

Mother Knowledge Of The Use Of Herbal Plants In Overcoming Nutritional Status Of Toddler

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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. During this critical period, toddlers' brains are more plastic. Brain plasticity in toddlers has positive and negative sides. On the positive side, toddlers' brains are more open to the learning and enrichment process. On the negative side, toddlers' brains are more sensitive to unsupportive environments such as inadequate nutritional intake. Herbal plants are plants that have medicinal properties in healing and preventing disease. The aim of this research is how mothers know about the use of herbal plants in dealing with the nutritional status of toddlers. This research is non-experimental research with a descriptive research design. The results of this study show that the knowledge of mothers of toddlers regarding the use of herbal plants is that the majority of mothers have good knowledge as many as 102 mothers (92%).

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INTRODUCTION

Growth and development during toddlerhood determines the success of a child's growth and development in the following period. The period of growth and development at this age is a period that occurs quickly and will never be repeated. Toddlers are the group of people most vulnerable to disease. This group requires high body defense and adequate nutrition to support growth and development. (Mitayani, 2010)

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negative side, toddlers' brains are more sensitive to unsupportive environments such as inadequate nutritional intake. (Ambarwati, 2015)

Based on Riskesdas 2018 shows that based on the weight index for age, the prevalence of malnourished toddlers is 3.9%, while 13.8% of toddlers experience malnutrition. The prevalence of toddlers based on the height index for age is 11.5% of toddlers with very short nutritional status and 19.3% of toddlers with short nutritional status. Meanwhile, based on the weight-for-height index, the proportion of nutritional status of very thin children was 3.5%, underweight nutritional status was 6.7%, and toddlers with obese nutritional status were 8%

(Riskseddas, 2018). These data show that nutritional problems in toddlers are still a health problem that requires special treatment (Purwandini dan Kartasurya, 2013).

Data from PSG results in 2017, the prevalence of stunting in NTB Province was 37.2% higher than the national average, namely 29.6%. This figure also increases when compared with years. 2016, namely 29.9% or an increase of 7.29%. For the prevalence of stunting eratas 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)

Herbal plants are plants that have medicinal properties in healing and preventing disease. In terms of healing herbal plants, the reaction of the medicine is generally slower in treating disease compared to chemical medicines. However, the use of herbal plants is safer for the body with very few side effects, is free of toxins, eliminates the roots of disease, is cheap and easy to obtain and has many benefits. Discoveries in the medical field that have developed rapidly have caused treatment using herbal plants to appear outdated. Many chemical medicines are made from medicinal plants, but the compounding is done clinically in a laboratory so they seem more modern. (Hariana, 2008)

Native Indonesian herbs are medicinal plants that grow and are cultivated in Indonesia and used from generation to generation for health purposes. (Permenkes, 2016) Indonesia has no less than 30,000 species of herbal plants. However, in fact, around 9,600 species that are known to have medicinal properties have not been utilized optimally as herbal medicines.

The use of natural ingredients is very necessary as an alternative to improve the nutritional status of toddlers. One of these natural ingredients contains iron, protein and vitamin C. Iron, protein and vitamin C compounds are found in abundance in Moringa leaves, purple sweet potatoes, papaya, shallots, katuk leaves and other herbal plants.

Nutritional status in toddlers is caused by several factors, both internal and external. Internal factors include infection, genes, inheritance from parents, attitudes, health behavior, and external factors that influence nutritional status include food consumption levels, cultural influences, food supply, affordability of health services, environmental hygiene and sanitation, number of family members, maternal education level, maternal knowledge about nutrition. (Proverawati & Asfuah, 2019). A person needs to have knowledge about food ingredients, nutrients and the nutritional needs of toddlers in order to provide appropriate consumption for toddlers based on the toddler's needs according to age.

METHODS

This research is a non-experimental research with a descriptive research design, and there is no special data analysis for data processing to determine mothers' knowledge of the use of herbal plants in addressing nutritional status in toddlers. The variable in this research is the level of knowledge in the use of herbal plants in overcoming nutritional status in toddlers. The population in this study were mothers who had toddlers aged 1 to 5 years in Jempong Baru Village, Mataram City, West Nusa Tenggara.

RESULTS

Table of Distribution of Mothers' Knowledge of the Use of Herbal Plants

No.	Mother's knowledge	Frequency (person)	Presentase (%)
1.	Good	102	92 %
2.	Enough	9	9 %
3.	not enough	0	0 %
	Total	111	100%

Based on the table above, the majority of mothers who have good knowledge in the use of herbal plants are 102 mothers (92%) and 9 mothers (9%) have sufficient knowledge.

DISCUSSION

From the results of the research on the frequency distribution table of mothers' knowledge of the use of herbal plants, the majority of mothers had good knowledge, 102 mothers (92%).

The use of traditional medicines in Indonesia, including herbs, has been used for a long time by our ancestors to treat health problems or illnesses in toddlers such as coughs, colds, fever, diarrhea and increase the body's immune system. Herbs have been recommended by *World Health Organization (WHO)* for health maintenance, prevention and treatment of disease. WHO also supports efforts to increase the safety and efficacy of herbs (Agustina, 2016). Herbs have been used widely in almost all countries in the world as complementary therapies (*complementary therapy*). Complementary therapy can minimize the use of drugs in cases of toddlers with mild health problems, thereby reducing the side effects of drugs and increasing people's independence to help themselves.

In this study, the mother's knowledge of the use of herbal plants that is often used is papaya (*Carica Papaya* L) and Moringa leaves (*Moringa Oleifera*). Papaya fruit (*Carica papaya*) which is rich in B complex vitamins can increase the body's metabolic reaction rate, stimulating *Hipotalamus* to increase appetite and support growth. (Nancy J, 2010) 100 grams of papaya contains 450 milligrams of 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 can increase appetite in toddlers so that it has an effect on weight gain. (Fajria, 2016) Papaya fruit can increase children's appetite and speed of absorption of nutrients. The speed of absorption of these nutrients is influenced by digestibility, nutritional composition, normal condition of smooth mucous membranes, hormones and adequate vitamin intake.

Moringa leaves (*Moringa Oleifera*) is a food ingredient that is rich in macro and micro nutrients. The high nutritional value content in Moringa leaves can be used to fulfill the nutritional needs of breastfeeding mothers and toddlers during their growth period. (Aminah, et al 2015)

Moringa plants grow easily on all types of soil in tropical countries with a drought tolerance of up to 6 months. (Mendieta-Araica B et al., 2013) Moringa plants grow easily on all types of soil in tropical countries with a drought tolerance of up to 6 months. (Krisnadi, 2015). Moringa leaves can be consumed as a vegetable or as food fortification. (Aminah, et al 2015) Kemenkes RI (2018) also explained that Moringa leaves are a plant that is rich in vitamins and minerals. There are various substances contained in Moringa leaves, including calcium (1077 mg), iron (6 mg), protein (5.1 g), zinc (0.6), vitamin A (6.78 mg), vitamin B1 (0.3 mg), vitamin C (22 mg). According to Kurniasih (2013), Moringa leaves contain 10 times more vitamin A than carrots, 4 times more vitamin E than corn oil, 2 times more protein and 17 times more calcium than milk, and 25 times more iron than spinach according to nutritional content. per 100 grams. (Kemenkes RI, 2018)

CONCLUSION

1. The knowledge of mothers under five in the use of herbal plants is mostly in the good category, namely 102 mothers (92%).
2. The knowledge of mothers under five in the use of herbal plants is in the sufficient category, namely 9 mothers (9%).

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