



## Description Of Nutritional Status in Toddlers At Romana Tanjung Anoms Clinic, Pancur Batu District Year 2022

Vina YS. Sigalingging<sup>1</sup>, Ance M. Siallagan<sup>2</sup>, Merci Andriani Lase<sup>3</sup>

<sup>1,2,3</sup> STIKes Santa Elisabeth Medan/Si Keperawatan

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### ABSTRACT

The nutritional status of children under five is the condition of the body of a toddler with the fulfillment of balanced nutrition in the body of a toddler, things that every parent must know about the growth and development of children at the age of toddlers. Nutritional status is influenced by the availability of food at the family level, family parenting, environmental health, basic health services, family culture, socioeconomic, education level, and knowledge. This study aims to determine the nutritional status of toddlers at Romana Tanjung Anom Clinic, Pancur Batu District 2022. The type of design in this study is descriptive. The sampling technique in this research is total sampling. The results show that the nutritional status of toddlers at Romana Tanjung Anom Clinic, Pancur Batu District 2022, is mostly in the good category with 62 respondents (42.5%) where the nutrition of the toddlers is fulfilled according to their needs and also when the posyandu is always given additional food and information obtained during the posyandu. Parents should continue to maintain and monitor the nutritional development and growth of toddlers and be more active in seeking health information about toddlers.

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### Corresponding Author:

Merci Andriani Lase,  
Si keperawatan,  
STIKes Santa Elisabeth Medan,  
Jalan Bunga Terompet No 118, Sumatera Utara, 20131, Indonesia.  
Email: mercilase123@gmail.com

## 1. INTRODUCTION

Nutritional status is the condition of the body as a result of food consumption and the use of nutrients (Potischman & Freudenheim, 2003). This nutritional status is important because if it is not properly cared for, it can be a risk factor for morbidity and death (Calder et al., 2020). Good nutritional status for a person will contribute to his health and also to the ability to recover good nutritional status is needed by humans in all age ranges, especially toddlers (Jelliffe & Organization, 1966). It is known that the growth and development of toddlers depends on the nutritional status of the toddlers themselves (Jelliffe & Organization, 1966).

Good nutrition is a cornerstone of health that can affect immunity, susceptibility to disease, and physical and mental growth and development (Mohanty et al., 2019). One of the nutritional problems that still occurs today is malnutrition (Müller & Krawinkel, 2005). Malnutrition according to

WHO is a medical condition caused by incorrect or insufficient intake or administration of nutrition. Malnutrition is more often associated with inadequate nutrient intake or often called undernutrition which can be caused by poor absorption or excessive loss of nutrients (Saunders et al., 2011). However, the term malnutrition also includes overnutrition (Shetty, 2003). A person will experience malnutrition if they do not consume food with adequate quantity, type, and nutritional quality for a healthy diet for a long time.

The nutritional status of toddlers is an important thing that every parent should know. The need for more attention to the growth and development of children under five is based on the fact that malnutrition in this golden period is irreversible (cannot be recovered) (Golden, 2004). While malnutrition can affect the development of a child's brain (Winick, 1969). From the point of view of health and nutrition issues, toddlers are included in the nutritionally vulnerable group of people, namely the group of people who suffer from nutritional disorders the most, whereas at this time they are experiencing a very rapid growth process. As a result of malnutrition, susceptibility to infectious diseases can lead to increased infant mortality (Rice et al., 2000).

Based on data from the health office in 2015, in the third quarter in Central Java, the under-5 mortality rate was reported as many as 4,258 cases, while in 2014 the under-5 mortality rate was 6,486 cases (11.54 per 1,000 live births). 11.80 per 1,000 live births. (Nurma Yuneta et al., 2019)

Globally, malnutrition is still a major health problem worldwide. In 2014 there were 2-3 million people experiencing malnutrition in every country, although malnutrition did not directly cause death in children, malnutrition was linked to the cause of 54% of deaths in children in developing countries in 2001. The prevalence of malnutrition in the world in children under five years of age from 2010-2012 is still relatively high at 15%, but has decreased from 25% (Tzioumis et al., 2016). The prevalence of malnutrition is not only increasing in developed countries but also in developing countries. In addition to malnutrition, an estimated 44 million (6.7%) children under the age of five are overweight and this number continues to increase every year. Overnourished children are defined by weight for height exceeding two standard deviations or more from the median value of child growth standards according to WHO (De Onis & Blössner, 2003).

The problem of nutritional status in toddlers is influenced by several factors, directly and indirectly (Ventura & Birch, 2008). The direct causal factors are influenced by the child's diet and infectious diseases, while the indirect factors include socio-economic and limited family knowledge, especially mothers regarding the nutritional status of children under five. The impact of malnutrition and lack in the short term on children's development includes making children apathetic, speech disorders and other developmental disorders (Simeon & Grantham-McGregor, 1990). While the long-term impact is a decrease in Intelligence Quotient (IQ) scores, a decrease in cognitive development, a decrease in sensory integration, attention deficit disorder, decreased self-confidence and of course a decline in academic achievement at school.

Each region certainly has different potential causes of malnutrition and undernutrition, so it is important to know the main problems (Morris et al., 2008). The government in its efforts to combat malnutrition and undernutrition has been quite good. The government has carried out many programs to reduce malnutrition rates, including revitalizing posyandu in increasing coverage of under-five weighing, counseling and assistance in providing complementary feeding (MP-ASI) or supplementary feeding (PMT). Increasing access to and free health services, overcoming infectious diseases and community empowerment through nutrition-aware families, but malnutrition and malnutrition rates still exist (Fitawijamari et al., 2019).

The results of the initial survey to the Romana clinic included 146 toddlers and at the clinic they carry out routine posyandu activities once a month and carry them out on the 18th and to see improvements in the health of their toddlers they have a KMS card. Based on the background above, the researcher is interested in conducting research on the Description of Nutritional Status in Toddlers at the Romana Tanjung Anom Clinic in 2022.

## 2. RESEARCH METHOD

The type of design used in this study is a descriptive design (Kim et al., 2017). The sample used in this study were 146 toddlers who were brought to the clinic at the posyandu with a documentation study (Ikhtiar et al., 2019). The sampling technique in this research is total sampling (Altmann, 1974). The instrument used in data collection is the observation sheet (KMS) (Hensen et al., 2015). This study uses one variable, namely the description of the nutritional status of toddlers at the Romana Tanjung Anom clinic, Pancur Batu sub-district in 2022.

## 3. RESULTS AND DISCUSSIONS

**Table 1** Distribution of Frequency and Percentage of Respondents Based on Data on Gender, Age, Weight of Toddler Respondents at Romana Tanjung Anom Clinic, Pancur Batu

No	Characteristics	Frequency (f)	Percentage (%)
1	Gender		
	Male	58	39,7
	Famale	88	60,3
	<b>Total</b>	<b>146</b>	<b>100%</b>
2	Age		
	13	7	4,7
	14	1	0,6
	15	7	4,7
	16	4	2,7
	17	2	0,6
	18	7	5,4
	19	2	1,3
	20	5	3,4
	21	5	3,4
	22	3	2,1
	23	3	2,1
	24	3	2,1
	25	24	16,8
	26	13	8,9
	27	9	6,1
	28	10	6,0
	29	7	4,7
	30	2	1,3
	31	5	3,4
32	3	2,1	
33	5	3,4	
34	2	2,1	
35	2	2,1	
36	15	10,2	
	<b>Total</b>	<b>146</b>	<b>100</b>
3	Weight (kg)		

8	2	1,4
9	16	11,0
10	39	26,7
11	41	28,1
12	31	21,2
13	17	11,6
<b>Total</b>	<b>146</b>	<b>100</b>

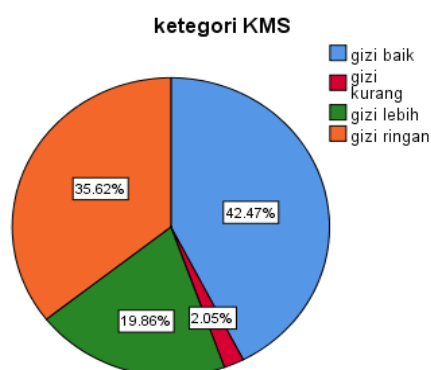
Based on table 1 the data obtained was that of the 146 respondents based on the gender of the respondents it was found that the majority were women as many as 88 respondents (60.3%) and a minority of men were as many as 58 respondents (39.7%), data based on the age of the respondents found that the majority were 24 months as many as 25 respondents (16.8%) and a minority aged 14 months as many as 1 respondent (0.6%), data based on the majority body weight of 11 kg as many as 41 respondents (28.1%) and a minority of 8 kg as many as 2 respondents (1.4%).

**Table 2** Frequency Distribution and Percentage of Nutritional Status Description According to KMS in Toddlers at the Romana Tanjung Anom Clinic, Pancur Batu District in 2022

Information KMS	Frequency	Percentage (%)
Malnutrition	3	2.1
Light nutrition	52	35,6
Good nutrition	62	42,5
More nutrition	29	19,9
<b>Total</b>	<b>146</b>	<b>100</b>

Based on table 2 the data obtained shows that the nutritional status of toddlers at the Romana TanjungAnom Clinic, Pancur Batu District in 2022, based on the results of the KMS card, it was found that the majority of the categories of good nutrition were 62 respondents (42.5%), and the minority in the category of undernutrition was 3 respondents (2.1%).

**Diagram 1** Distribution of Respondents Based on the Results of KMS Toddlers at the Romana Tanjung Anom Clinic, Pancur Batu District in 2022



Based on diagram 5.1, it was found that the weight of children under five according to KMS at the Romana Tanjung Anom Clinic, Pancur Batu District with 146 respondents with a good nutrition majority of 62 toddlers (42.5%) and a minority of undernourished children as many as 3 toddlers (2.1%) So in this study in this data, the most nutritional status is children with normal nutritional status.

#### 4. CONCLUSION

Based on the results of the study with a sample of 146 respondents regarding the Description of Nutritional Status in Toddlers at the Romana Tanjung Anom Clinic, Pancur Batu District in 2022, it can be concluded that the nutritional status at the Romana Tanjung Anom clinic is in the majority in the good nutrition category as many as 62 respondents (42.5%).

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