# ANALYSIS OF NUTRITIONAL STATUS OF CHILDREN IN THE VILLAGE PAIHEME DISTRICT CENTRAL TAPANULI NORTH SUMATRA

**[1.]Dimpu Tampubolon,[2.]Herlina**
STIKES NAULI HUSADA

## ABSTRACT

The nutritional status of children under five years in Indonesia is still cause for concern, because of 5,119,935 children under five of 17,983,244 children under five in Indonesia (28.47%) include in group of malnutrition. Nutritional problems in Indonesia and developing countries in general are still dominated by protein energy malnutrition, iron anemia problems, interference problems caused by lack of iodine, the problem of lack of vitamins and the problem of obesity, especially in big cities and remote areas. The low nutritional status of children in West Sorkam subdistrict Sipeapea Paiheme village public health center (PHC) work area related to knowledge, income, education, occupation, status of diarrhea and exclusive breastfeeding. This is a descriptive analytic study with cross-sectional analysis is to determine the nutritional status of infants in Middle Tapanuli District West Sorkam subdistrict Sipeapea Paiheme PHC work area. The study population was mothers who have children under five, with a large sample of 96 mothers. Data was collected by interview using a questionnaire. Analysis of data using simple logistic regression test at 95% confidence level. The result showed that most of the good nutritional status of 67.7% and malnutrition status of 32.3%. Factors knowledge, education and status of children under five with diarrhea had a significant association with the nutritional status of children in which the value of p-values <0.05. While the factor income, employment and exclusive breastfeeding did not have a significant relationship with the nutritional status of children in which the value of p-value> 0.05. From the multiple logistic regression test results concluded that the education variable is the dominant with score OR = 8.271, which means mother of higher education have the opportunity to her children good nutritional status than mothers with low education after the controlled variable knowledge, job, status of children under five with diarrhea and exclusive breastfeeding. Suggested for health workers in the district of West Sorkam in order to further improve counselling about nutrition to the public and counselling on how to prevent diarrhea to reduce the incidence of diarrhea and to increase the knowledge of the mother in providing good nutrition for children.

**Keywords:** Nutritional, Children, Paimehe

## BACKGROUND

Nutritional problem is a public health problem, but penanggulangnya can not be done with the approach of medical and health services alone. The cause of the nutritional problems are multifactorial, therefore mitigation approach must involve all factors (Ibn et al, 2002). Report of the World Health Organization (World Health Organization / WHO, 2002) also showed that the public health Indonesia is the lowest in Asean and ranks 142 out of 170 countries. WHO data, it mentions the prevalence of malnutrition and lack of the children under five in 2002 respectively increased to 8, 3% and 27, 5%, and in 2005 had risen again to each of 8, 8% and 28%. The condition is quite alarming. The reason, in addition to impact on growth and development of children, malnutrition is also one of the main causes of infant mortality. WHO data in 2002 showed 60% of infant and child mortality linked to malnutrition cases. According to the World Health Organization (WHO, 2002), more than 30% of infants in the world's population is malnourished .. In our country the prevalence of chronic malnutrition varies, according to data from the National Health and Nutrition Survey (PNSN), between 8.1% and 27.3%, depending on the study area. While the prevalence of malnutrition according to the grouping of the World Health Organization (WHO), Indonesia is a country with high nutrient status in 2004. Because of 17,983,244 5,119,935 toddler toddlers Indonesia (28.47%) belongs to a group of malnutrition and malnutrition , Formulation of the problem Based on the data obtained from health Sipeapea Sorkam Western District of

toddlers found 96 people in the village Paiheme Sorkam District of Central Tapanuli and 37 preschoolers who did not gain weight this month in accordance with KMS found. Nutritional status of children strongly influenced by the readiness of parents in caring for the toddler. There are various factors that influence that far less attention by the public, especially the parents of the toddler. Based on the description above, researchers are interested in knowing: Analysis of nutritional status of infants at Paiheme village sub-district Puskesmas Sipeapea Sorkam West Central Tapanuli the Year 2015? ". General purpose To study and clarify the picture of factors associated with the Nutritional Status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015 Special purpose a) To study and explain the relation between knowledge and nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. b) To study and explain the correlation between income and nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. c) To study and explain the relation between education and nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. d) To study and explain the employment relationship with nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. e) To study and explain the relationship status of children under five suffer from diarrhea and nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. f) To study and explain the relationship of exclusive breastfeeding and nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015. g) To determine the dominant factors associated with nutritional status in Toddlers village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli 2015 Benefits of research As an input or consideration for health centers and mother Toddler in improving the nutritional status of children. And the research is expected to improve services to better education about good nutrition for toddlers.

**RESEARCH METHODS**

This is a descriptive study, using cross sectional design. The research location is in the village Puskesmas Paiheme Sipeapea Sorkam Western District of the Year 2015. When the study started January to July 2015. The population of this research is all mothers with children under five as many as 96 people, with a total population technique. Data Retrieval Techniques 1. Primary Data Primary data is data obtained directly from the respondent (mothers) in which data collection was conducted by questionnaire given to respondents for getting answers to questions. At the time of the study conducted by researcher with distributing questionnaires. 2. Secondary Data Secondary data is data obtained directly from the clinic associated with the number of mothers. Data analysis techniques with Chi-Square test.

**RESEARCH RESULT**

univariate 1. Known from 96 respondents surveyed found that most of the categories of good nutritional status of children under five (67.7%). 2. Known from 96 respondents surveyed found that most knowledgeable high (53.1%). 3. The note of 96 respondents surveyed found that most low-income (76.0%). 4. The note of 96 respondents surveyed found that the vast majority from the education level is low (84.4%). 5. The note of 96 respondents surveyed found that most mothers do not work that (76.0%). 6. The note of 96 respondents surveyed found that most toddlers've got diarrhea (63.5%) 7. known from 96 respondents surveyed found that most infants are not exclusively breastfed (60.4%).

BIVARIATE

1. Given the results of the analysis of the relationship between knowledge of mothers with infant nutritional status obtained 78.4% of women are high knowledgeable balitanya good nutritional status. While lower among mothers who are knowledgeable, there are 44.4% of the nutritional status of children under five are less. Statistical test results obtained by value p = 0,030, it can be concluded no difference in the proportion of incident balitanya good nutritional status among women with a high knowledge mothers who are knowledgeable low (there is a significant relationship between knowledge of mothers with infant nutritional status). From

the results obtained by analysis of the value of OR = 2.909 means high knowledge mothers toddler has a chance of 2.9 times for the nutritional status of children better than low knowledge mothers. 2. Given the results of the analysis of the relationship between income mothers with nutrition status was obtained that there are as many as 73.9% of women with low incomes balitanya good nutritional status. Whereas among mothers with low incomes, there are 65.8% better nutritional status of children under five. Statistical test results obtained by value p = 0.635 it can be concluded there was no difference in the proportion of children under five nutritional status events between high-income mothers with low income mothers (there is no significant relationship between income mothers with infant nutritional status). 3. Given the results of the analysis of the relationship between mother's education with infant nutritional status is obtained that there is as much as 100% higher educated mothers balitanya good nutritional status. Whereas among mothers with low education, there are 61.7% better nutritional status of children under five. Statistical test results obtained by value p = 0.009, it can be concluded no difference in the proportion of incident balitanya good nutritional status among women of higher education with mothers with low education (no significant relationship between mother's education with infant nutritional status). From the results obtained by analysis of the value of OR = 1.620 means that higher education mother toddler has a chance of 1.6 times for good nutritional status than mothers with low education. 4. Given the results of the analysis of the relationship between the mother's occupation with the nutritional status of children shows that there are as many as 82.6% of working mothers balitanya good nutritional status. Whereas among women who do not work, there are 63.6% better nutritional status of children under five. Statistical test results obtained by value p = 0.134 it can be concluded there was no difference in the incidence proportion of poor nutritional status among children under five working mother with mothers who did not work (there is no significant relationship between maternal employment with the nutritional status of children). 5. Given the results of the analysis of the relationship between the status of children under five with diarrhea in infant nutritional status is obtained that there is as much as 82.1% children with diarrhea never balitanya good nutritional status. Whereas among toddlers who've got diarrhea, there are 41.0% less nutritional status of children under five. Statistical test results obtained by value p = 0.029 it can be concluded no difference in the incidence proportion of poor nutritional status among children under five babies never diarrhea with toddlers who've got diarrhea (there is a significant correlation between the status of children under five with diarrhea in infant nutritional status). From the results obtained by analysis of the value of OR = 3.356 means that infants with diarrhea never have a chance of 3.35 times for the nutritional status of children under five is better than ever with diarrhea. 6. known the results analysis of the relationship between exclusive breastfeeding with infant nutritional status is obtained that there are as many as 76.3% of infants exclusively breast-fed babies good nutritional status. Whereas among infants who are not breastfed exclusively, there are 37.9% less nutritional status of children under five. Statistical test results obtained by value p = 0.216 it can be concluded there was no difference in the proportion of children under five nutritional status events between infants breast-fed exclusively with toddlers who are not breastfed exclusively (no significant relationship between exclusive breastfeeding with infant nutritional status.

MULTIVARIATE

Last modeling variables obtained knowledge, education and the status of diarrhea have a significant relationship in which each variable has a value p-value <0.05, with a dominant variebl education is variable so that the variable where the value OR the largest among the other variables, so that the dominant variable is education. The analysis of educational variables obtained value OR = 8.271 means that mothers are higher education opportunity as much as 8.2 times for good nutritional status than women with low education. Variables controlled with variable knowledge education, employment, status of children under five with diarrhea and exclusive breastfeeding

**CONCLUSION**

1. Most of the village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli North Sumatra Province in 2015 good nutritional status (67.7%). Also obtained malnutrition status of 32.3% which is still relatively high compared to the national percentage is 17.9%. 2. Factor maternal knowledge, maternal education, maternal employment status of children under five with diarrhea and had no significant relationship with the nutritional status of children in the village Puskesmas Paiheme Sipeapea Sorkam Eastern District of Central Tapanuli, North Sumatra. 3. Of the factors that influence the nutritional status of children, education Mother dominant in influencing the nutritional status of children with OR = 8.271, meaning that mothers are higher education's likely as much as 8.2 times better nutritional status than mothers with low education , Education variable controlled variable job knowledge, the status of children under five with diarrhea and exclusive breastfeeding.

**SUGGESTION**

a) It is expected that the health workers in sub-district Puskesmas Sipeapea Sorkam West to further enhance the nutritional counseling to the community to improve the knowledge of the mother in the provision of good nutrition for toddlers. b) It is expected that providing health education in villages Paiheme Sorkam District of the West, especially on how the prevention of diarrhea to reduce the incidence of diarrhea.

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