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THE LEVEL OF PARENTS' UNDERSTANDING REGARDING BALANCED NUTRITIONAL FOODS AMONG THE MOTHERS OF PKK SHAMARA 2 CIBEREM BANYUMAS

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Abstract

This research aims to determine parents' understanding of balanced nutrition, a study of mothers at PKK Shamara 2 Ciberem Banyumas. This research is based on initial observations by Posyandu administrators that the body weight of Per u m Shamara 2 children tends to decrease with age. This is based on the assumption that parents' preparation for MPASI does not follow the recommended principles of balanced nutrition. This research design is explained quantitatively. The method used is a survey. The population of this study consisted of mothers who were members of PKK Shamara 2, C iberem, and Banyumas. The total population was 35 parents. Data collection techniques used comprehension tests in the form of multiple-choice questions. Data analysis uses descriptive data presented in a percentage format. The research results show that parents generally have a fairly good understanding of nutritious foods that are appropriate for children's growth and development. Parents' knowledge about good eating patterns is influenced by parents' attitudes towards food consumption behavior that is not yet fully known, and secondly by the understanding that parents believe is related to that behavior or subjective norms of disapproval, and is explained from the perspective of a parent. Whether they can control behavior; Nutrition that suits your needs is also influenced by daily eating patterns, food preparation with unbalanced nutrition in its application, and determining food ingredients according to material and non-material conditions material from parents.

Keywords: Understanding, Parents, Balanced Nutrition.

INTRODUCTION

Child development must be considered in order to become child Healthy And productive, this is very influenced by the intake of nutritious food according to growth and development. Achievement pattern Eat nutritious ones according to growth and development especially depending on habit Eat child, Which can taught through parents'

understanding of nutrition. Understanding nutrition can be designed by schools and environment to create an environment That helps person old prepare and motivates children to eat food Healthy, And by Teachers For help children form pattern Eat Which healthy. Incentives educating nutrition can be given for choosing food Healthy as a base. Education in nutrition gives knowledge, ability, as well as attitude the right way to eat healthy nutritious, And awareness of the importance of this matter (Santoso, S. And Ranti, 2009).

Understanding nutrition in a child's growth and development is very important to increase awareness they give nutritional intake Which is Enough for their body And develop habits Eat good and healthy. However, not a little problem from low awareness public especially a person old in fulfilling the need for nutrition that is appropriate to the child's growth and development. Based on Research Health Base (Riskesdas), in the year 2018, 3.9 percent child Indonesia aged 0-59 months suffered nutrition bad and 13.8 percent suffered nutrition bad.

Matter This is No Far different with the findings Monitoring Status Nutrition (PSG) Ministry Health year 2017. It means, 3.8% child suffer nutrition bad and nutrition bad is 14.0 (Profile Health Indonesia 2019, 2020). The government continues to strive for this so that health public through increased by national programs accelerate repair nutrition, However Also so that all over elements of society can try and be aware of problem nutrition This must be addressed immediately.

Community involvement in this matter person old in world education No only limited on I input his son just go to school, more than that they Also on duty for guard and ensuring food healthy according to their growth and development, consumed by their children. Consume healthy food what is also called a healthy diet is always related with intake appropriate food needed for growth and development fulfilling every day somebody. Base its formation is habit food consumption Healthy on child No only habit Eat just, However Also understanding child about good food to consume for his health. Children will get used to eating something because formed through initial diet child to what they eat every day (Birches & Fisher, 1998).

So healthy food has the following criteria, as explained by Irianto (2007): The right amount, appropriate/ proportional, adequate in quality, hygienic and healthy, organic, plant-based food which is healthier than animal food (depending on the individual), appropriate cooking method, regular portions, frequency, drink enough water every time. The criteria for healthy eating that parents must know when preparing their children's meals so that they meet the healthy criteria include (1) the different needs of preschool children and (2) knowledge about eating patterns according to growth and development needs. MPASI preparers for children aged 4-6 years have unique characteristics. Some of the characteristics of PAUD age children include (Aisyah, 2009): a) curiosity; b) unique creatures; c) likes to have imagination; d) unique learning time; e) different concentration attitudes; f) have an attention span that is not long and g) are part of social creatures who actively explore their environment which requires a lot of nutritional intakes to support this.

Based on the characteristics of early childhood, parents and educators should play a role in supporting their growth and development, so that their development can be optimal by looking at the potential it has. On the other hand, Children who are not fed with good food will face obstacles in developing and optimizing their potential. A balanced nutritional intake really supports optimizing children's growth and development towards healthy and productive children in the future. On the other hand, a bad diet cause the emergence malnutrition which causes problems in subsequent development, namely malnutrition or even malnutrition excess nutrition. Understanding of a balanced diet can be measured through attitudes, understanding, motivation, behavior and self-confidence in creating and equipping children with healthy eating habits.

So, it is appropriate for parents to have it competency regarding nutrition like good understanding, experience and doing efforts to ensure health and balanced nutrition for optimal growth and development. Knowledge about diet that suits your needs reflected in several things, including (1) understanding of eating patterns according to needs; (2) the importance of diet according to needs; (3) four pillars of diet according to needs ; (4) visualization of eating patterns according to needs; varied diet; (5) nutritional needs related to the growth and development process; and (6) the impact of malnutrition.

Guaranteeing good nutrition in early childhood can be done through self-regulation which will clearly influence the child's self-regulation in choosing food and increase the mother's enthusiasm in preparing good food at home (Kolopaking, R., Agus, F., Jahja, U., Umi, 2010). The family diet is a child's first experience when deciding what food he likes. The accumulation of children's first eating experiences and nutritious foods can influence the development of preferences (likes) that drive children's food choices and self-regulation to develop healthy eating habits. These two things are the basis for developing children's healthy eating patterns (Contento, 2011).

Food choices are also influenced by external factors, apart from those internal to the family. Parents are one of the first external factors that can determine a child's eating habits. Preparing healthy food is a form of instilling and habituating a healthy and good lifestyle in children, which should be considered not only by leading and giving an example of a healthy lifestyle but also by understanding the meaning of a balanced diet menu. A balanced menu is a menu consisting of different foods in the right amounts and proportions, so that it can meet a person's nutritional needs and maintain and restore cells and the body's life processes, as well as for growth and development (Almatsier, 2009).

The eating pattern both component to complete and as needed must include: 1) nutritional sources (e.g. rice, bread, potatoes, noodles) that are appropriate to their function, 2) nutritional sources that function in guard cell. body cells such as meat, fish, eggs (animal protein), tempeh, tofu (vegetable protein) and 3) food sources that regulate metabolisms such as vegetables such as spinach, beans, carrots, tomatoes and fruits such as bananas, papaya, orange and apple.

A balanced diet is still a major issue in early childhood. Parents still provide instant and fast food such as noodles, fried foods, ice, and sausages. This fact shows that parents' understanding of the importance of a balanced diet is still low. This problem also occurs with children in the Shamara 2 housing complex.

Research highlights the level of parents' understanding of balanced nutrition when viewed through knowledge, attitudes and practices. Because these three things can form parents' awareness of the importance of a balanced diet for their children. Preliminary information shows how parents can develop healthy habits by eating a balanced diet every day. The food preparation clearly does not meet healthy eating standards. Parents of students feed their children fast food such as fried noodles, sausages and fried foods. This food does not reflect the students' parents' understanding of the importance of a healthy lifestyle through balanced nutrition. Therefore, researchers are interested in conducting a more detailed investigation into how well parents understand a balanced diet and what factors influence it. Apart from that, it is also hoped that this research can provide ideas for parents so that they not only understand their knowledge but also act and develop their awareness so that they can be implemented in everyday life.

METHODOLOGY

Research that uses survey methods. Data was collected through questionnaires. Surveys are data collection by giving structured questions to respondents to answer (Sugiyono, 2018). The purpose of using a questionnaire in this research is to determine the students' parents' understanding of a balanced diet. The sampling method used a random sampling method for PKK members at Shamara Housing.

The survey instrument consisted of closed questions. When expressing an opinion in the form of a questionnaire using measuring instruments, the data obtained is in the form of interval data or a dichotomous comparison of "yes" and "no" (two choices), so that it is impossible to obtain an unclear answer to the problem being researched. The data was processed in the Excel program and calculated based on response rates and categorized into "high", "medium" and "low" categories. The figures determined based on this percentage are done descriptively.

RESULTS AND DISCUSSION

Students' Parents' Understanding of Balanced Nutrition

In this study, students' parents' understanding of a balanced diet was categorized into three categories, namely high, medium and low. The high category has a value of $26.66 - \leq 40$, $13.33 - < 26.66$, and the low category $0 - < 13.33$. General understanding of balanced nutrition is based on calculations from survey results. It turns out that the parents have a fairly high level of knowledge and are very understanding (Sajawandi, 2022). However, in this case, the parents are assumed to have a disability or there are factors that influence it. Parents' understanding of children aged 4 to 5 years studied in this study regarding a balanced diet is detailed as follows: 1) The importance of a balanced diet. 2) Visualization of balanced nutrition. 3) Nutritional needs are related to body processes

1. The importance of a balanced nutritional diet

Assessment of parents' understanding of the importance of good eating patterns The following data was obtained: There were 9 parents in the high category (20%), 11 people in the medium category (35%), and 15 people in the low category (45%). Parents' understanding of the importance of a balanced diet shows that parents are aware of the importance of consuming healthy and nutritious food. However, parents of students only try to ensure that their children continue to eat breakfast, lunch, and dinner with food that

they consider sufficient for their needs, in order to avoid various types of diseases caused by malnutrition. According to respondents, seeing children playing, learning and enjoying other activities shows that they are healthy. The reality is that people suffer from potentially fatal diseases due to malnutrition and unbalanced child nutrition patterns. This is in line with the opinion of (Barasi, 2007). Unbalanced nutritional status can cause various diseases called malnutrition, or malnutrition or overnutrition. "Unbalanced intake (excess or deficiency) of certain nutrients can result in health problems (morbidity) and even death (mortality).

2. Visualization of balanced nutrition

The balanced nutrition visualization describes my dinner plate (staple food, side dishes, vegetables, fruit) and nutritional sources (energy substances, building substances, regulating substances). Parents' understanding in visualizing a balanced diet: as many as 5 (15%) were in the high category, as many as 11 (25%) were in the medium category, and as many as 19 (60%) were in the low category. Data from parents is shown. Includes 4 people (20%). Parents' understanding of visualizing a balanced diet is 55%, indicating a medium category where parents mainly know the types of visualization of a balanced diet. To visualize a balanced diet, parents can understand and implement a balanced diet as a whole. However, interviews revealed that parents were still confused about whether to combine the four food sources and provide food according to each household's needs and resource availability. However, parents' knowledge regarding food sources such as energy sources, basic ingredients, and conditioning substances is still lacking in understanding the differences in terms used for these three food sources. Therefore, in its implementation, parents will only use energy materials or basic materials and regulatory substances as energy sources.

3. Nutritional needs are related to body processes

Parents' understanding of meeting nutritional needs is related to the development and growth process shows data that 20% of parents fall into the high category, 30% in the medium category, and 50% in the low category. It can be understood that the majority of parents' understanding of nutritional needs related to body processes (50%) is in the low category compared to other indicators. Criteria for nutritional needs related to body processes provide information about the function of nutrition, namely providing energy for growth and maintenance of the body as well as controlling body processes. With these indicators, parents do not yet know that a consistent and balanced diet can affect growth and endurance.

4. Factors that influence parents' understanding of Balanced Nutrition

Factors that influence parents' understanding of a balanced diet include: 1) Eating habits (eating behavior). This is determined by the family's habits, especially the mother's, in providing daily food. Eating healthy food is expected to create healthy eating habits. 2) Nutritional knowledge that can change individual attitudes/behavior towards nutritious and balanced foods. Nutritional knowledge plays an important role in food selection and intake. The more knowledge you have about nutrition, the more you will pay attention to the quality and quantity of the food you consume (Sediaoetama, 2008).

Food choices are influenced by eating habits. If this habit continues, it will develop into eating behavior. The habit of parents and adults in instilling healthy eating habits in

young children is a form of gratitude and motivation so that children learn to be disciplined and actively consume nutritious food. This can be achieved by providing rewards. The use of rewards to enforce academic discipline in children can be done in various forms, including praise, applause, and points/numbers. The meaning and effect of implementing this reward will help children learn to be more disciplined (Nafisah & Kirana, 2021; Suyanta, 2024).

Learning to Consume Nutritious Food Children's discipline is also influenced by their parent's behavior in providing and choosing healthy food. Food choices and eating habits are influenced by several factors (Contento, 2011). a) Biological factors include primary taste, individual differences, hunger/fullness, and certain satiety sensors. b) Individual factors. This includes perceptions, behavior, beliefs, motivation and values, self-concept, knowledge, and skills. Social norms, cultural norms, family, and social context. c) Social and environmental factors include food availability, food producers, social structure, environment, and food policy. d) Economic factors include income, food prices, education, and shopping habits.

Based on these factors, parents' understanding of balanced nutrition focuses on perceptions, behavior, beliefs, meanings, social norms and self-efficacy which are still low, resulting in food choices and food intake not being what they should be.

CONCLUSION

Understanding of parents who are members of the PKK Shamara 2 Housing cannot influence her behavior to eat a balanced diet every day. Therefore, practicing a healthy diet in children does not meet the criteria for a balanced diet. Factors that influence students' parents' understanding of a balanced diet include eating habits, nutritional knowledge that is not in accordance with its application, and food choices that are adapted to the real and unreal circumstances of each student's parents. This research is still limited to people. parents to understand how a balanced diet works in children. Therefore, future research can focus on the efforts of parents and teachers who can work together to practice healthy eating habits in young children. Apart from that, it is important to hold child nutrition education programs in all schools to minimize nutritional problems in Indonesian children which also have an impact on stunting.

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