

THE EFFECTIVENESS OF NUTRITION RECOVERY PARK ACTIVITY TO GROWTH TODDLERS

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ABSTRACT

Introduction: The malnutrition condition in Jombang 2014 were 0,95%. Therefore, the innovation to tack the malnutrition in Jombang is needed. The innovation of malnutrition to tack in Jombang Regency has been done with groundbreaking program called with theme “Bertabur Bintang”. Beside as, it has been done by training handling toddler malnutrition by nutritional officer at Public Health Center (PKM) with kader about Training Positive Deviance and build Taman Pemulihan Gizi (TPG). Nutrition deficiency will cause of physical growth fairlue and intelligence development, lower productivity. Researcher have aim to know the effectiveness of Nutrition Recovery Park activity to the growth toddlers. **Method:** The Design of researcher is *quasai experiment* with “Pre Post Test Design”. All of toddlers population with less nutrition and malnutrition in Sudimoro Megaluh Jombang. Independent variable is Nutrition Recovery Park activity. Dependent variable is growth of toddlers. The intervention of research in the period of three month the toddler were give the nutrition recovery with 12 days of eating the good nutrition in each months. The assesing of growth are weight/ height by the toddlers. The data will process and analyze using T-Test. **Results:** The result of research show that probability is $< 0,05$ it means there is an effectiveness of Nutrition Recovery Park acivity to the growth toddlers in Sudimoro Megaluh Jombang. The Nutrition Recovery Park program showed significantly succes to raised the toddler’s nutrition. Therefore, a good team work between health service and government is needed to make this program succes.

Key word: Nutrition Recovery Park, growth, toddler

INTRODUCTION

Nutrition have a role which no doubt at the grow of child especially between the relation with the child environment from womb until adult. Nutrition is one of determinant qualities of human resources, because malnutrition will become physical growth fairlue and intelligence development, lower productivity, duraby of body so it will increase the pain and death (Depkes RI, 2007). At the baby and toddler lower nutrition can cause of disruption of growth and phisical development, mental and spiritual (Ali, 2008).

From ten province in Indonesia shows that the higher malnutrition in East Java province that occupied third position with the total babies and toddlers reach 434 thousand peoples. Total toddlers BGM in Jombang Regency at 2014 is 0, 95%, the number still

under the limit tolerance in minimum service standart at 2014. At the meantime, total toddlers have lower nutrition and malnutrition in Sudimoro are 15 toddlers.

The innovation activity to tack the malnutrition with the theme Bertabur Bintang is an acronym from “Together Tackling the Children’s Malnutrition” through was give information to family, weigh the child, give a balanced nutrition. The real step followed the groundbreaking with a nutritional service centers was equipped with a smart house. Beside as, it has been done the training of handling toddler malnutrition in nutritional officer at centers health and midwives with kader about training Possitive deviance and formation of Nutrition Recovery Park.

METHOD

Research design is all of planning that research to answer the research question and was anticipate some of difficulties that maybe arise during a research process. Based on the aim on research design used *quasi experiment* design with “*Pre Post Test Design*”. With the problem of research, the researcher chooses one location in Sudimoro Megaluh Jombang during Juni – August 2015. The population all of toddler have lower nutrition and malnutrition using total sampling the sample size is 10 toddlers. Identification of variable from this research is Independent Variable is activity of Taman Pemulihan Gizi (TPG) and Dependent variable in this research is toddler growth.

RESULT

Table 1 Distribution of respondent frequency based on toddler gender, education and job in Sudimoro Megaluh Jombang.

No	Criteria	Frequency	Prosentase (%)
1.	Male:		
	a. Male	7	70
	b. Female	3	30
2.	Education:		
	a. Basic	5	50
	b. Medium	5	50
3.	Job:		
	a. Work	10	100
	b. Unemployment	0	0

Source: Data Primer, Juni 2015

Table 1 shows almost all of respondent (70) is male, a half of respondent (50 %) is Basic Education and Medium and respondent 100 % work.

Table 2 Distribution frequency of growth toddler before do Nutrition Recovery Park activity

No	Nutritional Status	Frequency	Prosentase (%)
1	Lower	10	100
	Total	10	100

Based on table 2 shows of all respondent (100 %) nutritional status is lower before do Nutrition Recovery Park activity.

Table 3 Distribution frequency of growth toddler after do Nutrition Recovery Park activity

No	Nutritional Status	Frequency	Prosentase (%)
1	Good	10	100
	Total	10	100

Source: Data Primer, Juni 2015

Based on table 3 shows of all respondent (100%) nutritional status is good after do Nutrition Recovery Park activity.

Table 4 The Effectiveness of Nutrition Recovery Park activity to toddler Paired Sample Test

		Paired Differences							
				95%		Confidence Interval of the Difference		Significance (2-tailed)	
		Mean Difference		Lower		Upper			
Paired	Sample	Mean	Std. Deviation						
Before	After	.90	.316	-.100	.674	1.900	.900	.000	
1	After								

Using two-tailed T-test, the t value was more than t table with df = 9. The p value was less than 0,05. This can be conclude that the

toddler's nutrition significantly increased using Nutrition Recovery Park activity.

DISCUSSION

1. Toddler growth before done Nutrition Recovery Park activity

The research result before done TPG activity in Sudimoro Megaluh Jombang all of respondent have a less nutrition (100%). The data of mother growth showed at table 2, a half of respondent have medium education (50%) and all of mother growth (100%) is unemployment.

The growth is increasing number and size of the cell in all the body that kuantitative can count. Another meaning is physicalogy change as a result of process physical fungsion normally to child health, in the passage moment, another side growth is kuantitative change that refers to the number, large and spacious that the concrete nature and kuantitative change at the material is cause from environment.

The growth just not mean kuantitative, because not long time material is kuantitative. The example of kuantitative material are atom, cell, chromosome, hair, etc. Another side, kualitative is material too are impression, desire, idea, education and score (Hidayat, 2007; Kartono, 2011; Syah, 2011; Ahmadi, 2011) based on research statement from Lina (2011). Family is one effect to child growth, beside that parents job, parents education and persons in family be hanging of dependents. Education can be an effective if toddler mother was served eating menu based on the child age. Education is studying process that important education is a growth process failure or change be better, more adult and more between another individu, group and sociality (Notoatmojo, 2003). The job can become a good effect to toddler growth, because job was needed that must do lived and their family lives. From job someone can do anything benefits to our self, to family and have many experiences. Job factor cause someone busy with their jobs (Nursalam, 2003).

The result of research showed that another education, there are another factor can change to give toddler nutrition. If it has showed from mother education with the medium education is more easy to get information about needs of the toddler nutrition with their age. From their job, all of respondent is unemployment and be better if their mothers

have more time to keep there child but the fact it is not. In real time the toddler have less nutrition because more toddler mothers was giving instant foods and snack are not complete of nutrition value.

2. Toddler Growth After done Nutrition Recovery Park Activity

The research result after done Nutrition Recovery Park activity in Sudimoro Megaluh Jombang all of respondent get a good nutrition (100%). The mother data shows that at table 2 a half of toddler mothers have medium education (50%) and all of toddler mother unemployment (100%).

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The result of research shows that education not absolute can become decisive to successfull of patterns, parenting, not necessary the education will bring sucessfully in handling with the less nutrition. Parenting is one factor that affect in fulfillment of toddler nutritional needed because factors of toddler mother diligence was given nutrition do their child that can support weight increasing. Toddler nutrition status after Nutrition Recovery Park activity has increase because active cader, if a toddler mother who can not invite their toddler to Nutrition Recovery Park so will be picked up by cader. At Nutrition Recovery Park activity the toddler must eating there, so it was observed by cader about their food eat.

3.The Effectiveness of Nutrition Recovery Park Activity to Toddler Growth

The research result showed that there are an effective of Nutrition Recovery Park activity to toddler growth, because the role cader in Nutrition Recovery Park services be better and toddler mother exposed information about nutrition problem. Another toddler was given fed there, toddler mother taught how to cook completely and was given menu schedule appropriate with toddler age, so the toddler can develop normally.

CONCLUSTIONAND RECOMMENDATION

The conclusion is that the respondent showed increase the nutrition ofter joining the Nutrition Recovery Park program. This research still have low number of respondent, therefore another research as following result must be done in other area of Jombang. The health service and government should working together to make this program succesfull.

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