

Analysis Of Giving Fast Food With Nutritional Status In Pre-School Children In Ra Al-Hidayah Tarik Village Tarik Sidoarjo District Year 2020

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ABSTRACT

One cause of higher nutritional status of children under five is the frequent consumption of fast food. The habit of giving fast food is probably due to the mother's ignorance of the dangers of fast food and its implications for the nutritional status of pre-school children and lifestyle factors. The purpose of this study is to analyze giving fast food with nutritional status in school-age children in Al-Hidayah kids park, Tarik Village, Tarik Sidoarjo District 2020. The method used is correlational analytic with a cross sectional approach. The population is all mothers of preschool age children in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency with a sample as many as 47 respondents. The sampling technique is simple random sampling. The research instrument used a questionnaire. The results showed the Spearman Rank value is 0,000 which means there is a relationship between x and y because <0.05 Figures are free from positive values of -0.503, so it can be said the relationship between the two variables is not unidirectional. Thus it can be interpreted that the more often prepared fast food the more nutritional status. From the output above -0,503 it can be rejected that the relationship between the provision of fast food and nutritional status is sufficient. The solution needed is information assistance delivered by health workers about fast food and its implications for the nutritional status of pre-school children.

Keywords: Giving Fast Food, Nutritional Status, Preschool Children

INTRODUCTION

One cause of inadequate and excessive nutritional status of toddlers is the frequent consumption of fast food. Today's living patterns with the high cost of living, emancipation, or for other reasons cause women as housewives to also work outside the home, so due to limited time and busyness, as well as the difficulty of finding a homestead, fast food has become the main daily menu at home. Besides that, according to them, advertisements on TV about fast food really influence their children's food tastes. These mothers also think that by giving fast food to their children, they are also giving them good food popular and modern (blog.arielhidayat.com). And the impact of frequent consumption in the short term is dizziness, sleep disturbances, nausea, vomiting, difficulty defecating due to lack of fiber, and sometimes obesity. Meanwhile, long-term impacts are high blood pressure and heart disease coroner, stroke, high cholesterol levels, diabetes (DM), cancer, and so on.

Based on an initial survey conducted at RA Al-hidayah, Tarik Village, Tarik District, Sidoarjo Regency on 10 February 2020 on 10 respondents. It turned out that there were 6 mothers who gave fast food who were overweight, 4 people (40%), no good weight (0%), no moderate weight (0%), 2 people underweight (20%), no bad weight (0%). Meanwhile, 4 mothers who did not provide fast food were overweight (0%), 2 were well weight (20%), 2

were moderately overweight (20%), none were underweight (0%) no bad weight (0%). This shows that there are still many mothers who give fast food to their toddlers who are in more nutritional status. The possible cause of the problem above is the mother's ignorance about the dangers of fast food and its implications for the nutritional status of pre-school children and lifestyle factors. Based on the description above, the researchers planned a solution for providing information through education by health workers about fast food and its implications for the nutritional status of pre-school children. The aim of this research is to analyze the provision of fast food with the nutritional status of pre-school children in RA Al-hidayah, Tarik Village, Tarik Sidoarjo District in 2020.

METHOD

Based on the scope of this research, it is a type of quantitative research with a correlation design, as many as only connecting 2 variables. The approach taken is with method *Cross Sectional*. The population is all mothers of pre-school age children in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency in 2020. The sample is some of the mothers of pre-school age children in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency in 2020, totaling 47 respondents. Using sampling technique *simple random sampling*. The variables are the provision of fast food on an ordinal scale and nutritional status on an ordinal scale. This research was conducted in May – June 2020 in RA Al-Hidayah Tarik Village, Tarik District, Sidoarjo Regency, 2020. The instruments used were questionnaires and observation sheets. The data collection process in this research is to submit a cover letter from the Faculty of Nursing, DIV Midwifery Study Program IIK Strada to be submitted to the head RA Al-Hidayah Tarik Village, Tarik District, Sidoarjo Regency to request permission for initial data collection. After obtaining permission, the researcher then asked the respondent's permission to be used as research subjects analyzing the provision of fast food with nutritional status to pre-school children in RA Al-hidayah, Tarik Village, Tarik District, Sidoarjo in 2020. In collecting data from respondents, the next step the researcher took was processing the data using *editing, coding, scoring, tabulating, entry data and cleaning*. The research results were tested using Test *spearman rank* with interpretation when $p\text{ value} > \text{level of significant}$ (0.05) then the conclusion is that H_0 is accepted and H_1 is rejected, meaning that there is no relationship between providing fast food and the nutritional status of pre-school aged children in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency in 2020. If $p\text{value} < \text{level of significance}$ (0.05) then the conclusion is that H_0 is rejected and H_1 is accepted, meaning that there is a relationship between providing fast food and the nutritional status of pre-school age children in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency in 2020.

RESULT

Respondent Characteristics

Table 1. Characteristics of respondents

Variable	Category	n	%
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education	elementary school	8	17
	secondary school	22	46,8
	College	17	36,2
Workers On	Work	36	76,6
	Doesn't work	11	23,4

Based on table 1, it was found that of the 42 respondents, most (46.8%) had secondary education, and most (76.6%) worked.

Providing Fast Food

Table 2 Frequency distribution of fast food

No	Providing Fast Food	Frequency (f)	Percentage (%)
1	Often: when given in a week > 3 times	31	66
2	Rarely: when given 1-2 times a week	11	23,4
3	Very rare: when given in a month 1-2 x	5	10,6
Amount		47	100

Source: 2020 research primary data

Based on table 2 above, it shows that of the 47 respondents, more than half of the respondents (66%) often provide fast food, as many as 31 respondents.

Nutritional status

Table 3 Distribution of Nutritional Status

No	Nutritional status	Frequency (f)	Percentage (%)
1	Very Thin : < -3.0 SD	9	19,1
2	Underweight: -3.0 SD - < -2.0 SD	5	10,6
3	Normal : -2,0 SD – 2,0 SD	11	23,4
4	Fat: > 2.0 SD	22	46,8
Amount		47	100

Source: 2020 research primary data

Based on table 3, it shows that of the 47 respondents, almost half of the respondents (46.8%) had obese nutritional status with a total of 22 respondents.

Relationship between Providing Fast Food and Nutritional Status

Table 4 Relationship between Providing Fast Food and Nutritional Status

Providing Fast Food	Nutritional status								Total	
	Very thin		Which ones		Normal		Fat			
	F	%	F	%	F	%	F	%	F	%
Often: when given in a week > 3 times	5	11	1	2,2	3	6,6	22	46,2	31	65,6

Rarely: when given 1-2 times a week	2	4,4	1	2,2	8	16,4	0	0	11	23,4
Very rare: when given in a month 1-2 x	2	4,4	3	6,6	0	0	0	0	5	10,6
	9	19,8	5	11	11	23	22	46,2	47	100

$$\alpha = 0.05 \quad \beta = 0.000 < 0.05$$

From the cross tabulation results it can be seen that the majority respondents (46.2%) often provide fast food and have a fat nutritional status. From the test results *Spearman Rank* The above shows a p value of 0.000, which means there is a relationship between x and y because < 0.05 . The correlation coefficient figure above is positive, as many as - 0.503, so it can be said that the relationship between the two variables is not unidirectional. Thus, it can be interpreted that the more often fast food is given, the worse/fatter the nutritional status. From the output above - 0.503, it can be concluded that the relationship between providing fast food and nutritional status is sufficient.

DISCUSSION

Providing Fast Food

Based on table 2 above, it shows that of the 47 respondents, more than half of the respondents (66%) often provide fast food, as many as 31 respondents.

Providing fast food in question is providing types of food that are packaged, easy to serve, practical, or prepared in a simple way. These foods are generally produced by high-tech food processing industries and provide various additives to preserve and provide flavor to the product. Fast food usually takes the form of packaged side dishes, instant noodles, nuggets, or also corn flakes as breakfast food (www.eurokaindonesia.org.20019),

From the research results, most mothers provide fast food with frequency often. One of the reasons is that many mothers work so they give fast food to preschool children for more practical reasons. Women as workers have potential and this has been proven in the world of work to be no less than men. As workers, the problems faced by women are more serious than men. Because women must come first know business family, husband, children and matters relating to the details of their household. In reality, quite a lot of women are not sufficient to overcome this problem, even though they have quite high technical abilities. If women are not good at balancing these dual roles, children will eventually be neglected (Anoraga, 2015).

From the results of research based on employment, the majority of respondents were working mothers. Mothers have full-time jobs and limited time, which in turn causes mothers to easily give fast food to their children.

Nutritional status

Based on table 3, it shows that of the 47 respondents, almost half of the respondents (46.8%) with nutritional status were obese, as many as 22 respondents.

Nutritional status is an expression of a state of balance in the form of certain variables or exists from nutrition in the form of certain variables (Supariasa, et al, 2018). Nutritional status in pre-school children needs serious attention from parents, because malnutrition during this period will cause significant damage *irreversible* (not restored). Short body size is one of them indicator prolonged malnutrition in children. More fatal nutritional deficiencies will have an impact on brain development. Phase of rapid brain development at the age of 30 weeks 18 months. The nutritional status of preschool aged children can be determined by matching the child's age with standard body weight using the WHO-NCHS guideline formula. Factors that

influence nutritional status are income, knowledge, education, employment and consumption of fast food.

Relationship between Providing Fast Food and Nutritional Status

From the cross tabulation results it can be seen that the majority respondents (46.2%) often provide fast food and have a fat nutritional status. From the test results *Spearman Rank* above shows Output above shows values significance 0.000, which means there is a relationship between x and y because < 0.05 . The correlation coefficient figure above is positive, as many as - 0.503, so it can be said that the relationship between the two variables is not in the same direction. Thus, it can be interpreted that the more often fast food is given, the worse/fatter the nutritional status. From the output above - 0.503, it can be concluded that the relationship between providing fast food and nutritional status is sufficient.

There are five factors that influence the nutritional status of preschool children, as many as family income, maternal knowledge, maternal education, maternal employment and fast food consumption. Fast food can affect the nutritional status of preschool children, because fast food is generally processed using high technology and provides various substances additive to preserve food and provide taste to the product which will give rise to under-nutrition or over-nutrition status. Consuming fast food that exceeds the body's needs will cause excess weight and other diseases caused by excess nutrients. On the other hand, there is more consumption of fast food and less intake of nutritious food in the body will cause the body to become thin and susceptible to disease. Both conditions are equally bad for the nutritional status of preschool children (Sulistyoningsih, 2011). Usually fast foods also contain high levels of fat and sugar, so it is very easy for pre-school aged children to gain weight. From the results on There are still children who are very thin even though they are often given fast food, this is probably caused by factor Another example is the presence of illnesses suffered by pre-school children.

From educational data on average secondary level education, the level of education also determines whether it is easy for someone to absorb and understand knowledge about nutrition in food, and most mothers who provide fast food with frequency often. To improve the nutritional status of children, they can be given nutritious food such as eating lots of vegetables, fruit, milk, fish, eggs and it would be better for mothers to cook it themselves. Efforts for health workers are to provide education to all mothers of preschool children.

In this research there are limitations both from the researcher himself and matters related to the research. These limitations include researchers who are conducting research for the first time and are still in the learning stage so the research results may be less than satisfactory, limited time so that the respondents are limited and do not represent the wider population of mothers of preschool children, as well as a lack of information on mothers of preschool children who provide fast food.

CONCLUSION

The research above shows that of the 47 respondents, more than half of the respondents (66%) were in RA Al-Hidayah, Tarik Village, Tarik District, Sidoarjo Regency often providing fast food, as many as 31 respondents, more than half of the respondents (46.8%) with obese nutritional status, as many as 22 respondents. From the cross tabulation results it can be seen that the majority respondents (46.2%) often provide fast food and have a fat nutritional status. From the test results *Spearman Rank* ata above shows a p value of 0.000, which means there is a relationship between x and y because < 0.05 . The correlation coefficient figure above is positive, as many as - 0.503, so it can be said that the relationship between the two variables is not unidirectional. Thus, it can be interpreted that the more often fast food is given, the

worse/fatter the nutritional status. From the output above - 0.503, it can be concluded that the relationship between providing fast food and nutritional status is sufficient.

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