

EFFECT OF NUTRITIONAL EDUCATION ON NUTRITIONAL KNOWLEDGE OF ELEMENTARY STUDENTS

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Abstract

The unhealthy habits such as, consumed snacks, low physical activity increased widespread phenomenon occurred among school students. Data from Household Health Survey by the Ministry of Health in 2004 found 8% overweight students at aged 5-17 years. This study aims to improve the nutritional knowledge of elementary school students about street food.

This research used quasi-experimental with pre-post test design. The treatment consist of training, discussion, and simulations. Analysis of the data used SPSS with paired non-parametric (Wilcoxon).

The results achieved are subject to a number of 68 child sex distribution of boys (63.24%) and girls (36.76%). The distribution of students knowledge level before assistance to less category amounted to 73.53%, enough 26.47% have a sufficient level of knowledge. The distribution of students knowledge level after mentoring for good of 53.24%, enough 35.29%, and 1.47% have less knowledge level. The mean knowledge increased from 5.2 to 8.5.

There are differences in the level of knowledge before and after nutrition counseling ($p = 0.0001$).

Keywords: elementary students, nutritional education, nutritional knowledge.

A. Introduction

School-age students were an investment of the nation, because of the age students were the future generation. Growing development of school-age students who depend optimal nutrition with the right quality and quantity. In times of growth and development of the provision of nutrients or nutrient intake in students can not always be carried out perfectly. Lots of problems caused in feeding untrue and distorted. These irregularities cause disturbances in many organs and body systems.¹

On the other hand, the health condition of students of primary school age shows the data of concern. Nutritional status examination by the Kusuma Buana Foundation in 2345 primary school students in the Pulau Seribu (2008) found that of the indicator weight for age, the malnutrition of 25.5%, 2.9% severe malnutrition. With height for age indicator revealed malnutrition malnutrition 22.1% and 7.2%. A

short survey conducted on elementary school students Darunnajah shows that 9 out of 10 students were given an allowance for consumption of street food at school. Only 1 in 10 students who supplied food from home by their parents. Though there are snacks that are low in school nutrition and less maintained clean. Information selection of healthy snacks for primary school students was obtained from parents, teachers, peers, playmates in the neighborhood, and future information media. Parents and teachers would provide correct information about how to choose nutritious snacks. Although not all parents pay attention to what their students buy a snack. The main role that influence the selection of snacks for school students taken by the television and peers. Unfortunately, these are not a good influence. Precisely because of the role both cases, the students become exposed to unhealthy snacks and low in nutrients.²

Various studies also show that the lifestyle of modern society has led the activity of primary school age students also began to be influenced by an unhealthy lifestyle. The habit of unhealthy snack foods, physical activity reduced the increasingly widespread phenomenon occurred among school students and is evident from the results of the Household Health Survey by the Ministry of Health in 2004 which found 8% overweight in students aged 5-17 years. Without the efforts of earnest then all this could result in the birth of the next generation's lifestyle and health and nutritional status of the poor and at risk of developing various health problems.³

Based on the above, it would require a nutrition training at the elementary school students in order to know which foods are good for health. Additionally need the involvement of the school in this training in order to become a students assistant in the selection of snack food and urge parents massing each students to choose to equip their students than pocket money to buy street food.

B. Method

This research used quasi-experimental design with pre-post test design. The concept of this activity is mentoring. Methods of these activities in the form of assistance to elementary school studentss Integrated Darunnajah Mranggen which includes preparation and implementation of the assistance. The method used is lectures, discussion, and simulations. Number of subjects as many as 68 people were selected by purposive random sampling technique. First, they were given an explanation of the technical implementation of the training includes pre test, core activities, and post test. In addition to the opening session, the participants are given the motivation to be willing to live a healthy life, especially in the choice of food should be appropriate religious guidance because education is the basis of Islam. Secondly, they carry out pre-test to measure how much knowledge about street food. Third, training sessions focusing ability of participants to identify healthy snacks and avoid unhealthy foods. If possible you should ask each parent to

provide lunch to school. Besides the material also includes the types of healthy jananan, signs of healthy and unhealthy snacks, first aid when affected by unhealthy snacks (poisoning), nutrient content in some types of snacks. Fourth, participants practice a healthy snack food choices with media sample a variety of snacks and drawings. Fifth, the end of the training given post-test to determine whether there is an increased knowledge of the training topic. Analysis of the data used is different test paired non-parametric (Wilcoxon) because the data distribution was not normal.

C. Result and discussion

This research is in a primary school building, also has a boarding school and orphanage. It lies in the middle of the village population. The school is included in the upper middle class in the region. So that students who are in it have the character is almost the same as students who live in urban areas. Some negative characteristics attached to them is a little bit difficult to set up. Number of subjects been registered to participate in this mentoring is class 4 and 5 amounts to 80.

The reason is they have a material pemahanan level higher than the younger class and is expected to be a "model" for them through programs of school-based health. Whereas grade 6 is not targeted because soon will meghadapi exam and left the elementary school. Subjects involved in this devotion of 68 people with the distribution of sex 36.76% female and 53.24% male. From figure 1 & 2, the subject of boys (63.24%) more than in girls (36.76%). In accordance with expectations, this service gives changes in the level of knowledge that is statistically significant at the target ($p = 0.0001$). The mean knowledge increased from 5.2 to 8.5. At the time of election practice healthy snacks, all with the target for the enthusiastic about the event. The level of knowledge of a subject before and after assistance is presented in the pie chart below. (Figure 1 and 2).

Data presented in figure 2 targets with less knowledge level of 73.53%, while 26.47% have a sufficient level of knowledge. Data presented in

Figure 3 targets with a good knowledge level of 53.24%, enough for 35.29%, and 1.47% have less knowledge level. These results are consistent with that expected to be the target of assistance, ie more than 80% of the target to increase the value of knowledge.

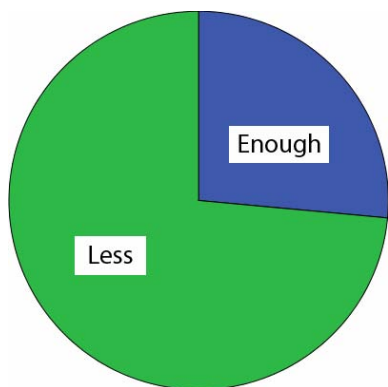


Figure 1. Before and after treatment of nutritional knowledge of elementary students

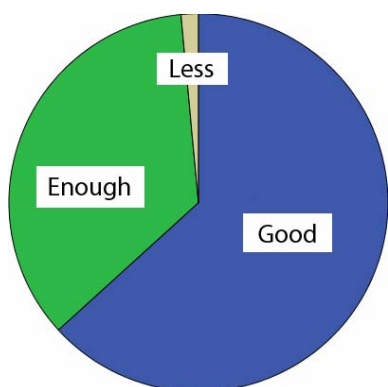


Figure 2. Distribution of the level of knowledge of the target after mentoring

Most instances of malnutrition in students can be avoided if a person has enough knowledge about how to choose healthy foods. But the influence of nutrition knowledge on food consumption is not always linear, meaning that the higher the level of knowledge housewife food consumption may not necessarily be good. Food consumption is not only influenced by knowledge of nutrition by itself, but it is the interaction with the attitude and skills.^{1,3}

School students are able to choose their own food, but necessary role of those closest to the monitoring of nutritional status, namely the

mother. Mariani (2002) suggests that women who have a high nutritional knowledge will familiarize students to prefer foods that are healthy and meet nutritional needs. The incidence of malnutrition causes disorders of cognitive development in students. The results showed that students with normal nutritional status have a higher value than the cognitive development of students with malnutrition.^{4,6}

D. Conclusion

A number of subjects are 68 students with boys (63.24%) and girls (36.76%). The distribution of students' knowledge level before assistance to less category amounted to 73.53%, while 26.47% have a sufficient level of knowledge. The distribution of students' knowledge level after mentoring for both categories of 53.24%, quite by 35.29%, and 1.47% have less knowledge level. The mean knowledge increased from 5.2 to 8.5. There are differences in the level of knowledge before and after nutrition counseling ($p = 0.0001$).

This study suggest for Increasing the participation of schools in monitoring students foods and monitoring the nutritional status of students in order to always be in the normal category.

E. References

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