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THE ROLE OF NUTRITIONAL STATUS ON COGNITIVE FUNCTION IN THE GOLDEN AGE PERIOD

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ABSTRACT

Background : Early childhood development including nutrition, health, and education. Cognitive function was an important component in a child's development because it reflects the maturity of thinking. This study was expected could be the input for the stake holder to emphasize the advancement of early childhood development with a focus on optimizing the nutritional aspects especially in food. This study aims to analyze the role of nutritional status on cognitive function in the golden age period by analyzing the relationship between nutritional status and cognitive function. This study was conducted in Sragen. Based on report, we found 8,41% children with malnutrition.

Method : This study uses cross-sectional design with a number of subjects 37 children. Independent variable was the nutritional status with a z-score were categorized into 3 is very short (<-3), short (≤ -3.0 s / d Z-score <-2.0), and normal (≥ -2 , 0), and dependent variable was cognitive function that calculated on the basis of questionnaire created by national education department, and categorized into 3, there were less ($<60\%$), moderate ($60-80\%$), and good ($> 80\%$). The analysis presented in descriptive statistics and bivariate. Analysis of the nutritional status of the relationship with cognitive function performed using chi-square because the data were not normally distributed.

Result : The number of subjects in this study amounted to 37 children consisting of 51.4% male and 48.6% female. Most respondents had a good nutritional status according to the index W / A (70.3%). Most of the respondents have less cognitive intelligence category (83.8%) as indicated by the mean z-score of 45.01 ± 13.2 . Fisher exact test was used for the cross-tabulation cell whose value is $<20\%$ with $p=0,022$.

Keywords : nutritional status, cognitive function