



Overview of the Nutritional Status of State 17 Parak Karakah Students, Padang Timur District, Padang City

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Abstract. This research aims to know the nutritional status of primary school students Land 17 Parak Karakah Subdistrict East Padang in Padang City. This research is descriptive research, using primary data and secondary data. The population in this research is the entire elementary school students Land 17 Parak Karakah Subdistrict East Padang in Padang City totalling 143 people. Sampling using Random Sampling techniques “(random sampling) that is 20%. Then didapatlah the number of samples as many as 29 people. To determine the nutritional status of students using the formula $IMT = w/TB^2$ for engineering data analysis i.e. analysis descriptive $P = f/n \times 100\%$. Based on analysis of data then the research results obtained that from 29 samples of elementary school students Land 17 Parak Karakah Subdistrict East Padang in Padang City then retrieved 4 people (13.79) category is very thin, 13 people (44.83) category, 7 people (24.14) the categories of normal, 3 people (10.34) category of fat, 2 persons (6.89) categories of obesity. So elementary school students Land 17 Parak Karakah Subdistrict East Padang in Padang City nutritional status by category student category is thin because of the nutritional status of students as much as owned 44.83% were in the category of thin.

Keyword: review of nutritional Status

1 Introduction

The nutritional status of a substance is determined by the balance of food that enters the body and the demands of the substance. If the body acquires adequate nutrients and uses them efficiently, it has optimal nutritional status, which allows for physical growth, intellectual development, work capacity, and overall health. Malnutrition can develop when the body lacks one or more essential nutrients.

According to the Ministry of Health in Mutohir (2004: 92), nutritional status is a condition of the body that characterizes a person's or society's health status in everyday life as a result of the interplay of food, human body, and environment. Humans must carry out metabolic processes and catabolism to produce energy. The body needs balanced nutrients to be consumed every day. In order for the body's metabolic process to take

place, nutrients are needed from the food consumed by a person. Consumption of foods that pay less attention to levels of nutrients can be bad for health. In addition, nutritional deficiencies will decrease a person's intelligence of thinking power.

Improvements in nutritional status need to be instilled in students from an early age in order to get good growth and development. In order to get enough energy and balanced nutrition, the nutritional elements contained in the diet must also be balanced. Lack or excess of nutritional elements will cause various health problems of the body. Shafrizal and Wilda (2008: 6–25) suggest that: (1) Lack of carbohydrates causes low blood glucose, resulting in feelings of hunger, lethargy and laziness. (2) Protein deficiency results in kwashiorkor and concoction (especially in infants and children). Excess protein leads to obesity, excess amino acids incriminate the kidneys and liver, causing acidosis, dehydration, diarrhea, ammonia, blood rise, increased blood ureum and fever. (3) Excessive fat reserves in the body result in some coronary heart disease, kidney, diabetes militus, cholesterol and also obesity (obesity).

Based on the above quote that carbohydrates, proteins, and fats are very important in the human body which has its own role and function. Lack of carbohydrates that enter the body, people will be hungry, lethargic, and lazy. Lack of protein that enters the body will inhibit the development of the brain and muscles. If the lack of fat and excess fat will result in susceptible to diseases such as: heart disease, kidney disease, breast cancer, stroke, leukemia, diabetes militus, cholesterol and obesity (obesity).

Ideally to obtain good nutritional status, it is necessary to consume foods containing nutrients needed by the body, such as foods containing carbohydrates, fats, proteins, vitamins, and minerals, there is also a need for family support, especially parents in providing nutritional intake to their children, as well as exercising enough so that students' nutritional status becomes good.

Based on the observations made by the author in SDN 17 Parak Karakah District of Padang Timur Padang City, and also according to the teacher of the health vendor that there are still many students who are not excited in the teaching and learning process. Judging from students who are lazy to learn, often yawn, get tired quickly, easily dizzy, lack of direction or there are disorders or abnormalities in the function of the sensory device or body looks thin and some are too fat. Researchers think this is due to the low nutritional status of students.

According to Djoko (2007: 2) "nutritional isitilah comes from the Arabic namely "giza" which means food substances, in English known as "nutrition" which means food or nutrients or often interpreted as nutrition science".

According to Hary Oxorn and Wiliam R. Forte in Triwibowo, et al. (2015: 70), stated that "Nutrition includes a broad understanding, not only about the type of food and its use for the body but also how to obtain and process and consider to keep us healthy".

2 Materials and Methods

This research is classed as descriptive research, which seeks to explain or describe things such as circumstances, conditions, situations, occurrences, and activities. According to Arikunto (2010: 3), descriptive research is "research designed to explore the events, conditions, or items specified, the findings of which are delivered in the form of research reports."

This study was conducted in March 2019 in Sekolah Dasar Negeri 17 Parak Karakah District of Padang Timur Padang City Padang. The operational term of this study is nutritional status, which is the condition of the body as a result of the balance between nutrients that enter the body and nutrients that are used. Primary and secondary research data are used in research and secondary data types. Data collection techniques are carried out by interviewing, anthropometric measurements and documentation. Data analysis techniques use frequency distribution techniques (*descriptive statistics*) with percentage calculations.

3 Result

Male Student Nutrition Status

From the data obtained from the calculation of nutritional status in 14 sons, the distribution of the frequency of the score can be seen in the Table 1.

As seen in Table 1, hasil calculation of the nutritional status of male students can be grouped into 5 categories, namely 1 student included in kategori sangat kurus (7.14%), 7 siswa t including kategori kurus (50%), 4 siswa including in normal sataygori (28.57%), 1 student including fat sataygori (7.14%), and 1 siswa included in the obesitas category (7.14%).

Status of Gizi Princess Students

From the data obtained from hasil perhian gizi status in female students which amounted to 15 people, the distribution of frekuensi the score can be seen in the Table 2.

As seen in the Table 2, the results of calculating the nutritional status of female students are also grouped into 5 categories, namely 3 female students fall into the category of very thin (20%), 6 female students fall into the category of thin (40%), 3 students fall into the normal category (20%), 2 female students fall into the category of fat (13.33%), as well as 1 female student who belongs to the category of obesity (6.67%).

Table 1. Redistributed Frekuensi Status Gizi Siswa Putra

No	Threshold Nutritional Status	Frekuensi Absolute (Fa)	Frekuensi Relatif (Fri)	Klasifikasi
1	<-3SD	1	7.14%	Very Skinny
2	-3SD until <-2SD	7	50%	That
3	-2SD until 1SD	4	28.57%	Normal
4	>1 SD until 2 SD	1	7.14%	Fat
5	>2 SD	1	7.14%	Obesity
Jumlah		14	100%	

Table 2. Distribution of The Frequency of Nutritional Status of Female Students

No	Ambang Gizi Status Limit	Frekuensi absolute	Frekuensi Relatif	Klasifikasi
1	<-3 SD	3	20%	Very thin
2	-3 SD until <-2SD	6	40%	That
3	-2SD until 1SD	3	20%	Normal
4	>1SD until 2SD	2	13.33%	Fat
5	>2SD	1	6.67%	Obesity
Jumlah		15	100%	

Table 3. Distribution of Frequency of Nutritional Status of Men and Daughters of Public Elementary School Students 17 Parak Karakah

No	Nutritional Status Threshold	Absolute frequency	Relative frequency	Classification
1	<-3SD	4	13.79%	Very thin
2	-3SD until <-2SD	13	44.83%	That
3	-2SD until 1SD	7	24.14%	Normal
4	>1SD until 2SD	3	10.34%	Fat
5	>2SD	2	6.89%	Obesity
Sum		29	100%	

Nutritional Status of Putra and Putri Students of State Elementary School 17 Parak Karakah District Padang Timur Padang City

Data obtained from the results of the calculation of nutritional status in the students of the sons and daughters of State Elementary School 17 Parak Karakah District of Padang Timur Padang City which amounted to 29 people, the distribution of the frequency of scores can be seen in the Table 3.

Based on the Table 3, it can be explained that the nutritional status of students of 17 Parak Karakah State Elementary School, East Padang District, Padang City can be grouped into 5 categories, namely 4 students included in the category of very thin (13.79%), 13 students belong to the category of skinny (44.83%), 7 people belong to the normal category (24.14%), 3 Students fall into the category of obese (10.34%), and 2 students who fall into the category of obesity (6.89%).

The results of the above research can be concluded that the nutritional status of students of 17 Parak Karakah State Elementary School, East Padang District, Padang City with the category of “**Skinny**” because the nutrition owned by students as much as 44.83% is in the skinny category.

Food is a fundamental need for, food consumed various types in various ways of processing. Humans need to eat food so that the health of the body can be achieved

optimally. There is no one type of food that contains all kinds of nutrients that the body needs. The types of nutrients contained in our food are carbohydrates, fats, proteins, vitamins, minerals and water. Carbohydrates are a type of nutrient that plays an important role in life because it is the main source of energy. In addition to carbohydrates, fat is also a producer of energy to contribute to the body. In addition to substances that build cells in the body, protein is an important nutrient that must be found in the consumption of food every day, day in addition to vitamins and minerals that play a role in regulating metabolism. As stated by Mutohir (2004: 85) As for foods containing the following recommended nutrients: a) carbohydrates, b) fats, c) protein, d) vitamins, e) minerals, and f) water.

According to the Ministry of Health in Mutohir (2004: 92) "Nutritional status is a state of the body that describes the health status of a person or society in everyday life due to the interaction of food, human body and the environment. Meanwhile, according to Holil (2014: 2) "Nutrients are substances contained in food and are indispensable by the body for metabolic processes, ranging from digestion, absorption of food in the small intestine, transportation by the blood to reach target cells and produce energy, body growth, maintenance of body tissues, biological processes, healing diseases, and endurance.

Based on the explanation above, lack of energy comes from food which causes a lack of energy to move, work and perform activities. People become lazy, feel weak and work productivity decreases. In addition, malnutrition at a young age can affect mental development, including the ability to think. The brain reaches its maximum shape at the age of two years. Malnutrition can result in impaired function Thus it is clear that nutrition is a very important element for capital for the development of human resources.

The results of the nutritional status study from 29 samples of students at 17 Parak Karakah State Elementary School in Padang Timur district of Padang City showed that most of the nutritional status of male and female students was in the category of "**Kurus**". But not a few students who have less or excess nutritional status. From 14 research samples representing male students, the spread of answers was obtained based on the following classification levels. Classification of "Very Thin" frequency = 1 (7.14%), "Skinny" frequency = 7 (50%), "Normal" frequency = 4 (28.57%), "Fat" frequency = 1 (7.14%), "Obesity" frequency = 1 (7.14%). Then according to the data collected from 15 research samples representing female students obtained the dissemination of answers based on the following classification level. Classification of "Very Thin" frequency = 3 (20%), "Skinny" frequency = 6 (40%), "Normal" frequency = 3 (20%), "Fat" frequency = 2 (13.33%), "Obesity" frequency = 1 (6.67%).

From the explanation above, it can be interpreted that those who have a good nutritional status of course the students have consumed food that suits the needs of substances needed by their bodies. Furthermore, students who have the nutritional status of thin and thin, of course, these students have not consumed foods that do not meet the nutrients needed by their bodies or the food they eat does not meet the nutritional elements needed by the body, and students who have the nutritional status of fat and obesity of course students who consume excess food needed by the body without also accompanied by exercise. Thus many factors that can cause the low nutritional status of these students,

one of which is: 1) economic level or income of parents, 2) level of education and nutritional knowledge, 3) factors of family members, 4) environmental factors, 5) availability of foodstuffs 6) less hygienic foods and others.

The nutritional status of a substance is the outcome of the overall and balanced relationship between the food that enters the body and the demands of the substance. When the body receives adequate nutrients that are utilised properly, it allows for physical growth, intellectual development, work ability, and overall wellness. Children who have a healthy nutritional condition may, of course, grow and develop and do daily chores successfully (learning and playing). In addition, proper nutritional status is a crucial requirement in obtaining optimal health, which is characterized not only by physical appearance but also by mental and emotional well-being.

Given the importance of nutrition for elementary school students, especially students of 17 Parak Karakah State Elementary School Padang district east of Padang City, one of the efforts that can be made to overcome problems for students who have poor nutritional status is: 1) Penjasorkes teachers provide understanding and understanding to students about the importance of nutrition, 2) students to be able to pay attention and consume good nutritious food, 3) parents of students provide nutritious food for their children. Then the solution so that students can provide for their nutrition, these students are encouraged to pay attention to their daily diet. If the student has a very thin or thin nutritional status, then the student must eat a lot of nutritious foods such as “four perfect healthy five”, and for students who have an obese /fat nutritional status, then the student should reduce foods that contain fat and limit excessive diet.

4 Conclusion

The results of the study on the nutritional status of students of 17 Parak Karakah State Elementary School, East Padang District, Padang City from 29 samples were grouped into 5 categories, namely 4 students belonging to the category of “Very Thin” (13.79%), 13 students were included in the category of “Skinny” (44.83%), 7 students belonged to the category of “Normal” (24.14).), 3 students fall into the category of “Fat” (10.34%), 2 students fall into the category of “Obesity” (6.89%). So it can be concluded from the results of measuring the nutritional status of students of 17 Parak Karakah State Elementary School, East Padang District, Padang City, including the Kurus category.

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