



# Efforts to Fulfill Children's Nutrition Through the Parent Class Program In Elementary School Physical Education Learning

Slamet Santoso<sup>1,\*</sup>, Erik Teguh Prakoso<sup>1</sup>, Shodiq Hutomono<sup>1</sup>,  
Joko Sulistyono<sup>1</sup>, Muchhamad Sholeh<sup>1</sup>, Dewi Mashitoh<sup>2</sup>

<sup>1</sup> Tunas Pembangunan University, Surakarta, Indonesia

<sup>2</sup> Kedungsari 1 Elementary School, Magelang, Indonesia

\* Corresponding Author. Email : [ssantoso111285@gmail.com](mailto:ssantoso111285@gmail.com)

## ABSTRACT

The educational, social, cultural and occupational backgrounds of the parents make the patterns of upbringing and education varied. The diversity of parents' abilities in caring for and educating children has an impact on the lack of fulfillment of children's nutrition. Children who experience malnutrition are felt when learning physical education as easily tired and lacking energy. Based on this, it is necessary to make efforts to educate parents through parent classes. The purpose of this study was to educate parents through parent classes in an effort to fulfill children's nutrition. This research and development covered ten steps, with a small-scale pilot conducted in 2 elementary schools located in rural and urban areas involving 57 parents and 5 teachers. This large-scale trial has been carried out in 4 elementary schools such as; Muntilan 1 Public Elementary School, Mertoyudan Public Elementary School, Pagergunung Public Elementary School and Wonosoka Public Elementary School, Magelang Regency which involved 12 teachers and (physical education teacher, school principal and class teacher). The design of this study uses a sequential explanatory, meaning that after the collected quantitative data is analyzed, the next step is to collect qualitative data and analyze it. This research produces parent class products as an effort to educate parents in parenting, educating and fulfilling children's nutrition. 1) The response of parents to the parent class program in terms of duties and responsibilities for improving the quality of physical education is 91.67% (SB). 2) The response of parents related to their duties and responsibilities to meet nutritional needs is 94.74% (SB). 3) The response of parents to be involved in schools in order to improve the quality of physical education and fulfillment of child nutrition is 82.02% (SB) with a classical average of 89.48%. The conclusion of this study is that this parent class program is very suitable and effective for educating parents in an effort to fulfill children's nutrition and improve the quality of physical education.

**Keywords:** Nutrition, Program, Parent Class, Physical Education.

## 1. INTRODUCTION

Indonesia is still facing nutritional problems that have a serious impact on the quality of human resources (HR) [14]. One of the problems of malnutrition that is still quite high in Indonesia, especially the problem of stunting and

wasting in toddlers as well as anemia and chronic energy deficiency problems (KEK) in pregnant women. The problem of malnutrition in pregnant women can cause low birth weight babies (LBW) and malnutrition in toddlers,

including stunting [9]. The National Long-Term Development Plan (2005–2024) stipulates that health development leads to the development of health efforts, from curative health efforts to preventive and promotive health efforts, according to health needs and challenges [12].

Stunting (dwarfness) is a linear growth disorder in infants and toddlers caused by chronic malnutrition intake of nutrients so that height does not grow in line with age (Ministry of Health RI, 2018). Further impacts can cause Intelligence Quation (IQ) disturbances, psychomotor development, motor abilities and neurosensory integration. Children who suffer from severe malnutrition (stunting) have an average IQ of 11 points lower than children who are not stunted (UNICEF, 2013). Stunting cases in Magelang Regency occupy the second highest position in Central Java (2017 Nutrition Status Monitoring). Based on the results of research from [2] it shows that short/stunting children who get an average IQ score above are 64% and those who get an average IQ score below are 36%. Whereas children who are not stunted get an average IQ score above 72% and those who get an average IQ score below are 28%.

The high number of stunting cases can cause very complex health problems, the problem referred to is not only from a medical perspective but extends to social, economic, cultural, security and national security issues. Thus, this trend is likely to continue along with changes in living behavior in society. Of course, this is a threat to the productivity of our society and nation. The productive age which is large and should contribute to development will be threatened if the degree of health is disrupted by non-communicable diseases and unhealthy lifestyles.

In overcoming this, we need promotive and preventive approaches that are very effective in responding to various health challenges. Because basically, the prevention of communicable and non-communicable diseases is highly dependent on individual behavior. Which is supported by environmental quality, availability of facilities and infrastructure, improvement of health services, creating quality health resources and regulatory support.

Based on these problems, an intervention effort was made through a parent class program to reduce the prevalence of stunting and fulfill child nutrition. Implementation of parent class programs in order to educate parents so that parents' insight increases and parenting patterns become

better [16]. This parent class program is very important because it is a place for parents to gain knowledge, insight and experience. The involvement and role of parents in implementing parent class programs that have been initiated by schools must get support from all parties. According to [6] states that the involvement of families (parents) in schools has various strategic roles in implementing school or class programs. The important role of parental relationships in children's adaptation to school has been emphasized by many researchers [15]

[11] School interventions to involve parents can affect children's social abilities and can encourage children to explore their potential and improve children's character and health. Educating children requires certainty and the right footing, because once the wrong method, wrong approach, and wrong parenting can make children deviate forever, it is even possible for these deviations to occur early on and be lasting. Therefore it is true what Jane said [10]. Children will feel the positive impact and benefits when parents are involved in the process (Voorhis et al., 2013: 1). The ability of parents to educate and care for their children can affect the development of children and their academics [5].

According to [4] states that the relationship between society and education is very close and the need for community involvement in advancing education. Community participation is also responsible for the quality of education and must be realized into real action, [8]. Community involvement in education is important in order to increase public awareness and provide capabilities according to school needs [13]. Education through the family can shape and develop a better child's personality [1].

Efforts to make children productive, healthy, fit and with character as well as fulfillment of children's nutrition must be carried out jointly between teachers, parents and the education community in a planned, programmed and sustainable way. One of the solutions offered in fulfilling child nutrition is through a parent class program in elementary school physical education learning. The existence of this parent class program has been able to make parents increase their insight and knowledge in terms of educating and caring for children, so as to create parenting patterns, a culture of healthy living and knowledge about the importance of nutritional intake for children.

## 2. METHODOLOGY

Research on efforts to fulfill children's nutrition through parent class programs in physical education learning at elementary schools is a combination of qualitative and quantitative research. The location of this research is in 7 elementary schools located in rural, mountainous, semi-rural and urban areas, with the hope that it can reflect all conditions. The subjects of this study were teachers and parents of elementary school students throughout Magelang Regency in 2020 with a total of 144 participants consisting of 137 parents and 7 teachers. The instrument used was an open interview using the zoom meeting cloud and a closed questionnaire using the Google form (respondents chose the alternative answers provided). The research design used is sequential explanatory, that is, quantitative data is collected and analyzed first, after which qualitative data is collected and analyzed [18]. According to [7] suggests that qualitative data findings can be used to contextualize quantitative data.

Following are the stages of data analysis used in this study:

#### a. Quantitative Data Analysis

Quantitative data collection used a rating scale questionnaire with 25 statement items about parents' responses to parent class programs in an effort to fulfill children's nutrition in physical education at the elementary school level which included; 1) Responsibilities 2) Tasks, 3) involvement 4) roles 5) collaboration between parents and teachers and the education community. The result data from the questionnaire were then searched for the mean value, after which it was analyzed in the form of a descriptive percentage.

#### b. Qualitative Data Analysis

Interview data collection (qualitative) is carried out after obtaining questionnaire data (quantitative). Qualitative data were obtained by interviewing 7 parents who were class administrators (class leaders) and 7 physical education teachers with a total of 14 people from 7 elementary schools, then the data was reduced (selecting and determining the important parts), then it was concluded.

### 3. RESULTS AND DISCUSSION

Parents' responses in responding to the parent class program were of course diverse and varied. For more details, based on research data using a rating scale

questionnaire with 25 statement items about parental responses to the parent class program to 144 participants as shown in the table. 1 follows. Table 1. Parents' Responses to Parent Class Programs in Efforts to Fulfill Children's Nutrition.

No	Statement	Response	Percentage	Criteria
1	Parents are aware of their duties and responsibilities towards children	Parents are aware of their duties and responsibilities towards children	91,67%	VS
2	Parents are aware of their role in educating children	Parents are aware of their role in educating children	89,58%	VS
3	Parents are aware of their role in monitoring children's behavior, development, health and nutritional status	Parents are aware of their role in monitoring children's behavior, development, health and nutritional status	89,58%	VS
Total			89,88%	VS

Based on table data. 1 shows that the response of parents to the parent class program is an effort to educate parents and fulfill children's nutrition with a classical average of 89.48%. The response and enthusiasm of parents was very high in participating in this parent class program, because; 1) parents are aware of their duties and responsibilities towards children; 2) the role of parents in educating children is becoming clearer and programmed; 3) parents and teachers together in monitoring children's behavior, development, health and nutritional status; 4) people can motivate children to always consume nutritious food; 5) people and children can carry out sports together in order to maintain health and fitness and increase endurance.

### DISCUSSION

The findings of the research show that the fulfillment of children's nutrition through the parent class program in elementary school physical education learning is based on the parents' response. The involvement, role and contribution of parents in educating, caring for and fulfilling children's nutrition can affect the intelligence, character, health and fulfillment of children's nutrition. The involvement and participation of parents in various activities both at school and at home can have a positive impact on the development and growth of children. This is in line with the article on the positive effects of parental involvement, summarizing the key principles of a successful partnership between parents and schools [3]. The duties and responsibilities of parents in educating their children are not only to provide attention, affection, adequate facilities and provide pocket money, but parents must also be able to be good teachers for their children. The

role and contribution of parents to the education and health of their children are very large, therefore parents must be able to manage the time between work and their responsibilities as parents.

The very large involvement and role of parents needs to be managed properly, so that they can collaborate and synergize with the school. Parents together with teachers can complement each other in the learning process at school and while studying at home. As teacher partners, parents have various roles such as: people as motivators, facilitators, informers, mentors and role models for their children. The education given by parents to their children is education that will be a provision and will always be useful for the next life. In addition, parents are also responsible for thinking about, seeking and creating good relationships between parents and children and maintaining harmony in family life. Parents' high insight, unyielding spirit and high concern for their children's education will add to a better quality of education [17].

The positive response of parents to this parent class program is due to several factors including; 1) parents are aware of their duties and responsibilities towards children; 2) Parents already understand their role in educating children; 3) alignment between parents and teachers in monitoring behavior, development, health and nutritional status of children; 4) people can motivate children to always consume nutritious food; 5) parents and children can exercise together in order to maintain health.

## CONCLUSION

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Parent class programs in the context of educating parents can influence the increase in ability, understanding and insight in educating and caring for their children at home. Increasing parents' understanding and insight has had a positive influence on children's growth and development, intelligence, health and fulfillment of children's nutritional needs. Based on data on parents' responses to the parent class program in physical education at the elementary school level, it is classified as very good with a classical average of 89.48%. The response and interest of parents in participating in the parent class program is very high, because parents are aware of their duties, roles, involvement and responsibilities.

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