

**AN ANALYSIS OF A RELATION BETWEEN PERSONAL FACTORS AND  
BALANCE NUTRITION PERCEPTIONS AMONG FAMILIES LIVING IN  
DOWN SYNDROME ENDEMIC AREA  
(A STUDY OF THE ROLE OF NURSE AS A HEALTH EDUCATOR)**

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**Abstract**

An analysis about a relation between personal factors and balance nutrition perceptions among families in down syndrome endemic area has not been conducted, so it is important to do a research to understand the connection between personal factors and perceptions about balance nutrition in that area. Those families should understand the positive perception about daily meals especially nutrition needs for children in order to have ideal weights. Kreet Village which was located 18 kilometers from the center of Ponorogo is one of the villages which has low nutrition status. In that village, civilians' perceptions about balance nutrition are unobvious. This study is aimed to find out the relations between personal factors and balance nutrition perceptions in families living in down-syndrome endemic area at Kreet Village, Jambon, Ponorogo. The method used in this study was an observational analysis with cross sectional approach. This research was conducted in Kreet Village, Jambon, Ponorogo. The population used in this study was all the families which have 6 months - 3 years old children during May 2016 and there were totally 44 respondents. Simple random sampling was used in this study which was selected based on inclusion criteria. The variables of the research were independent variable which was personal factors and dependent variable which was the families' perceptions about balance nutrition. Quodionaires were used to collect the data then Chi Square was used to analyze them. The result of this study showed that there was a relation between personal factors and perceptions about balance nutrition among families living in down-syndrome endemic area ( $p=0,002$ ). Families living in down-syndrome endemic area in Kreet Village, Jambon, Ponorogo could be arranged by considering personal factors and the perception about balance nutrition.

**Keywords: Perception, Personal Factor, Balance Nutrition, Kreet, Down-Syndrome Endemic**

**INTRODUCTION**

In 2013, Coordinating Minister for People Welfare said that recently Indonesia faced increasing problem about nutrition status, less nutrition and over nutrition. Basicly, this condition was caused by the consumption of unbalance food. People were less frequent to eat nutritious food than how much the nutrition sufficiency had been suggested. It impacted to the less nutrition problem and malnutrition as Less Protein Nutrition (Kekurangan Gizi Protein: KEP). Otherwise, consuming over nutrition food than how much the nutrition sufficiency had been suggested would bring to the problem of obesity (Marni,2013). Less nutrition and malnutrition were needed to be noticed because it led to the lost generation problem. The quality of a nation in the future was very influenced by the nutrition condition and status in these present days, especially concerned with children under five years (Prasetyawati, 2012). Indonesia introduced four of five perfectly healthy as a guidelines of food consumption since 1950. But, this guidelines, in the present, was not suitable anymore. Then, it was changed by Balance Nutrition Guidelines (Pedoman Gizi Seimbang: PGS) (Marni, 2013). The biggest commitments and personal factors in a specific plan activity was enabled the health promotion activity to be maintained in a longterm period (Nola J. Pender, 2011). It was needed an awareness and a commitment to implement balance nutrition guidelines in order to make a family aware about nutrition status. Kreet village which was located 18 kilometers from the center of Ponorogo is one of the villages which has low nutrition status. According to the data obtained from Public Health Office in Ponorogo, there were 308 children under five years had bad nutrition in 2011. The number was decreased in 2012 to be 240 children, but in Kreet village there were 83 children under five years suffered from malnutrition. The relation of personal factors and families

commitments in applying balance nutrition guidelines in Kreet village, until nowadays, was unobvious yet.

**METHOD**

The method used in this study was observational analysis with cross sectional approaching. This study was held in Kreet Village, Jambon, Ponorogo. The population were all the families which had children aged 6 months to 4 years during May 2016. There were 44 respondents. The technique of choosing sample used Sample random sampling which was selected based on the inclusion criteria, including : 1) permanent residents of Kreet Village; 2) living with children; 3) self-mothering children; 4) able to read and write. Meanwhile, the exclusive criteria were the families which had children under five years who suffered chronic disease (such as TB) and trichinosis. The variables of the study were independent variable which was personal factors and dependent variable which was the families perceptions about balance nutrition. The data were collected with quesionnaires. Then the collected data were analyzed by Chi Square .

**RESULTS**

Table 1. The Relation of Personal Factors (psychologic) and Mother Perceptions about Balance Nutrition.

		Perceptions		Σ
		Bad	Good	
Personal Factors (Psychologic)	Negative	1	3	4
	Positive	4	36	40
	Σ	5	39	

Chi Square p=0,002

Based on the table above there were a patient which had negative personal factor (psychologic) and bad perception, 3 respondents had negative personal factors (psychologic) and good perceptions, 4 respondents had positive personal statuses and bad persepctions, and 36 respondents had positive personal factors (psychologic) and good perceptions. The result of statistic test of Chi Square showed p=0,002 which meant there was a relation between personal statuses (psychologic) and perceptions.

**DISCUSSION**

Based on Table 1 that showed that 39 respondents had positive perceptions and 5 respondents had negative perceptions. Perception was one of important components in the theory of *Health Promotion Model* (Pander, 2006). Perception was a process in which an individual person managed and interpreted sensor impression in order to present meanings for his environment (Robbins and Judge, 2008). Perception was a process where a variety of sensor impulses were managed and translated (Wade and Tavis, 2009). A mother with positive perception tended to find out informations and does more creative efforts to fulfill her children’s nutritions (Misbahatul, E. 2012).

Perception was a process built by an individual person to work over what his five senses felt which then interpreted in surrounding. A mother’s perception about fulfilling balance nutritions to her children was obtained by the process of understanding what the five senses felt and applied to her children in selecting food to eat. A mother might be obtained the information about balance nutrition not only from mass media but also from the paramedic. The information which were obtained from mass media were not totally correct because there were some promotions about certain products included. It usually caused wrong perception. So, the role of the paramedic, in this case was a nurse, was very important to give prior information about balance nutrition. This role could be conducted by a nurse through health education for a mother-to-be during her prenatal period. The result showed that the majority of 39 respondents had positive perceptions about balance nutrition messages. It encouraged a mother to have some

creative ideas to look for valid information in order to fulfill the children's nutrition needs so they could grow optimally.

Based on Table 1, there were 40 respondents had positive personal factors (psychologic) and there were 4 respondents had negative personal factors (psychologic). A personal character was a general character which was predicted to be obtained by an individual person hereditarily (Galloway, 2003). A personal character was divided into biologic, psychologic and social (Pander, 2011). A strong motivation (positive) would build perceived benefit which was more positive in the matter of fulfilling children's nutrition (Misbahatul, E. 2012).

A personal character in this study was focused on the psychological character, especially about intrinsic motivation. A positive motivation was benefited in an effort to overcome bad nutrition. A nurse, as a paramedic, should emphasize the information when conducted a health education to the society. Health education should be exactly objective and capable to maintain positive intrinsic motivation so it increased nutrition enhancement program to the society.

Based on the Table 1, it showed that there was a relation between personal factors (psychologic) and perceptions ( $p=0,002$ ). According with the theory of *Health Promotion Model* (HPM), the individual perception concerning with the benefit of health behaviour was influenced by the personal character (Tomey and Alligood, 2006). A positive motivation needed to be strengthened to maintain positive perception.

A motivation strengthening to maintain positive perception about balance nutrition instructions could be delivered by the paramedic. One of the paramedic which had the role to deliver instructions was a nurse. The role of a nurse, as an educator, enabled strengthening motivation and maintaining positive perception. Through health education, strengthening motivation kept implementing so it impacted to increase positive perception. A mother with positive perception would encourage positive behaviour concerned with fulfilling the nutrition needs for children under five years that made high nutrition status for children.

## **CONCLUSIONS**

There is a patient who has negative personal factor (psychologic) and bad perception, 3 respondents have negative personal factors (psychologic) and good perceptions, 4 respondents have positive personal statuses (psychologic) and bad perceptions, and 36 respondents have positive personal factors (psychologic) and good perceptions. The statistic result of the Chi Square shows  $p=0,002$  that means there is a relation between personal status (psychologic) and perception.

Respondents who have negative perception about balance nutrition need to be educated intensively twice a week for 30 minutes. For respondents who already have positive perception need to be trained concerning with the skill of arranging balance menu for children that support their development.

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