Overview of Nutritional Status of Public Elementary School Students of Sijunjung

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Abstract—*This research aims to know the level of nutritional status of students in primary schools of Limo Koto Sijunjung Sub-district VII. The descriptive nature of the research. The samples were 27 students taken with a purposive sampling technique. The instrument used to measure the weight (W) and height (TB) students. The data were analyzed using frequency distribution in percentage formula. Research results are grouped into five categories items, namely three students category is very skinny (11:11%), six students category skinny (22:22%), 17 students of the standard category (62.96%) student category, one fat (3.70%), and no student obesity category (0%). So, the nutritional status of primary school students 7 Country Limo Koto Koto Sub-district VII NORMAL Sijunjung category with a percentage (62.96%).*

Keywords— *Nutritional status, elementary school, students*

I. INTRODUCTION

The problem in this research is the low level of the nutritional status of students in the elementary school N 7 limo koto koto sub-district VII Sijunjung ". The purpose of this research was to determine the nutritional status of children of primary school students in 7 limo koto koto the District VII Sijunjung. According to [1] nutrition comes from the Arabic "Ghidza" which means food substances, in English known as "nutrition" which means foods or nutrients. From these quotations it can be understood that the nutrients are nutrients that the body needs, be it in the form of carbohydrates, fats, proteins, minerals and water that are useful to undergo daily activities, more extensive nutrition interpreted as a means to sustain life, growth (brain and physical) and the normal functioning of the body as well as to generate power.

More extent of nutrition is one of the factors that determine the quality of life and survival of a person. Students are the future generation in the survival of the next. To produce a good generation of required quality, a good target. To obtain a healthy and nutritious generation required intake elements that support a healthy and nutritious, namely by providing nutrition in accordance with the needs of students, who are able to support their activities.

In the language of nutritional status is derived from two words namely status and nutrition. According to the Indonesian big dictionary (KBBI) status is "position or state", while nutrition has the meaning "chemical bonds that the body needs to perform its functions, which produce energy, build and maintain the network, and to manage the processes of life". [2] says "The nutritional status is a condition that states the level of nutritional adequacy of a person". The nutritional status can affect the intensity of one's work or perform their daily activities, the better the nutritional status of a person, the more a person is able to do the activity because the energy obtained from the consumed nutrient intake are met, and vice versa.

Meanwhile, according to [3] said: "The nutritional status in children affects the physical and mental development of children so that ultimately have an impact on the level of intelligence. Measurement of nutritional status is one aspect that is very important to do in order to avoid one of the complications is malnutrition. Problems menu, serving, and eating time is a factor that can affect the nutritional status of children. The imbalance between income and nutritional needs of high risk of malnutrition, especially in children who have difficulty eating. For school children, are expected to be guided by the nutritional needs of balanced nutrition which includes the need 50-60% carbohydrate, 14% protein and 25% fat, the nutritional needs including breakfast. Breakfast contributes about a quarter to a third of daily nutritional requirements of around 400-600 calories, depending on the composition and amount. Breakfast in the morning is a fundamental expectation of balanced nutrition. For school children, breakfast can improve concentration and make it easier to absorb the lessons learned to improve learning achievement ".

In addition [4], said: "The nutritional status is a measure of the condition of a person's body caused by foods consumed and use of nutrients needed by the body to form tissues and organs with their respective functions in a system, resulting in growth of (physical) and developmental (mental), intelligence, and productivity as a condition for the achievement of the level of living healthy, fit and well-being ".

The types of nutrients contained in our body are carbohydrates, fats, proteins, vitamins, minerals and

water. Carbohydrates are the main source of energy needed by the human body, the main source of carbohydrates is derived from rice for Indonesian people in general its food staple is rice. Furthermore, fat, fat is the source of the second enrgi after the body needs carbohydrates consumed. The third energy source is a protein, the protein will be used by the body as carbohydrates and fats consumed. The nutritional quality of a person or a child is influenced by several factors such as: 1) education of parents/level of parental knowledge, 2) a large family/household size, 3) nutrient consumption, 4) the social environment, and 5) genetic factors / heredity ,

The fifth of these factors greatly affect the level of nutrients a person or child. For that as parents knowledge in providing nutrition to children affects the growth and development of children. So is the number of family members who are affected by family economic circumstances, when a family has a low income, while dependents in the family very much then this will impact on food consumption within the family itself. Nutritional needs that should be satisfied to be reduced karrna many number of family members being offset by sufficient family income.

II. RESEARCH METHODOLOGY

This type of research is descriptive. Where the research and data collection on the SD N 7 Limo Koto Koto subdistrict Sijunjung VII. The study population numbered 142 students. The sample in the study of class, V. Sampling using purposive sampling technique. So that the sample in this study amounted to 27 people, composed of 14 male students and 13 female students. This study measured body weight (BW), height (TB) based on body mass index for age (BMI).

$$BMI = \frac{\text{Weight (Kg)}}{\text{High } (M) \text{ x High } (M)}$$

Nutritional Status Assessment Derived Table W / H According to the IMT / U

Table 1. Nutritional status

Index	Nutritional status category	Thresholds (z-score)
BMI children ages 5-18 Year	Very thin	<-3 SD
	Thin	-3 SD up to <-2 SD
	Normal	-2 SD up to 1 SD
	Fat	> 1 SD up to 2 SD
	obesity	> 2 SD

Source: Indonesian Health Minister Decree No. 1995 / Menkes / Sk / Xii / 2010. About: Anthropometric Standards Child Nutrition Status Assessment.

Furthermore, the use of data processing techniques or techniques percentage frequency distribution with the formula P = Percentage of the results sought, F =

Frequency of each, N = Number of respondents. [5] Sudjana

III. RESULTS AND DISCUSSION

The data were processed with descriptive percentage analysis, using the assessment table and classification norms table [6] IMT RI Health Department in 2010 for children ages 5-18 years. Based on data obtained from the results of the calculation of the nutritional status of boys and girls primary school N 7 Limo Koto Koto subdistrict Sijunjung VII districts with a total of 27 people, then didapatlah research results as in the table below:

Table 2. Frequency Distribution Table Nutritional Status of Students

Threshold Status nutrient	Frequency Absolute	Frequency Relatively	Classification
<-3 SD	3	11.11%	Very thin
SD -3 to <-2 SD	6	22.22%	Thin
-2 SD and 1 SD	17	62.96%	Normal
> 1 SD and 2 SD	1	3.70%	Fat
> 2 SD	0	0%	obesity
Amount	27	100%	

Based on the frequency distribution table of nutritional status of boys and girls above can be illustrated in a bar graph as follows:
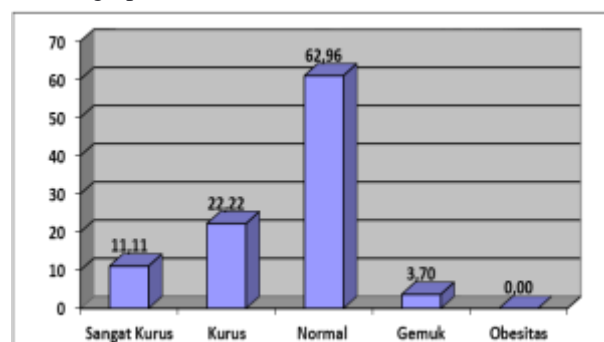

Figure 1. Relative Frequency diagram Nutritional Status Students

Based on the frequency distribution table and diagram above can be explained the nutritional status of boys and girls primary school N 7 Limo Koto Koto subdistrict VII Sijunjung, grouped into 5 categories: 3 students included in the category of very thin (11.11%), 6 students included in the category of thin (22.22%), 17 people are included in the normal category (62.96%), 1 the students included in the category of fat (3.70%), and 0 students who belong

to the category of obesity (0 %).

The results of the study nutritional status of 75 samples, students of public school 7 Limo Koto subdistrict koto VII Sijunjung illustrated that there is a majority of the nutritional status of students in the category of "Normal", but not a few students who have a nutritional status that is "more or less".

Although there are still some students who have the nutritional status of the very thin, thin, fat and obesity. Students who have the nutritional status of a very thin, thin, fat and obesity could be caused due to several factors in accordance with the opinion of Laura Jane Harper in [7] "factor of nutritional status in terms of social, cultural and economic are food availability, income level, education and food use. The use of food includes social status, religious beliefs, cultural beliefs, state of health, diet, lose tersebab by the cooking process, the distribution of food in the family, family size, and food scattered ".

Given the importance of nutrition for students one of the ways that can be done to solve the problem for students who have a nutritional status that is less or more are: 1) the teacher penjasorkes should provide insight to the students the importance of nutrition for physical growth and brain students, 2) parents of each students should pay attention to food that will be eaten by children, the maturity of the food and the feasibility of food that will be consumed, 3) apart from teachers and parents, students should also discount awareness of the importance of nutrition to their growth and their brains, in which it will affect the study results.

IV. CONCLUSION

Based on the analysis and discussion of it can be summed up as follows: The results of nutritional status of primary school students n 7 limo koto koto sub-district VII Sijunjung of 27 samples belonging to the category NORMAL.

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