

LAMPIRAN 1

BUKTI LUARAN WAJIB SUBMIT JURNAL NASIONAL TIDAK TERAKREDITASI

ABSTRAK

EFFECT OF FAMILY CHILDREN MODIFIED MODEL ON LEVEL FAMILY EMPOWERMENT IN MALANG ELEMENTARY SCHOOL

Apriyani Puji Hastuti¹, Hanim Mufarokhah²


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Background: Malnutrition and over nutrition in school-age children is a serious problem because it will continue into adulthood which is a risk factor for various metabolic and degenerative diseases such as cardiovascular disease, diabetes mellitus, cancer, osteoporosis, etc. In children with malnutrition and over nutrition can also cause a variety of health problems that interfere with the quality of life such as disorders of leg growth, sleep disturbances, stop breathing for a moment and other respiratory disorders. The high number of malnutrition and over nutrition in Indonesia needs to get easy and affordable treatment by quality health services, one of which is through family empowerment called family empowerment. The family is the first and closest person that affects the child's lifestyle. Healthy lifestyles and not determined by parenting from family or family including diet, eating behavior and children's activities. The application of a balanced lifestyle to school children is not an easy thing. This requires support from various parties, namely parents, family, teachers, health workers and other parties. **Objective:** The purpose of this study was to determine the effect of modified model family empowerment on the level of family empowerment. **Methods:** This study was a semi-experiment one group pre and post test design with 172 respondents were taken by purposive sampling technique. Family Empowerment was measured by using Family Empowerment Scale (FES) before and after family empowerment modified model. Family empowerment model was performed at one time and evaluate in 2 month to the family. Analysis of the data was analyzed using Wilcoxon Signed Rank test. **Result** The level of family empowerment of the control group before intervention was mostly 73 people (85%) and a good small portion was 13 people (15%) with a mean \pm SD of 89.54 ± 5.91 . The level of family empowerment in the treatment group in the pre-majority was 73 people (85%) and a small portion less than 3 people (3%) with a mean \pm SD of 89.02 ± 5.65 . After the intervention became quite large as many as 70 people (81%) and a small portion was enough as many as 16 people (19%) with a mean \pm SD of 90.17 ± 5.28 . The results showed that the Family Empowerment Modified model can increase the level of family empowerment (($Z= 4,226$ dan $\alpha=0,000$)) **Conclusion:** According to the results of this research and because of knowledge increasing and understanding's family about diet model. Family is the first and closest person that affects the child's lifestyle, it would be balance in nutrition fulfillment of children.

Keywords: family empowerment modified model, school age children

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ABSTRAK

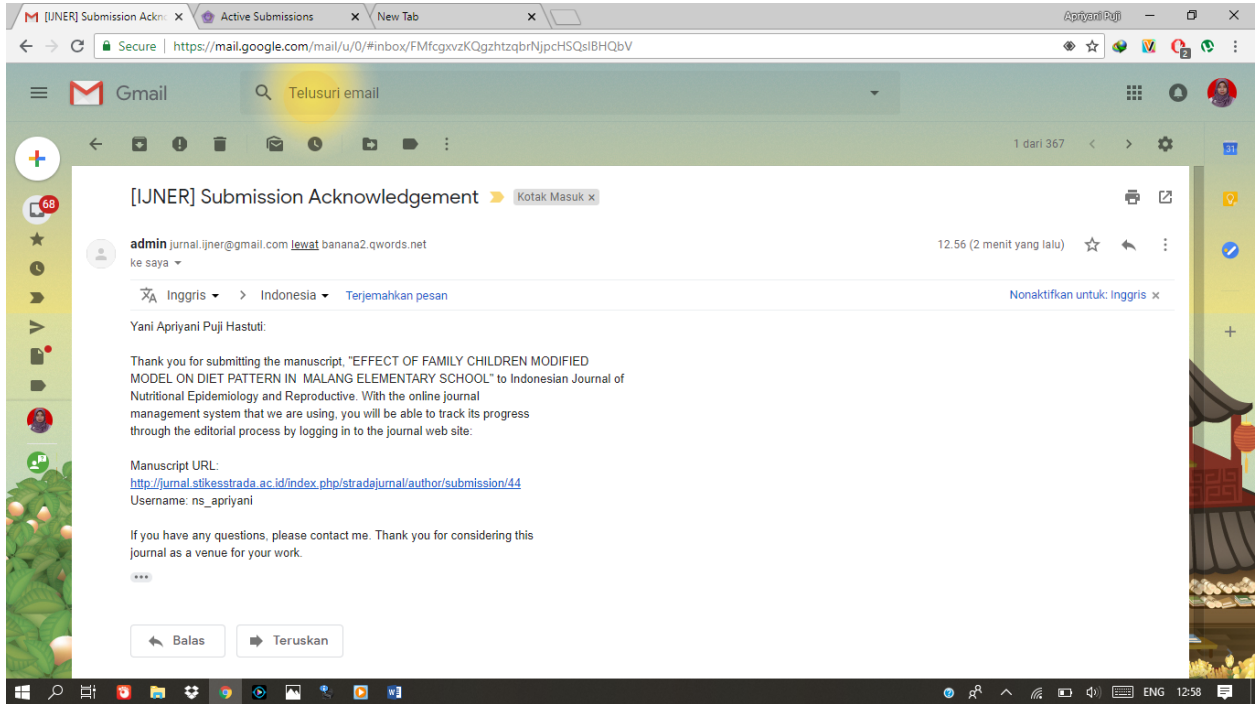
EFFECT OF FAMILY CHILDREN MODIFIED MODEL ON NUTRITION STATUS IN MALANG ELEMENTARY SCHOOL

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Background: Malnutrition and over nutrition in school-age children is a serious problem because it will continue into adulthood which is a risk factor for various metabolic and degenerative diseases such as cardiovascular disease, diabetes mellitus, cancer, osteoporosis, etc. In children with malnutrition and over nutrition can also cause a variety of health problems that interfere with the quality of life such as disorders of leg growth, sleep disturbances, stop breathing for a moment and other respiratory disorders. The high number of malnutrition and over nutrition in Indonesia needs to get easy and affordable treatment by quality health services, one of which is through family empowerment called family empowerment. The family is the first and closest person that affects the child's lifestyle. Healthy lifestyles and not determined by parenting from family or family including diet, eating behavior and children's activities. The application of a balanced lifestyle to school children is not an easy thing. This requires support from various parties, namely parents, family, teachers, health workers and other parties. **Objective:** The purpose of this study was to determine the effect of modified model family empowerment on the level of nutrition status. **Methods:** This study was a semi-experiment one group pre and post test design with 172 respondents were taken by purposive sampling technique. Nutrition index was measured by using IMT before and after family empowerment modified model. Index nutrition was performed at one time and evaluate in 2 month to the family. Analysis of the data was analyzed using Wilcoxon Signed Rank test. **Result:** The nutritional status of the control group before intervention was mostly 54 people (63%) and a small percentage of obese were 32 people (37%) with a mean \pm SD of 16.08 ± 3.69 . The nutritional status of the treatment group in the pre-majority was 61 people (71%) and a small proportion less than 25 people (29%) with a mean \pm SD of 16.6 ± 3.2 . After the intervention became thin, most of them were 34 people (40%) and a small number less than 23 people (26%) with a mean \pm SD of 17.54 ± 3.21 . The results showed that the nutritional status can increase the level of family empowerment ($Z= 12,140$ dan $\alpha=0,000$) **Conclusion:** According to the results of this research and because of knowledge increasing and understanding's family about diet model. Family is the first and closest person that affects the child's lifestyle, it would be balance in nutrition fulfillment of children.

Keywords: family empowerment modified model, nutritional status, school age children



LAMPIRAN 3

BUKTI LUARAN TAMBAHAN SUBMIT JURNAL NASIONAL TERAKREDITASI

ABSTRAK

EFFECT OF FAMILY CHILDREN MODIFIED MODEL ON DIET PATTERN IN MALANG ELEMENTARY SCHOOL

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Background: Malnutrition and over nutrition in school-age children is a serious problem because it will continue into adulthood which is a risk factor for various metabolic and degenerative diseases such as cardiovascular disease, diabetes mellitus, cancer, osteoporosis, etc. In children with malnutrition and over nutrition can also cause a variety of health problems that interfere with the quality of life such as disorders of leg growth, sleep disturbances, stop breathing for a moment and other respiratory disorders. The high number of malnutrition and over nutrition in Indonesia needs to get easy and affordable treatment by quality health services, one of which is through family empowerment called family empowerment. The family is the first and closest person that affects the child's lifestyle. Healthy lifestyles and not determined by parenting from family or family including diet, eating behavior and children's activities. The application of a balanced lifestyle to school children is not an easy thing. This requires support from various parties, namely parents, family, teachers, health workers and other parties. **Objective:** The purpose of this study was to determine the effect of modified model family empowerment on the level of diet pattern. **Methods:** This study was a semi-experiment one group pre and post test design with 172 respondents were taken by purposive sampling technique. Diet pattern are measured using a questionnaire. Diet pattern was performed at one time and evaluate in 2 month to the family. Analysis of the data was analyzed using Wilcoxon Signed Rank test. **Result:** diet pattern control group before intervention most of them were 61 people (71%) and a small percentage were good as many as 1 person (1%) with a mean \pm SD of 16.09 ± 3.56 . The eating pattern of the treatment group in the pre-majority was 61 people (71%) and a small portion less than 25 people (29%) with a mean \pm SD of 15.86 ± 3.89 . After the intervention became good, most of them were 34 people (40%) and a small number less than 23 people (26%) with a mean \pm SD of 17.18 ± 4.9 .

Conclusion: According to the results of this research and because of knowledge increasing and understanding's family about diet model. Family is the first and closest person that affects the child's lifestyle, it would be balance in nutrition fulfillment of children.

Keywords: family empowerment modified model, school age children



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