Breakfast Behavior and Limited Types of Food influence the nutritional status of working mothers Informal Sector in Sungai Ambawang, Kubu Raya

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ARTICLE INFO	ABSTRACT
Keywords: *Nutritional Status of Working Mothers,* *Informal Sector,* *Breakfast Behavior,* *Limited Types of Food*	Nutritional status is the condition of the body due to food consumption which achieves success in fulfilling nutrition and a balance between the amount of nutrient intake and the amount needed by the body. The number of female workers in Indonesia tends to increase from year to year, but the health and nutritional status of workers in general has not received attention. Research objectives this for knowing connection Knowledge, Breakfast Behavior, Limited Types of food with nutritional status Mother work in the informal sector. Research type this is using a cross sectional design. Number of Samples in study this is as many as 51 working mothers Informal sector, taking sample in study this using purposive sampling, data analysis techniques using the Chi-Square test. Research results there is connection significant Among Breakfast Behavior (p=0.015) and Limitations type food (p=0.033), nutritional status Mother work informal sector, and no there is connection between, Knowledge (0.986) with nutritional status Mother work informal sector.
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1. INTRODUCTION

Manpower according to the Regulation of the Minister of Manpower of the Republic of Indonesia Number 1 of 2017 concerning the structure and scale of wages is every person who works by receiving wages or compensation. Workers are one of the important factors in increasing productivity to realize successful development towards the era of globalization. [1]. (Sedarmayanti, 2011) Achieving productivity targets requires the development of public health which aims to increase awareness, willingness and ability to live healthily as well as improve public health status, as an investment for the development of socially and economically productive human resources.

According to the Central Statistics Agency (BPS) in 2020 the number worker the informal sector of 77.68 million people in total it rose 0.3% in 2021 to 77.91 million employed people informal sector [2]. (Wiwik Susanti, 2002: 2) in line with the times, at this time the number of women participating in the field of work is increasing, both to assist husbands in improving the family economy and for self-actualization of women themselves, in addition to their role as wives or mothers in the family, women are also increasingly playing a role as workers for development. [3].

According to the World Health Organization (WHO) states that nutrition is the main pillar of health and well-being throughout the life cycle (Soekirman, 2002:6). A healthy population also encourages increased productivity (Siti Z, 2000). Nutritional status, which is a nutritional need, should be fulfilled by every worker because it can affect the improvement of health status and optimize the work capacity of workers.[4]

Nutritional status is one factor important that can influence productivity calm work. Nutritional status and deep health condition circumstances good will influence awareness physical and power mind. [5]. Workers who have good nutritional status will work more conscientious, enterprising and productive. Whereas power work with nutritional status not enough or exaggerated will have less productivity because ability less physical, less _ motivation, lacking enthusiasm and apathy.

Determination of nutritional status can be done in several ways, one of which is often used is the Body Mass Index (BMI).[6]

Many women, especially those from the lower class, have participated in various jobs. The number of female workers in Indonesia is increasing every year. In 2007 it reached 2.12 million people (35.37%). This increase can be seen from the positive side of the increase in productive workers and from the negative side the health and nutritional status of workers generally have not received good attention [7].

Workers often lacking pay attention intake food consumed, in part worker consumption food a little, there is also a consumption food excess. Most worker many experience nutrition Overweight and Obes based on measurement Body Mass Index (BMI) using tool Microtois for measure height and weight for _ measure weight with _ calculation Body mass index (BMI) = body weight (kg): height (m)², which is done on the mother work on the river Ambawang. Based on the description above, the researcher is interested in conducting research with the title Breakfast Behavior and Limited Types of Food influence the nutritional status of working mothers Informal Sector in Sungai Ambawang, Kubu Raya.

2. METHOD

Research type this is using a cross sectional design. Study held on the river Ambawang, Kubu Raya begins September 2022. Pickup sample in study this is purposive sampling. Amount sample obtained _ as many as 51 working mothers Informal sector. Instruments used _ in study this is interviews and measurements directly to the respondent to fill in the inner questionnaire application KoboCollect. Data analysis technique used in study this use chi -squeare test analysis.

3. RESULTS AND DISCUSSION

Based on research conducted for knowing behavior breakfast and limitations type food affect nutritional status Mother work informal sector numbers respondents 51 mothers work. Research result could seen in the frequency distribution table as follows:

Table 1 Characteristics Respondents

Characteristics	n	%
Age		
>= 32.55 years	22	43.1
< 32.55 years	29	56.9
Last Education		
Graduated from SD/MI	14	27.5
Graduated from SMP/MTs	15	29.4
Graduated from SMA/MA	22	43.1
Working Period		
2 Year	14	27.5
3 Year	18	35,3
4 Year	11	21,6
5 Year	8	15,7
Income		
< IDR 2,500,000	47	92,2
>= IDR 2,500,000	4	7,8
Job Type		
Trader	10	19,6
Laborer	23	45,1
Farmers / Gardeners	18	35,3

Based on table 1 can is known characteristics of 51 respondents. Characteristics respondent based

on Age the most < 32.55 years with total 29 respondents (56.9%). Last education the most graduated from SMA/MA 22 respondents (43.1%). working period most in 3 years of service as many as 18 respondents (35.3%). Income the most is in the range <Rp. 2,500,000 as many as 47 respondents (92.2%). Job type respondent the most work as laborer with the number of 23 respondents 45.1%.

Table 2 Univariate Analysis

Variable	n	%
Nutritional status		
Overweight and Obes	33	64,7
Within normal limits	18	35.3
Knowledge		
Not good	27	52.9
Well	24	47.1
Consumption Food		
Food Type Limited	23	45.1
Unlimited Food Types _	28	54.9
Breakfast behavior		
No Breakfast Before Working	30	58.8
Breakfast Before Working	21	41.2

Based on table 2 it is known that of the 51 respondents are mothers work. Analysis results univariate, more overweight and obese (64.7%) nutritional status big from category in normal limits (35.3), Knowledge there are 2 categories namely, Not Good 27 respondents (52.9%), Good 24 respondents 47.1%). Consumption Food there are 2 categories that is, type food limited to 23 respondents (45%), type food no limited to 28 respondents (54.9%). There are 2 categories of breakfast behavior ie, no breakfast before work 30 respondents (58.8%), Breakfast Before Worked 21 respondents (41.2%).

Table 3 Bivariate Analysis

Variable	Respondent Status				p -value	OR (95% CI)
	Overweight and Obes		Within normal limits			
	n	%	n	%		
Knowledge						
Not good	18	66.7	9	33.3	0.986	1,200 (0.380 - 3.791)
Well	15	62.5	9	37.5		
Limited Types of Food						
Food Type Limited	19	82.6	4	17.4	0.033	4,750 (1.284 - 17.572)
Unlimited Food Types _	14	50.0	14	50.0		
Breakfast Behavior						
No breakfast before work	24	80.0	6	20.0	0.015	5,333 (1.537 - 18.502)
Breakfast before work	9	42.9	12	57.1		

Based on Table 3 results analysis Bivariate, known there is connection significant Among Limitations type food (p=0.033), breakfast behavior (p=0.015), nutritional status Mother work informal

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sector, and no there is connection between, Knowledge (0.986) with nutritional status Mother work informal sector.

Nutritional status is a benchmark to show past intake in the long term of a person. Nutritional status cannot change quickly because the body needs time to process the nutrients it consumes. Efforts to maintain nutritional status so that it is always in optimal condition, one of which is guided by the food pyramid, namely consuming food according to the portion of each individual and avoiding imbalances between nutrients. [8],[9].

Based on reality in the field there is connection Among knowledge with nutritional status Mother work. From level Most knowledge knowledge not enough kind to mom work so that resulted many experiencing mother Overweight and Obesity. Knowledge plays a big role urgent regarding nutritional status, nutritional knowledge includes knowledge about choosing food ingredients and daily consumption properly and providing all the nutrients needed for normal body function.[10].

A good respondent's nutritional knowledge will enable a person to be able to compile and manage a diet with the quantity and quality according to the needs of the body and be able to behave healthily so as to achieve normal nutritional status and avoid obesity. Respondents' knowledge of balanced nutrition has an important role in balancing the nutrients that enter and leave the body in order to avoid nutritional imbalances that can cause changes in body weight. [11],[12].

Limitations type eat, some big worker consuming type food limited with nutritional status category Overweight and Obesity. [13]. With intake nutrition high carbohydrates, a worker who has more nutritional status can cause his work productivity to decrease, as can be seen by movements that are less agile and easily tired. (Suma'mur, 2001) Workers with more nutritional status or obesity are less agile and slow at work. [14]. Whereas people who have normal weight will be more agile at work and someone who is thin with severe or light underweight, then that person will be less able to work hard.

Behavior breakfast before Work is very important. Fulfillment of workers' nutritional adequacy while working is one form of applying occupational safety and health requirements as part of efforts to improve the health status of workers. Breakfast before going to work has an important influence on work productivity. Food should be easy to digest and can serve to provide additional calories for work. The body needs food intake in order to perform activities properly. In the morning, the body needs a lot of energy intake because in the morning a person does a lot of activities. Therefore, everyone is strongly advised to have breakfast so they can carry out their activities without feeling tired [15], [16],17].

4. CONCLUSION

Based on the results of research on Breakfast Behavior and Limited Types of Food influence the nutritional status of working mothers Informal Sector in Sungai Ambawang, Kubu Raya can be concluded that there is connection significant between, limitations type food, behavior breakfast with nutritional status Mother work informal sector, and no there is connection between, education Lastly, knowledge with nutritional status Mother work informal sector.

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