



## Variation of Fish Processed Menu to Increase Eating for Children Age 4-5 Years Through "Gemari "

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### Abstract

This study aims to find out the variation of processed fish menu anything to increase the appetite of children aged 4-5 years with variations of processed fish menu through "Gemari" and to know the increase in children's appetite with variations of processed fish menu through "Gemari" in the Coastal Region of Juwana District, Pati Regency. The approach used in this research is quantitative using experimental methods and the type of research is Pre-Experimental Design ( non-design ) with One-group, pretest-posttest design. The subjects in this study were early childhood with an age range of 4-5 years in the coastal area of Juwana District, Pati Regency. This study treated or treatment to children aged early with a sample of 30 children. The data analysis technique used is descriptive analysis and t-test. The results of the descriptive analysis showed that the variations in the processed fish menu that the children liked were grilled fish meatballs, fish balls, and dragon's feet and there was an increase in children's appetite with a variety of processed fish menus through "Gemari", which showed an increase in the pretest and posttest scores starting from point 1 to 42 points with an average pretest score of 49.53 and posttest of 72.00. So that there is an increase of 22.47 with a percentage of 45.36% where the calculation results can be strengthened in the calculation using the Paired T-Test Sample Test on the experimental group at the pretest and posttest, the Asymp Sig ( 2-tailed ) value is 0.00 <0,05. Based on these results showed that there is an increase in the appetite of children aged 4-5 years with variations in fish processed menu through "Gemari" in the Coastal Area of Juwana District, Pati Regency.

### How to cite

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## INTRODUCTION

Children are a source of happiness for parents who become a hope for the future. In achieving optimal child growth and development, the role of parents is needed to provide stimulation according to the child's needs both physically and psychologically. The age of preschool is a time that determines the stage of development of the next child. In this period it is very important in maintaining children's health. According to the Directorate of Early Childhood Education (2004), states that this pre-school age period can be called the *golden age* in which children's brain development develops rapidly from about 50% in the age range of zero to five years of age, and where can receive various inputs from the surrounding environment as well as the stimulation that has been given. At the stage of child development, being able to recognize various environments as a stimulus to the development of their cognitive and social psychomotor personality.

Child development ages early become a matter that must be considered for the elderly. The role of parents in caring for children must also pay attention to the nutritional intake that the child consumes every day. This was revealed by A.P.Potter dan Perry (2010), Nutrition is part of the elements needed as body processes and functions. To meet the energy needs obtained from various nutrients, namely, carbohydrates, fats, proteins, and minerals. Therefore, parents need to pay attention to meeting their children's nutritional needs so that the child's growth and development process can develop optimally (Prasetya, 2013: 552). Every child has different stages of development. One of them is the development of behavior. The development of this behavior will shape the child's character into the future. The development of behavior that occurs in children is usually lying, children, playing devices, children who are prone to whining (tantrums), and children's appetites or children's appetites.

Children are very vulnerable to viruses and diseases, so parents really pay attention to their nutritional status by increasing a balanced nutritional diet. According to Ruslianti et al (2015: 11) said that nutrition is a process of organisms using food that is consumed normally through the processes of digestion, absorption, transportation, storage, metabolism, and the excretion of substances that are not used to maintain life, growth and normal function. of the organs as well as producing energy.

Not much different with children age early

very active doing the activity or movement. Relate to that, in children's age early enough requires an energy source (as calories) to allow for those activities as well as for the growth and development of the child's body. Energy is obtained from consuming food. Nutrition is closely related to food. To get good nutrition, it is necessary to have a healthy lifestyle by maintaining a healthy diet.

A healthy diet starts with a family environment. If the family environment provides an example in the behavior of healthy eating habits, it will become a daily habit / the role of parents has the greatest influence on food problems in the home, the types of food available and when the food is served must also provide instructions regarding these matters. important things to children. So, they can determine healthy food when they are away from home (Sulistyoningsih , 2011: 186 ).

There are various things that parents need to pay attention to in maintaining health, one of which is consuming healthy foods. In food there is the use of dangerous substances, if the child consumes unhealthy food in the long term, eating can affect the quality of the child's health. Various types of basic ingredients for healthy food are available, both through cultivation processes carried out organically, by selecting food ingredients that contain various nutrients needed by the body. As parents, they have the right to choose foods that can be consumed or which cannot be consumed for their children. Likewise, the behavior of parents is instilled in the child, where the child's behavior related to food can affect a child's liking or disliking attitude towards food. So, to get used to eating healthy foods, parents need to also pay attention to balanced nutrition in determining what to eat, especially for their children.

In consuming a balanced nutrition diet, it is necessary to have guidelines for balanced nutrition (PGS). Balanced nutrition is the basic principle of consuming daily food which is based on the adequacy of types and amounts of nutrients according to a character (gender, age, and physiological conditions as well as paying attention to the four pillars of balanced nutrition. growth optimally in children. Of the various types of food, one type of healthy food is fish. Fish contains nutrients in the form of protein, fat (fatty acids and omega 3), vitamins (vitamins A, D, B6, and B12), and minerals (iodine, iron, zinc, and fluorine) which are needed by the body (Effendie, 2002).

According to the *World Health Organization* (WHO), it recommends consuming at

least two servings of fish per week (WHO, 2003). Where children are accustomed to eating fish, children will also be familiar with processed fish and make their daily menus. In connection with this research, the Coastal Zone area is an area that has fish production sites. Where can he say that it produces an abundance of fish. Be Shunted from the source of the interview with the Secretary of the Ministry of Marine Affairs said that “*The national fish production level in Pati Regency reaches 59,39 Kg/Capita/year*” so it can be concluded that the coastal areas in fish production are very abundant and on the other hand the majority of parents are fishermen workers. Efforts made by the Government with the Gemarikan program in increasing fish consumption. This is directed at the Indonesian Ministry of Fisheries and Marine Affairs through the P3KP (Processing of Marine and Fishery Products Marketing). In this field, one of the tasks is to increase fish consumption through the fond program for the community. The Gemarikan Program is a movement to promote eating fish so that people can fulfill their nutritional content. The aim of the program is one of them is an effort to raise public awareness would be the nutritional needs and improve the behavior of programs running GEMARIKAN yet thoroughly.

So far, based on sources quoted from interviews with the Secretary of the Ministry and Maritime Affairs regarding the program fondly, it has proven to be effective. The program is implemented every year. Likewise, the level of fish consumption in Pati Regency is ranked 1st compared to other districts. However, some of the favorite programs in the Pati area have not been evenly distributed. One of the factors is that with the covid pandemic, the implementation of the program like to be hampered. Basically, the gemarikan program is a national program that is carried out with the community. However, this program is not yet a daily activity, especially for children.

In the coastal area of Juwana District, Pati Regency, the number of children reached 6,292, ranging from infants to toddlers aged 5 years. At the level of child nutrition in the coastal area of Juwana Subdistrict, Pati District, from the results of an interview with a nutritionist named Rini said that “*the nutritional status of children aged 4-5 years is in the good nutrition category because seen from the file the nutritional status of children reaches -2SD to + 1 SD reaches normal weight. For ideal weight is 13, 7-24.9 Kg (Women) and 14,1- 24.2 (Male)* “. Even though it has been said that the nutritional status is good. However, what the researchers encountered in the coastal area of Juwana District, Pati

Regency, there were still children, the problem was that children's appetite or children's appetite for consuming fish was reduced due to family eating habits. If healthy eating habits are not instilled from an early age, it will have an impact on the continued development of children. Many parents in the area of coastal areas in parenting leave mainly processed food from fish to his son by way scolded and forced. So that, the child's appetite or appetite decreases.

The results of observations that researchers encountered when parents present simple and practical fish preparations (such as fried fish), the child's reaction immediately vomits. The parents did not continue to feed the fish until it was finished. While parents underestimate be it. So that, children are not used to eating fish. The cause of parents being impatient in taking care of their children is that there are still dependents to work as fishermen. In addition, the children's appetite for consuming fish is reduced because parents are less varied in processing fish. From the findings of the researchers' observations, the basic ingredients that are often used in processing fish are milkfish, gourami, catfish, tilapia, and goldfish. So that, the basic ingredients for processing fish from seawater have not been touched in the processing of food menus served for children and the form of processed fish that is often processed in the Coastal Area, Juwana District, Pati Regency, namely fried fish, grilled fish, and fish pipes. Of the various preparations, there is no variation in the processed form of marine fish. So there the researchers were interested in researching children's appetite with a variety of processed fish menus in early childhood in the Coastal Area, Juwana District, Pati Regency. So that, children who live in coastal areas need to hold “*Gemari*” activities ( *Like eating fish*). Parents need to understand that fish has a high protein content, has many benefits for the body, especially for children who can increase immunity in the body. and able to educate the brain in children. As the role of parents is an important role for their children in optimizing development and growth in children. To overcome this problem, the researchers are interested in increasing children's appetite with a variety of fish menus through “ *Gemari* “.

Based on the points above problems the researchers raised the title associated with a *variety of processed fish* through “ *Gemari* “ in coastal areas, is expected to be done right its activity. *The variation of processed fish* referred to is processed fish made in a varied menu such as fish nuggets, fish balls, fish brains, fish crackers, and so

on. Various *variations of processed fish* can inspire parents, especially mothers who have children who do not like to eat fish. In addition, it helps mothers to think creatively in making various processed fish. It is from this background that the author wants to raise the title *Variation of Processed Fish Menu to Increase Appetite for 4-5 Years Old Children through "Gemari" in the Coastal Area, Juwana District, Pati Regency*.

The purpose of this study was to determine the variety of processed fish menus to increase the appetite of children aged 4-5 years with a variety of processed fish menus through « *Gemari* » and to determine the increase in appetite for children aged 4-5 years with a variety of processed fish menus through « *Gemari* ». in the Coastal Area, Juwana District, Pati Regency. While the advantages of this research on processed menu variations of fish in are that there are three variations of processed fish menus with different processing techniques. In addition, this research can be used as a place for promotion to PAUD institutions to increase the appetite of children aged 4-5 years of eating processed foods from fish. The author conducted a study "*Variation of Processed Fish Menu to Increase Appetite of Children 4-5 Years Through "Gemari" in the Coastal Area, Juwana District, Pati Regency*".

## RESEARCH METHODS

The approach used in this research is the experimental method approach. The type of research used is *Pre-Experimental Design (non-design)* because this design is not a pure experiment because there are still variables that influence the formation of the dependent variable (Sugiyono, 2019: page.109). The form of experimental design is a *one-group pretest-posttest design*, which is an experimental design that only uses one group of subjects and performs engraving before and after giving treatment or *treatment* to the subject. Thus the results of treatment can be known to be more accurate because it can compare with the situation before being treated (Sugiyono. 2019: page 112-114). The dependent variable in this study was to increase children's appetite, while the dependent variable in this study was a variety of processed fish menus in the form of dragon's feet, fish balls, and grilled fish balls. The population in this study were all children aged 4-5 years in the coastal area of Juwana District, Pati, many children aged 4-5 years in Doropayung Village, and 90 children in Tluwah Village. The sample in this study was taken randomly from two, namely 15 children from Doropayung Village and

15 children in Tluwah Village so that the total sample was 30 children with an age range of 4-5 years in the Coastal Zone, Juwana District, Pati Regency.

This research was conducted at Mugi Lestari PAUD Post in Doropayung Village and Budi Utomo PAUD Post in Tluwah Village, the implementation began during the pandemic period, namely in December 2020 to January 2021. Researchers conducted a study with a way to visit home-home or a *home visit* due to the covid-19 pandemic, researchers made home visit visits using health protocols such as carrying a *hand sanitizer*, *tissue*, *face shield*, masks, and gloves. Data collection techniques in research using interview techniques, documentation, and questionnaires. The questionnaire uses a scale, namely a scale of variations in processed fish that are preferred by children and an increase in children's appetite with a variety of processed fish menus for children aged 4-5 years through « *Gemari* » with a Likert scale calculation with a total of 20 valid items that have been tested so that it can be used in research, meanwhile, The file analysis technique used is descriptive data analysis, normality test, homogeneity test and hypothesis testing with calculations using the *paired t-test sample*.

## RESULTS AND DISCUSSION

This section is an explanation of the results of research related to the variety of processed fish menus that are preferred by children and the increase in appetite for children aged 4-5 years through « *Gemari* » in the Coastal Zone, Juwana District, Pati Regency. Based on the data from the pretest and posttest results it can be seen as follows:

### 1. Menu Variations of Processed Fish that are liked by children

The results of descriptive analysis using the help of SPSS 21.0 related to variations in the processed fish menu that the child likes get the results shown in table 6. The *posttest* results of the variation of fish processed menus in the form of dragon feet show an average value (mean) of 2.00, fish balls show The average value (mean) is 3.00 and the grilled fish meatballs show an average value (mean) of 4.00. Based on the *posttest* results after being given a *treatment* of various processed fish menus in the form of dragon's feet, fish balls, and grilled fish balls, then get The conclusion is the order of variations in the menu of processed fish that the children like, namely grilled fish balls, fish balls, and dragon

feet. If, compared to before being given the processed fish *treatment* that the children like, namely grilled fish, fried fish, and fish pipes. Of the three processed menus, there are no other processed menu variations. So it needs to be connected with the skills of parents in processing fish products and involving children in processing fish. *"These knowledge and skills include feeding and health care for children and family. Parents can understand how to provide for their children's needs so that they can stimulate children's growth and development."* (Innayah & Mukminin, 2018: 130-135).

The skill itself is a person's skill in managing their ideas or ideas so that they can produce a product or service that has a useful value or can be used by many people (Khairani Rizki, 2018). As for the variety of processed fish menus that children like, namely texture, aroma, taste, and the different appearance of the sport. To strengthen the *post-test* results, the parents' interview regarding the child's impression of a menu of processed fish in the form of dragon legs, fish balls, and grilled fish balls said that "My child feels very happy to eat the processed leg menu. dragon. Because the processed dragon leg has a crispy, dry and soft texture. For the fish balls processed menu, my child's impression was very happy with the processed menu because the appearance of the fish balls was smaller and the meat fish balls were more pronounced. For grilled fish meatballs, the impression of my child is that my child feels very eager to eat grilled fish meatballs, seen the aroma of grilled fish balls has a distinctive aroma from other fish processed menus, besides that the taste of grilled fish meatballs is sweet and chewy. So my child is very happy with the menu. processed grilled fish meatball "

Agree with Julie Mennella (2014), stating that the tendency when children like sweet dishes, the children are more interested in eating these foods. So it can be concluded from the variation of the processed fish menu in the form of dragon feet, fish balls, and grilled fish balls that the children like, namely the processed fish menu in the form of grilled fish meatballs.

## 2. Increasing Appetite of Children After 4-5 Years with Variations on Menu of Processed Fish through "Gemari "

**Table 1.** Data on Pre-test Results

No.	Interval	F r e - q u e n - c y	P e r - c e n t - a g e	Category
1.	73-85	0	0%	Very high
2.	57-72	6	20%	High
3.	51-56	6	20%	Low
4.	34-50	18	60%	Very Low
amount		30	100%	

From the results of the pretest that has been done, it shows that the level of appetite for children in the very low category is 18 children with a percentage of 60%, 6 children in the low category with a percentage of 20%, while the high category is 6 children with a percentage of 20% and the very high category does not exist.

**Table 2.** Posttest Result Data

No.	Interval	F r e - q u e n - c y	P e r - c e n t a g e	Category
1.	73-85	22	73.34%	Very high
2.	57-72	4	13.33%	High
3.	51-56	4	13.33%	Low
4.	34-50	0	0%	Very low
amount		30	100%	

From the results of the posttest that have been done, it shows that there are 4 children in the high category with a percentage of 13.33% and 22 children with a very high category with a percentage of 73.34%. Meanwhile, in the low category there were 4 children with a percentage of 13,33 % and the very low category, did not exist. This shows that there is an increase in the number of scores for the variety of processed fish menus through " Gemari " . So that, it can be concluded that the results of the research on variations of processed fish menu through "Gema-ri" can increase the appetite of children aged 4-5 years in the Coastal Area, Juwana District, Pati Regency. Evidenced by the results of the calculation of the *Paired Sample t-Test* are as follows:

**Table 3.** Results of Paired Sample t-Test Hypothesis Test

		Paired Differences				T	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Mean Error	95% Confidence Interval of the Difference Lower Upper			
Pair 1	Pretest - Posttest	-22,467	13,146	2,400	-27,375 17,558	-9,361	29	,000

Based on the results of the *t*-test, it was obtained that the value of  $-t_{table} > t_{count} > t_{table}$  namely with the value of  $-t_{count} = -9361$  less than  $-t_{table} = -2.045$  namely  $-2.045 > -9361$  or  $9361 > 2045$ ) with a significance value level (2 tailed) which is equal to  $0,00 < 0,05$ . So it can be concluded that there is an increase in appetite for children aged 4-5 years with a variety of processed fish menus through “*Gemari* “. This is indicated by an increase in the *pretest* and *posttest* scores starting from 1 point to 42 points, with an average *pretest* score of 49.53 and an average *posttest* score of 72.00. So there is an increase in the value of 22.47 with a percentage of 45, 36%.

Increased appetite for children aged 4-5 years with a variety of processed fish menus through “*Gemari*” (Like to Eat Fish), is a form of counseling/promotion where the activity invites parents to understand the importance of meeting children's nutritional needs, especially meeting the nutritional needs of the child. in the form of protein obtained from fish, introducing to parents and children related to the activity of “*Gemari*” (Like to Eat Fish). Following the statement from Susi Pudjiastuti (Minister of Fisheries from the 2014-2019 Working Cabinet), said that consuming fish greatly affects children's intelligence. Because fish is a good source of protein and omega 3 for the growth and development and intelligence of children, children are encouraged to like to eat fish from an early age (Pregiawati, 2019). Increasing children's appetite with a variety of processed fish menus through “*Gemari*” must be implemented so that children consume fish and make fish processed menus their daily menu. As is well known, the age of children is still very dependent on parents, especially mothers. Parents provide whatever food they will eat, but if from an early age they may not introduce or consume fish, then until adulthood an attitude or lifestyle will form without consuming fish (Putri, Jumi-rah, & Siagian, 2015 ).

Increased appetite for children with a variety of processed fish menus through the activity of “*Gemari*” (Like to Eat Fish) can instill children to eat fish and make fish as their daily diet. Agrees with Susi Pujiastuti ( Minister of Fisheries of the 2014-Work Cabinet. 2019 ), said that if children with the fish-eating program, in the future Indonesian children, will no longer like to eat fish but children must eat fish. So it needs to be encouraged in educational programs to include fish as one of the intakes which becomes mandatory menu food in school (Pregiawati, 2019). In line with the relevance of the research, the level of knowledge of parents regarding the nutritional content of fish, the benefits of fish, and the lack of variation in fish processing can also affect the level of fish consumption, so there is a need for counseling/promotion of variations in processed fish menus to increase children's appetite through “*Gemari*” (Like to eat fish), so that helping to increase parental knowledge regarding unmet nutritional needs, especially nutrients in the form of protein, helping to hone the skills of parents in fish processing. Skills are defined as learning that invites students to be directly involved and provide good experiences in the form of appreciation and application of science that is beneficial to student life (Ningsih, 2016).

From the results of *pretest* and *posttest* research, increasing children's appetite with a variety of processed fish menus through “*Gemari*” following the opinion of Galuh Nita Prameswari (2018) states that for children to like to eat fish, it is necessary to increase children's knowledge and attitudes regarding the positive benefits of consuming fish for health, especially for the growth and intelligence of school age children. One of the efforts that can be done is by promoting the fondness of eating fish in school-age children. And also following the research conducted by Siti Khodijah entitled *Nutrition Education Program for Parents to Build a Healthy Diet for Early Child-*

hood Children who get the results to make a diet. healthy early childhood is very dependent on the role of the adult parents around him. The family especially the mother as a child nearby the neighborhood's most important component in providing relevant and motivating children to eat healthy, efforts to establish healthy eating patterns of children aged early to do between parents, especially mothers. Mothers become the main model in forming a healthy diet. So that parents in providing food must pay attention to nutrition that is following the needs of the child. As well as modifying in the family in increasing children's appetite is paying attention to food variations so that children do not get bored in meeting nutrition (Susanto, 2012: page.13).

Based on the results of the calculation of the descriptive analysis of the increase in appetite for children aged 4-5 years with a variety of processed fish menus through "Gemari", the mean value for the *pretest* results is 49,53 and the *posttest* results are 72.00. This means that there is an increase in the appetite of children aged. The results of the *pretest test* for variations in processed fish menus through "Gemari" in children aged 4-5 years are different. Reviewing the results of the *post-test test*, there was a significant increase in 30 respondents. The increase started from a score of 1 to a score of 42. Analysis of variations in the processed fish menu between the *pretest* and *posttest* was carried out using the analysis of the application assistance program SPSS 21.0 paired *t-test*. Of the increase shown in the test results of *t* with a value of  $t_{\text{count}} > t_{\text{table}}$  ( $9.361 > 2.045$ ) with a level of significance value (2-tailed) at  $0,00 < 0,05$  Average *pretest* obtained at 49.53 while the average value -The *posttest* mean is 72.00. Of the value of getting an average increase in value by 22, 47 with a percentage of 45.36%.

As for what strengthens the research results reported from interviews with the respondent's parents said that "there is a variety of processed fish menu my son does not like to eat fish to likes to eat fish in the form of grilled fish meatballs". This following the research of Sartika (2012) which states that the basic nature of children is that they often feel bored so that parents must have a way to overcome the boredom of children, one of which is by serving a varied menu.

## CONCLUSION

Based on the results and discussion of the research, it can be concluded that the variations of processed fish menus favored by children at Mugi Lestari PAUD Post and Budi Utomo

PAUD Post in the Coastal Area, Juwana District, Pati Regency, are grilled fish meatballs, fish balls, and dragon feet. And the increase in appetite for children aged 4-5 years with a variety of processed fish menus through "Gemari" at the Mugi Lestari PAUD Post and Budi Utomo PAUD Post has experienced a significant increase. This is indicated by an increase in the *pretest* and *posttest* scores starting from 1 point to 42 points, with the average *pretest* score of 49.53 and the average *posttest* score of 72.00, so there is an increase in the value of 22.47 with a percentage of 45.36. %. This increase is shown from the results with a value of  $t_{\text{count}} > t_{\text{table}}$ , that it ( $9.361 > 2.045$ ) with a significance value level (2-tailed) of  $0.00 < 0.05$ .

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