

# The Relationship Between Mother's Occupation And The Health Level of School Supplies for Children Aged 5-7 Years at ABA 33 Karangploso Kindergarten

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## Abstract

This study aims to describe whether the relationship between maternal employment and the level of health of school supplies for children aged 5-7 years at TK ABA 33 Karangploso has a significant relationship or not. This type of research is correlation research with the Eta correlation research type. The location of this research is TK ABA 33 Karangploso with the number of research objects being 36 mothers of students at TK ABA 33 Karangploso. The research was carried out from 17 to 21 June 2024. The data collection technique used a checklist observation sheet. Data analysis techniques using quantitative analysis techniques. The results obtained from this research show that the highest percentage of mothers' work is working as a housewife. The health level of children's school supplies at Kindergarten ABA 33 Karangploso is classified as healthy. And the relationship between mother's employment and the health level of children's school supplies is not related or correlated significantly.

**Keywords:** mother occupation; school supplies; early childhood

## 1. Introduction

During the golden age, children experience the most important growth and development in themselves. During this period, children's growth and development will take place very rapidly (Manningtyas, 2015). In addition, during the Golden Age, children will be very susceptible to growth disorders. Of course, this factor greatly affects the quality of the nation's children in the future. One of the biggest influences in forming the appropriate quality of the nation's children is the nutritional food they consume every day. Food that is rich in nutrients has a significant effect on the growth and development of children. This of course depends on the quality and quantity of food given, if the nutrients in the food given to children have the quality and quantity according to the recommendations, the child's growth and development can run optimally according to the stages of their growth and development. Children are active consumers who begin to understand the foods they like and eat. At preschool age, children begin to recognize the words "snacks", but the types of snacks they choose tend to be unhealthy and have no nutritional value. If the food consumed by children does not meet nutritional standards, it will affect the nutritional intake they receive and cause nutritional problems. Growth in preschool children occurs very rapidly due to the influence of balanced nutrition received. Therefore, if children do not get balanced nutrition and according to their growth, malnutrition will occur which will affect the child's immune and resistance systems, in addition, children can experience growth retardation and not grow according to the growth stages of children their age. The short-term impact is stunted growth and development or brain metabolism, while the long-term impact is stunting.

Based on the results of the Indonesian nutritional status survey (SSGI) in 2022, there was a percentage increase of 0.6% in wasting cases and 0.1% in underweight cases. East Java Province has a percentage of 0.1% higher than the Indonesian standard for overweight cases. The Malang Raya area in overweight cases has a percentage of 0.3% - 1.4% higher than the overweight standard for the East Java region (Kemenkes, 2022). Based on the data presentation that has been explained previously, it proves that handling of nutrition and nutrition for children is still lacking in the general public.

In an effort to improve nutrition, providing sufficient food supplies can improve nutritional problems in early childhood. In addition to meeting nutritional needs, providing provisions for preschool children can also reduce the consumption of unhealthy snacks containing MSG for children. Food provisions really help children gather energy again after doing play activities that require a lot of energy. Getting children used to bringing provisions should be done from an early age, this activity is one alternative to forming a healthy eating pattern for children. Bringing provisions provides benefits, namely preventing children from food that is unhygienic and unsafe. Provisions should give the impression of being filling for anyone who consumes them, but the nutritional content contained in them must also be considered.

Based on research by Ardianti (2020), most parents prefer a practical way to prepare school supplies for their children, for example they prefer to give snacks or light meals to their children without finding out what nutritional content is contained in the food given. Meanwhile, a provision of food should contain the nutritional content needed by the body according to the recommendations given by the government.

Based on the results of observations and initial interviews with early childhood institutions, namely TK ABA 33 Karangploso, data was obtained that there were 33 students who brought provisions to school while 3 others did not bring provisions. Most of the provisions brought only consisted of yogurt, bread, snacks, chocolate, candy, fruit and milk, it is still very rare for students to bring provisions in the form of complete food containing the balanced nutrition needed. Bringing provisions is one form of attention that parents can do to support the growth of their children. Therefore, the role of mothers as primary health care providers has a significant role in providing nutritious food to children. However, one of the inhibiting factors is the position of mothers who are not all at home and work as housewives. Based on this phenomenon, researchers are also interested in examining whether there is a significant relationship between a mother's job and the level of health of children's school provisions.

## **2. Method**

This research is a quantitative research with the type of *Eta* correlation coefficient research. Quantitative research is research whose data results are statistical in nature with the aim of describing a previously determined hypothesis (Sugiyono, 2018). The population in this study were parents or more precisely mothers of ABA 33 Karangploso Kindergarten students with a sample of 36 mothers of ABA 33 Karangploso Kindergarten students.

The data collection technique used in this study was observation using a checklist observation sheet which was then analyzed using the SPSS *Statistics* 25 for Windows application. As for the data analysis technique using the *Eta* correlation coefficient research type. *Eta* correlation coefficient research is a data analysis technique used to determine whether or not there is a correlation between two data from which both data have different scales, namely nominal and interval.

### 3. Results and Discussion

#### 3.1 Result

The results of the data analysis are presented in the form of tables and graphs which are descriptive data from the observation sheets consisting of the mother's name, mother's occupation, student's name, student's age and questions related to the content of the child's provisions.

**Table 1. Percentage of Mother's Occupation**

<b>Mother's Occupation</b>	<b>Amount</b>	<b>Percentage (%)</b>
Housewife	18	50%
Momprenneur	8	22.2%
Professional	5	13.9%
Employee	5	13.9%
<b>Total</b>	<b>36</b>	<b>100%</b>

Source: Processed Primary Data, 2024

Based on table 1, mother's occupation are divided into 4 types of work, showing that 18 mothers work as housewives (50%), 8 mothers work as mompreneurs (22.2%), 5 mothers work as professionals (13.9%) and 5 mothers work as employees (13.9%). From these data it can be seen that the majority of student's mother's jobs at TK ABA 33 Karangploso, namely 50% work as housewives.

**Table 2. Carbohydrate Content in Children's School Supplies**

<b>No</b>	<b>Question Description</b>	<b>Answer Choices</b>	
		<b>Yes</b>	<b>No</b>
1	Children's food supplies contain carbohydrates in accordance with the recommendations of the *PMT-AS program and Minister of Health Regulation no. 28 of 2019	27 (75%)	9 (25%)

Source: Processed Primary Data, 2024

Based on table 2 on the carbohydrate content in children's school supplies, it shows that 27 students' supplies contain carbohydrates (75%) and 9 students' supplies do not contain carbohydrates (25%). From these data it can be concluded that the majority of students' school supplies at TK ABA 33 Karangploso contain carbohydrates which are in accordance with the recommendations of the PMT-AS program and Minister of Health Regulation no. 28 of 2019.

**Table 3. Fat Content in Children's School Supplies**

<b>No</b>	<b>Question Description</b>	<b>Answer Choices</b>	
		<b>Yes</b>	<b>No</b>
2	Children's food supplies contain fat in accordance with the recommendations of the *PMT-AS program and Minister of Health Regulation no. 28 of 2019	36 (100%)	0 (0%)

Source: Processed Primary Data, 2024

Based on table 3 on the fat content in children's school supplies, it shows that 36 students' supplies contain fat (100%). From these data it can be concluded that all school supplies for students at Kindergarten ABA 33 Karangploso contain fat in accordance with the recommendations of the PMT-AS program and Minister of Health Regulation no. 28 of 2019.

**Table 4. Protein Content in Children's School Supplies**

<b>No</b>	<b>Question Description</b>	<b>Answer Choices</b>
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		Yes	No
3	Children's food supplies contain protein in accordance with recommendations from the *PMT-AS program and Minister of Health Regulation no. 28 of 2019	34 (94.4%)	2 (5.6%)

Source: Processed Primary Data, 2024

Based on table 4 on the protein content in children's school supplies, it shows that 34 students' supplies contain protein (94.4%) and 2 students' supplies do not contain protein (5.6%). From these data it can be concluded that the majority of students' school supplies at Kindergarten ABA 33 Karangploso contain protein in accordance with the recommendations of the PMT-AS program and Minister of Health Regulation no. 28 of 2019.

**Table 5. Vitamin Content in Children's School Supplies**

No	Question Description	Answer Choices	
		Yes	No
4	Children's food supplies contain vitamins in accordance with recommendations from the *PMT-AS program and Minister of Health Regulation no. 28 of 2019	35 (97.2%)	1 (2.8%)

Source: Processed Primary Data, 2024

Based on table 5 on the vitamin content in children's school supplies, it shows that 35 students' supplies contain vitamins (97.2%) and 1 student's supplies does not contain vitamins (2.8%). From these data it can be concluded that the majority of students' school supplies at Kindergarten ABA 33 Karangploso contain vitamins which are in accordance with the recommendations of the PMT-AS program and Minister of Health Regulation no. 28 of 2019.

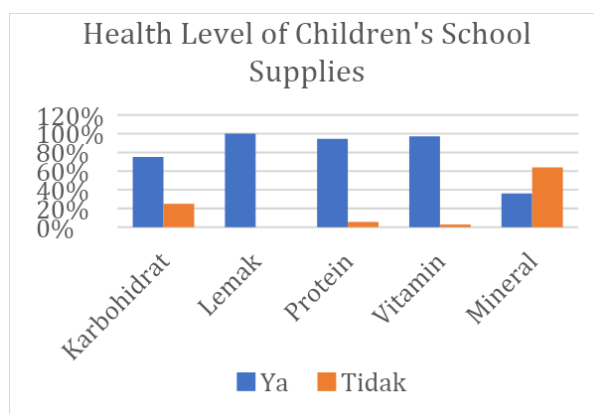
**Table 6. Mineral Content in Children's School Supplies**

No	Question Description	Answer Choices	
		Yes	No
5	Children's food supplies contain minerals in accordance with recommendations from the *PMT-AS program and Minister of Health Regulation no. 28 of 2019	13 (36.1%)	23 (63.9%)

Source: Processed Primary Data, 2024

Based on table 6 on the mineral content in children's school supplies, it shows that 13 students' supplies contain minerals (36.1%) and 23 students' supplies do not contain minerals (63.9%). From these data it can be concluded that only a small portion of the school supplies for students at TK ABA 33 Karangploso contain minerals that are in accordance with the recommendations of the PMT-AS program and Minister of Health Regulation no. 28 of 2019.

**Graphic 1. Health Level of Children's School Supplies**



Based on graph 1, it shows that the health level of children's school supplies at TK ABA 33 Karangploso is classified as healthy. Starting from the content of carbohydrates, fats, proteins, vitamins and minerals, it is in accordance with the recommendations for the health level of children's school supplies as previously explained.

**Table 7. Age Characteristics of Children**

Child Age	Amount	Percentage (%)
5 years	12	33.3%
6 years	17	47.2%
7 years	7	19.4%
<b>Total</b>	<b>36</b>	<b>100%</b>

Source: Processed Primary Data, 2024

Based on table 7, the age characteristics of children are divided into 3 types of age characteristics, showing that 12 children are 5 years old (33.3%), 17 children are 6 years old (47.2%) and 7 children are 7 years old (19.4%). From these data it can be seen that the majority of students at TK ABA 33 Karangploso are 6 years old.

*Eta* correlation analysis is used to determine whether there is correlation in data where the two scales are not the same (nominal and interval). The following are guidelines used as a basis for determining the value of the relationship between variables:

**Table 8. Guidelines for Correlation Coefficient Values**

Coefficient r	Relationship Values
0 - 0.19	Very low
0.20 - 0.39	Low
0.40 - 0.59	Currently
0.60 - 0.79	Strong
0.80 - 1	Very strong

Source: Suharsimi Arikunto (2010)

The following are the results of an analysis of the relationship between mother's employment and the health level of children's school supplies:

**Table 9. *Eta* Correlation Test Results**

Directional Measures			
			Value
Nominal by Interval	Eta	Dependent Mother's Work	,250
		Health Level of Dependent School Supplies	,119

Source: Processed Primary Data, 2024

Based on table 10, it shows that the relationship between mother's employment and the health level of children's school supplies produces a correlation value of 0.119. This value lies in the interval 0 - 0.19 . This shows that the relationship between mother's employment and the level of health of children's school supplies has a very low correlation. Based on this, it can be concluded that mother's employment is not related or significantly correlated with the health level of children's school supplies.

### 3.2 Discussion

#### Mother's Occupation

Work is everything that is done (done or carried out) every day. Work can also be interpreted as a source for a person to generate income which is used to meet the living needs

of himself and his family (BPK, 2004). In this research, mother's work can be interpreted as everything that the mother does in carrying out work without or without leaving the house.

Based on the data presented before, it can be seen that the majority of the work of the mothers of the parents of students at TK ABA 33 Karangploso, namely 18 people work as housewives, 8 people work as mompreneurs, 5 people work as professionals and mother with a job as an employee of 5 people. The results of the analysis show that the mothers who get the highest number of jobs are housewives, while the mothers who get the lowest jobs are professionals and employees. This shows that the number of mothers who work as housewives and guardians of students at TK ABA 33 Karangploso is quite high.

This research is in line with research conducted by Hutauruk (2017) which shows that the majority of mothers' work is as a housewife. Mothers who work as housewives have more time to prepare their children's school supplies menus in accordance with existing recommendations. However, this research is not in line with research conducted by Timporok (2021) where his research states that the percentage of mothers who work is more or greater than housewives so that more of the time mothers have is used to complete the demands of their work.

### **Health Level of School Supplies**

Bringing supplies is one of the good habits that we must introduce to children from an early age. This activity is also an effort to establish healthy eating patterns for children. Children's school supplies should consist of foods that contain balanced nutrition, such as carbohydrates, fats, proteins, vitamins and minerals. According to Permadi (2020), children's school supplies should be filling, meaning that the packed food should consist of various types so that nutritional needs can be met.

Based on the research results presented in Graph before, it can be seen that the health level of children's school supplies at TK ABA 33 Karangploso is classified as healthy. Starting from the content of carbohydrates, fats, proteins, vitamins and minerals, it is in accordance with the recommendations for the health level of children's school supplies as previously explained. The results of the analysis show that the school supplies brought by children consist of various types so that the nutrients needed by children are well met.

This research is not in line with research conducted by Permadi (2020) which shows the results that there are still many school children's provisions that do not meet the criteria for food provisions with balanced nutrition. This is because there are still many mothers who believe that their children eat according to the recommended balanced nutrition at home, so that when their children go to school the supplies they bring only contains light or instant food.

### **Relationship Between Mother's Occupation And The Health Level of School Supplies for Children**

Based on the results of the research that has been carried out, it shows that the maternal employment variable is not related or significantly correlated with the health level of children's school supplies. This is supported by the correlation value obtained from the analysis results of 0.119. According to the correlation level guidelines, this value lies in the interval 0 - 0.19, which can be interpreted as having a very low correlation (Arikunto, 2010). So it can be concluded that the mother's employment variable is not related or significantly correlated with the health level of children's school supplies.

This research is in line with research conducted by Hutauruk (2017) which shows that maternal employment is not related to children's nutritional status. This is because most

mothers work as housewives so they have a lot of time to pay attention and prepare school supplies for their children in accordance with the recommendations that have been set.

#### 4. Conclusion

Based on research conducted by researchers regarding the relationship between maternal employment and the level of health of school supplies for children aged 5 - 7 years at TK ABA 33 Karangploso then it can be concluded that there is no significant relationship between mother's employment and the level of health of school supplies for children aged 5 - 7 years at TK ABA 33 Karangploso.

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