

Curcuma Pudding as an Effort to Increase Children's Appetite

Rukmaini^{1*}, Jenny Anna Siauta², Luthfiyah Adegi³

^{1,2,3} Faculty of Health Sciences, Universitas Nasional Jakarta, Indonesia

** Corresponding Author: Rukmaini, Universitas Nasional;rukmaini@civitas.unas.ac.id*

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Abstract

Based on the Indonesian Nutritional Status Survey (SSGI), it was found that the prevalence of stunting in toddlers in West Java reached 20.2% in 2022. Stunting stems from the discussion of nutritional status that is not met properly, originating from problems with decreased appetite in children such as difficulty eating. One of the traditional medicines that can increase and improve poor appetite in children is curcuma because it contains the active substance curcumin which can increase the activity of digestive enzymes.

This community service aims to prevent an increase in stunting rates and nutritional disorders in children, through curcuma pudding, children's appetite disorders can be overcome in the Bogor Regency area.

Providing Health Education about nutritional needs in children and how to overcome eating disorders in children by utilizing natural ingredients,

The results of the devotion of parents (mothers) know the nutritional needs of children and can make innovations from natural curcuma ingredients in the form of pudding that children like, with the hope of overcoming appetite disorders in children. Curcuma pudding is useful, cheap, easy to get, and easy to process so mothers can apply it at home and give it to children, especially to increase and overcome appetite disorders in children.

Keywords: Appetite, Curcuma and Pudding

Introduction

The golden age, also known as the golden period, is the most significant historical period. Children experience very rapid growth and development at this time.

Children are more susceptible to nutritional problems at this time, so they need healthy nutrition. Poor nutrition increases the risk of disease which will further worsen nutritional conditions. Starting with prolonged eating problems in children, which leads to lower calorie intake, which can have an impact on children's growth and development, such as malnutrition and stunting. (Sri et al., 2022)

UNICEF data in 2018 showed that 50% of toddlers in Asia suffered from malnutrition. FAO recorded around 767 million people worldwide in 2021, with 425 million of them in Asia. Indonesia has the highest number of malnourished people in Southeast Asia, with an estimated 17.7 million people (6.5% of the national population) in Southeast Asia in the 2019-2021 period.

The results of the Indonesian Nutritional Status Survey (SSGI) released in 2022 by the Ministry of Health of the Republic of Indonesia showed a decrease in Indonesia's stunting rate by 2.8% from 2021 to 2022. This achievement is under the Ministry of Health's target of 2.7% per year. Thus, the Ministry of Health's target of reducing stunting by 14% in 2024 is expected to be achieved. A survey of the Indonesian Nutritional Status (SSGI) conducted by the Ministry of Health showed that the number of stunted children in West Java would reach 20.2% in 2022. However, with the lowest number of stunted toddlers in the country, West Java is still ranked 13th. Find the causes of stunting and find the best way to deal with it, this is still an important concern for related parties. The number of stunted toddlers decreased by 33.68% in 2021, but five regions in West Java had the highest cases. Survey data shows that Bogor Regency had the highest number of stunted toddlers throughout 2021, with more than 30,844 toddlers. This number contributes to around 15% of toddler stunting cases in West Java.

Appetite is a psychological desire to eat something. Children often experience eating disorders, such as refusing to eat or asking for certain types of food. Rejection of food so that one is unable to meet one's nutritional needs is known as eating difficulties. This rejection can be based on senses such as the appearance, smell, and taste of food as well as fears that arise when eating. Food choices, and oral eating disorders in toddlers are some of the causes of eating problems in toddlers (Armini et al., 2017).

Toddlers most often experience eating problems due to appetite disorders, with 64 people (92.75%) not experiencing it, but 5 people (7.25%) experiencing it. 61 people

(88.40%) did not experience oral eating disorders, but 8 people (11.60%) experienced oral eating disorders. In terms of eating regulation disorders in children, 67 people (97.10%) did not experience eating regulation disorders. Based on the research, it can be concluded that most respondents do not experience eating problems due to appetite, eating disorders in the mouth, or eating arrangements in the mouth (Akbar, F.2021).

Curcuma is one of the traditional medicines that can increase and improve children's lack of appetite. Curcuma is a pseudo-stemmed clump plant that tastes a bit bitter. It is green or dark brown with perfectly developed rhizomes, strong branches, and dark green with orange insides. It can reach two meters in height. Curcuma contains the active substance curcumin, which can increase the activity of digestive enzymes, increasing children's appetite. Curcuma rhizomes contain protein, starch, and curcuminoid dyes, as well as essential oil minerals and fatty oils. Potassium (K), magnesium (Mg), iron (Fe), manganese (Mn), cadmium (Cd), and carbohydrates, protein, and crude fiber fat are examples of nutrients (Afrida et al., 2022).

Children aged 1-5 years are the most likely to have difficulty eating (58%), and the most common are boys (54%). Children experience common problems, such as finishing less than a third of the portion of food by 27.5%, refusing food by 24.8%, being fussy and angry by 22.9%, only liking one type of food by 7.3%, only wanting to drink milk by 18.3%, eating for more than an hour by 19.3%, and sucking food by 15.6% (Pratiwi et al., 2021). The results of Sri's 2022 study showed that the intervention was carried out on children aged 1 to 5 years with a sample of 20 children. For three weeks, acupressure was carried out six times (2 times a week), and Curcuma was given once a day with a dose appropriate to age and weight. Using a questionnaire and weight scale measuring instrument, the evaluation was carried out twice, before and after treatment. Furthermore, the Wilcoxon pre and post-tests were used to analyze the data. The results of this study indicate that, with a P value of 0.000 ($P < 0.05$), acupressure and curcuma affect toddlers' appetite associated with weight gain.

Based on the results of Lina's 2020 study, she applied a combination of chocolate and curcuma to children and toddlers at PAUD Amanah Cilacap as an effort to increase appetite with the results of the questionnaire calculation from 30 samples showing that the average score before being given curcuma chocolate was 29.4 and after being given curcuma chocolate the average became 35.1. As for the development of

food, the average portion has increased and snacks have increased.

Based on the explanation of the background above the high number of stunting which began with a decrease in children's appetite. So the researcher feels it is important to conduct a study entitled "The Effect of Giving Curcuma Pudding on Children's Appetite in Bogor Regency".

Method

The research location is in Bogor Regency, precisely in Bojonggede District, Rawa Panjang Village, Taman Raya Citayam Housing. Materials and Tools/Instruments used in this Community Service activity are stationery, souvenirs, a camera, laptop, screen, and projector, ingredients for making Pudding, and curcuma.

This community service activity consists of education related to information, knowledge, and attitudes regarding stunting. This community service activity consists of conducting health education interventions, conducting simulations of making curcuma pudding, and providing flyers and souvenirs.

Results

The activity was carried out at the research location in Bogor Regency, precisely in Bojonggede District, Rawa Panjang Village, Taman Raya Citayam Housing. carried out on January 15, 2024.

The description of the characteristics of the participants who participated in this community service activity were 30 children aged 4-6 years. Parents (mothers) gained knowledge about nutritional needs in children, how to eat well for children, and how to utilize natural ingredients, namely curcuma, as one solution to overcome appetite disorders in children. Then it was also demonstrated how to make curcuma so that it is liked by children in the form of pudding, with the innovation of processing children like this food and the processing is also not difficult so that mothers can make it at home as additional food for children.

Discussion

In general, community service activities went smoothly and no significant obstacles were found, starting from licensing to community service activities. The Health Center fully supports this community service activity.

The wealth of natural materials in Indonesia seems to be beyond doubt. Natural materials in Indonesia can be used to increase children's appetite as an effort to prevent stunting. Increasing children's appetite is not only from giving curcuma pudding but also from how it is given, by giving pudding when children are at school and eating together with friends makes children encouraged to eat with enthusiasm.

The increase in children's appetite given curcuma pudding comes from the curcumin content in curcuma which if given according to the maximum dose can help maximize the absorption of the digestive system in children. Visualized in the form of pudding so that children still like it and the curcumin content in curcuma can still be consumed.

Conclusion

Before making curcuma pudding, curcuma in extract form has been studied in the IPB Biopharmaceutical Study Center Laboratory with the result that there is a curcumin content of 1.9 mg/g with HPLC analysis technique. After that, curcuma pudding was made according to the daily dose of children in 30 children aged 4-6 years who were experiencing decreased appetite.

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