

Family Support on the Provision of Vitamin A to TOddlers

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ABSTRACT

Vitamin A is an element of Vitamin that is very important for the development of Toddlers, but is sometimes neglected by mothers so that it requires support from the closest people, such as family and health workers. This research method is quantitative with a cross sectional study approach. This research was carried out in Makassar in 2021, the sample taken was 140 people. Analysis of the data used using the chi square test with $\alpha = 0.05$ provided that if the value of $p < 0.05$ then there is a significant relationship between the dependent and independent variables. The data were analyzed using SPSS Version 24. The results of this study with a significance value of 0.05, it means that there is a relationship between family support and the administration of vitamin A. Conclusion: The role of cadres and families is needed to support the administration of vitamin A to toddlers to prevent unwanted risks.

INTRODUCTION

Vitamin A deficiency (VAD) is a very important micronutrient for children. The human body does not have the ability to produce its own vitamin A, so it must rely on external intake. Foods rich in vitamin A include liver, fish liver oil, eggs, whole grains, meat, dairy products (1).

Approximately 250,000-500,000 children in developing countries become blind every year due to vitamin A deficiency, with the highest prevalence in Southeast Asia and Africa. With high levels of vitamin A deficiency has been experienced by more than 100 million children worldwide, making them susceptible to infectious diseases and blindness. Vitamin A deficiency is a major nutritional problem in the poor, especially in low-income countries (2).

In Indonesia, according to Riskedas in 2018, in Indonesia, the provision of vitamin A capsules that did not meet the standards reached 28.8% and those who never received vitamin A capsules reached 17.6% (3). The problem of VAD is a serious matter so that it requires maximum handling from the government, health workers and even the support of the closest family.

Pratiwi's research states that there is a relationship between family support and the provision of Vitamin A (4). This research is important to do so that the problems regarding VAD can be resolved immediately.

METHODOLOGY

The research used in this study is a quantitative research using a cross sectional approach which is a research with observations at the same time.

This research was carried out in Makassar in 2021, the sample taken was 140 people. Analysis of the data used using the chi square test with $\alpha = 0.05$ provided that if the value of $p < 0.05$ then there is a significant relationship between the dependent and independent variables. Data were analyzed with SPSS Version 24.

RESULTS

Table 1. Distribution of Respondents

No	Age	Frekuensi	%
1	6-11Month	50	35,7
2	12-59 Month	90	64,3
Gender		Frekuensi	%
1	Laki-Laki	69	49,3
2	Perempuan	71	50,7
Mother Job		Frekuensi	%
1	PNS	12	8,6
2	private job	40	28,5
3	No Job	88	62,9
Family support		Frekuensi	%
1	Good	49	35
2	No Good	91	65
Pemberian Vitamin A		Frekuensi	%
1	Given Vitamin A	50	35,7
2	No Given Vitamin A	90	64,3
Total		140	100

Table 1 shows that respondents based on the age of children are mostly in the 12-59 month age group, as many as 90 people (64.3%) and a small proportion are in the 6-11 month age group, as many as 50 people (35.7%), based on the sex of the child, most of them were female as many as 69 people (49.3%) and a small portion of the male sex were 71 people (50.7%). 88 people (62.9%) and a small part work as civil servants as many as 12 people (8.6%), based on family support, most of them are in good family support as many as 49 people (35.0%) and less family support as many as 91 people (65.0%). based on the provision of vitamin A to toddlers, 50 people (35.7%) were given complete vitamin A and 90 people (64.3%) were not given complete vitamin A.

Table 2. The Effect of Family Support on Giving Vitamin A to Toddlers

Family Support	Given Vit A				Total		p-value
	Given		No		F	%	
	F	%	F	%			
Baik	45	91,8	4	8,2	49	100	0,000
Kurang	5	5,5	86	94,5	91	100	
Total	50	35,7	90	64,3	140	100	

Based on the results of the study, of the 140 respondents studied, 45 respondents (91.8%) of good family support were given vitamin A, while 86 respondents (94.5%). The results of the Chi-Square test with p -value = 0, means that family support has a relationship with giving vitamin A to toddlers

DISCUSSION

Family Support for Giving Vitamin A To Toddlers

The results of this study show a significance value of $p = 0.000$ meaning that having family support has a relationship with the provision of Vitamin A, this confirms the statement of several studies, one of which is the Fitrihyana study which states that apart from family, mothers themselves must have knowledge to consume Vitamin A (5).

Family support is very important (6), besides that it is the target of the Ministry of Health program, known as the Nutrition Awareness Family (KADARZI). The Indonesian government targets KADARZI to be achieved with a percentage of 80%, this proves the government's seriousness in encouraging families to always support and motivate each other for the sake of their students (7).

Vitamin A consumption is indeed very important, according to Novarianti's research, vitamin A deficiency will have an impact on the risk of pneumonia in toddlers with an age range of 18-59 months (8) and stunting (9) (10).

CONCLUSION

The role of cadres and families is needed to support the administration of vitamin A to toddlers to prevent unwanted risks.

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