

# **SOCIO-ECONOMIC AND CULTURAL FACTORS OF THE COMMUNITY TOWARDS THE NUTRITIONAL STATUS OF CHILDREN UNDER FIVE (HEALTH STUDIES IN COASTAL AREAS OF BIREUN REGENCY)**

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**Abstract:** This study discusses survey research using *explanatory research* methods (explanations) that look for how much influence socio-economic and cultural factors of the community on the nutritional status of children under five in the Coastal Area of Bireuen Regency. The purpose of the study was to analyze the influence of socioeconomic factors consisting of: education, employment, income, number of family members, and cultural factors of society i.e. knowledge, diet, abstinence food, distribution of food in the family. The results of the study showed that the effect on the nutritional status of children under five in the coastal area of Bireuen Regency was the level of knowledge ( $B = 0.260$ ). Variables that had no effect in the study were income, number of family members, abstinence food and distribution of food in the family.

## **1 INTRODUCTION**

The goal of development in the socioeconomic field is to increase the number of families who are aware and able to care and grow children, access information, and improve the quality of the environment for improving family welfare and resilience. In the field of culture, namely the realization of the welfare of the people which is characterized by the increasing quality of decent and dignified life and paying primary attention to the fulfilling of basic needs. Social and cultural development problems that are the main concern include the low degree of health and nutritional status and the level of social welfare of the community.

Community Health and Nutrition Development aims to improve the optimal degree of public health and nutrition. The goals to be achieved are: (1) Increasing public independence to maintain and improve their health conditions, (2) Increasing the ability of the community to reach quality, effective and efficient health services, (3) The creation of a healthy physical and social environment, and (4) Decreased prevalence of four major nutritional

problems, especially in the group of pregnant women, nursing mothers, infants and children under five (Hartono, 2003).

According to Foster and Anderson (2006), in the world's 4 trillion people, hundreds of millions of people suffer from malnutrition and malnutrition. Much of the problem of malnutrition stems from the inability of nonindustrial countries to produce enough food to meet the needs of a growing population. With regards to nutrition, according to Hendrickse, the problem in tropical Africa: "The fact that a toddler can get a little meat, fish or eggs is not considered important because there is no understanding of the special needs for children for foods that contain protein, and in each case, local abstinence may also limit the consumption of these foods by children.

According to Gabr (2001), that the 20th century is "the *Golden Age for Nutrition*" or the "Golden Age" for the world.... In the 20th century, almost all of the nutrients were invented. Human nutritional needs are established. The relationship between nutrition and health is documented. The negative impact of nutritional problems—undernourishment and nutrition—is better known, and so on. But behind the "story" of success, the



20th century still notes the dark side of nutritional problems.

According to Notoatmodjo (2003), the problem of community nutrition is not about health aspects only, but other related aspects, such as economic, socio-cultural, education, population, and so on. Therefore, the handling or improvement of nutrition as a therapeutic effort is not only directed to nutritional or health disorders, but also towards other fields. Undernutrition will have an impact on further declines in the quality of human resources can result in failure of physical growth, mental development and intelligence, decreased productivity, increased pain and death. The vision of nutrition development is "Realizing a nutrition-conscious family to achieve optimal community/family nutrition status".

Factors cause malnutrition, first food and infectious diseases that may be suffered by children. Second, food security in the family, parenting patterns, health services and environmental health. These three factors are the level of education, knowledge, and family skills. The higher education, knowledge, and skills, the better the level of family food security, parenting patterns, and families utilizing existing health services. The inadequacy of health services (because it is remote, unable to pay), can also have an impact on the nutritional status of children (Adisasmito, 2007).

According to Notoatmodjo (2005), socioeconomic conditions are socio-cultural aspects that greatly affect health status and also affect disease patterns, even affecting mortality, for example obesity is more commonly found in people with high economic status, and In contrast, malnutrition is more common among those with low economic status.

According to Fuji, N.A.(2004), cases of malnutrition in children under five that have increased lately have made policy holders aware to see more clearly that children under five as a resource for the future turned out to have a very big problem. Cases of malnutrition that are increasing and very much talked about since it was found in NTB, has opened the eyes of the Indonesian people about the nutritional problems of children under five. The reality on the ground, after NTB, almost all regions in Indonesia immediately reported cases of malnutrition in the region. This phenomenon is likely related to the allocation of funds rolled out by the central government for the prevention of cases of malnutrition. Poor nutrition is a chronic occurrence. Technically, the report of malnutrition is in the Health Service (for the

Region) and the Ministry of Health (for the Center) and is responsible for the review of monitoring data conducted periodically starting from the puskesmas level, with Posyandu as the spearhead of information sources (Taslim, N.A, 2006).

According to Berg (1987), education is one of the important elements that can affect the state of nutrition because with a higher level of education it is expected that knowledge or information about nutrition will be better. Often nutritional problems arise due to inaccuracy or lack of information about adequate nutrition.

According to Khomsan (2008), the loss of nutritional identity in development must be prevented by making nutrition a political issue. There needs to be a commitment from bureaucrats and politicians so that the financing of various nutrition development programs has significant value and is guaranteed its sustainability. In this way, the people of Indonesia will be able to reduce nutritional problems in real terms. This is because nutrition needs to be an indicator of development success that is inseparable from poverty elimination programs. Economic difficulties and suffering experienced today will make the public intelligent in choosing leaders (Kompas media, April 10, 2008 page 6).

According to Berg (1987), education is one of the important elements that can affect the state of nutrition because with a higher level of education it is expected that knowledge or information about nutrition will be better. Often nutritional problems arise due to inaccuracy or lack of information about adequate nutrition.

According to the Department of Health R.I (2003), there are approximately 27.5% (5 million undernourished toddlers), 3.5 million children (19.2%) in undernutrition levels and 1.5 million malnourished children (8.3%). Grouping regions based on the prevalence of undernutrition into four groups, namely low (<10%), moderate (10-19%), high (20-29%) and very high (30%), while in 2005 the number of cases of Indonesian malnutrition that died was reported 286 toddlers died with cases of malnutrition. According to the profile of Nanggroe Aceh Darussalam Provincial Health Office (2006), of the 484,389 children under five, those suffering from malnutrition were 15,500 people (3.2%) and malnourished by 164,692 people (34.7%). According to the profile of the Bireuen Health Office (2007), of 17 sub-districts, the number of toddlers was 34,594 and from 24,654 weighed, 3,597 (14.59%) undernourished toddlers and 6,311 (25.96%) undernurtured toddlers, and when compared to the target of achieving minimum standards of malnutrition



services (BGM) in 2005 was 8 percent and for 2010 it was 5 percent.

Bireuen Regency is located bordered by the region: North by The Strait of Malacca, south with Bener Meriah Regency, east with North Aceh Regency and west with Pidie Regency. (BPS & Bapeda Bireuen, 2006). Bireuen regency consists of 17 subdistricts, 70 villages, 2 villages and 560 gampong or villages with an area of 1,901.21 Km<sup>2</sup> and which is a coastal area of 8 subdistricts and 291 villages. The population of coastal areas is 131,884 consisting of 74,040 men and 80,294 women. The education of the head of the family consists of: 5% of college graduates, 17% of SLTA graduates, 58% of elementary school graduates (SD / SLTP), 20% who do not finish elementary school. The health facilities consist of 8 health centers, 301 Posyandu, 1,445 Posyandu cadres and 226 health workers. Generally coastal communities work as farm fishermen and farmers.

The habit of coastal communities as fishermen in their daily work to find fish in the sea and as farmers is a habitual factor that is a culture found in observation in the field, namely expensive fish in the market into a temporary income commodity that is cheap or not. Sold for family consumption, as well as other crops such as fruits. Abstinence-abstinence eating fruits in the morning and also prohibition do not eat a lot of fruits are feared to diarrhea.

Food ingredients that contain fiber and vitamins such as vegetables are not the main or important. Consumption of animal protein that is meat is only found on important days such as party events, Prophet's maulid and eid, and it is rarely experienced by children under five. Excessive giving of chicken eggs to children is still considered to cause ulcers and so is the assumption that if a lot of eating fish will worm, the habit of giving bananas to babies. Lack of food intake for children under five so that the child cries at night and the community still considers that the child has been disturbed by the subtle spirit so it is considered necessary to be taken to the shaman for medicine.

Adat and the term in Aceh is peumulia jamei (glorified guest), in entertaining guests prepared various kinds of food even though it owes to other places, even though the poor, but an award given is more important than his own child, and the rest of the food that will be eaten with his family.

## 2 RESEARCH METHODS

This type of research is survey research. The method used in this study is *explanatory research* (explanation) which is looking for how much influence socio-economic and cultural factors of the community on the nutritional status of children under five in the Coastal Area of Bireuen Regency.

The location of this study was conducted in Bireuen Regency of Nanggroe Aceh Darussalam Province with consideration that the high status of malnutrition (14.59%) and malnutrition (25.96%) were carried out from January 2008 to June 2008 in Bireuen Regency.

While the population in this study are mothers who have two children under five people a total of 1433 people spread across 8 sub-districts in the Coastal Area of Bireuen Regency. With the consideration that mothers who have two toddler children have experience and have knowledge in educating toddlers. For the sample, based on the results of calculations that have been done, from 1433 people (total population) of mothers of toddlers who have two children under five people, 93 people were obtained to be sampled by *proportional sampling*.

Then for primary data obtained through interviews and observations to respondents using *questioners*, including data on socioeconomic factors (education, employment, income, number of family members) and culture (knowledge, diet, abstinence food, distribution of food in the family). As for getting nutritional status data by measuring the weight of children under five. For secondary data obtained through reports and official documents from the Health Center, Nutrition Section at the Health Office, Central Statistics Agency of Bireuen Regency.

Furthermore, for independent variables in this study, namely socio-economic factors Education level, type of work, income, number of family members) and community culture (level of knowledge, diet, abstinence food, distribution Food in the family).

And for data analysis methods using univariate analysis used to obtain an overview of each variable that includes; socio-economic factors of society (education, employment, income, number of family members) and community culture (knowledge, diet, abstinence food, distribution of food in the family). There is also a bivariate analysis used to determine the influence between independent variables and dependent variables, namely: socio-economic factors of society (education,



employment, income, number of family members), community culture. (knowledge, diet, abstinence food, distribution of food in the family) the nutritional status of children under five. And multivariate analysis to see the influence between socio-economic factors of society and community culture on nutritional status by conducting statistical tests (t-tests and double regression analysis) that can be used as variables that can be used as variables. Affect the nutritional status of children under five. From this multivariate test, it will be known which variables most dominantly affect the nutritional status of children under five.

### 3 RESULTS AND DISCUSSIONS

The study was conducted in the coastal area of Bireun district. The results and discussion of this study can be seen from the influence of several related factors. Based on the influence of socioeconomic factors on the nutritional status of children under five in the coastal area of Bireun regency, it was obtained that by using bivariate statistical tests that use simple linear regression tests, socio-economic factors that affect the nutritional status of children under five are the level of education, type of work, while socio-cultural variables are influential and very significant to the nutritional status of children under five, namely the level of knowledge, So that it can be inferred from the overall variables that affect the nutritional status of children under five in the coastal area of Bireun Regency includes 4 (four) variables.

The first variable by using multivariate results obtained data The high level of education of the mother of a toddler child will affect the nutritional status of children under five, and the level of education determines nutritional health in order to obtain a normal weight, and that the lower the level of education of the mother the more children who have more nutritional status. There may be other influence factors beyond this study. more nutritional status and there may be other influence factors outside of this study. This is in agreement with Taslim (2007), that from the findings of cases of malnutrition is associated with causation of malnutrition problems.

The second variable is the influence of work type factors on the nutritional status of children under five, obtained data that this factor has a significant influence. That the type of work of the head of the family as a fisherman the nutritional status of children under five 69.4% is good and the nutritional status of

children under five is 46.2% bad in the type of labor work, besides that type of work of the head of the family as a civil servant there are also 62.5% of children under nutritionally undernourished. The influence of the type of work on nutritional status stated according to Notoatmodjo (2005), there are several social aspects that affect health status, among others: age, gender, employment, socioeconomics.

The third variable is the influence of income factors on the nutritional status of children under five obtained data that this factor is not influenced by family income. While the fourth variable is the influence of the number of family members on the nutritional status of children under five obtained the result that the number of family members has no influence on the nutritional status of toddlers. Families with small categories obtained poor nutritional status of children under five which is 4% smaller compared to families with a moderate category of 17%. Although from the results of this study the number of family members is not an effect on the nutritional status of children under five, as according to nurainun research (2004), the smaller the number of family members, the ability to provide a diverse diet for toddlers is getting bigger, Because it does not require a large enough cost to buy a variety of food when compared to the number of family members who are medium or large.

The next factor is the influence of cultural factors on the nutritional status of children under five in the coastal areas of Bireun regency. The result of the influence of this factor can be seen from several variables. The first variable through the level of knowledge factor on the nutritional status of children under five, obtained results using multiple regression tests shows that the knowledge level factor has an influence on the nutritional status of children under five that is very significant, namely as much as 88% of respondents have nutritional knowledge with good categories, 17.2% of respondents lack nutritional knowledge level. Based on the results of multivariate analysis, that the lack of nutritional knowledge level of the mother of a toddler has an effect on the nutritional status of children under five, which is 6.3% of children under five with good nutrition status, meanwhile if the level of maternal knowledge of toddler children is good, the nutritional status of toddler children is 66.7% good, so it can be concluded that the higher the knowledge of the mother of the toddler child then the better. nutritional status of toddlers.

The second variable of dietary factors to the nutritional status of children under five, obtained the results of statistical tests of research using univariate



analysis obtained 65.6% of the diet of children under five with a good category. Analysis of the influence of dietary factors of children under five in the coastal region of Bireuen Regency on the nutritional status of children under five obtained A value of B from *Unstandardized Coefficients* is 0.224 and a significant value of 0.37. The diet studied is how the type of food ingredients on the menu provided at lunch, considering that from the results of research in coastal areas there are habits that become a tradition for lunch, namely food provided various types of foodstuffs, from money, earnings that day as well. Many daily diets are influenced by other factors such as the existence of traditional events that are typical of Aceh culture. Frequency of eating is a habit of eating three times a day, but the existence of the tradition event factor so as to get additional frequency of eating that does not always follow regularity in the number of eating frequencies.

For the third variable through the influence of abstinence dietary factors on the nutritional status of children under five indicates that this abstinence food factor has no influence on the nutritional status of children under five, although from the previous tiori is a factor that affects the nutritional status of children under five, judging from the results of the study that 66.7% are there abstinence foods in the family and 33.3% are not There is abstinence food in the family and a value of B 0.322 and a significant level of 0.061. For the variables based on the influence of food distribution factors in the family on the nutritional status of children under five. This shows that the number of family members has no influence on the nutritional status of children under five is very significant, although from the previous theory is a factor that affects the nutritional status of children under five, this is because there is a distribution of food in the family which is 33.3%, while 66.7% there is no distribution of food in the family, and also seen from the amount of value B results of *bivariate* analysis obtained by -0.067 and a significant value of 0.691 so it was concluded that the mother of a toddler child is very careful and attentive to the toddler to stay healthy always.

#### 4 CONCLUSION

So it was concluded that socio-economic factors of the education level, type of work) affect the nutritional status of children under five in the Coastal Area of Bireuen Regency. Cultural factors of the community (level of knowledge, diet of children under five) affect the nutritional status of children under five in the Coastal Area of Bireuen Regency.

And Knowledge is a variable of the cultural factors of the community that are very influential and most dominant influence on the nutritional status of children under five in the Coastal area of Bireuen Regency.

Furthermore, it was found data in the field that culture or habits have a significant influence on the occurrence of under-fives who are malnourished. This can be seen through the habits of the coastal community as fishermen who daily look for fish in the sea, namely if the fish is expensive in the market then the fish will be used as a commodity, while the price of cheap or unsold fish will be consumed for the family. In addition, this cultural factor is also related to fruit yields. There are habits such as taboos in eating fruit in the morning and don't eat a lot of fruit which is feared to cause diarrhea. For consumption of animal protein such as meat only on important occasions and excessive giving of eggs can cause ulcers. Feeding habits like this by mothers who make toddlers at the Dewantara District Health Center. North Aceh there are still those who are malnourished. Where mothers should be equipped with the right knowledge in feeding their toddlers so that their toddlers can grow and develop properly.

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