

# *Nutritional Status of Learners in Elementary School Murung Raya 5 South Banjarmasin*

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**Abstract**— The purpose of this research is to know the nutritional status of learners Elementary School Murung Raya 5 South Banjarmasin in terms of educational background, employment and income of the elderly. The method used in this research is a descriptive method with engineering data retrieval using measurements of weight, height, and age of learners and educational background, employment and income of the elderly. This research Population was Hypochondriac Elementary School Murung Raya 5 South Banjarmasin in the Lesson 2015/2016, which amounted to 113 people, the research sample is the entire learners Elementary School Murung Raya 5 South Banjarmasin, which numbered 113 people that consists of 64 men and 49 learners daughter, sampling techniques using sampling techniques, namely the determination of saturated samples when all members of a population is used as a sample. Analysis of data by matching your weight and height using the card towards the healthy (KMS) in 2015. The research results obtained on learners Elementary School Murung Raya 5 South Banjarmasin with more nutritional status 17 (15.04%), good nutrition as much as 64 people (56.64%), and nutritionless as many as 32 people (28.32%), based on the status of the data nutrition learners Elementary School Murung Raya 5 South Banjarmasin average entry on the classification of the good Nutrition.

**Keywords**— *Nutritional Status, Education, Employment, Income Of The Elderly*

## I. INTRODUCTION

Nutritional problems, in fact, are a public health problem, but countermeasures can't be done with the approach of medical and health services only. The causes of the incidence of nutritional problems are multifactor. Therefore, the approach should involve the various sectors concerned. Nutritional problems although it is often related to problems of food shortages, the solution is not always in the form of increased production and procurement of food. In certain cases, such as the State of the crisis (the disastrous drought, war, social disorder, economic crisis), nutritional problems arise due to food security at the household status, i.e. the ability of households to obtain food for all its members. Aware of this, the improved nutritional status of communities requires a policy that ensures every Member of society to obtain sufficient quantities of food and the quality.

According to [1], Nutrition is one of the determinants of the quality of human resources. Nutritional problems have spacious dimensions, not only a health problem but also a social issue, the economy, culture, parenting, education, and the environment. Next [2] Nutritional Status is the expression of a State of balance in the form of certain variables, or embodiment of the nutrition in the form of a particular variable. Therefore, the nutritional status can influence the health of the human body where the nutritional status is categorized into three namely good nutritional status, nutrition less and more nutrition. A reality in Elementary School Murung Raya 5 South Banjarmasin there is still a thin-bodied student and often looks ill, so not able to follow the activity of learning and physical activity. It is feared that malnutrition learners, it is caused by factors of educational background, work and income parents who are the majority of medium-sized down. So the intakes of nutrients that are capable of they give to children and their families only in accordance with the employment income earned. Based on this problem researchers interested in lifting the title "nutritional Status Learners Elementary School Murung Raya 5 South Banjarmasin in terms of educational background, employment and Income of the elderly".

### A. Influence of Nutritional Status of Children on Parents Income

A healthy child will usually be able to learn it well. Many children communicate better with friends, siblings, parents, and others in their environment. Healthy child will experience growth and development are normal and reasonable, i.e. standard physical growth of children in General and have the capability of standard capabilities of children his age. In addition, the healthy child seemed happy, playing, running, shouting, jumping, climbing, not only silence. But according to the Rekawati [4] parents who have the educational and socioeconomic status are relatively low, they assume for children are not sick, it means that the child does not suffer health problems including growth and development. There are aspects of parents' income is very influential on the nutritional status of the child, where the parent with adequate income is

able to provide the kind of foods that contain nutrients good for the family or children consumed. Deficiency of nutrients on elementary school children can be caused due to the lack of parents' income while in the womb are less nutrient intake, causing the disruption of child learning process that results in a decrease in achievement learn. This, according to the statement and [5] stating that "interference study on child malnutrition include: a) cannot follow the usual education, learning achievements of b) suddenly decreased, c) Less the adjustment between the ability with the school, and d) special Disorders related to achievements.

## II. METHOD

Research methods that are in the use are with the method descriptive with the techniques of data collection in the form of a measurement of weight, height, the age, and background of the parents' income. According to Sugiyono [6], the descriptive method is used to analyze data in a way describe or illustrate data that has been collected as-is without intending to make a valid conclusion to the public or generalization.

## III. RESULT AND DISCUSSION

Nutritional status of students of data on the income of the elderly, there are in the following table.

TABLE 1. STATUS NUTRITIONAL LEARNERS ON PARENT INCOME

| Class               | Nutritional Status Criteria |       |       | Category Parent Income |        |      |
|---------------------|-----------------------------|-------|-------|------------------------|--------|------|
|                     | Very good                   | Good  | Low   | Low                    | Medium | High |
| I                   | 1                           | 9     | 8     | 18                     | -      | -    |
| II                  | 2                           | 13    | 5     | 15                     | 5      | -    |
| III                 | 3                           | 6     | 6     | 13                     | 2      | -    |
| IV                  | 1                           | 17    | 5     | 21                     | 2      | -    |
| V                   | 4                           | 5     | 7     | 13                     | 3      | -    |
| VI                  | 6                           | 14    | 1     | 19                     | 1      | 1    |
| The total number of | 17                          | 64    | 32    | 99                     | 13     | 1    |
| Percentage          | 15.04                       | 56.64 | 28.32 | 87.61                  | 11.50  | 0.89 |

Based on the results of the analysis of the data shows that the average nutritional status learners the Elementary School Murung Raya 5 South Banjarmasin Subdistrict of Bacolod South good nutrition category with a total of 64 people (56.64%). But even so there is still a lack of nutrition as much as 32 people (28.32%) and the figure is quite high because of most of the work of parents as her parents' income and labor standards, as well as in the banks of the river. Family eating patterns affect a child's eating habits. The intake of foods that have become daily dishes, formed the teen favorite foods healthy or unhealthy. The role of nutritional knowledge in the case of nutritional problems young women is very important. The size of a person's success in implementing the balanced nutrition is the nutritional status. Not only that, the first health assessment clinically is the size of his body. People who are too thin or too fat tend to be correlated with having Actual health problems.

Research results [7], stated that the level of knowledge of the mother, the mother's education, family income, and the level of consumption of energy and proteins related to nutritional status. Ref [8] family eating habits affect the eating habits of a teenager. The intake of foods that have become daily dishes, formed the teen favorite foods healthy or unhealthy. From the results above show that the role of the family in the formation of child nutrition is very important, in this case avoiding foods such as fast food, less healthy foods and other can cause a variety of diseases.

## IV. CONCLUSION

Based on the results of the study it can be concluded that the nutritional Status of Learners Elementary School Murung Raya 5 South Banjarmasin in terms of educational background, employment and Income of the elderly, that is a more nutrition as much as 17 (15.04%), status nutrition good as much as 64 people (56.64%), and the status of nutrition less as much as 32 people (28.32%) of the 113 students who become the object of research. With low-income parents categorized as many as 99 people (87.61%), the income of the elderly dikategori is as many as 13 people (11.50%) and high categorizedparents earning as much as 1 person (0.89%).

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