

THE EFFECT OF FEEDING RULES PROGRAMME TOWARD BODY WEIGHT CHANGING AMONG CHILDREN IN PLAYGROUPS PONOROGO

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ABSTRACT

An imbalance nutrition in children at risk of malnutrition. Nutrition problem due to a variety of interrelated factors. One of the factors that influence the caregiver awareness about the important of adequate nutrition. The application of feeding rules program can help children establish warm relationships with their parents and caregivers. The objective of this study was to analyze the effect of feeding rules program toward body weight changing among children in PKK play group and PGRI play group Sampung, Ponorogo. This study used pre experimental design, population are all the children who were study on PKK play group and PGRI Play Group Sampung Ponorogo. Sampling technique used random sampling, the sample is taken just which suitable with inclusion criteria, with the total sample 48 children. The independent variable in this research is feeding rules and dependent variable is the weight of children. The data were collected by using questionnaire and body weight measurement tool, called Dacin. Then the data is analyzed by using Paired t Test at significance of $p = 0,05$. The result showed that feeding rules are significant toward the changing of body weight ($p=0.00$). Feeding rules program from nurse will help the children in increasing the quality of nutrition. Further study feeding rules applied on Government Health Services so the children will have a good status nutrition.

Keywords : children, feeding rules, caregiver

Introduction

Optimum nutrition of childrent the most important determinants of their health, growth and development. Feeding rules is beneficial to infant, mother, family and society, and viewed as the biological and social norm for infant and young child feeding (Australian Health Minister's Conference. 2010). Good feeding practices will prevent malnutrition and early growth retardation (Michaelsen, KF, et.All, 2003). Biological indicators are

sometimes useful for assesing nutrition status, and some may provide an early indication of a spesific nutrien deficiency. Weight is one eception, beause simple and relatively inexpensive field meansurement methods have been developed. The objective of this study was to analyzse the effect of feeding rules program changing to weight on PKK play group and PGRI play group sampung Ponorogo.

Methods

This study used pre experimental design, population from the children who were study on PKK play group and PGRI Play Group Sampung Ponorogo. Sampling technique used random sampling, the sample is taken just which suitable with inclusion criteria, with

the total sample 48 children. The independet variabel in this research is feeding rules and dependent variabel is the weight of children. The data were collected by using questionnaire and dacin. Then the data is analyzed by using Paired t Test at significance of $p = 0,05$.

Result

a. Characteristics of Respondents by Age

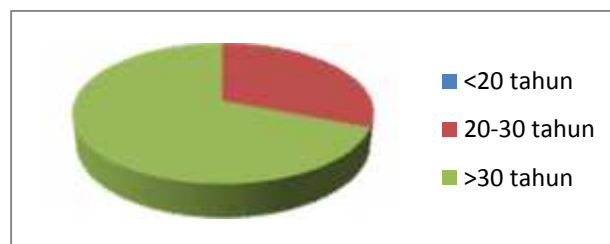


Diagram 1. Frequency Distribution of Respondents by Age

The above data shows that most small or 9 respondents (31.03%) were aged 20-30 years and most or

20 respondents (68.96%) aged > 30 years.

b. Characteristics of Respondents by Education Level

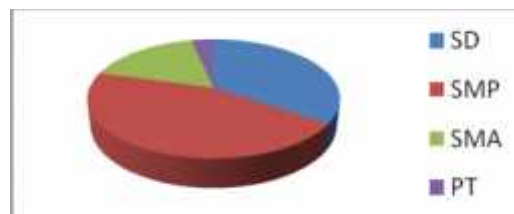


Diagram 2. Frequency Distribution of Respondents by Education Level

The above data shows that most or 13 respondents (44.82%) and a small junior high school education or 5 respondents (17.24%) high

school educated, SD 10 respondents (34.48%) and 1 respondent (3.44%) College educated.

c. Characteristics of Respondents by Job

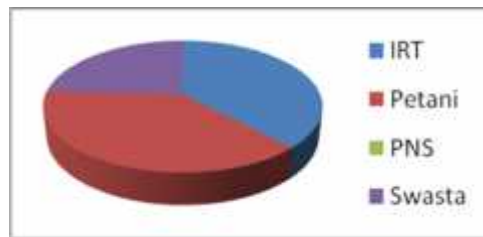


Diagram 3. Frequency Distribution of Respondents by Job

The above data shows that most of the mothers or 11 respondents (37.93%) worked as a farmer and a housewife and a small portion or 7 respondents (24.13%) to private employees.

Table 1. Effect of feeding rules on body weight infants

Statistical value	Pre test	Post test
N	28	28
minimum	12,5	24,2
maximum	13,4	24,7
Mean	1,57	1,61
SD	2,7	2,6
Statistical test	P=0.00	
Paired t test		

Based on the table above is based on a statistical test paired t test $p = 0.00$, there is influence between feeding rules to changes in body weight infants

Discussion

Based on Table 1 shows that based on statistical test paired t test P value = 0.00 means that there is influence between feeding rules to changes in body weight infants.

Pattern of improper feeding can cause difficulty eating toddlers (Widodo, R. 2010). The role of the caregiver is crucial toddler diet. A good diet will affect the nutritional status of children.

Feeding health education focuses on three aspects of the rules that allow caregivers better understand the importance of nutrition in infants. Feeding three

aspects of rules that toddler eating schedule, conducive environment and proper feeding procedures. In terms of feeding schedule rules, there are four important points: 1) there is a regular eating schedule; 2) The only provision that allowed an unscheduled snack; 3) mealtime should not be more than 30 minutes and; 4) does not offer anything between meals, except water. On the environmental front, there are three important points feeding rules, namely: 1) a comfortable environment and there is no compulsion to eat; 2) put the bases under the seat so that food does not fall apart; 3) did not play while eating. In terms of procedure there are six important points feeding rules, namely: 1) gives small portions; 2) give solid food first, and

only then liquid diet; 3) give impetus to want to eat their own children; 4) get rid of the food after 10-15 minutes when toddlers play and did not want to eat; 5) end the meal if a toddler angry and throws his food; 6) cleans the mouth toddler toddlers finished just after eating.

Health education toddler feeding rules on caregivers showed changes in consciousness (awareness), emerging interest (interest), their assessment (evaluation), the desire to try (trial), and finally acceptance (adoption) on self-sitter (Roger Everret, 2003) , Research in the USA concluded there is a relationship between feeding patterns of parents nutritional status of children under five with the (Ventura AK & Brich LL. 2008) .Terdapat difference nutritional status of children with eating problems before and after counseling with the feeding rules (Kadarhadi, E. 2012) . Also according to Darwati et. All. (2014), there is a significant increase in the nutritional status of early childhood development with eating problems after being given nutritional counseling with rules and methods of feeding SDIDTK stimulation for 4 months in IHC Jayapura district.

Application of rules affect the feeding patterns of feeding infants toddlers become better caregivers that condition are also affect nutritional status of children. There the results of nutritional status before health education most children who have poor nutritional status and less increased to good nutritional status. So that health education can be seen feeding rules influenced the nutritional status of children aged 4-5 years..

Conclusion

Feeding program rules changes affect the nutritional status of children. Feeding program rules affecting 5 caregiver aspects ranging from the consciousness (awareness), emerging interest (interest), assessment (evaluation), the desire to try (trial), and finally caregivers toddler acceptance (adoption) feeding program rules.

Recommendation

Necessary to the applied of feeding rules in caregiver program by health workers in the health center Ponorogo.

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