



EMPOWERMENT OF PARENTS AND GUARDIANS OF YANNAS TK AND KB STUDENTS REGARDING NUTRITIONAL EATING PATTERNS FOR EARLY-AGE CHILDREN "ISI PIRINGKU"

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Kata Kunci:
Pemberdayaan Orang Tua;
Anak Usia Dini;
Pola Makan;

Keywords:
Parent Empowerment;
Early Childhood;
Eating Patterns;

ABSTRAK

Masalah signifikan yang sering terjadi pada kelompok anak usia dini adalah kekurangan gizi. Stunting dan wasting terjadi akibat anak tidak mendapatkan gizi yang layak dan sesuai pada semua tahapan hidupnya. Melalui peningkatan pengetahuan orang tua mengenai gizi anak ini harapannya memberikan pengaruh pada praktek pemberian makan dan pola asuh yang adekuat. Pelaksanaan kegiatan pengabdian masyarakat ini menggunakan metode pendekatan *Participatory Action Research* (PAR) dengan orientasi pemberdayaan. Kegiatan Pengabdian Kepada Masyarakat (PKM) ini akan dilaksanakan di wilayah Bangkalan. Kegiatan penyuluhan dilaksanakan di Gedung Akademi Farmasi Yannas Husada Bangkalan pada tanggal 28 Oktober 2023. Kegiatan pendampingan mulai dilaksanakan tanggal 29 Oktober sampai 26 November 2023. Tim yang berjumlah 3 (tiga) orang, masing-masing melakukan kunjungan ke rumah orang tua atau wali siswa sebanyak 2 (dua) kali dalam 1 (satu) minggu selama 8 (delapan) minggu. Jumlah rumah yang akan dikunjungi yaitu sebanyak 10 (sepuluh) rumah. Sebagian besar ibu kurang paham dalam memilihkan jenis lauk yang baik untuk anak serta jarang sekali memberikan sayur. Pada saat pendampingan, terdapat anak yang mau mengonsumsi sayur, ada pula yang tidak.

ABSTRACT

A significant problem that often occurs in the early childhood group is malnutrition. Stunting and wasting occur as a result of children not getting proper and appropriate nutrition at all stages of their lives. By increasing parents' knowledge about children's nutrition,



it is hoped that this will have an influence on adequate feeding practices and parenting patterns. The implementation of this community service activity uses the Participatory Action Research (PAR) approach with an empowerment orientation. This Community Service Activity will be carried out in the Bangkalan area. Counseling activities were carried out at the Yannas Husada Bangkalan Pharmacy Academy Building on October 28 2023. Mentoring activities started from October 29 to November 26 2023. A team of 3 (three) people each made visits to the homes of parents or guardians of as many students as possible. 2 (two) times in 1 (one) week for 8 (eight) weeks. The number of houses that will be visited is 10 (ten) houses. Most mothers don't understand how to choose the right types of side dishes for their children and rarely give them vegetables. During mentoring, there are children who want to consume vegetables, there are also those who don't.

INTRODUCTION

Nutritional problems that often occur in the early childhood group include low birth weight, wasting, stunting, obesity, iodine deficiency, and vitamin A deficiency. A significant problem is malnutrition. The high frequency of illness in children and supported by acute malnutrition causes wasting. It is known that this wasting condition can significantly increase the risk of child death. Stunting reflects chronic malnutrition and can have long-term impacts such as growth retardation, decreased cognitive and mental abilities and vulnerability to disease. Stunting and wasting occur as a result of children not getting proper and appropriate nutrition at all stages of their lives (Unicef, 2021).

The government has a target for the stunting incidence rate in 2024 to be 14%, while the stunting rate in 2022 is 21.6%. When compared with the figure in 2021, there was indeed a decrease of 2.8%, but to be able to achieve the target figure, an average decrease of 3.8% is needed each year. The incidence of hunger (wasting) is 7.7% and malnutrition is 17.1% in early childhood. This figure will increase in 2022 compared to 2021. The incidence of overweight in early childhood is 3.5% in 2022. This figure has increased by 0.3% compared to 2021 (Munira, S.L., 2023).

Of these problems, stunting is of particular concern to the government. Stunting has a long-term impact, it can reduce the quality of a country's Human Resources (HR). The quality of human resources for the future will determine a country's progress. The impact of stunting on a child include causing a child to growth failure, hampered cognitive and motor development, and the risk of metabolic disorders when they grow up, such as diabetes, obesity, stroke, heart disease. The health and adequate nutritional intake of early childhood needs to be considered for present and future health, optimizing the growth and development process and supporting the learning process (Puspita WA, 2021).

Preparing nutritional intake for early childhood is an important thing for parents to pay attention to. Children's nutritional intake is a determining factor in their survival, health status, growth, development and intelligence. Children who are well-nourished can grow and develop well and are able to withstand various diseases (Unicef, 2020). By increasing parents' knowledge about children's nutrition, it is hoped that this will have an influence on adequate feeding practices and parenting patterns. It is known that education is the fundamental cause of malnutrition based on the concept of causes of nutritional problems (Ramlah, U., 2023).

Maternal knowledge about nutrition and parenting tends to show a significant relationship with the incidence of stunting in toddlers (Saputri U.A, et al, 2021). There are research results that knowledge is closely related to the mother's parenting style. A parent's level of knowledge will determine how they care for a child and will subsequently have an impact on their child's nutritional status. There is a series of relationships between knowledge, parenting patterns and nutritional status. Good maternal knowledge tends to be related to good nutritional status of toddlers, whereas low or poor maternal knowledge is related to poor nutritional status of toddlers (Hall et al., 2018).

IMPLEMENTATION METHOD

The implementation of this community service activity uses the Participatory Action Research (PAR) approach with an empowerment orientation. The steps taken are:

1. Knowing Community Conditions and Understanding Community Problems

At this stage the committee conducts an area survey and then determines the problems so that activity targets are found.

2. Activity Planning

This stage consists of:

- a. Determination of extension performance
- b. Preparation of socialization activity programs

3. Implementation of Activities

At this stage, planning is implemented. This activity is the Socialization of Nutritious Eating Patterns in Early Childhood "Fill My Plate".

4. Assessment

This stage is to find out whether the activities are running according to plans and objectives. The team prepared an activity evaluation sheet to be given to respondents at the end of the activity.

This Community Service Activity will be carried out in the Bangkalan area. Counseling activities were carried out at the Yannas Husada Bangkalan Pharmacy Academy Building on October 28 2023. Mentoring activities started from October 29 to November 26 2023. The team consisted of 3 (three) people, each visiting the homes of students' parents or guardians two times in a week. This was done for eight weeks. The number of houses that will be visited is 10 (ten) houses.

RESULTS AND DISCUSSION

This community service activity was carried out using a counseling and mentoring approach. The counseling activity was the delivery of material on Nutritious Eating Patterns for Early Childhood "Isi Piringku". Next, there were activities to assist parents or guardians of students in preparing meal menus for children. The team started carrying out mentoring activities one day after the counseling activities were carried out.

The first activity was counseling to the target group which was carried out on October 28 2023 at 09.00 at the Yannas Husada Bangkalan Pharmacy Academy Building. Before the event started, the committee prepared tools and materials for counseling such as laptops, LCD projectors, microphones. The event started promptly at 09.00, opened by the MC followed by the opening by the chairman of the Yannas Kindergarten committee and then the chairman of the An-Nashiriah Bangkalan Foundation. After the opening ceremony was finished, the resource person was deliver the counseling material. There were 44 participants present, most of whom came before the event started. Participants followed the counseling in an orderly manner and listened carefully. Participants were quite enthusiastic about participating in the counseling activities from start to finish. The school principal and several kindergarten teachers attended this activity.

Participants in this activity are parents or guardians of students and Yannas Bangkalan Kindergarten students. Almost all parents or guardians of students attended this activity. The number of participants attending shows the enthusiasm of parents and guardians of Yannas Kindergarten students for this activity. During the counseling session, participants listened carefully. There were several participants who asked questions related to the material. Most of the questions asked were about food menu choices for children, such as types of side dishes, vegetables and snacks, along with the number of portions. From the participants' questions, it showed that the participants were interested in the material for this activity.

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Mentoring was carried out by team members visiting the homes of ten parents or guardians of students. The division of team tasks was each team member visited three houses while the team leader visited four houses, every Saturday and Sunday for eight weeks. The distance between the houses visited was not too far, less than one kilometer. The vehicle we use for this assistance was a motorbike. Each time assistance was prepared one meal, for example to prepared breakfast, lunch or dinner menus. The visit time depended on the participant's time. The mentoring for eight weeks ran smoothly without any obstacles.

Most of the homes visited had a habit of eating children's menus following the family menu, with large portions of carbohydrate (rice) and rarely portions of fiber (vegetables). If the mother is cooking vegetables that day, then the child's meal menu will include vegetables and vice versa. There were two respondents whose children's meal menu depended on the child's preferences, because if they did not follow the child's preferences then the child would not want to eat. During the visit, we helped choosed a meal menu according to balanced nutrition guidelines for children. Most mothers didn't understand how to choose the right types of side dishes for their children and rarely gave them vegetables. During mentoring, there were children who wanted to consumed vegetables, there were also those who don't.

The main case founded in this mentoring was that children did not want to consume vegetables, and a small number consumed only a small amount. This happens due to the diet given by the parents before, so it becomes a habit. Only a few children wanted to follow a balanced nutritional menu pattern during this mentoring. The hope of this activity is that by introducing a balanced nutritional diet from an early age, children will become accustomed to it so that their nutritional needs can be met and they can grow healthily.

CONCLUSIONS AND RECOMMENDATIONS

Children's eating patterns are shaped by the eating patterns taught by their parents. If parents' knowledge about nutritious eating patterns is good, the child's nutritional status will be good. In this activity, respondents' knowledge about nutritious eating patterns for early childhood and their ability to prepare a balanced nutritional menu increased. It is hoped that from this activity, respondents will begin to realize that they can fulfill children's nutritional needs by practicing a nutritious diet according to the guidelines for balanced nutrition in their daily diet.

ACKNOWLEDGMENT

We are grateful to several friends who provided suggestions for this activity and the enthusiasm of the parents or guardians of Yannas Bangkalan Kindergarten.

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