

# The Effect of Giving Papaya Fruit (*Carica Papaya L*) on the Appetite of Toddlers as an Effort to Prevent Stunting

Nurul Fatmawati\*, Yesvi  
Zulfiana, Sri Handayani

Midwifery Study  
Program, STIKes Yarsi  
Mataram

\*Email:  
[nfatmawati10@gmail.com](mailto:nfatmawati10@gmail.com)

## ABSTRACT

Every year Toddlers in Indonesia suffer from malnutrition and this is evenly spread throughout Indonesia. The prevalence of malnutrition continues to decline from 9.7% in 2005 to 4.9% in 2010 and it is expected that in 2015, the prevalence of malnutrition will decrease to 3.6%. The prevalence of under-five children with malnutrition and malnutrition decreased by 0.5% from 18.4% in 2007 to 17.9% in 2010. Inadequate nutritional intake was caused in children under five because of eating difficulties in the form of reduced appetite associated with increased interactions. with the environment. Toddlers are more susceptible to disease, especially infectious diseases both acute and chronic, worm infections and in a long time can cause malnutrition or poor nutrition. The method in this study is a literature review that tries to explore the effect of papaya fruit (*Carica Papaya L*) on the appetite of children under five as an effort to prevent stunting. The results of this study from several literatures that have been studied indicate that there is an effect of giving papaya fruit (*Carica Papaya L*) on appetite in children under five. In papaya fruit (*Caraica Papaya L*) there are vitamins present in papaya fruit which are certain organic compounds that are needed in small amounts but are essential for metabolic reactions in cells and are important for maintaining normal growth and maintaining health. The content of vitamins and minerals in papaya fruit will restore a child's appetite, strengthen the immune system and restore sick conditions in children. Suggestions need to be informed to the public, especially mothers who have toddlers who experience appetite disorders, can give papaya fruit as an easier alternative.

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## INTRODUCTION

Toddler period (golden period) is a golden period that is very sensitive to the environment and this period lasts very short and cannot be repeated again. At this critical time, the toddler's brain is more plastic. Brain plasticity in toddlers has both positive and negative sides. On the positive side, the toddler's brain is more open to the process of learning and enrichment. On the negative side, the toddler's brain is more sensitive to an unsupportive environment such as inadequate nutritional input. (Ambarwati, 2015).

According to WHO, the prevalence of stunted toddlers becomes a public health problem if the prevalence is 20% or more. Therefore, the percentage of stunted children under five in Indonesia is still high and is a health problem that must be addressed. Indonesia is in the 5th highest rank with the prevalence of stunting children. After India, China, Nigeria and Pakistan. (Singh & Agarwal, 2021).

Riskesdas 2013, showed that nationally the number of stunting children reached 37.2%. With details, children are very short (18.0%) and short (19.2%). There was an increase in cases in 2010 of 35.6% compared to 2007 which was 36.8%. (Badan Penelitian dan Pengembangan Kesehatan, 2013).

Every year Toddlers in Indonesia suffer from malnutrition and this is evenly spread throughout Indonesia. The prevalence of malnutrition continues to decline from 9.7% in 2005 to 4.9% in 2010 and it is expected that in 2015, the prevalence of malnutrition will decrease to 3.6%. The prevalence of under-five children with malnutrition and malnutrition decreased by 0.5% from 18.4% in 2007 to 17.9% in 2010. This is different from the GHI (Global Hunger Index) which states that Indonesia is classified as a country that is in the serious category or is below the worrying level. in the number of malnourished patients. The number of sufferers of malnutrition is like an iceberg, only a few cases that come to the surface. (Fajria, 2016).

From the PSG results data in 2017, the prevalence of stunting in NTB Province was 37.2%, higher than the national average of 29.6%. That number also increases when compared with the year. 2016 which amounted to 29.9% or an increase of 7.29%. For the highest prevalence of stunting in Sumbawa Regency, namely 41, 9%, followed by Central Lombok 39, 9%, Dompu 38, 3%, Mataram City 37, 8%, North Lombok 37, 6%, Bima 36, 6%, Bima City 36, 3 %, West Lombok 36, 1 % and East Lombok 35, 1 %. (Firman, 2018).

Inadequate nutritional intake is caused in children under five because there is difficulty eating in the form of reduced appetite associated with increasing interactions with the environment. Toddlers are more susceptible to disease, especially infectious diseases both acute and chronic, worm infections and in a long time can cause malnutrition or poor nutrition. (Hidayati NL, 2011).

The problem of nutrition has given attention to the government, namely the Presidential Regulation Number 42 of 2013 which regulates the "National Movement for the Acceleration of Nutrition Improvement" which is a joint effort between the government and the community through raising stakeholder participation and concern in a planned and coordinated manner to accelerate the improvement of priority community nutrition. (Permenkes RI, 2014).

Every child must have experienced a decrease in appetite, especially when the child is more than 1 year old. He did various things to refuse the food that was given. Starting from stalling for time to eat, choosing food menus, closing his mouth when being fed. The condition of children who have decreased appetite is generally a normal condition. Because the actual appetite of children will tend to decrease when the child enters the age of toddlers 1-6 years. Especially if the child has just released from breast milk and is starting to walk. Along with their ability to move, such as walking, children's activities will increase, as a result, children's interest in food will decrease. (Soetjiningsih, 2012).

Many parents have difficulty in dealing with the problem of lack of appetite in children. Drugs have always been the first choice for this condition. Appetite-enhancing drugs in the long term cause other chronic diseases. Another option that can be taken is to take a non-pharmacological multivitamin. Multivitamins in the form of fruits that have a fairly high nutritional value, sweet taste, cheap prices and easy to get are *Carica Papaya*. (Kurnia R, 2018).

Papaya (*Carica Papaya L*) is a plant that is widely spread in various tropical countries including Indonesia. The fruit of this plant is a fruit that is popular and favored by the people of Indonesia. It tastes sweet and refreshing because it contains a lot of water. Soft flesh with red or yellow color. Inside one papaya fruit there are many papaya seeds and blackish in color. (Muktani, 2010).

Papaya (*Carica Papaya L*) vitamins present in papaya fruit are certain organic compounds that are needed in small amounts but are essential for metabolic reactions in cells and are important for normal growth and maintenance of health. Therefore the body must obtain vitamins from food to regulate metabolism, convert fats and carbohydrates into energy and helps the formation of bones and tissues. The content of vitamins and minerals in papaya will restore a child's appetite, strengthen the immune system and restore sick conditions in children. (Nan & Sicincin, 2011).

## METHODS

This research method is a literature study with various references, namely articles or research journals, journal reviews, books and data that support how the influence of papaya fruit (*Carica Papaya L*) on appetite in children as an effort to prevent stunting. Literature Review is a research methodology that aims to collect and extract the essence of previous research and analyze several expert descriptions written in the text. (Snyder, 2019).

## RESULTS

Several studies have shown that there is an effect of papaya (*Carica Papaya L*) on children's appetite as an effort to prevent stunting. This can be seen in the following table:

Table 1 : Judgment Results from the Literature Review

Year	Author	Research purposes	Method	The Results
2022	Sri Mulyaningsih, Fifi Ishak, Zuriati Muhamad	This study was to determine the effect of giving papaya ( <i>Carica Papaya L</i> ) to increase appetite in toddlers	Quantitative research method with pre-experimental design with one group pre and post test	There is an effect of giving papaya fruit to increase toddler's appetite
2020	Wiulin Setiowati, Lisa Wardaniyah	This study aims to determine the Bangkok papaya ( <i>Carica papaya L</i> ) on appetite in children 3-6 years old	Quasi experimental research method with pre and post test	Terdapat pengaruh pemberian buah papaya ( <i>Carica papaya L</i> )
2020	Rida Elvi	This study aims to determine the giving of papaya ( <i>Carica Papaya L</i> ) to the appetite of children under five	This research method is pre-experimental with a one-group pre-test-post-test design	The results showed that the average score of appetite before being given papaya fruit decreased, and after being given papaya fruit the average child's appetite increased.
2019	Nancy Olli, Rabia Zakaria, Bun Yamin Badjuka	This study was to determine the effect of papaya on the appetite of children aged 2-5 years	This type of research is pre-experimental with one group pretest – posttest design	The results of static analysis show that giving papaya fruit has an effect on increasing appetite in children aged 2-5 years.

2013	Lili Fajriaa , Mitriya Rikaa	This research is to find out 1 papaya fruit regularly per day on toddler's appetite	The research method is a quantitative method with a Quasi experimental approach, one group pretest - posttest design	The results showed that there was a large increase in the toddler's appetite, seen through the toddler's weight scale after the intervention
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## DISCUSSION

Appetite is the desire or urge to eat because of hunger. During the preschool period, toddlers' appetites are erratic and unpredictable. Toddlers can eat well at one time, but sometimes refuse the next time. Dinner is generally rejected by toddlers who have eaten twice and some snacks have obtained their energy and nutritional needs before mealtime. Giving papaya fruit is one solution that parents can give to toddlers to deal with problems in toddlers with appetite.

Based on the results of the literature study above, it can be concluded that giving papaya (*Carica Papaya L*) to children under five can increase appetite. Inadequate nutritional intake is caused by eating difficulties in toddlers in the form of reduced appetite associated with increasing interactions with the environment. Toddlers are more susceptible to disease, especially infectious diseases both acute and chronic, worm infections and in a long time can cause malnutrition or poor nutrition. (Hidayati NL, 2011).

Papaya contains a lot of fiber and is a source of anti-oxidants and micronutrients that are useful for the body such as vitamins A, B, C, E and B complex flavonoids, folate, panthoteni acid, minerals and magnesium. The content of vitamin C in papaya is higher than that of oranges, while the content of vitamin A in papaya is higher than carrots. (Sutomo, 2014).

According to Villegas, a papaya expert from the Institute of Plant Breeding, University of the Philippines at Los Banos (1992), papaya fruit contains the enzyme papain. This enzyme is very active and has the ability to speed up the process of protein digestion. Papain can help realize a better food digestion process in this way the immune system can be boosted. (Kurnia R, 2018).

Giving papaya fruit to children under five can be one of the solutions for parents to deal with the problem of difficulty eating in toddlers. Toddlers who experience a decrease in appetite will result in unfulfilled nutritional intake, where in toddlerhood (golden age) nutritional intake is needed. Giving papaya fruit can be beneficial for toddlers' appetite and can improve health and efforts to maintain the health of toddlers from stunting. (Kurnia R, 2018).

## CONCLUSION

Based on the results of the literature study above, it can be concluded that papaya (*Carica Papaya L*) can increase appetite in toddlers. Papaya fruit given to toddlers contains fiber and is a source of anti-oxidants and micronutrients that are useful for the body, such as vitamins A, B, C, E and B complex flavonoids, folate, panthoteni acid, minerals and magnesium. The content of vitamins and minerals in papaya fruit will restore a child's appetite, strengthen the immune system and restore sick conditions in children.

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