

Nutrient Requirements and Basics of Nutritional Status Assessment Malnutrition Problems

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Abstract. *Early childhood is a child who has just been born until the age of 6 years. This age is a very determining age in the formation of a child's character and personality. Nutritional needs in early childhood are very important so that they support success in children's minds. As teachers and parents, you must pay attention to nutritional needs and assess the nutritional status of children and find out what nutritional problems the child is suffering from. This age is the age where children experience very rapid growth and development. Early age is called the golden age. Children aged 4-6 years need very much nutritional needs. Because at this age children are very susceptible to disease. Many children only consume snack foods (snacks) which should not be consumed in large quantities, resulting in children developing scabies, itching, boils, etc. Snacks may be given only as a distraction, but these foods must contain the necessary nutrients*

Keywords: *nutritional needs, malnutrition, early childhood*

Abstrak. *Anak usia dini adalah anak yang baru dilahirkan sampai usia 6 tahun. Usia ini merupakan usia yang sangat menentukan dalam pembentukan karakter dan kepribadian anak. Kebutuhan gizi pada anak usia dini sangatlah penting sehingga menunjang keberhasilan dalam pemikiran anak, sebagai guru dan orang tua harus memerhatikan kebutuhan gizi dan penilaian status gizi pada anak dan mengetahui apa masalah gizi yang diderita pada anak tersebut. Usia ini merupakan usia di mana anak mengalami pertumbuhan dan perkembangan yang sangat pesat. Usia dini disebut sebagai usia emas (golden age). Anak berusia 4-6 tahun kebutuhan gizi sangat dibutuhkan. Karena pada usia ini anak sangat rentan terhadap penyakit. Banyak anak yang hanya mengkonsumsi makanan jajanan (makanan ringan) yang seharusnya tidak bisa dikonsumsi dalam jumlah yang banyak, sehingga mengakibatkan anak menjadi kudis, gatal-gatal, bisul, dll. Makanan jajanan boleh diberikan hanya sebagai selingan, namun makanan tersebut harus mengandung zat gizi yang dibutuhkan.*

Kata Kunci: *kebutuhan gizi, kekurangan gizi, anak usia dini*

Introduction

Early childhood is a child who has just been born until the age of 6 years. This age is a very decisive age in the formation of the character and personality of the child. This age is an age where children experience rapid growth and development (Mutiah, 2010). Early age is referred to as the golden age. Children aged 4-6 years nutritional needs are needed. Because at this age children are very susceptible to disease. Many children only

consume snacks (snacks) that should not be consumed in large quantities, resulting in children becoming scabies, itching, boils, etc. Snack foods can be given only as a distraction, but the food must contain the nutrients needed.

At this age, children should be introduced to fresh vegetables and fruits to increase their intake of vitamins and minerals, stimulate growth and improve digestion. Thus, children's nutritional needs will be met and balanced. Nutritious and balanced food and intensive stimulation are needed for children's growth and development. The food given to children in order to grow and develop optimally should be nutritious food. The provision of nutritious food is very important for early childhood. Because to find out the extent of the child's development in consuming food that is tailored to the child's age. Without the provision of nutritious food, the growth of children will be disrupted both physically and mentally (Irianto, 2007).

For this reason, educators and parents must know how to provide healthy nutrition to children at every stage of child development. The role of the teacher in introducing nutritious food for early childhood is very important, so that children can recognize various nutritious foods so that children are not susceptible to disease. Most parents only give pocket money to children to school without knowing whether the snacks bought by children contain nutrition or not, because children only know to consume. So it is the teacher's obligation to provide learning about the introduction of nutritious food to children and parents. In addition, the teacher is a central figure in the world of education, especially when there is a teaching and learning interaction process, for example in learning about introducing nutritious food to early childhood. Teachers must also have professional competence (Supriasa, n.d.).

Because professional teachers are teachers who have great responsibility for their students, have the ability to develop themselves in improving the quality of learning and educating children. Especially in introducing nutritious food for children, the teacher's job here is to introduce various kinds of nutritious foods to be consumed by children, as well as the benefits of food for the body that has balanced nutrition for the development and growth of children. Early childhood will not develop optimally without the help of adults, namely teachers and parents. In this case, it is associated with providing nutritious food to early childhood, so that they become physically and mentally healthy children. Then the role of the teacher is very influential on children in the future.

Result and Discussion

A. Nutritional needs

Every parent must pay attention to their child's nutritional needs by making sure to provide the best food. This way, the mother can ensure that the child's growth and development process is maximized. Even so, not all parents know what nutrients need to be met that must be present in their food. Every parent must pay attention to the nutritional needs of their children by making sure to provide the best food. This way, the mother can ensure that the child's growth and development process remains optimal. However, not all parents know which nutrients to include in their diet, Every child needs to get good nutrition in the first 2 years of life to ensure healthy growth and

development. Starting good nutrition practices early on can also help children to develop healthy eating patterns. This may not be easy to do, but it should be done. In the early stages of life, a baby may only need to be fed breast milk and/or formula, which are the main sources of nutrition for the child. When the child is able to eat solid food, the mother can give him a variety of foods that can make him taste many types of flavors. Therefore, mothers should know the proper nutritional needs of their children during early childhood (Iswidharmanjaya, 2004):

1. In infants aged 0-6 months, the nutritional needs of children need to be met from breast milk and/or formula. As the age increases every month, the amount of liquid consumed by the mother's child will continue to increase. When your child reaches 6 months of age, you can start teaching him/her to eat solid food so that his/her body gets used to it.
2. When the child enters 7-12 months, he/she still gets most of the calories and nutrients from breast milk and/or formula. However, they also need to eat solid foods. Some 7-month-old babies are developmentally ready to sleep through the night without the need for breastfeeding. However, this decision is up to the mother as a parent with prior discussion with the doctor.

The details of a child's nutritional needs are as follows:

1. A child aged 7 to 8 months may be able to consume about 680-1000 grams of breast milk or formula or the equivalent of three to six feeding sessions per day. You can also add about 4-9 tablespoons with solid foods, such as fruits and vegetables every day. In addition, mothers can also add a few tablespoons of protein content from meat.
2. Children aged 9 to 10 months also need to fulfill their milk needs by 680-850 grams per day or the equivalent of three to five breastfeeding sessions. This child's nutritional needs also need to be met with 1/4 to 1/2 cup of
3. fruits, vegetables, whole grains, and protein-rich meat.
4. As children get older, their milk needs continue to decrease. At the age of 11 months, mothers only need to give 450-680 grams of breast milk or formula per day or the equivalent of three to four breastfeeding sessions. At this age, children should eat more solid foods, such as fruits, vegetables and protein sources.
5. At the age of 12 months, the amount of breastmilk or formula needed is about 680 grams per day or the equivalent of three breastfeeding sessions. Some mothers have weaned their children off breast milk and started giving cow's milk. On the other hand, his daily need for solid food continues to rise. You can give him more different fruits and vegetables, plus beef or fish.

B. Assessment of nutritional status and malnutrition

Nutritional status is the state of the body as a result of food consumption and the use of nutrients in the body. Another opinion states that nutritional status is an expression of a state of balance in the form of certain variables, or a manifestation of nutrition in the form of certain variables. Nutritional status according to the Indonesian Ministry of Health and WHO is a condition caused by the balance between the intake of nutrients from food and the nutritional needs of the body for metabolism.

While nutritional assessment status indicators are signs that can be known to describe a person's nutritional level. A person is said to have nutrition if they meet certain criteria after undergoing a nutritional assessment.

Conversely, when a nutritional status assessment shows that you are either undernourished or overnourished, your doctor or medical professional will advise you on a healthy lifestyle to improve your nutrition. By being nutritionally balanced, the risk of certain diseases will also be reduced (Hardian, 2008).

1. Types of nutritional status in children

Indicators of child nutrition assessment using weight, age and height can determine whether a child is undernourished, stunted, wasted or obese, as follows:

a. Underweight

Underweight is a clarification of BB/U or weight-for-age nutrition. BB/U shows a child's growth for their age, whether it is appropriate or not. If a child's weight is below the average weight of a child of the same age, it can be said that he/she is underweight. However, a child's weight can change easily. Therefore, this indicator is not a benchmark for indicating severe child nutrition problems.

b. Stunting

Stunting is an explanation of the height-for-age indicator (TB/U). Children are said to be stunted when they have a height that does not match the height of children their age. Usually, stunting occurs due to a lack of nutritional intake over a long period of time. Thus, children cannot catch up with their height growth.

c. Thinness (Wasting)

Wasting is one explanation of the nutritional indicator of body weight to height (BB/TB). Children who are said to be thin are those who have low body weight and are not in accordance with their height. Wasting usually occurs in children during weaning or during the first 2 years of life. After 2 years of age, the risk of wasting usually decreases. Wasting is a sign that a child is seriously malnourished. This condition usually occurs due to lack of food intake or infection, such as diarrhea.

C. Fat

Fat is one explanation that is also taken from the BB/TB nutrition indicator. Children are said to be obese when they weigh more than their height. This direct nutritional assessment is also divided into several ways, namely as follows.

Anthropometry How to calculate nutritional status with anthropometry is done through measuring the dimensions and measurements of a person's body according to their age. The anthropometric method has long been recognized as a simple indicator for assessing the nutritional status of individuals and communities and is usually used to measure nutritional status related to energy and protein intake.

With anthropometry, you will have your weight, height, upper arm circumference and abdominal circumference measured. According to the Ministry of Health, adults can also use abdominal circumference, waist circumference, and body mass index to determine their nutritional status.

Clinical examination This is a way of assessing nutritional status based on changes associated with nutrient deficiency or excess intake. This clinical examination is usually carried out from the eyes to the feet. Includes eye conjunctiva, oral mucosa, chest examination, abdomen, and detection of swelling in the legs. The doctor will also study the patient's medical history and perform.

2. The problem of malnutrition

Malnutrition in Indonesia is a crucial issue considering that the future of the nation is at stake. It is undeniable that the fulfillment of people's nutritional needs is an important indicator of a country's progress.

a. Protein Energy Deficiency

Protein Energy Deficiency is a condition of malnutrition caused by low consumption of energy and protein in the daily diet and health problems. This condition is one of the signs of malnutrition and the most severe nutritional deficiencies, especially in children and toddlers.

b. Vitamin A Deficiency

Vitamin A deficiency is a condition in which the body experiences a deficiency or lack of vitamin A. The result can be dangerous if not treated immediately. The results can be dangerous if not treated immediately. In children, can cause vision problems and increase the risk of diarrheal diseases and measles.

c. Iodine Deficiency Disorder

Iodine deficiency disorder is a condition that occurs when the body experiences a deficiency or lack of iodine. Iodine is an essential mineral required by the thyroid gland to produce thyroid hormones that are essential for the normal functioning of the body.

d. Iron Nutritional Anemia

Iron deficiency is characterized by low hemoglobin levels in red blood cells, which in turn reduces the blood's ability to transport oxygen to the body's tissues. Iron Nutritional Anemia is a common nutritional problem in Indonesia.

d. Over Nutrition

Many parents think that overweight children are adorable. So that children are constantly given food beyond their needs. In fact, overnutrition causing obesity is one of the nutritional problems in Indonesia that must be addressed immediately.

Conclusion

From the description above it can be concluded that nutritional needs in early childhood are very important so as to support success in children's thinking, as teachers and parents must pay attention to nutritional needs and nutritional status assessment in children and know what nutritional problems the child is suffering from.

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