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Nutritional Status and Food Consumption of School Children "Dayak Hindu Tribe Bumi Segandu Indramayu"

Sintia Wulandari [1], Cica Yulia [1], Ai Nurhayati [1]

[1]Program Studi Pendidikan Tata Boga, Universitas Pendidikan Indonesia, Bandung, Indonesia
Correspondence: E-mail: sintiawulandari@student.upi.edu

ABSTRACTS

The prevalence of underweight school-age children in Indramayu is the highest in West Java since 2017 even though schoolchildren are experiencing a second rapid growth so that a balanced healthy diet is required to obtain nutritional intake and achieve optimal nutritional status. Children with unbalanced food consumption are susceptible to nutritional problems that affect their growth. The purpose of this study was to analyze the nutritional status and food consumption of schoolchildren of the Dayak Hindu Buddhist Bumi Segandu Indramayu Tribe. This research method is descriptive quantitative with this research design is cross-sectional. The sampling technique used was purposive sampling with inclusion criteria aged 7-12 years and having parents belonging to the Losarang Dayak Tribe. Data was collected by means of anthropometric measurements and interviews using a 2x24 hour food recall sheet. This research was conducted in January – July 2020. The results of this study showed that the nutritional status of the 7-10 year old children group was 78% in the normal category and 11% underweight nutritional status and 11% obese nutritional status. The level of consumption of staple foods is in accordance with the recommendations, the consumption of animal side dishes, vegetable side dishes, vegetables, fruit and milk is not in accordance with the recommended balanced nutrition guidelines. The level of calorie adequacy includes a weight deficit, the level of protein adequacy includes a weight deficit and moderate deficit, and fat and carbohydrates including a weight deficit. Adequate levels of vitamin A, vitamin C, calcium and iron including severe deficits and phosphorus in mild and severe deficits. Recommendations to provide assistance to parents of schoolchildren by posyandu cadres and health institutions regarding the selection of food ingredients and the portion given to suit the nutritional adequacy of school children.

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1. INTRODUCTION

Efforts to improve the quality of human resources can be done through improving nutritional status which essentially must start as early as possible, one of which is in the group of school-age children (Pahlevi, 2012). Almatsier (2009) states that nutritional status is the state of the body as a result of food consumption and use of nutrients and is divided into poor, less, good, and more nutritional status. In the group of school-age children, this nutritional status becomes one of the most important aspects of the life cycle because it will have an impact on health and development in adulthood and affect the increase in productivity and competitiveness of the nation.

Referring to the Regulation of the Minister of Health of the Republic of Indonesia No. 28 of 2019 that the age group of children is 0-9 years old and the division of age groups according to gender begins at the age of 10-12 years. School-age children are an age group that is undergoing a process of growth and development that is influenced by their nutritional intake (Purwaningsih, Weta, & Aryani, 2019). Adequacy of nutrient intake in the group of school-age children began to increase significantly because at this time a second growth spurt occurred in girls at the age of 10 years and boys at the age of 12 years (Hermanussen, 2016).

Adequacy of nutrients can be met from daily food consumption, namely the amount of food (single or diverse) eaten by a person or group of people with a specific purpose. Food consumption in the school age group needs to pay attention to healthy and balanced nutritional intake obtained from the consumption of varied foods both in terms of quality and quantity (Purwaningsih, Weta, & Aryani, 2019). Based on the results of research on elementary school children in Semarang, it shows that there is a relationship between energy intake and status as well as energy intake and children's food consumption correlates with nutritional status (Ali, Muis, & Suhartono, 2016).

Referring to the West Java health report, the highest prevalence of underweight is in Indramayu Regency, which is 14.0% (West Java Health Office, 2017). In Indramayu Regency, there is an independent community group, namely the Dayak Hindu Buddhist Bumi Segandhu Indramayu Tribe where this community believes not to consume animate creatures and only consume food derived from plants, in other words they are a vegetarian community (Tarsono, 2014).

Vegetarian consumption patterns have a good effect on the body, but there are still many assumptions that vegetarian diets are prone to lack of several nutrients such as protein, fat, iron, zinc and vitamin B12. Based on Anggraini's research, it shows that the lacto-ovo vegetarian and vegan diet can meet the adequate nutritional intake of carbohydrates, fat, protein, iron, vitamin B6, and vitamin C. However, the intake of zinc, folic acid, and vitamin B12 has not reached 80% of the RDA. (Lusia Anggraini, 2015). Vegetarian eating habits carried out by families of the Dayak Hindu Buddhist Bumi Segandu Indramayu Tribe group need to be investigated in particular to determine their effect on food consumption and nutritional status of school-age children with an age range of 7-12 years or the second growth spurt. This study aims to analyze the nutritional status and food consumption of schoolchildren of the Dayak Hindu Buddhist Bumi Segandu Indramayu Tribe.

2. METHODS

This research is a descriptive study with a quantitative approach and a cross-sectional research design. This research was conducted in the Hindu Buddhist Bumi Segandhu

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Indramayu Dayak Tribe during January to July 2020. The population in this study was 9 school-age children aged 7-12 years whose parents were members of the Bumi Segandhu Indramayu Hindu Buddhist Dayak Tribe.

In this study, the data taken were the nutritional status and level of food consumption of children aged 7-12 years. Nutritional status data was obtained using body mass index (BMI) with parameters of weight, height and age of the child. The level of food consumption was obtained by digging up information related to the food consumed by the children for 2 days. Data collection techniques in this study were measurements and interviews. The research instrument used an anthropometric measurement form and a 2x24 hour food recall form.

Data analysis was carried out in the form of descriptive data analysis that described the results of the data that had been obtained, namely anthropometric data and 2x24 hour food recall. The results of the respondents' anthropometric measurements became the basis for calculating nutritional status based on BMI/U using the WHO AnthroPlus software and categorized into the nutritional status of children aged 5-18 years in accordance with the Anthropometric Standards for Assessment of Nutritional Status of Indonesian Children.

The analysis of the adequacy of food consumption and nutritional adequacy was obtained from the data from the 2x24 hour food recall interview in the form of household size (URT) then converted into an exchanger with units of grams or milliliters then calculated the average portion, standard deviation, maximum and minimum portion then category according to PGS and not according to PGS. In addition, the data was processed using Nutrisurvey Indonesia software and then compared between the actual nutrition and the recommended adequacy rate in percent (Almatsier, 2009). The categories obtained are severe deficit, moderate deficit, mild deficit, sufficient and excess (Supariasa, 2002).

3. RESULT AND DISCUSSION

The community group "Dayak Hindu Buddha Bumi Segandu Indramayu" is a group or community that lives in the village. Crime, District. Losarang, Indramayu Regency, West Java. There are 7 families living in the pavilion and outside the pavilion almost 400 members will gather on Kliwon Friday night. After the observations were made, there were 9 school-age children with an age range of 7 years to 10 years.

3.1. Characteristics of Respondents

Children in the Losarang Dayak Tribe are taking Early Childhood Education (PAUD), Kindergarten (TK) and Elementary School (SD). In this study, the research subjects used were 9 children with an age range of 7-12 years and their parents were members of the Dayak Hindu Buddhist Bumi Segandhu Indramayu Tribe. The distribution of the sample can be seen in Figure 1.

Figure 1. Distribution of Samples by Gender

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In the diagram above, the distribution of the sample consists of 22% or 2 boys and 78% or 7 girls. The adequacy rate for the study of school-age children is grouped into two based on the age range of children, namely 7-9 years and 10-12 years so that the distribution of samples based on children's age groups can be seen in Figure 2 below.

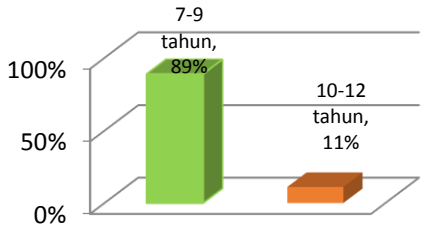

Figure 2. Distribution of Samples by Age Group

In Figure 2, the distribution of the sample consists of 11% in the 10-12 year age group and 89% in the 7-9 year age group. The average age of the sample in this study was 96.8 months or an average of 8 years with a variation of the data distribution of 1.25.

Table 1. Distribution of Respondents Nutritional Status Data

Variable	Scatter	Category	Sum	Percent
Zscore IMT/U, mean (min-max)	-0.63 (-2.93 s.d 1.72)	Very thin	0	0%
		Thin	1	11%
		Normal	7	78%
		Fat	1	11%
		Obesity	0	0%

3.2. Respondents Nutritional Status

In Table 1, it can be seen that the average nutritional status of the Losarang Dayak children is in the normal category according to the zscore with a BMI/U index of -0.63. The range of the nutritional status of the respondents is at -2.93 to 1.72, meaning that there are still children with underweight and obese nutritional status. It can be seen that more than half of the respondents have normal nutritional status. However, there are still 11% of respondents who have obese nutritional status and 11% have thin nutritional status. In line with the findings of Soekarti (2013) that the nutritional problem of children in Indonesia is thin (including very thin), there are 7.9 percent of Indonesian children included in the thin category, meaning that for every 100 children there are approximately 8 children who are thin, short, which is 31.6 percent. children, or it can be said that out of every 10 Indonesian children there are 3 children who are short, underweight, which is 23.7 percent, meaning that for every ten children there are approximately 2 children who are underweight.

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Table 2. Analysis of Respondents' Intake Quantity and Level of Food Consumption

Number	Description	Mean	
		7-9 Years Old	10-12 Years Old
Staple Food			
1	Amount consumed (grams)	420,19±134,37	325±0
2	Adequacy level consumed (%)	93,38	81,25
Animal side dishes			
1	Amount consumed (grams)	50,13±32,68	84,50±0
2	Adequacy level consumed (%)	71,61	120,71
Vegetable side dishes			
1	Amount consumed (grams)	64,06±28,24	25,5±0
2	Adequacy level consumed (%)	42,71	17,00
Vegetables			
1	Amount consumed (grams)	69,56±29,20	30,00±0
2	Adequacy level consumed (%)	23,19	10,00
Fruits			
1	Amount consumed (grams)	23,81±30,98	30,00±0
2	Adequacy level consumed (%)	15,88%	15,00%
Milk			
1	Amount consumed (grams)	14,38±26,62	0,00±0
2	Adequacy level consumed (%)	7,19%	0,00%

3.2.1. Consumption of Staples

In Table 3, it can be seen that the average portion of staple food consumption in the age group 7-9 years reached 420.19±134.37 grams/day and for the group of girls aged 10-12 years it reached 325 grams/day. The average portion of staple food consumption in the 7-9 year age group reached 93.38%, meaning that it was almost in accordance with the recommended portion. In the group of girls aged 10-12 years, reaching 81.25% is still quite low from the recommended weight of staple foods. From this study, the respondent's consumption of staple food can be said to be sufficient in accordance with the recommendations of the Balanced Nutrition Guidelines.

The results of the study have similarities with the research of Hardiansyah et al (2017) which found that the average consumption of staple food sources of carbohydrates was quite high in Indonesian children, namely the group of children aged 7-9 years 485.1 grams / day and the group of children aged 10-24 years. 12 years old reaches 534.3 grams/day.

3.2.2. Consumption of Animal Side Dishes

In Table 3 shows the average portion of consumption of animal side dishes in the age group 7-9 years reaching 50.13 ± 32.68 grams / day or only fulfills 71.61% per day and the group of girls aged 10-12 years consuming side dishes. animal feed reached 84.50 grams/day and fulfilled 120.71% daily adequacy. According to the Head of the Food Insecurity and

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Distribution Division of Indramayu Regency, the score of the Expected Food Pattern for animal food consumption for Indramayu Regency only reached 19 from the ideal score of at least 24.

The results of this study are in accordance with the results of Anastasia's research (2013) on children aged 7-12 years in West Java Province, it was found that the average consumption of animal protein and its processed products was 22.71 grams/day, meaning that the average consumption of animal protein was below the recommendation. Other research states that the average serving of animal dishes for Indonesian children aged 7-9 years is 84.4 grams/day and the group 10-12 years is 87.2 grams/day (Hardiansyah, Hardinsyah, & Sukandar, 2017).

3.2.3. Consumption of Vegetable Side Dishes

The average portion of vegetable side dishes consumption in the age group 7-9 years reached 64.06 ± 28.24 grams/day or only fulfilled 42.71% adequacy per day and for the group of girls aged 10-12 years the intake of side dishes was Animals reach 25.50 grams/day, only meet the adequacy of 17%. per day. So that the average consumption of vegetable side dishes of respondents is still very low. These results are in line with the results of Hardiansyah's research (2017) which states that the average consumption of vegetable side dishes for Indonesian children is very low, in the 7-9 year age group, they only consume 28.0 grams/day and the 10-12 year old child group reaches 32.6. grams/day. Citing in Republika.co.id (2016), according to the Head of Food Vulnerability and Distribution of Indramayu Regency, the consumption of foods containing animal and vegetable protein in Indramayu is still low. Based on a report from the Food Security Agency (2019) in Indramayu, the food available in insufficient quantities, one of which is nuts, this can be the cause of the respondents' lack of consumption of vegetable side dishes.

3.2.4. Vegetable Consumption

In Table 3 presents the average portion of vegetable consumption in the age group 7-9 years only reaching 69.56 ± 29.20 grams / day or only meets the adequacy of 23.19% per day and the group of girls aged 10-12 years consuming vegetable portions only reached 30 grams / day or only reached 10.00% per day. The results of this study indicate that the consumption of vegetables in the respondents is still very low.

In accordance with the results of Puspita's research (2019) that vegetable consumption in elementary schools in Parongpong District is very low at only 83±97 g/day and only meets 28% of the recommended figure for the Balanced Nutrition Guidelines, in this study the low consumption of vegetables in children This is due to the lack of supply of vegetables at home. In line with research conducted by Hardiansyah (2017) that the average vegetable consumption of Indonesian children is low in the 7-9 year age group, only consuming 64.2 grams of vegetables/day and the 10-12 year old group only 70.00 grams/day.

3.2.5. Fruit Consumption

In Table 2, the average portion of fruit consumption in the 7-9 year age group only reaches 23.81±30.98 grams/day and only fulfills the adequacy of 15.88% per day. Meanwhile, for the group of girls aged 10-12 years, the intake of fruit portions only reached 30 grams/day. only meet the adequacy of 15,00% per day only. From the results of the study, it can be said that the consumption of fruit in the respondents is still very low and far from the recommendations of the Balanced Nutrition Guidelines. One of the reasons for the lack of fruit consumption among respondents in Indramayu Regency is that fruit production in

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Indramayu Regency is quite low compared to other regions (Central Statistics Agency of West Java, 2018).

In line with the results of Hardiansyah's research (2017) that Indonesian children's fruit consumption is very low in the 7-9 year old group, on average only 13.2 grams/day and the 10-12 year old group only 14.6 grams/day. In addition to this research, the results of the 2018 Indonesian Basic Health Research data state that 95.5% of children over 5 years old still consume less fruit.

3.2.6. Consumption of Milk

In Table 2 presents the average portion of milk consumption in the age group 7-9 years only reaching 14.38 ± 26.62 ml/day while for the group of girls aged 10-12 years the intake of milk servings is not consuming at all or 0 ml/day. day.

Based on the results of the author's observations and interviews, on average they work as farmers and laborers. In addition, through the authors' observations, the respondents belong to lower middle class families so that the purchasing power of milk is very low. According to the Food Security Service of Indramayu Regency (2018), the low level of community income and the declining purchasing power of food will worsen the people's energy and protein consumption.

The average portion of milk consumption in the 7-9 year age group has not reached the recommended portion in the Balanced Nutrition Guidelines, which is only 7.09% per day. In the group of girls aged 10-12 years, the level of milk servings is 0% per day. Milk consumption in respondents is very low. The results of this study are in line with the results of Hardiansyah's research (2017) on Indonesian children. It was found that the average milk consumption in the 7-9 year age group reached 50.4% per day and the 10-12 year group reached 50.4% per day. 30.4% per day.

Table 3. Analysis of Respondents' Energy and Macro Nutrient Intake and Adequacy Levels

Number	Description	Mean	
		7-9 Years Old	10-12 Years Old
Energy			
1	Amount consumed (grams)	961±168,70	788±0
2	Adequacy level consumed (%)	58,25	39,40
Protein			
1	Amount consumed (grams)	33,04±7,79	40,50±0
2	Adequacy level consumed (%)	82,59	73,63
Fat			
1	Amount consumed (grams)	34,50±13,40	29,00±0
2	Adequacy level consumed (%)	62,73	44,61
Carbohydrate			

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Number	Description	Mean	
		7-9 Years Old	10-12 Years Old
1	Amount consumed (grams)	130,56±20,53	90,70±0
2	Adequacy level consumed (%)	52,23	32,39

3.2.7. Energy Adequacy

In this study, the average caloric adequacy was obtained from nutrients containing carbohydrates, protein and fat from all staple foods, animal side dishes, vegetable side dishes, vegetables, fruit and milk consumed by the respondents. Referring to the 2019 Indonesian Nutritional Adequacy Rate, the caloric adequacy for the group of children aged 7-9 years is 1650 kcal/day and the group of children aged 10-12 years is 2000 kcal/day.

The average calorie intake of respondents in the 7-9 year group was 961±168.70 kcal/day. The respondent's calorie adequacy level is 58.25% or not sufficient calorie intake recommended by the Nutritional Adequacy Ratio (RDA). Meanwhile, respondents in the 10-12 year age group were 788 kcal/day or only 39.50% of the recommended calorie intake. According to Supariasa et al (2002) the level of energy or calorie consumption has a direct influence on a person's nutritional status.

These results are in line with the results of Manuhutu's research (2017) on elementary school children in Limpakuwus Village that most of the respondents are children who have very low levels of energy consumption or severe deficits. In accordance with the results of research by Pertiwi et al (2014) showed the results of the energy adequacy level of children aged 7-12 years reaching 69.5% energy or being in the category of severe deficit.

3.2.8. Protein Adequacy

In this study, the average protein adequacy was obtained from all food consumed by respondents, not only protein from vegetable or animal protein side dishes. The result of this research is that the respondents in the group of children aged 7-9 years have an average protein intake of 33.04±7.79 grams/day. The level of protein adequacy of respondents in the group of children aged 7-9 years is 82.59%, while in the group of girls aged 10-12 years the average protein consumption is 40.50 grams/day. The level of protein adequacy is only sufficient for 73.63% of the recommendation. The average level of protein adequacy of respondents aged 7-9 years is in the category of mild deficit and those aged 10-12 years are included in the category of moderate deficit.

The results of this study are different from the results of Pertiwi's research (2014) regarding food consumption and nutrition as well as the Expected Food Pattern (PPH) score for school-aged children 7-12 years in Indonesia which shows that the average protein adequacy of Indonesian children reaches 115.5% or are in the sufficient or normal category.

3.2.9. Fat Adequacy

The average level of fat adequacy in the group of children aged 7-9 years is 34.50±13.40 grams/day. The level of fat adequacy of respondents in the group of children aged 7-9 years is 62.73%, while in the group of girls aged 10-12 years the average fat consumption is 29.00 grams/day. The level of fat adequacy only reached 44.61% of the recommendation from the Indonesian Ministry of Health. Based on the average level of fat consumption adequacy, the

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respondent is classified as a severe deficit. The results of this study are in accordance with research by Manuhutu et al. (2017) on students at the Limpakuwus Village Elementary School, Sub-District of Sumbang, Banyumas Regency, showing that the average level of fat adequacy is still very low.

The low level of fat adequacy can cause a lack of energy intake for the body to carry out metabolism, especially essential fatty acids such as Omega 3 (EPA and DHA) in children which play a role in children's cognitive development (Diana, 2013).

3.2.10. Carbohydrate Adequacy

This study shows that the average carbohydrate adequacy level of respondents in the group of children aged 7-9 years is 130.56±20.53 grams/day and fulfills 52.23% carbohydrate adequacy. Meanwhile, for girls aged 10-12 years, it is only 90.70 grams/day and only fulfills 32.39% of the daily carbohydrate adequacy. The average level of carbohydrate adequacy in the age group 7-9 years and 10-12 years is in the weight deficit recommended by the RDA of the Ministry of Health of the Republic of Indonesia.

In line with the results of Agustina's research (2015) in children aged 6-12 years in Sulawesi the average carbohydrate intake is 157.45 g/day. This means that it is still very low and is included in the category of weight deficit of daily carbohydrate intake for children aged 7-12 years.

3.3. Analysis of Food Consumption on the Nutritional Status of Respondents

In the data analysis, the level of adequacy of food consumption on the nutritional status of the respondents was divided into two categories, namely appropriate and not according to PGS recommendations. The results of the analysis of the level of food consumption on nutritional status are processed using the cross tabulation below.

Table 5. Table of Cross Tabulation of Consumption Adequacy Level on Nutritional Status

Consumption Rate/Nutritional Status	Thin		Normal		Fat	
	n	%	n	%	n	%
Staple Food						
PGS compliant	1	11,1	6	66,7	1	11.1
Not PGS compliant	0	0	1	100	0	0
Animal Side Dishes						
PGS compliant	0	0	3	33,3	0	0
Not PGS compliant	1	11,1	4	44,4	1	11,1
Vegetable Side Dishes						
PGS compliant	0	0	3	33,3	1	11,1
Not PGS compliant	1	11,1	4	44,4	0	0
Vegetables						
PGS compliant	0	0	0	0	0	0
Not PGS compliant	1	11,1	7	77,8	1	11,1
Fruits						
PGS compliant	0	0	1	11,1	0	0
Not PGS compliant	1	11,1	6	66,7	1	11,1
Milk						
PGS compliant	0	0	0	0	0	0

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Consumption Rate/Nutritional Status	Thin		Normal		Fat	
	n	%	n	%	n	%
Not PGS compliant	1	11,1	7	77,8	1	11,1

In Table 5, respondents who have a tendency to consume staple foods are in accordance with the recommendations of the Balanced Nutrition Guidelines, namely 3-4,5 servings or equivalent to 300-450 grams of rice, they tend to also have normal nutritional status, only a small proportion of children have normal nutritional status. underweight and fat nutrition.

In this study, 33.3% of children who consumed animal dishes according to the recommendations of the Balanced Nutrition Guidelines all had normal nutritional status. There are 66.7% of children who consume animal side dishes not as recommended, but 44.4% of children tend to have normal nutritional status, and 22.2% of children have thin and fat nutritional status, respectively. Animal side dishes contain complete amino acids and have better nutritional quality, namely protein, vitamins and minerals, because they are more abundant and easily absorbed by the body (Kemenkes, 2014). According to Nasution's (2002) research, there is a significant relationship between animal protein intake and the nutritional status of students at the Deli Serdang Elementary School.

Table 5 shows that there are 33.3% of children whose consumption of vegetable side dishes is in accordance with PGS recommendations and tends to have normal nutritional status and only 11.1% of children with obese nutritional status. There were 55.5% of children who consumed vegetable side dishes not according to the recommendations of the Balanced Nutrition Guidelines, but even though it was not as recommended, there were 4 children who had normal nutritional status and 1 person with underweight nutritional status. The recommended serving of vegetable side dishes for children 7-12 years is 3 servings or 150 grams of tempeh.

Table 5 shows that all respondents consume vegetables not as recommended but have normal nutritional status as many as 77.8% of children and 11.1% of children with underweight nutritional status and 11.1% of children with obesity. Likewise with fruit consumption, almost all respondents do not eat fruit as recommended but have normal nutritional status even though there is a child who eats fruit as recommended and has normal nutritional status. Vegetables and fruits are sources of vitamins, minerals, and dietary fiber. The recommended serving of vegetables for 7-12 years is 3 servings or 300 grams in the form of carrots and servings of fruit is 3-4 servings or 150-200 grams in the form of bananas.

In Table 5 shows that all respondents do not consume milk as recommended but tend to have normal nutritional status, a small proportion are underweight and obese. In line with the research results of Hardiansyah et al (2017) that milk consumption in Indonesian children is still very low, on average at the age of 7-9 years, only 50.4 ml / day and the 10-12 year group only 28.4 ml / day. The results of Istiqomah's research (2018) on students of SDN Totosari 1 and Tunggulsari 1 show that on average all students very rarely consume milk but on average have normal nutritional status and have very poor physical fitness.

3.4. Analysis of Macro Nutrient Adequacy Levels on the Nutritional Status of Respondents

The results of the analysis of the adequacy of energy and macronutrients on the nutritional status of the respondents were processed using cross tabulation as shown in Table 7 below.

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Table 6 shows that 88% of children have a level of energy sufficiency in the severe deficit category and 11.11% of children in the moderate deficit category. However, on average, the respondents had normal nutritional status, only 11.11% of the children had underweight and obese nutritional status. In line with the results of research on students of SDK St. Malalayang Manado shows that there is no relationship between energy intake and nutritional status based on BMI/U in elementary school students (Pusungulaa, Bolang, & Purba, 2013). In the results of Manuhutu's research (2017) there is also a significant relationship between the level of energy consumption and the nutritional status of children. This is in accordance with the results of research by Ali et al (2016) on school children in Semarang showing that there is a significant relationship between calorie intake and children's nutritional status.

Table 6. Table of Cross Tabulation of Energy and Macro Nutrient Adequacy Levels on Nutritional Status

Nutritional Adequacy Level/Nutritional Status	Thin		Normal		Fat	
	n	%	n	%	n	%
Energy						
Weight Deficit	1	11.11	6	66.66	1	11.11
Medium Deficit	0	0	1	11.11	0	0
Protein						
Weight Deficit	0	0	1	11.11	1	11.11
Medium Deficit	0	0	3	33.33	0	0
Mild Deficit	0	0	1	11.11	0	0
Enough	1	11.11	2	22.22	0	0
Fat						
Weight Deficit	1	11,11	4	44.44	1	11.11
Mild Deficit	0	0	2	22.22	0	0
Enough	0	0	1	11.11	0	0
Carbohydrate						
Weight Deficit	1	11,1	7	77,8	1	11.1

In addition, the results of this study showed that the protein adequacy level of the respondents varied, namely 22.22% of children had protein adequacy in the severe deficit category, as many as 33% of children in the moderate deficit category, 11.11% of children with low deficit and 22.22% of children in the sufficient category. On average, all children tend to have normal nutritional status, while 11.11% of children in the low deficit category have obese nutritional status and 11.11% of children in the moderate category have underweight nutritional status. In line with the results of research by Agustina et al (2015) on children 6-12 years old in Sulawesi, they found that there was no difference in protein intake based on the nutritional status of children.

In the study of the level of fat adequacy of respondents, 66.66% of children tend to be classified as severe deficits, 22.22% of children are classified as mild deficits and only 11.11% of people are moderate. Although respondents have a low level of fat adequacy, respondents tend to have normal nutritional status. In Manuhutu et al's research (2017) on students of SDN 01 Limpakuwus showed an average level of fat adequacy that was less but the average nutritional status was normal. In addition, the results showed that there was a significant relationship between the level of fat adequacy and the nutritional status of students.

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The results of this study showed that the level of carbohydrate adequacy of all respondents was classified as a severe deficit, but respondents tended to have normal nutritional status as many as 77.8% of children and there were 11.11% of children with underweight nutritional status and 11.11% of children with obese nutritional status. In line with the results of research in Sulawesi that there is no significant difference in carbohydrate intake on the nutritional status of children 6-12 years old (Agustina, Jus'at, Mulyani, & Kuswari, 2015). In contrast to the results of research by Sari et al. (2017) on school children at Syafana Elementary School, the level of carbohydrate adequacy is directly proportional to the nutritional status of children.

4. CONCLUSION

The average nutritional status with BMI/U index in children of the Dayak Hindu Buddhist Bumi Segandhu Indramayu Tribe is -0.63 or is in the normal category.

The level of consumption of staple foods in the respondents was sufficient in accordance with the recommendations of the Balanced Nutrition Guidelines. Consumption of animal side dishes in the age group 7-9 years is not as recommended, but the group of girls aged 10-12 years exceeds the daily recommendation. In general, the consumption of vegetable side dishes, consumption of vegetables, consumption of fruits and consumption of milk of the respondents was still very low and did not meet the recommended daily consumption recommended by balanced nutrition guidelines.

The level of calorie adequacy of all respondents is included in the category of weight deficit. Meanwhile, the level of protein adequacy in the 7-9 year old group is in a severe deficit and the 10-12 year group is in a moderate deficit. In general, the level of fat and carbohydrate adequacy is in the weight deficit category.

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