test, the other 2 respondents answered correctly (100%).
19.	82,4%	100%	In the pre-test, 14 respondents (82,4%) answer the right question, then after doing the post-test, 18 respondents (100%) answered correctly.
20.	77,8%	100%	In the pre-test, (82,4%) answer the right question, then after doing the post-test, it is increased (100%) answered correctly.

Thus, overall findings in **Table 2** are based on the data that has been collected during the data collection process for the questionnaire, 7 parents who participated as respondents demonstrated their understanding and knowledge of the information needed in the questionnaire. Meanwhile, 11 fifth-grade children showed a lack of basic knowledge and familiarity with the subject matter. In general, responders at least have a

fundamental understanding of what nutrition is. However, because many of them already have a basic understanding of nutrition, the results from the data above are fairly adequate. Therefore, as stated by (Thasim *et al.*, 2013), the effect of nutrition education on changes in knowledge and intake of nutrients in this case energy, protein, fat, carbohydrates, and fiber in children.

CONCLUSION

In conclusion, this qualitative descriptive research using questionnaire media can show the level of knowledge of students and parents about nutrition, as well as the importance of paying attention to the nutritional needs of children. According to the study's findings, respondents now have a better understanding of nutrition's fundamentals and are better able to determine what has to be done to ensure that children's meals are balanced and that they can grow healthily.

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