



Implementation of Knowledge Against Hearth Mother, Nutrient Intake, Weight Gain and Less Toddler Nutritional Status in Jayapura

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Abstract

Growth or nutritional status of children is not only related to the consumption of food but was associated with behavior in this case nutrition parenting, and influenced by the environment. Solving nutritional problems with positive deviance approach by post nutrition is an alternative that should be considered for development in Papua, which insists on the principle of mobilization and community empowerment in addressing the health problems faced at the front. This study aims to determine the effect of nutrition on post implementation mother's knowledge stunting, nutrition, weight gain, nutritional status of children malnutrition in Jayapura. This research is a quasi experimental with giving a treatment and its impact will be measured later. The study design is a Pre-Post Test Design, which only involves one group of subjects and measured the post-test group. The study was conducted in three villages in the city of Jayapura. The study was conducted from August to September 2016. Data analysis technique used statistical analysis to compare the knowledge of the mother, weight and nutritional status before and after the implementation of nutrition by using statistical test paired t-test. For nutritional intake data is presented in tabular form distribution.

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Results of a study of mothers of malnourished children found there are differences in the proportion of mothers knowledge of stunting between before implementation implements post after post nutrition with nutrition, but there is no significant relationship is with paired T test significance values greater than 0.05; there is no difference in the proportion of the nutritional intake of stunting among prior to the implementation of nutrition post with after implements nutrition post, there are differences in the proportion of weight stunting between before implementation of nutrition post with after implements Hearth and significant correlation with a value of significance paired T test less than 0.05, there are differences in the proportion of stunting status between before implementation implements post after post nutritional nutrition and a significant relationship is with paired T test significance values less than 0.05.

Keywords: Pos nutrition; Weight Loss; Nutritional Status..

1. Introduction

Nutrition plays an important role in the human life cycle. Malnutrition in infants and young children will result in growth disorders and developmental [1]. Growth or nutritional status of children is not only related to the consumption of food but was associated with behavior in this case nutrition parenting, and influenced by the environment [2,3]. Data Riskesdas Papua Province in 2010 the prevalence of malnutrition weight for age (W / A) is known by 10.0% Balitbangkes, [4] increased to 12.6% Balitbangkes, [5]. While data Nutritional Status Monitoring (PSG) Jayapura City Health Department in 2008 known prevalence of stunting of 17.8%. Recent data taken from Jayapura City Health Office in 2015 states that the prevalence of stunting the city of Jayapura in 2015 rose to 19.7%. The government's efforts to address nutritional issues for this still-oriented programs that provide leverage but less expensive, such as food subsidies (supplementary feeding) in certain target groups that actually cause dependence than empowering. Society and the family has not been included in recognizing problems and efforts to solve nutritional problems it faces, so difficult to maintain the continuity of the program without any budgetary support from the government.

Solving nutritional problems with positive deviance approach by post nutrition is an alternative that should be considered for development in Papua, which insists on the principle of mobilization and community empowerment in addressing the health problems faced at the front.

Jayapura city government in this case the City Health Office Jayapura conducting training of cadres perverts Positive (positive deviance) for 14 villages as well as the implementation of nutrition post. But there has been no evaluation of the results of the activity.

Based on the background and the phenomenon that occurs researcher is interested in researching on the effect of implementation of the Knowledge Capital nutrition post toddlers, Toddler nutritional intake, participation mothers and addition severe stunting in the city of Jayapura.

2. Materials and Methods

This research is a quasi experimental with giving a treatment and its impact will be measured later. The study

design is a Pre-Post Test Design, which only involves one group of subjects and measured the post-test group. The study was conducted in three villages in the city of Jayapura. The study was conducted from August to September 2016. Data analysis technique used statistical analysis to compare the knowledge of the mother, weight and nutritional status before and after the implementation of nutrition by using statistical test paired t-test. For nutritional intake data is presented in tabular form distribution.

3. Results and Discussion

A. Characteristics of the Sample

Table 1: The characteristic feature of the elderly respondents.

Characteristics	Number (n=40)	Persen tase (%)
Age		
< 19 year	6	15
>19 year	34	85
Education level		
No school	2	5
Basic school	5	12,5
Junior HS	12	30
Senior H S	19	47,5
Bachelor	2	5
Occupation		
Farmer	22	55
Business	12	30
Employer	6	15

Table 2: Characteristics sample.

Characteristics	Number (n=40)	Persentase (%)
sex		
male	23	57,5
female	17	42,5
child		
first	12	30
second	18	45
third	3	7,5
fourth	5	12,5
fifth	2	5

B. Distribusi berdasarkan Pengetahuan Ibu

Table 3: Distribution Implementation Hearth based Knowledge Capital in Puskesmas Kota Jayapura in 2016

Mother knowledge	Number (n=40)	Persentase (%)
There is change	20	50%
No change	20	50%

Pos nutrition program implemented by the method of counseling and nutritional counseling and health through individual and group approach. Counseling and nutrition consultations conducted regularly and continuously for 10 visits for each target both individuals and groups. According to Huda in 2000, extension will change the consciousness and behavior (knowledge, attitude, and skills) people towards better and can achieve a more prosperous life. Results prove that nutritional counseling is carried out through nutrition Pos program is one of the approaches that can be done to increase knowledge so as to produce behavior change good counseling. Intervensi conducted by TPG affect the improvement of knowledge of mothers in the intervention group and the control group are stabilizing. With the extension mothers KEP know and understand and are willing and able to carry out what is advised so as to nurture and care for stunting the better. The findings in this study are also consistent with the results of research [6,7] about the role of education by using tools leafleat to changes in knowledge and attitudes of mothers of undernourished, which, after following the package extension for 3 months showed no increased maternal knowledge meaningful in the treatment group before with after doing counseling for 3 months ($p < 0.05$). According to Green LW in 1991; there are three factors that influence individual and group behavior change are predisposing factors, enabling factors such as attitudes and factors driving health care workers. Ebbinghaus theory and Boreas in who said that given the strength of the human being increasingly reduced that eventually humans will experience forgetfulness. Intensity home visits and counseling by assistants after the assistance is reduced, so that the mother's response to the materials ever given at the assistance also gradually decreased. This phenomenon shows that the process of counseling / consultation nutrition and health post nutritional assistance specifically to target families, mentoring, must remain continuously carried out by officers of nutrition clinic or local Posyandu cadre [8-10].

C. Distribusi berdasarkan Asupan Gizi

Distribution Implementation based Hearth Nutrition intake (calories) in Puskesmas Kota Jayapura in 2016.

Table 4

Calori intake	Number (n=40)	Persentase (%)
Good	18	45%
Not good	22	55%

Distribution Implementation Hearth based Nutritional Intake in Puskesmas Kota Jayapura in 2016

Table 5

Protein intake	Number (n=40)	Persentase (%)
Good	9	22,5%
Not good	31	77,5%

Energy sufficiency rate after the program toddler nutrition post average reached 75.22% and 57.98% protein sufficiency level. These results are consistent with the results SDT (Total Diet Survey) conducted by the Ministry of Health which states that energy deficiency in infants in Indonesia 77.6% and 65.8 Percent protein deficiency [8].

D. Distribution by Weight

Distribution Implementation Hearth by Weight in Puskesmas Kota Jayapura in 2016

Table 6

Body weight	Number (n=40)	Persentase (%)
Good	40	100%
Not good	0	0 %

From the results of the monitoring of the child's development seen more days increased body weight and when measured after the Hearth sessions in 2015 all children gained weight above 200 gr.

E. The distribution is based on Nutritional Status

Distribution Implementation of the Hearth is based on the Nutritional Status in Puskesmas Kota Jayapura in 2016

Table 7

Nutritional Status	Number (n=40)	Persentase (%)
Good	35	87,5%
Less	5	12,5%

The above table shows that among 40 children under five suffering malnutrition have increased nutritional status (to have sufficient nutrients) as much as 87.5% after the nutritional assistance through the post. Changes in nutritional status of children after the assistance is highly dependent on nutritional status or lack of energy and

protein levels (KEP) before assisting on the activity of nutrition post. Although the nutritional status of children targeted nutrition post is likely to increase post-mentoring, but among them there are also unchanged nutritional status that is 12.5%.

4. Conclusion

From the results and discussion can be concluded that:

1. There are differences in the proportion of mothers knowledge of stunting between before implementation implements post after post nutrition with nutrition, but there is no significant relationship is with paired T test significance values greater than 0.05.
2. there is no difference in the proportion of the nutritional intake of stunting between before implementation implements post after post nutrition with nutrition because no preliminary data obtained before the implementation of the nutritional intake of nutrition postal service.
3. There are differences in the proportion of underweight children less weight between before the implementation of the nutrition post after post implements nutrition and a significant relationship is with paired T test significance values less than 0.05.
4. There are differences in the proportion of stunting status between before implementation implements post after post nutritional nutrition and a significant relationship is with paired T test significance values less than 0.05.

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