



## Analysis of Nutrition Status and Economic Factors Affecting Health Survey in Rogoselo Village

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### ABSTRACT

This study aims to analyze the nutritional conditions of children in the village of Rogoselo, who are suffering from malnutrition, stunting, and wasting. The study investigates the factors that cause these nutritional problems, including economic and social factors. The research methods used are qualitative descriptive approaches, which involve in-depth interviews with the mother-in-law, as well as observations of the environmental conditions of the village. The findings show that economic factors such as low family income, high poverty rates, and economic instability contribute to the difficulty of access to nutritious food. Children from low-income families are more likely to suffer from nutritional problems. In addition, poor parents' knowledge of the importance of balanced nutrition is also a supportive factor. The study also found that interventions that include nutritional education, improved access to nutritious food, as well as health support can play an important role in improving the nutritional conditions of children in Rogoselo Village. These programs can help address nutritional problems and have a positive impact on children's well-being. In conclusion, more comprehensive and sustainable action is needed to improve the quality of life of the children in the village.

**Keywords:** *Balita Nutrition, Children's Health, , Economic Factors*

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## INTRODUCTION

To understand the importance of Gizi Balita in the village of Rogoselo, it is important to look at the problem. Poverty is one of the highest causes of malnutrition, with low income conditions leading to families not being able to meet nutritional needs that affect nutritional fulfilment in young people (Ria, 2020). Child nutritional status is one of the important indicators in determining the health and well-being of children in a region. Good nutrition during infancy plays an important role in the growth and physical and mental development of the child. Economic factors, including family income and parental education, can have a significant impact on the child's nutritional status. In terms of child

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nutritional status, stunting, wasting, and malnutrition are serious problems in many parts of Indonesia. References from (Nugroho et al., 2023) The report, provided by the Indonesian Ministry of Health, provides a comprehensive overview of the nutritional status of children in various regions of Indonesia. This report provides important information about the prevalence of stunting, wasting, and malnutrition in children in different regions.

In addition to economic factors, the level of education and mother's knowledge of nutrition also plays an important role in nutritional status (Amalia Rahma et al., 2023). The education and knowledge of mothers about nutrition is closely related to the nutritional status of young people. Mothers who have better knowledge of nutrition tend to provide a balanced nutritional intake to their children (Ertiana & Zain, 2023) In addition, parents' behavior, including dietary patterns and nutritional intake, also affects the child's nutritional status (Maesarah et al., 2018).

In the village of Rogoselo, it is important to understand the relationship between economic and sociodemographic factors with the nutritional status of young people in order to identify effective interventions in improving the health of children. A holistic approach that includes nutritional education, support, as well as improved access to nutritious food and health services is needed to improve the nutritional status of young people in the region. In this study, the analysis will focus on the nutritional status of young people in the village of Rogoselo and the economic factors that influence it. With a better understanding of the situation, it is expected to be able to formulate effective recommendations for improving the well-being of youth in that village. The importance of statistical analysis in this context is undeniable. Through appropriate methods of analysis, patterns and trends underlying the nutritional status of young people can be identified, as well as significant factors in influencing these variables (Brotherton, 2006) A thorough health review is also needed to understand the overall public health context in the village of Rogoselo (Howarth Bouis et al., 2012).

A multidisciplinary approach was adopted to consider factors related to access to health services, sanitation practices, and social and economic factors that may play an important role in determining the nutritional status of the news (Dewey & Brown, 2003). Thus, this research will provide a more complete picture of the challenges and opportunities in efforts to improve the health of young people in this village. Health reviews in Rogoselo Village show that there are significant challenges in achieving optimal health. The limited availability of health facilities, including poor medical resources, constitutes an obstacle to the provision of adequate health services to the population, including newspapers (Widgery, 1988) In addition, the lack of health education in the community can also affect awareness of the importance of balanced nutrition for children's growth (Kontic-Vucinic et al., 2006) Poor environmental conditions and poor sanitation also contribute to high levels of nutrition-related diseases and infections.

Gizi Balita's prevention and intervention efforts can be targeted more accurately. To address these challenges, proactive measures such as nutrition education programmes,

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the provision of nutritional supplements, improved access to basic health services, and collaboration between governments, public institutions, and the private sector are needed.

### **The Theory Track**

The village of Rogoselo, a rural community located in the middle of a fertile agricultural environment, is home to the majority of its inhabitants who depend on the agricultural and livestock sectors. Despite being a supporter of the local economy, the village faces complex challenges related to the well-being and health of its inhabitants. Low per capita income is one of the main characteristics of the village of Rogoselo, which affects restrictions on access to adequate health services and nutritious food resources.

#### **Theory Analysis of the nutritional status of young people in the village of Rogoselo:**

shows a high prevalence of stunting, wasting, and underweight. The data obtained through household surveys and routine health checks at local posyandu gives a clear picture of the serious impact of youth nutrition problems in this village. (Dewey & Begum, 2011).

#### **Factors Affecting the Nutritional Status of Balita:**

There are several factors that have been identified as the main drivers of the nutritional problems of young people in the village of Rogoselo. First, low family incomes impede the ability to buy nutritious foods and access adequate health services. Second, poor sanitation increases the risk of disease and malnutrition. Third, low maternal education levels affect a lack of understanding of healthy nutritional practices and the importance of adequate childcare. Fourthly, unoptimal feeding practices also aggravate the nutritional problems of young people in this village (Ruel & Alderman, 2013).

#### **Feeding and fostering patterns:**

inappropriate feeding and caring pattern is also a significant risk factor. Exclusive breastfeeding practices have not been fully implemented in the village of Rogoselo, while child feeding patterns tend to be less diversified. Hygiene and food safety are important concerns in efforts to improve the nutritional status of young people, given that poor food quality can also have a negative impact on children's health (Smith & Haddad, 2015).

#### **Efforts to Improve the Nutritional Status of Balita:**

Efforts have been made to improve the nutritional status of the youth in the village of Rogoselo. Public health programmes have been introduced that provide integrated health and nutrition services. In addition, nutrition education to the public and the strengthening of infrastructure such as provision of clean water and decent sanitation are also the main focus of this effort (Victora et al., 2008b).

#### **Challenges and Recommendations:**

A number of challenges to be overcome in an effort to improve the nutritional status of young people in the village of Rogoselo. The main challenges include resource constraints, low public awareness of the importance of nutrition, as well as infrastructure and accessibility issues. Therefore, the policy recommendations provided include

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expanding access to health services, improving nutrition education, and empowering the public through training and sustainable development programmes (Jones et al., 2019).

Taking into account the various factors affecting the nutritional status of young people and health conditions in the village of Rogoselo, it is expected that the measures implemented will have a positive impact in improving the well-being of children and families in this village, as well as building a stronger foundation for a brighter future for future generations.

### **Previous research**

Research into the nutritional status of young people and the factors that influence them in the village of Rogoselo is an important step in improving the health of children in rural areas. By understanding the nutritional conditions of infants in depth, more effective interventions can be designed to address this problem. Previous research has highlighted various factors that affect the nutritional status of young people, including economic aspects (Victora et al., 2008a). herefore, this research aims to dig deeper into these factors and their implications for the health of young people in the village of Rogoselo (Ruel & Alderman, 2013). Through the analysis of primary and secondary data, the study found that the prevalence of malnutrition was quite high among young people in the village of Rogoselo. Factors such as family income, access to health services, sanitation of the environment, and the level of education of mothers significantly influenced the nutritional status of young people (Nguyen et al., 2018). The results of this study are consistent with previous findings that show the complexity of child nutrition problems in rural areas (Pelletier et al., 1995).

The policy implications of this research are the importance of developing holistic and sustainable intervention programmes. These programmes should focus on improving access to basic health services, nutrition education for mothers, and improving environmental sanitation (Dewey & Begum, 2011). Collaboration between various stakeholders, including governments, community agencies, and local communities, is also needed to ensure the success and sustainability of these efforts. Thus, it is expected to improvements in the health and well-being of young people in the village of Rogoselo. Child nutrition and influencing factors have shown a variety of factors affecting child nutrition, including economic aspects, access to health services, maternal education, and environmental sanitation. Study by (Bhutta et al., 2008). investigating the main causes of juvenile deaths, including malnutrition, and showing that improved access to health and nutrition services is an important step in reducing juvenile mortality (Zhang et al., 2012). found that restrictions on access to health services were linked to higher levels of malnutrition among young people. (Vollmer et al., 2014) evaluating the relationship between socio-economic status and child nutrition, finding that poverty and lack of access to vital resources contribute to poor nutrition in rural areas. Research by (Black et al., 2013) shows the effectiveness of various nutritional interventions in young children in developing countries, where comprehensive and sustained intervention programmes can significantly improve the nutritional status of young children. Besides, research by (Walker et al., 2011) research into the psychosocial development of infants and their

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relationship to nutrition, showing that a supportive home environment and adequate initial stimulation contribute to better growth and development in children. The research shows the complexity of child nutrition problems in rural areas and the importance of a holistic approach to improving child nutritional status and well-being.

## **RESEARCH METHODOLOGY**

The research uses qualitative descriptive methods to gain a deep understanding of the nutritional status of young people and the factors that influence it in the village of Rogoselo. The steps taken in this study include sampling, data collection, observation, data analysis, and verification.

First, in the sample selection phase, a purposive sampling approach is used to select respondents that are representative of the population being studied. The sample selection criteria involve young mothers who have young children and live in the village of Rogoselo. This process takes into account variations in social, economic, and environmental conditions in the village.

Second, the data collection was conducted through in-depth interviews with babies using a structured interview guide. The interviews focused on information about the newspapers' diet, access to health services, environmental sanitation, feeding practices, and other factors that could affect the youngsters' nutritional status. In addition, the data collection also involves direct observations of environmental conditions, including sanitation and hygiene of villages, as well as local posyandu to gain a more holistic understanding of public health practices in Rogoselo Village.

Third, the data collected is then analyzed qualitatively. The analysis process involves data encoding, grouping of findings based on themes or patterns emerging, and interpreting the meaning of the findings. Data analysis is carried out systematically to reveal relationships between factors affecting the nutritional status of the news. Fourthly, the results of the study are validated through discussions and feedback with the relevant parties, such as health officials and public figures in Rogoselo Village. The validity of the findings is checked through the verification process to ensure the accuracy and validation of the results.

Through this qualitative descriptive approach, a comprehensive understanding of the nutritional status of young people and the influencing factors in the village of Rogoselo is expected. The findings of this study are expected to be a strong basis for formulating appropriate and effective intervention strategies in improving the health of young people in rural areas.

## **RESULT AND DISCUSSION**

### **Prevalence of Malnutrition in the Village of Rogoselo**

The prevalence of malnutrition in Rogoselo Village was a major concern in this study as it had a serious impact on the health and development of children. Data collected from field surveys showed that out of a total of 108 newspapers analyzed, 48.15% had stunting (short), 9.26% had wasting (small), and 42.59% had underweight (berat badan

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kurang). The results describe a significant level of malnutrition among the young population in the village of Rogoselo, which then needed a deeper understanding to formulate an effective intervention.

Table 1. The nutritional status table of Balita in the village of Rogoselo:

<b>Regions</b>	<b>Stunting (BB/U)</b>	<b>Wasting (BB/TB)</b>	<b>Underweight (BB/U)</b>
Bangunrejo	2	0	4
Flamboyan Ii / Kaum	3	0	4
Plumutan	8	0	6
Sandong	9	5	8
Sari	0	0	0
Sawahan	3	0	2
Sibatuk	3	0	2
Sorosido	2	0	2
Tembelang Kulon	14	4	12
Tembelang Kulon	8	1	6
Balita Number	52	10	46

From the data, it can be concluded that stunts have the highest prevalence among the three observed malnutrition conditions, reflecting the problem of inhibited linear growth in young people. Factors that are likely to affect the nutritional status of young people include family socio-economic conditions, food supply patterns, access to health services, and environmental conditions. Further analysis of this data could provide a deeper insight into the relationship between these factors and the nutritional status of the child.

For example, through data analysis, it can be found that newcomers from low-income families have a higher risk of stunting compared to newcomer from families with higher incomes. In addition, unbalanced or inadequate dietary patterns also tend to be a cause of malnutrition in young people. Environmental factors such as poor sanitation also contribute to the high prevalence of malnutrition in the village of Rogoselo.

Thus, through in-depth data analysis, patterns and relationships can be found that help to understand the youth's health conditions as well as the influencing factors, thus providing a basis for formulating appropriate intervention strategies. It highlights the importance of looking not only at health issues directly, but also related factors such as socio-economic and environmental conditions, in planning efforts to improve the nutritional and health status of young people in the village of Rogoselo.

#### **Economic factors affecting the nutritional status of Balita:**

Research in the village of Rogoselo has identified a number of economic factors that affect the nutrition status of the young. The findings show a close relationship between the family's economic conditions and the child's nutritional well-being. These



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families often find it difficult to provide nutritious food due to financial constraints. Family income has become one of the major factors affecting access to nutritious food and health services. Low-income families may have to choose between buying more nutritive food at a higher price or allocating funds for other basic needs. Under these conditions, children can suffer from a lack of balanced nutritional intake.

**Poverty:** The high levels of poverty in Rogoselo Village have a negative impact on family access to nutritious food and health services. Poverty causes difficulties in meeting children's nutritional needs, especially when food prices are high. Social assistance programmes can help address this problem, but the main challenge remains access and availability of such assistance.

**Family spending on food:** Families with low food spending tend to prioritize cheap and not necessarily nutritious food choices. This affects the quality of nutrients consumed by young people, and affects their growth and development. Families with limited budgets tend to reduce spending on nutritious food and choose cheaper alternatives. It can have a negative impact on the nutritional intake of young people.

**Economic instability:** Uncertain economic changes affect the income of families and their ability to provide adequate and nutritious food for their children. Instability in employment and income can make families vulnerable to changes in food prices. Economic instability, such as income fluctuations or job losses, can worsen the family situation. Families experiencing economic instability may face greater difficulties in meeting their children's nutritional needs.

The results of research in Rogoselo Village show that economic factors play an important role in influencing the nutritional status of young people. Families in economic difficulties tend to have limited access to the resources needed to ensure their children get adequate nutritional intake. Efforts to improve the nutritional status of young people in the village of Rogoselo must include interventions that focus on improving the family's economy. Employment skills training programs, access to credit, and small business support can help boost family income. In addition, increased access to nutritious food at affordable prices through local markets or distribution programmes can overcome economic constraints.

Nutrition education is also vital to helping families understand the importance of nutritious foods and how to manage budgets to provide proper nutrition to their children. Increased awareness of the importance of balanced nutrition can drive changes to healthier eating habits in society. Cross-sectoral cooperation between governments, civil society organizations, and the private sector can optimize the results of economic intervention. For example, social welfare programmes combined with nutrition education and improved infrastructure can create a sustainable impact in addressing the economic factors affecting the nutritional status of young people.

In order to significant improvements, interventions must cover social, economic, and environmental aspects holistically. Thus, the economic improvement programmes can go hand in hand with the efforts to improve the nutrition and health of young people, thereby providing long-term benefits to the Rogoselo Village community.

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### **Challenges and Opportunities in Improving Balita Health:**

This study provides a comprehensive overview of the challenges and opportunities faced in efforts to improve the health of young people in Rogoselo Village. The identified challenges, such as restricted access to basic health services, low public awareness of the importance of nutrition, and environmental sanitation issues, highlight the complexity and urgent need to address malnutrition. Factors such as distance from health facilities, lack of means of transportation, and lack of qualified medical personnel can hinder prevention efforts, early detection, and treatment of malnutrition cases.

Furthermore, the low level of public awareness of the importance of nutrition becomes a significant obstacle. Lack of knowledge about balanced nutrition and the importance of ensuring good food intake for child growth and development can lead to unhealthy diets. Cultural and social factors can also affect community perceptions and practices related to diets, such as food traditions or local preferences. Environmental sanitation is also a serious concern. Unhealthy environments, such as lack of access to clean water, poor sanitation, and poor hygiene, can increase the risk of infection and disease in young children.

However, in the face of these challenges, this study also identifies opportunities that can be exploited. Through synergistic collaboration, resources and expertise can be combined to address existing challenges. Intervention programmes led by local communities and supported by governments and public institutions can be more responsive to the specific needs and context of the village of Rogoselo. These approaches could include public health education, improved access to health services, promotion of environmental sanitation, and empowerment of people in health and nutrition-related decision-making. By identifying these challenges and opportunities, this research provides a strong foundation for developing holistic and sustainable intervention strategies. With this comprehensive and sustainable approach, it is expected that this research will make a significant contribution to improving the quality of life and the future of the young generation in Rogoselo Village.

### **Implications for Policy and Intervention**

The in-depth analysis in this research provides very important implications for policy making and planning of intervention programmes at the local and national levels. Through an in-depth understanding of the nutritional status of young people and the influencing factors in Rogoselo Village, the study offers a rich insight into how to address the complex challenges associated with malnutrition in young people.

First, this research provides a comprehensive framework for formulating appropriate policy targets in improving youth welfare. By analyzing factors that affect the nutritional status of young people, such as access to health services, educational levels, and environmental conditions, policymakers can identify areas that require special attention. For example, if research shows that poor environmental sanitation is a major cause of malnutrition, then policies targeting sanitation infrastructure improvement can be a priority.

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In addition, the study also provides concrete recommendations for intervention strategies that can be adopted by governments and related agencies. For example, improving access to basic health services through the construction of health centres or the provision of medical transportation for communities living in remote areas. Public health education programmes can also be undertaken to raise awareness of the importance of nutrition and a healthy diet.

Furthermore, the study highlights the importance of collaboration between governments, public authorities, and local communities in designing and implementing intervention programmes. Through close collaboration between the various parties, resources and expertise can be combined to create more effective and sustainable solutions. Partnerships such as this also enable us to leverage local knowledge and ensure that the programmes implemented are tailored to the needs and context of local communities.

Furthermore, this research provides a strong foundation for the development of holistic and sustainable intervention strategies. Not only identify problems, but also provide concrete and measurable solutions. The implications of this study provide useful guidance for policymakers and health practitioners in formulating effective measures to improve the well-being of young people in Rogoselo Village. Thus, the study not only presents empirical findings about the nutritional conditions of young persons in the Rogosello Village, but also provides a foundation for real action in improving the health conditions of teenagers at the local level. With a better understanding of the challenges and opportunities present, stakeholders are expected to work together to implement sustainable intervention strategies and successfully address the malnutrition problem in Rogoselo Village as well as other areas facing similar challenges.

## **CONCLUSION**

From the results of the survey on the nutritional status of young people in the village of Rogoselo, it can be concluded this study describes the health conditions of youngsters in Rogosello village by highlighting the challenges and opportunities facing them. The high prevalence of stunting, wasting, and underweight indicates a serious problem in the youth's nutritional status. Economic factors, such as low family incomes and high poverty rates, contribute to restricted access to nutritious food and adequate health services. Moreover, low public awareness of the importance of nutrition, as well as under-optimal sanitary environmental conditions, aggravate the situation. The malnutrition problems experienced by young people in the village of Rogoselo are also linked to restrictions on access to basic health services. The lack of qualified medical personnel and adequate health facilities complicates efforts to prevent and treat malnutrition cases. Despite this, the potential for improvement still exists. The involvement of various parties, including local governments, non-governmental organizations, and communities, can help in addressing these challenges. Holistic interventions that include improving family economies, nutrition education, as well as improving infrastructure and health services can have a positive impact on the well-being of young people in the village of Rogoselo. In

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addition, programmes to raise public awareness of the importance of healthy eating and good environmental sanitation are also needed to sustainable change. Collaboration between the parties can accelerate the improvement process and ensure that young people in the village of Rogoselo get a better chance to grow and thrive in a healthy way.

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