

## **Positive Deviance in Nutritional Practices for Two-Year-Olds in Poor Fisherman Families in the Belawan Health Center Area, 2022**

**Ramadhani Syafitri Nasution<sup>1</sup>, Nurul Mouliza<sup>2</sup>, Debby Pratiwi<sup>3</sup>**

<sup>123</sup> D3 Midwifery Study Program Faculty of Pharmacy and Health Helvetia Institute of Health , Medan City, North Sumatera

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#### **Corresponding Author:**

Ramadhani Syafitri Nasution  
D3 Midwifery Study Program  
Faculty of Pharmacy and  
Health Helvetia Institute of  
Health , Medan City, North  
Sumatera  
Email: [ramadhanisyafitri90@gmail.com](mailto:ramadhanisyafitri90@gmail.com)

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### **ABSTRACT**

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The problem of malnutrition is still the main problem faced in human resource development. The problem of growth and development of Baduta is a serious problem because at this age the process of physical and intellectual growth and development is critical. Malnutrition problems mostly occur in poor families but are not caused by poor families who have well-nourished children. The Belawan Community Health Center working area is one of the community health centers with the highest number of cases of malnutrition in Medan City. To overcome this, a program is needed that is believed to be effective and sustainable. One of the existing programs to overcome the problem of malnutrition and malnutrition is positive deviation. This research aims to identify positive behavior in feeding (type of food, processing of food ingredients, mealtimes and method of feeding) of toddlers who are well-nourished in poor fishing families in the Belawan Community Health Center Working Area in 2022. This research method is qualitative research with a narrative approach. Researchers studied individual lives by asking one or several individuals to tell stories about their lives related to positive behavior in feeding well-nourished animals. This information is then retold by the researcher in a narrative chronology. The findings of this research indicate that addressing nutritional challenges in children can be effectively achieved by leveraging the potential and resources within the community. This is done through the identification of positive deviant behaviors, particularly those related to beneficial feeding practices. These practices encompass aspects such as the types of food provided, the methods of food preparation, the timing of meals, and the approach to food administration. Keep up the great work! The way you're thinking about integrating community strengths is spot-on for creating sustainable solutions.

**Keywords:** *Positive Deviance, Nutritional Status, Malnutrition, Poor Fisherman's Family, Baduta*

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## **1. INTRODUCTION**

The main challenge in developing a nation is building quality, healthy and productive human resources. An important role in this development is improving the nutrition of children under five, thus improving nutrition is needed throughout the life cycle from early life to old age. Nutritional disorders at the beginning of life will affect the growth and development of toddlers and the quality of their subsequent lives. Toddler children experience the fastest phase of brain growth and development, known as the Golden period and also the critical period (Danger period). This period cannot be repeated and will provide maximum results for what has been implanted and given to the child, both psychologically and psychologically. The golden period starts from the fetus until the child is two years old (underage), if nutritional needs are not met then the golden period will turn into a critical period<sup>3</sup> which will disrupt the child's growth and development process, the impact is permanent and cannot be repaired. (1)

Good nutrition in toddlers can be seen from body weight and age, in accordance with the World Health Organization National Center for Health Statistics (WHO-NCHS) standard reference for good nutrition limits of -2SD to +2SD. A state of good nutrition occurs because there is a balance in the amount of food eaten and what the body needs, while a state of malnutrition is caused by low consumption of energy and protein from daily food and occurs over a long period of time. The limit for malnutrition based on standard standards is less than -2SD to -3SD. (2). Based on the background above, the researcher is interested in conducting research entitled positive behavior in feeding good nutrition to poor fishing families in the Belawan Community Health Center Working Area in 2021.

## 2. METHOD

Data collection was carried out through primary data by means of in-depth interviews with informants based on interview guidelines that had been prepared. In interviews, researchers used to record devices, writing instruments and cameras. This tool is not used all at once but is adjusted to the needs felt at the time of data collection.

Interviews were conducted with mothers who had well-nourished mothers aged 6-24 months, people appointed as village midwives. Apart from that, researchers made observations by looking at positive behavior and environmental conditions in the Belawan Community Health Center Work Area.

Secondary data was obtained from the person in charge of Nutrition at the Community Health Center and the village midwife in the form of written reports at the Belawan Community Health Center.

## 3. RESULTS AND DISCUSSION

### 3.1. Results

The characteristics of respondents consisted of gender, age, education, and occupation. Respondent characteristics can be seen in the following frequency distribution tables.

Table-1. Respondent Characteristics Frequency Distribution

| Characteristics    | Frequency | Percentage (%) |
|--------------------|-----------|----------------|
| <b>Gender</b>      |           |                |
| Girl               | 5         | 100            |
| <b>Age</b>         |           |                |
| 30 Years Old       | 1         | 20             |
| 35 Years Old       | 1         | 20             |
| 37 Years Old       | 1         | 20             |
| 38 Years Old       | 1         | 20             |
| 40 Years Old       | 1         | 20             |
| <b>Education</b>   |           |                |
| Elementary School  | 2         | 40             |
| Junior High School | 3         | 60             |
| <b>Occupation</b>  |           |                |
| Housewife          | 5         | 100            |

Based on Table-1, It was found that the gender of all informants was female with the same percentage of 100%. Age is 30 years old (20%), 35 years old (20%), 37 years old (20%), 38 years old (20%) and 40 years old (20%). The percentage of informants' education is dominated by elementary school graduates (60%) compared to junior high school graduates (40%). The occupation of all informants is housewife (100%).

Table-2. Matrix of Positive Behavior Research Results of Providing Good Nutritious Clown Food to Poor Fishermen's Families in the Belawan Community Health Center Working Area (Type of food)

| No. | Feeding variables | The findings of positive deviant behavior  |
|-----|-------------------|--|
| 1   | Type of food      | <p>Informant I</p> <ul style="list-style-type: none"> <li>- Seafood ingredients: snapper and krapu fish, giant prawns, renjongan crabs and squid that have not been given daily preservatives.</li> <li>- Vegetable protein: none</li> <li>- Type of tubers: potatoes.</li> <li>- Type of vegetable: bean sprouts</li> <li>- Type of fruit: orange fruit</li> <li>- Give snacks to children between meals</li> </ul> <p>Informant II</p> <ul style="list-style-type: none"> <li>- Seafood ingredients: any fish that has not been given fish preservatives.</li> <li>- Animal protein ingredients: half-cooked chicken eggs, chicken feet</li> <li>- Vegetable protein: tofu and tempeh as a snack</li> <li>- Types of tubers in the form of potatoes.</li> <li>- Types of vegetables: carrots, gambas.</li> <li>- Type of fruit: orange</li> <li>- Children cannot have snacks outside</li> <li>- Provide shrimp paste</li> </ul> |

Informant III

- Seafood ingredients: krapu, snapper, tukam, squid and octopus.
- Vegetable protein: Tofu, tempeh
- Types of tubers in the form of potatoes
- Type of vegetable: gambas
- Children cannot have snacks outside
- Provide snacks (processed fish) between meals.
- Provide shrimp paste

Informant IV

- Seafood ingredients: krapu fish, giant prawns, renjongan crab, squid that have not been given daily preservatives.
- Vegetable protein: tofu
- Type of tubers: potatoes.
- Types of vegetables: bean sprouts, kale, gambas, long beans, carrots.

Informant V

- Seafood ingredients: fish and shellfish
- Animal protein: eggs and chicken claws
- Vegetable protein: tofu and tempeh
- Type of tubers: potatoes.
- Types of vegetables: Japanese pumpkin, gambas, carrots

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Based on Table-2, it was found that mother informants who had good nutrition in poor fishing families in the Belawan Community Health Center Working Area in providing food had positive behavior. They think that to get out of the shackles of malnutrition, they must make the best use of marine products, because they understand that only fish and other marine products are what they can provide to obtain nutritious food. The informant also provides vegetables, fruit and snacks.

Tabel-3. Matrix of Positive Behavior Research Results of Providing Good Nutritious Clown Food to Poor Fishermen's Families in the Belawan Community Health Center Working Area (Food processing)

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| No. | Feeding variables          | The findings of positive deviant behavior   |
|-----|----------------------------|---|
| 2.  | Food Ingredient Processing | <p>Informant I</p> <ul style="list-style-type: none"><li>- Food processing: Adjusted to the child's age, children aged 18 months are given regular, slightly soft food and food cut into smaller pieces.</li><li>- Process of processing food from the sea: in soup</li><li>- Vegetable processing: wash first then cut</li></ul> <p>Informant II.</p> <ul style="list-style-type: none"><li>- Food processing: Adjusted to the child's age, children aged 10 months are given filtered rice.</li><li>- Process of processing food from the sea: in soup and boiled.</li><li>- Vegetable processing: cut and then washed.</li></ul> <p>Informant III</p> <ul style="list-style-type: none"><li>- Food processing: Adjusted to the child's age, children aged 14 months are given regular rice which is slightly softer</li><li>- Process of processing food from the sea: steamed and in soup</li><li>- Fruit and vegetable food processing process: washed and then cut</li></ul> <p>Informan IV</p> <ul style="list-style-type: none"><li>- Food processing: Adjusted to the child's age, children aged 15 months are given slightly soft rice.</li><li>- Process of processing food from the sea: boiled and curry</li><li>- Vegetable processing: cut and then washed</li></ul> |

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|  |   |
|--|---|
|  | Informant V   |
|  | <ul style="list-style-type: none"> <li>- Food processing: Adjusted to the child's age, children aged 12 months are given slightly soft rice.</li> <li>- Process of processing shellfish and boiled eggs.</li> <li>- Process of processing chicken claws in soup</li> <li>- Fruit and vegetable food processing process: washed and then cut.</li> </ul> |

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Based on Table-3, it was found that food preparation is adapted to the child's age. For children aged 18 months, regular and slightly soft foods are provided, with vegetables being cut into smaller pieces to facilitate easier consumption.

Table-4. Matrix of Positive Behavior Research Results of Providing Good Nutritious Clown Food to Poor Fishermen's Families in the Belawan Community Health Center Working Area (mealtime)

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|    |           |   |
|----|-----------|---|
| 3. | Meal Time | Informant I   |
|    |           | <ul style="list-style-type: none"> <li>- According to the meal schedule</li> </ul>    |
|    |           | Informant II  |
|    |           | <ul style="list-style-type: none"> <li>- Not following the eating schedule</li> </ul> |
|    |           | Informant III   |
|    |           | <ul style="list-style-type: none"> <li>- According to the meal schedule</li> </ul>    |
|    |           | Informant IV  |
|    |           | <ul style="list-style-type: none"> <li>- According to the meal schedule</li> </ul>    |
|    |           | Informant V   |
|    |           | <ul style="list-style-type: none"> <li>- Not following the eating schedule</li> </ul> |

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Based on Table-4, it was found that among the five informants, three (60%) reported providing food in accordance with the established feeding schedule, whereas the remaining two informants (40%) did not follow the feeding schedule.

Table-5. Matrix of Positive Behavior Research Results of Providing Good Nutritious Clown Food to Poor Fishermen's Families in the Belawan Community Health Center Working Area (how to feed))

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|    |             |   |
|----|-------------|---|
| 4. | How to Feed | Informant I   |
|    |             | <ul style="list-style-type: none"> <li>- The atmosphere for children's meals is fun with coaxing and singing</li> <li>- Wash your hands without using soap</li> <li>- Active feeding</li> </ul> |
|    |             | Informant II  |
|    |             | <ul style="list-style-type: none"> <li>- Children's dining atmosphere is fun with coaxing and coaxing.</li> <li>- Don't wash your hands, just wipe.</li> <li>- Active feeding.</li> </ul>       |
|    |             | Informant III   |
|    |             | <ul style="list-style-type: none"> <li>- The child's eating atmosphere is not pleasant.</li> <li>- Not washing hands</li> <li>- Feeding is not active</li> </ul>                                |
|    |             | Informant IV  |
|    |             | <ul style="list-style-type: none"> <li>- Enjoyable dining atmosphere</li> <li>- Wash your hands with soap</li> <li>- Active feeding</li> </ul>  |
|    |             | Informant V   |
|    |             | <ul style="list-style-type: none"> <li>- Enjoyable dining atmosphere</li> <li>- Never wash your hands</li> <li>- Feeding is not active.</li> </ul>  |

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Based on Table-5, we found that methods of feeding children continue to vary, including practices such as promoting handwashing before meals and providing food in a positive and enjoyable eating environment.

### 3.2. Discussion

Based on the results of interviews conducted with all informants, mothers who have good nutrition in poor fishing families in the Belawan Community Health Center Working Area have positive behavior in providing food. They think that to get out of the shackles of malnutrition, they must make the best use of marine products, because they understand that only fish and other marine products are what they can provide to obtain nutritious food.

The fish consumed is obtained by CL method, namely hiding the catch in the form of fish (krapu and red snapper), shrimp (kelong prawns and tiger prawns), crabs (renjongan crab) and squid (common squid and octopus squid) before deposited to toke.

The results of the research show that families have positive behavior in utilizing fish catches and other marine products for sale, the proceeds from sales are used for daily needs. The sea products that are consumed are the results of CL (hiding the fish before giving it to the toke) even though the amount of money they get is decreasing and is not constant because the sea products they get are not always a lot, they still do this because they realize that fish is the only thing they can provide. for children's health, coupled with unfair distribution of the catch (Two shares for the toke, two shares for the tekong and one share for the crew) and being required to buy supplies for the sea from the toke. Cl should not be a good thing to do, because Cl is the same as stealing. To get the fish they want, fishermen can ask the toke in a good way.

Fulfillment of daily food availability: families with positive behavior prepare food as is, meaning they only fulfill their food needs according to the availability of money, apart from using sea products, families with positive behavior provide capsules containing snakehead fish essence to keep children healthy

Base on research collected by Kartika on feeding patterns in poor families' states that there are 80% of children in poor families who have poor eating patterns, the food given is incomplete and does not meet nutritional intake so that children get sick easily and affect the child's nutritional status. The process of learning from the environment and their parents who have children who are malnourished and easily get sick, as well as the inability to provide a variety of food ingredients, encourages positive deviant behavior in caring for children, especially feeding them. Without realizing it, positive deviant behavior makes children healthy, grow and develop well. (37)

Research conducted by Hapitra on positive deviance (positive behavior) on the nutritional status of toddlers in Astana Japura District, Cirebon Regency shows that poor families with good nutritional status of toddlers, in their feeding behavior for children, use fish caught by the family as animal protein for consumption other than tempeh. and tofu, as well as consuming gourd vegetables. (12)

Positive behavior in feeding using certain nutritious foods. This food is affordable and available to the whole community, not special food that is not affordable by the community. Positive behavior in feeding is one of the factors in the success of a family and other families in caring for children (good nutrition) so that they can escape the problem of malnutrition compared to their neighbors, even though they are in the same poor economic situation.

According to Core, things that must be considered in positive deviations from feeding children under five are the type of food, processing of food ingredients, timing of feeding and method of feeding. (13)

#### **4. CONCLUSION**

According to the results of the research, overcoming nutritional problems in children can be done by utilizing community potential and resources by identifying positive deviant behavior in society, especially regarding positive feeding behavior which includes the type of food given, food processing, feeding times and feeding methods. Families with positive deviation behavior in feeding have succeeded in caring for and keeping their children well-nourished and healthy.

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