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Use Of Papaya Fruit (Carica Papaya L) As A Stunting Prevention Effort

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ABSTRACT

According to WHO, the prevalence of short toddlers becomes a public health problem if the prevalence is 20% or more. 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%. , 29 %. For the highest stunting prevalence in Sumbawa Regency, which is 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%. The method used in this study is quantitative, which is to find out an accurate picture of the utilization or use of papaya fruit (Carica Papaya L). The population in this study were mothers who had children aged 1 -5 years. In this study, it can be concluded that most of the mothers under five have used papaya fruit (Carica Papaya L) as a stunting prevention. Based on the results of the study it can be concluded that most of the sex of toddlers is male by 56 (54%) and most of the mothers of toddlers have used papaya fruit by 77 (54%). In 100 grams of papaya fruit contains 450 milligrams, vitamin A, 74 milligrams of vitamin C, 86.6 grams of water, 0.5 grams of protein and 0.7 grams of fiber. The content contained in papaya fruit can increase appetite in toddlers so that it affects weight gain.

Keywords : Carica Papaya L, Stunting

INTRODUCTION

The 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. During this critical period, the toddler's brain is more plastic. Brain plasticity in toddlers has positive and negative sides. On the plus side, toddler brains are more open to learning and enrichment. Side negatively, the toddler's brain is moremsensitive to an unsupportive environment such as inadequate nutritional input.(Ambarwati, 2015)

According to WHO, the prevalence of short toddlers becomes a public health problem if the prevalence is 20% or more. Therefore, 2, the percentage of short toddlers in Indonesia is

still high and is a health problem that must be addressed. Indonesia is ranked 5th with the highest prevalence of stunting children. After India, China, Nigeria and Pakistan (UNICEF, 2014). Riskesdas 2013 showed that nationally the number of stunted children reached 37.2%. With details of very short (18.0%) and short (19.2%) children. There was an increase in cases in 2010 of 35.6% compared to 2007, namely 36.8%. (Fajria, 2016)

Every year under five 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 hoped that by 2015, the prevalence of malnutrition can decrease to 3.6%. The prevalence of malnutrition and malnutrition in children under five fell 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 level of concern. in the number of people with malnutrition. The number of sufferers of malnutrition is like an iceberg, cases that appear to the surface are few. (Firman, 2018) stunting is a state of a person's nutritional status based on the z-score of height (TB) for age (U) which is located at <-2 SD. (Senbanjo, 2011)

The height/age index is an anthropometric index that describes nutritional conditions in the past and relates to environmental and socio-economic conditions. The Decree of the Minister of Health states that short and very short are nutritional status based on the index of Body Length for Age (PB/U) or Height for Age (TB/U) which are equivalent to the terms stunting (short) and severely stunting (very short). The effect of nutrient deficiency on height can be seen in a relatively long time. (Gibson, 2005)

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%. , 29 %. For the highest stunting prevalence in Sumbawa Regency, which is 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 by children under five having difficulty eating in the form of reduced appetite related to increasing interaction with the environment. Toddles are more susceptible to diseases, especially infectious diseases both acute and chronic, worm infections and in a long time can cause malnutrition or malnutrition. (Hidayati NL, 2011)

Nutritional issues have paid attention to the government, namely with Presidential Regulation Number 42 of 2013 which regulates the "National Movement to Accelerate Nutrition Improvement". (RI, 2014)

Every child must have experienced a decrease in appetite, especially when the child is over 1 year old. He did various things to refuse the food that was given. Starting from stalling for time when eating, choosing and choosing food menus, covering his mouth when being fed food. The condition of a child who has a decreased appetite is generally a normal condition. Because actually children's appetite will tend to decrease when children enter the age of toddlers 1-6 years. Especially if the child has just been released from breast milk and is starting to be able to walk. Along with the ability to be able to move like walking, it will increase the child's activity, as a result, the child's interest in food will decrease.

Many parents have difficulty dealing with the problem of lack of appetite in children. Medicines are always the first choice for this condition. Drugs that increase appetite 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 high nutritional value, taste sweet, are cheap and easy to obtain are Carica Papaya. (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. The taste is sweet and refreshing because it contains a lot of water. The flesh is

soft with a red or yellow color. Inside one papaya fruit there are many papaya seeds and are black in color. (Muktani, 2010)

Papaya fruit is a fruit that is versatile and has high nutritional value, especially vitamin C and vitamin A. The content of ripe papaya fruit (100 gr), calories 39 calories, water 86.7, fat 0.0 grams, protein 0.5 gram, calcium 23.0 mg, phosphorus 12.0 mg, iron 0.4 mg, vitamin A 5365 SI, vitamin B1 0.04 mg, vitamin C 78 mg.

Papaya (Carica Papay 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 carrying out normal growth and maintaining health. Therefore the body must obtain vitamins from food to regulate metabolism, change Fats and carbohydrates become energy and help build bones and tissues. The content of vitamins and minerals in papaya fruit (Carica Papaya L) will restore children's appetite, strengthen the immune system and restore sick conditions in children. (Rika Mitriya, 2012)

METHODS

The method used in this research is quantitative, which is to find out an accurate description of the utilization or use of papaya fruit (Carica Papaya L) as an effort to prevent stunting. The population in this study were mothers who had children aged 1 to 5 years in Jempong Baru Village, Sekarbela District, Mataram City, West Nusa Tenggara. This research was carried out in Jempong Baru Village, Sekarbela District, Mataram City, West Nusa Tenggara on 23 to 27 August 2022.

RESULT

Table of Respondents' Frequency Distribution by Gender

No.	Gender	Frekensi (people)	Presentase (%)
1.	Man	56	54 %
2.	Women	49	46 %
	Total	105	100%

Based on the table it can be seen that most of the sex of toddlers is mostly male, 56 (54%) and a small portion of 49 (46%) of female toddler respondents.

Distrusion Table of Frequency Utilization of Papaya Fruit (Carica Papaya L)

No.	Utilization of Papaya Fruit	Frekensi (people)	Presentase (%)
1.	Yes	77	54 %
2.	No	28	46 %
	Total	105	100%

Based on the table it is known that most of the mothers under five have used papaya as much as 77 (54%).

DISCUSSION

Based on the results of the research on the frequency distribution table for the use of papaya fruit (Carica Papaya L), it can be seen that some respondents have used papaya fruit as an effort. In 100 grams of papaya fruit contains 450 milligrams, vitamin A, 74 milligrams of vitamin C, 86.6 grams of water, 0.5 grams of protein and 0.7 grams of fiber. The content contained in papaya fruit can increase appetite in toddlers so that it affects weight gain.

Papaya fruit can increase a child's appetite and speed up the absorption of nutrients. The rate of absorption of these nutrients is influenced by digestibility, composition of nutrients, normal state of smooth mucous membranes, hormones and adequate intake of vitamins.

The results of this study were supported by Fajria's research (2013) which showed that all respondents experienced an increase in body weight after consuming 1 piece of papaya weighing 100 grams per day for 1 month. (Fajria, 2016)

The results of other studies that support this research are Sari's research, Lita Liana (2016) that papaya fruit says papaya fruit can affect body weight because papaya fruit can prevent digestive disorders in children's stomach organs. The mechanism of papaya fruit can increase children's appetite is influenced by digestibility. From the results of the study there was an increase in children's weight by increasing 600 grams for 1 month consuming papaya fruit. (Erniyati., Putri, 2012).

CONCLUSION

Based on the results of the study it can be concluded that most of the sex of toddlers is mostly male by 56 (54%) and most of the mothers under five have used papaya as much as 77 (54%).

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