

## Relationship Between Age And Work With Nutritional Status Of Wus In Polosari Karangasem Karanganyar Village

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### ABSTRACT

Indonesia experienced burden double problem nutrition that is nutrition not enough Not yet fully overcome , however nutrition more Already showing improvement . Problem nutrition double (double burden) can become problem at all group age Good it's in the village as well as in town . nutrition is one factor decisive importance level health and welfare human. Work and age Also can affect nutritional status . U sia is also related with obesity Where enhancement age cause metabolism body decrease so that happen change biological that is decline function muscle and increased body fat . Data age with nutritional status distributed not normal then using *Spearman's Rank* tes . Test it used For analyze connection age with WUS nutritional status . *Fisher Exact* Test used For analyze connection work with the nutritional status of WUS in Polosari Karangasem Karanganyar Hamlet Research This use design *cross sectional* . Sample in study This is an Aged Woman Subur (WUS) as many as 50 people . Research results This is No There is connection age with WUS nutritional status ( $p = 0.995$ ) and not There is connection age with WUS nutritional status ( $p=0.142$ ).

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### 1. INTRODUCTION

Problems nutrition in Indonesia and developing countries in general Still dominated by four problem nutrition main namely Protein Energy Deficiency (KEP), the problem of Iron Anemia , the problem Disturbance Consequence Lack Iodine (IDD), and the problem of Lack of Vitamin A (KVA) . Indonesia experienced burden double problem nutrition that is nutrition not enough Not yet fully overcome , however nutrition more Already showing improvement . Problem nutrition double (double burden) can become problem at all group age Good it's in the village as well as in the city .

Based on the 2018 Basic Health Research (Riskesdas) by the Indonesian Ministry of Health, it shows that the prevalence of overweight and obesity in Indonesia for adults ( $> 18$  years) has increased, namely in 2013 the incidence of overweight was 11.5% and *obesity* was 14.8 as well as increased in 2018 incidence *overweight* by 13.6% and obesity by 21.8%. *Overweight* women and obesity own prevalence more tall as big 14.8% And 24% in comparison man *overweight* and obesity by 11.9% And 11.5%. The incidence of *overweight* in women in Central Java province in 2018 reached 27.53%. Meanwhile data is based on Riskesdas (2018) on the prevalence of *overweight* in Karanganyar Regency at the age of  $> 18$  years is 13.74% and obesity is 28.05% .

nutrition is one factor decisive importance level health and welfare human . nutrition somebody said Good if there is balance and harmony between development physical and mental development of the person . So that optimal level of nutritional status will be achieved if need substance optimal nutrition is met .

Age is also related with obesity Where enhancement age cause metabolism body decrease so that happen change biological that is decline function muscle and increased body fat . Research in Malaysia found that obesity group aged 20-49 years more tall prevalence (58.2%) was compared group aged 50-59 years (45.6%). At age adults , behavior consumption food nutritious balanced can distracted by patterns activity . For example time hard work , short time at home , mother work outside house , increase risk exposed pollution and food No safe , availability various food Ready

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serve and ready though , and ignorance about nutrition , which causes group age This tend activity light or relaxed (sedentary life), that one as a result is consumption food that doesn't balanced or not hygienic . because that 's attention to behavior nutrition balanced need improved For reach pattern life healthy , active and productive . Change pattern Eat with often consume food in excessive amount Good Carbohydrates , fats and proteins can also cause happening obesity . The Australian Food and Nutrition Monitoring Unit data show that intake energy adult Australian residents increase about 3% - 4%, p This can increase body weight is approximately 1 kg/ year .

Besides age , work too affect nutritional status Because work is useful variable No just as base demographics , but also as something method For do social economy where is the social status economy is factor affect health status , in matter This Power buy family.

## 2. METHOD

The design used in research This is *observational analytic* with approach *cross sectional* . Data taken and measured in same time in study This is age , occupation and nutritional status of WUS in Polosari Karangasem Karanganyar Hamlet . Study This has been implemented in Polosari Karangasem Karanganyar Hamlet in the month August 2021. Population in study This that is All Age Women Subur (WUS) in Polosari Karangasem Karanganyar Hamlet. Sample in study This is an Aged Woman Subur (WUS) as many as 50 people g. Collection data Which done on study This is collection data in a manner primary And data by secondary . Primary data obtained from interview age , occupation Female Age Fertile (WUS), and measurement of nutritional status . Secondary data is the data of Female Age Fertile (WUS) obtained from Polosari Karangasem Karanganyar Hamlet . Processing and analysis of data on research This using SPSS ( *Statistical Package for social Science* ) version 20.0. Data Which has analyzed served in form table And narrative For discuss results research . Analysis data used is analysis univariate and bivariate . Analysis bivariate used in study This aim For see connection variable free and variable bound that is connection age and job with the nutritional status of WUS in Polosari Karangasem Karanganyar Hamlet. Study This using the correlation test or relationship test , before relationship test especially formerly data normality test was performed using *Kolmogorov-Smirnov* . Data age with nutritional status distributed not normal then using *Spearman's Rank* test . Test it used For analyze connection age with WUS nutritional status . *Fisher Exact* Test used For analyze connection work with WUS nutritional status in Polosari Karangasem Karanganyar Hamlet .

## 3. RESULTS AND DISCUSSION

Results obtained from study This is as following .

### Characteristics Sample

#### Characteristics Sample According to Age

Table 1. Distribution Sample Characteristics According to Age

Age ( years )	n	%	$\bar{x} \pm SD$ ( year )
20-25 years	5	10	30.16±4.007
26-30 years	24	48	
31-35 years	21	42	
<b>Total</b>	<b>50</b>	<b>100</b>	

Based on results table 1 distribution sample characteristics based on *range* age ( MOH RI, 2009) shows that of the 50 research samples, some big the research sample was 26-30 years old as many as 24 people ( 48% ) with an average age of  $30.16 \pm 4.007$  years .

Age influential in increase knowledge , because the necessary mental abilities For learn and adapt from situations new , like remember old things Once learned , analog reasoning and thinking creative , achieve peak in twenties .

### Characteristics Sample According to Work

Table 2 . Distribution Sample Characteristics According to Work

Work	n	%	$\bar{x} \pm SD$
Work	41	82	
No Work	9	18	1.18±0.388
<b>Total</b>	<b>50</b>	<b>100</b>	

Age Women's employment status Fertile (WUS) distinguished be two ie working and not work . Based on results table 2 distribution sample characteristics according to work show that part big sample is Work as many as 41 people (82%) with an average of  $1.18 \pm 0.388$ .

Moment This Woman own same opportunity in field education so that the more Lots Woman own good education. Field too much work available for girl. The old woman his single Already Work it seems will Keep going Work although Already married. They as Mother House ladder Keep going Work with various motivation and reason like need actualization self and need help economy House stairs . Role Woman in development Keep going pushed in all aspect life .

### Characteristics of Nutritional Status

Table 3 . Characteristics of WUS Nutritional Status

Nutritional Status (BMI)	n	%	$\bar{x} \pm SD$ (kg/m <sup>2</sup> )
Obese I	26	52	
Obese II	24	48	30.40 ±3.067
<b>Total</b>	<b>50</b>	<b>100</b>	

Nutritional Status of Age Women Fertile (WUS) is classified be two ie obese I and obese II. Based on results Table 3 shows WUS nutritional status that part big WUS have nutritional status Obesse I as many as 26 people (52%) with an average BMI of  $30.40 \pm 3.067$  kg/m<sup>2</sup> .

Age Woman Fertile with Obesity will impact on cycles reproduction woman that is raises infertility in women consequence anovulation , cycles menstruation that is not regular, Polycystic Ovary Syndrome (PCOS), increase it risk miscarriage , even death fetus. WUS is located in preconception that is period critical effect on children or descendants moment born and in life thereafter.

### Analysis Bivariate

Table 4 . Analysis Connection Age with WUS Nutritional Status

Variable	$\bar{x} \pm SD$	p*
Age	30.16±4.007	0.995
Nutritional Status (BMI)	30.40±3.067	

\* Spearman's Rank Test

Based on table 4 it is known that age has n average values – average  $1.18 \pm 0.388$  years and nutritional status based on BMI  $30.40 \pm 3.067$  . The results of bivariate analysis using the *Spearman Rank test* obtained a value of  $p = 0.995$ , which means No There is connection age with WUS nutritional status .

Table 5 . Analysis Connection Work with WUS Nutritional Status

Variable	p*
Job Status	0.142
Nutritional Status (BMI)	

\* Fisher's Exact test

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Based on table 5 , it is known that the results of bivariate analysis using the *Fisher Exact test* obtained  $p = 0.142$  , which means No There is connection age with WUS nutritional status.

#### Connection Age with WUS Nutritional Status

The results of bivariate analysis using the *Spearman Rank test* obtained a value of  $p = 0.995$ , which means No There is connection age with WUS nutritional status . Age is one influencing factors need substance nutrition and can happen Problem health especially pressure blood high. The more increase age somebody so the more big risk caught hypertension .

At age adults, behavior consumption food nutritious balanced can distracted by patterns activity. For example time hard work , short time at home, mother work outside house , increase risk exposed pollution and food No safe, availability various food Ready serve and ready though , and ignorance about nutrition, which causes group age This tend activity light or relaxed (sedentary life), that one as a result is consumption food that doesn't balanced or not hygienic . because \_ that 's attention to behavior nutrition balanced need improved For reach pattern life healthy , active and productive.

#### Connection Work with WUS Nutritional Status

The results of bivariate analysis using the Fisher Exact test obtained a value of  $p = 0.142$  , which means No There is connection age with WUS nutritional status. Work with level different income can influence quality life someone .

Work related with activity physical role in balancing substance outgoing nutrients enter from and into body, when exercising calories burning, increasingly often sport so Lots lost calories. Calories in a manner No direct effect to basal metabolism. Activity physical possession connection significant with obesity is movement body by muscles producing frame energy. Study Taufandas, (2020) showed that an average of 60% (9 people) did not Work impact on patterns outside activity house. If the respondent as an IRT or No Work so activity done at home like activity House stairs , ironing, washing plate or clothes . activity physique is very important For control pressure blood .

Research results This No in line with Ross Research (2014), employment own close relationship with obesity. One who doesn't Work tend For not enough do activity his physique a day day , so use energy expended No balanced with intake consumed every day so that can happen no balance causative energy resulting fat accumulation happening obesity [14]. Research results this is also in line with Savitri's research (2017 ) which state there is connection between work with obesity central. Prevalence obesity central to research the highest in mothers House stairs .

#### 4. CONCLUSION

Most the research sample was 26-30 years old as many as 24 people ( 48% ) with an average age of  $30.16 \pm 4.007$  years . Most sample is Work as many as 41 people (82%) with an average of  $1.18 \pm 0.388$ . . Most WUS have nutritional status Obesse I as many as 26 people (52%) with an average BMI of  $30.40 \pm 3.067$  kg/m<sup>2</sup> No There is connection age with WUS nutritional status (  $p=0.995$  ) . No There is connection work with WUS nutritional status (  $p = 0.142$ ).

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