



Education About The Need For Balanced Nutrition In Children**Indah Yuliani^{1*}, Yulia Agustina², Tatag Mulyanto³***^{1,2,3}STIKes Abdi Nusantara Jakarta, Indonesia*

Abstract	Article Information
<p>Purpose: Balanced nutritional needs at the age of a child or school age are essential in order to help the growth and development process. There are still a lot of students and schoolgirls who are not aware of balanced nutrition, so it affects the type of diet and the diet they regularly eat. Methods: using discussions and questions and answers and seeing the enthusiasm of students and students when given some questions about balanced nutrition to be met. Results: Community service activities are carried out so that students and schoolchildren can understand the fulfilment of nutritional or balanced nutritional needs during the age of children, as well as the impact if they are not and/or are not well met during growth and development. Conclusion: community service is done well as planned, students and students understand nutritional needs during school age or children.</p>	<p>Keywords: Education; Balanced Child Nutrition</p>
<p>Corresponding author: Indah Yuliani https://orcid.org/0000-0003-2894-943X address Jalan Swadaya E-mail: indahyuliani@gmail.com</p> <p>Received: 19 January 2024 / Revised: 25 January 2024 / Accepted: 29 January 2024</p>	<div data-bbox="871 999 967 1094" style="text-align: center;">  <p>Check for updates</p> </div> <div data-bbox="871 1123 967 1161" style="text-align: center;">  </div> <p>Lisensi: <i>cc-by-sa</i></p> <p><small>Copyright © 2024 penulis</small></p>

INTRODUCTION

Every human being has his own period of growth and development, from conception, birth to the world, babies, children, adolescents, adults and up to his old age, which is influenced by a number of factors, including his own genetic and environmental. This is what will further promote the level of success of the development of a nation that has the quality of human resources that are excellent, physically strong, mentally strong and have good performance. By giving it a good standard of nutrition from an early age, starting in the school age, this is one of the steps of effort in the development and construction of good and quality human resources, which of course makes mental well growing, physical strong and emotional good.

The science that studies food that can affect the degree of health and endurance of every living thing. (Almatsier, Sunita; Soetardjo, Susirah; Soekatri, 2011) In Indonesia, school-age children still have health problems, especially those related to nutrition. There are still some schools that record that the problem is quite complex such as the existence of very thin nutrition, thinness, the presence of obesity in children and the occurrence of child obesities. According to Riskesdas results in 2018, the nutritional status of young people in Indonesia has begun to improve with a proportion of very short and short nutrition of 30.8% compared to Riskesdas in 2013 of 37.2%, as well as the proportions of poor nutrition status and nutrition less of 17.7% compared with Riskesdas in 2013, of 19.6% (Kemenkes RI, 2018).

With the existence of the Balanced Nutrition Guidelines (PSG) it is expected to be a guideline in compiling a nutritional menu according to the standards of every day. It can be observed the nutrient content of each type of food and the amount of nutrients that are present in the food adapted to the needs of each individual. In the balanced nutrition guidelines are composed of four pillars of which consume a variety of foods or foods, keep behaving clean and healthy (PHBS) at all times, always perform physical activity that is tailored to each individual's needs and always monitor the weight with regularity to keep up with the body's defence system well and normally. (Kartini et al., 2019).

School is one of the places that can be used as a container to socialize or educate about balanced nutrition. Education and knowledge are given to schoolchildren in order to improve their knowledge of nutrition. Students are introduced to a variety of foods that are nutritious for their bodies such as foods containing carbohydrates, proteins, fats, minerals, vitamins and water. (Almatsier, Sunita; Soetardjo, Susirah; Soekatri, 2011). In the introduction of balanced nutrients, some of the benefits of these nutrients are described. Some of the benefits of balanced nutrition are providing a strong physical growth for the child, can develop the brain well, can protect the child from a variety of diseases, is able to provide defence against the stability of the child's weight, optimizes every function of the body organ and get good energy for every doing activity.

The school age is the age that gradually shows the maturity of the skills of rough motorics and motorics, also their personality begins to develop rapidly, seen the process of independence of a child. With the development of skills will influence the selection of types and the way of eating food and show attitudes like and dislike to certain types of food, even exists based on the patterns of habit that occur at the age of children. In this case, both the environment and the parents play a huge role in giving an example or instruction about good and bad food for them consumption which is later very closely related to the health status that the child has.

The need for nutrition is constantly changing with each age and gender of a person and, of course, is accompanied by the process of growth and development of our bodies. From the time of birth to the age of 10-12 years, the child's energy needs have increased considerably and there are differences in the nutritional requirements of each individual child. When the adolescent age begins to experience changes in the sexual development of both men and women and start to experience differences with respect to their

respective nutritional needs and influence the maturity process. (Almatsier, Sunita; Soetardjo, Susirah; Soekatri, 2011).

According to Septikasari, there are four classifications of nutritional status that are calculated on the basis of indicators of weight/age, namely: poor nutrition (Z-score < -3,0); poor nutrient (Z -score \geq -3,0 s/d Z-score <-2,0); good nutrition (Septikasari, 2018)With the introduction of substances or balanced nutritional food activities in students and pupils in school, will have a positive impact on the understanding and fulfillment of such nutrients so that it can improve health for children in the future.Based on the results of research carried out by (Pramono et al., 2018), said that nutrition education has an influence on the knowledge of children in school about nutrition. This increase in knowledge is done by giving education directly to the children of SD to get early knowledge about a person's nutrition, so that later he can change their attitudes and behavior in choosing and consuming various types of food.

METHOD

Methods used in service activities for the community this is a focus group discussion with an interactive question and answer lecture between students and pregnant women who survive for 40 minute. The number of pregnant women is all pregnant women in. Before the educational activities carried out are given a pre-test and after the activity a post test is given using a questionnaire instrument containing 10 questions about balanced nutrition in pregnant women.

RESULTS AND DISCUSSION

Table 1. Demographic Characteristics of Studied Participants (N=30)

Characteristic		N (%) or M \pm SD	p
Age	17-25	11 (27.5)	.035
	26-35	26 (65)	
	36-45	3 (7.5)	
Education	Secondary	2 (8)	.050
	Junior	4 (16)	
	Senior	28 (70)	
	College	3 (7.5)	

M=mean;SD=standar deviation

Table 1 above, It appears that the highest age distribution is aged 26-35 with 26 people or 65%. The highest education distribution is senior with 28 people or 70%.

Table 2. Knowledge Before And After Being Given Balanced Nutrition Education (N=30)

Variable		Mean	SD	SE	p
Knowledge	Before Intervention	58,93	5,38	1,11	.000
	After Intervention	86,60	8,70	1,71	

Note: SD = Standard Deviation; SE = Standard Error Mean; p-value was calculated using the Pair T.Test test.

Formal education is defined as a process of delivering educational materials or materials and an educator to educational targets in order to achieve behavioral change. Education is a process in which a person develops attitudes and other forms of behavior in society wherever he lives, a social process in which a person is exposed to selected and controlled environmental influences (especially those that come from school), so that he can acquire or experience optimum development of individual abilities. The higher a person's education, the easier it is for them to receive information so that the more knowledge they have (Nursalam, 2001 in Hardiana, 2012).

From the results of this community service activity, after being given counseling and given leaflets, knowledge of pregnant women increased after an oral evaluation was carried out. This result is supported by the opinion of Notoadmodjo (2010) that knowledge is not only obtained from formal education but can also be influenced by non-formal education. This information can be obtained from various sources such as print media (newspapers, magazines, health journals, etc.), other people (health workers, friends, etc.) and electronic media (TV, internet) as well as experience or contact with the physical environment.

Implementers assume that pregnant women's lack of knowledge about balanced nutrition is influenced by their level of education and lack of information. According to Wawan and Dewi (2011), knowledge is closely related to education, but it needs to be emphasized, this does not mean that someone with low education has absolutely low knowledge, remembering that increasing knowledge is not absolutely obtained from formal education alone but can be obtained through non-formal education.

From the data it appears that the majority of respondents' education level is high school. The level of education will influence a person's ability to receive information and knowledge. Ross and Mirowsky in their research concluded that there is a positive effect of the length (years) of education on consistent health, arguing that the length of the school year can develop the capacity for effective life which will ultimately influence health, including working full-time, being able to carry out work efficiently. good, improve well-being, economically, can control themselves, be more socially supportive, and have a healthy lifestyle. School provides general skills, especially those related to cognitive, specific skills that are useful for work, social values, behavior and having important dispositions for achieving a goal. Higher education teaches people to think more logically and rationally, to be able to see an issue from various sides so that

they can better analyze and solve a problem. In addition, higher education improves the cognitive skills necessary to continue study outside school. (I.G Pratiwi, 2017)

CONCLUSION

This community service can be done well, according to the plan, as well as running smoothly. In this case get a good response from the participants, excited in receiving information well, and seen from the enthusiasm of the participants in following each series of events and followed by a question-and-answer session at the end of the meeting.

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