

Nutritional Status Of Female Students In The Online Learning Method At Cenderawasih University Papua

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Abstract: *The higher education learning model during the COVID-19 pandemic has changed, from face-to-face in the classroom to online learning methods. This learning is a new learning model in 2020, developed by the Ministry of Education, Culture, Research and Technology of the Republic of Indonesia to simplify the learning process from elementary school to university level during the COVID-19 pandemic. The purpose of the study was to determine the nutritional status of female students in the online learning method at Cenderawasih University. The methodology used is qualitative with a phenomenological approach, the student's online learning method and the nutritional status of students. Informant female student of the Faculty of Public Health. The results showed that the work of parents of female students who had permanent jobs had good attention in giving money to female students, while parents who did not have permanent jobs were slow to give money to female students. The income of parents who have permanent jobs is better than parents who do not have permanent jobs. Female students whose parents have permanent jobs have the habit of eating sufficient nutrients, parents who do not have permanent jobs, female students are found to have less food habits. The Body Mass Index (BMI) of female students is normal.*

Keywords: *Nutritional status of female students, online learning method*

I. BACKGROUND

Learning methods are techniques used in educating students to improve knowledge and skills in the learning process, between lecturers and students. The learning method is an important part of increasing the intelligence of students' knowledge in education. In addition, learning methods improve the quality of human resources for the nation and state (Ardiansyah et al., 2020).

According to Law number 20 of 2003, concerning the National Education System in Indonesia. This law provides an overview for lecturers in educating the nation's generation of children. The expected goal is to develop capabilities and provide a dignified national character and civilization in the context of educating the nation's life, fearing God Almighty, having noble character, being healthy, knowledgeable,

capable, creative, independent, and becoming a democratic and responsible citizen. (Law of the Republic of Indonesia No. 20 of 2003, 2003).

The University is one of the government higher education institutions that educate sons and daughters to become undergraduates. In the teaching and learning process in higher education, it is different from junior high school (junior high school), public high school (SMU)/equivalent, elementary school, and kindergarten education. The difference in the level of education between low and high is largely determined by age. However, the difference in age determines the difference in learning methods at the level of education (Kemendikbud, 2016).

The learning method is a lecture model made by lecturers to educate students from not knowing to knowing, in college. The concept of learning methods is very important for creating

human resources (Monica & Fitriawati, 2020). The lecture model is an in-depth and broad learning in the field of human life, and a broad environment, where students are introduced to the world of science, study with friends, play with friends, mental formation, student character formation, and student morals in college. (Widodo & Nursaptini, 2020).

Higher education is part of continuing high school (SMU) or also called vocational high school (Tahir & Elihami, 2019). The introduction of learning to students is always adjusted to the age of the student in health and development status, because the health and development of students is part of the increase in the number of cells and tissues in the body. So that students get older, gain weight, and change body shape (Ningsih, 2020).

The factor that is highly expected by the Ministry of Education is the improvement of quality Indonesian human resources (Maulana & Hamidi, 2020). Knowledge of Indonesian students is increasing. In addition, another factor that is very supportive is that students who do lectures have optimal nutritional status in the learning process (Ilham et al., 2019). However, in the student learning process, students must have adequate nutritional intake to support the strength in thinking, speaking, and providing endurance in carrying out activities. (Miko et al., 2016).

Food and drink is a special part of human life, because food and drink that contain sufficient nutrients provide guarantees of life for humans. It is important that humans stay strong, stay healthy, and productive in their activities (Bening & Margawati, 2014).

In 2020 and 2021, the world will experience a pandemic of the corona virus disease. This disease causes various sectors such as transportation, economy, health, and education to be hampered (Ibrahim et al., 2020). This impact causes the teaching and learning process at Indonesian and world universities to not run well, between lecturers and students (Novesar, 2021). This is a special concern for the Ministry of Education to change learning methods, with the aim of continuing lectures, not being affected by the Covid-19 disease, and breaking the chain of transmission of the Covid-19 disease. (Purnawinadi, 2021)

The government enforces a new normal, so that people can carry out their activities as usual. However, activities must follow health protocols, so that people avoid the transmission of the corona virus (Marina & Yendra, 2021). This has an impact on changes in learning models in the field of education, where elementary school students or children no longer study in groups face to face with teachers. (KUSUMA et al., 2021). However, the learning model has used a new learning model, namely the online learning model (Suryana & et al, 2020). The online learning model is used to break the chain of transmission of the corona virus disease in Indonesia, Papua Province, especially Cenderawasih University.

Based on the problem above, the problem is formulated as follows: How is the online learning model for the even semester of the 2020/2021 academic year, and the nutritional status of young female students of Cenderawasih University.

II. METHOD

Phenomenological research design. The approach used in the study was to find out the experiences of the parents of the father and mother of the family, who helped the female students of the University of Cenderawasih in learning using the online method in the COVID-19 pandemic in Jayapura City, Papua Province (Afiyanti.Y, Rachmawati.I, 2014).

The online method is a learning method developed by the Ministry of Education and Culture of the Republic of Indonesia in 2020. This method is a part of the learning process between teachers and students in schools, where learning is not done in groups in the classroom. But learning from home by online. The online learning process of this method is an important part of breaking the chain of transmission of the Covid-19 disease, avoiding the spread of students and lecturers infected with the Covid-19 disease.

Collecting data in this study using in-depth interviews. The sample of this research is the father and mother of families who have daughters studying at the Faculty of Public Health, University of Cenderawasih. The research site is Cenderawasih University, Jayapura City, Papua Province. The research inclusion criteria were parents of elementary school children having permanent and temporary jobs, having facilities at home that supported online learning between lecturers and students every day (Creswell JW, 2010).

III. RESULTS

PARENTS' JOB

The work of the head of the family is very important to provide for the family's economy, and reduce the level of poverty that occurs in communities in urban, rural, and remote areas of Indonesia. (Ariffin & Ziyad, 2018).

The results of the research on the work of parents on female students of the Faculty of Public Health, University of Cenderawasih, showed that parental work was the main basis for supporting the lectures of FKM-UNCEN female students. Interviews with informants explained that the work of the father and mother of the family is..... I can go to college and pay tuition, and can pay for assignments, and can pay for a boarding house.... father and mother who saw my lecture without father and mother not working.....it's impossible for me to eat and study at the Faculty of Public Health,.....that's why it's people's work that pays for it my lecture.

Education, health, and family economy are influenced by the work of parents, so that every child's life needs for school, health, and daily food consumption can be met and prosper. (Noviandha et al., 2019).

PARENTS' INCOME

Income is the work that earns each head of the family money. One important part of money is a measure of purchasing power for all human needs, both food and other needs, therefore money is the main basis for

meeting the needs of human life. (Parengkuan et al., 2013).

Research female students of the Faculty of Health, University of Cenderawasih. The results found that the income of the father's and mother's parents is very important to help students study at the Faculty of Public Health. The picture of parental income shows that students whose parents have a fixed income usually send money every month on time, but female students whose parents are farmers, fishermen, manual laborers, private sector, or who do not have a fixed income. Sending money to female students is not on time, so the college needs of female students are slow to be resolved quickly.

Money has nominal sizes of tens, thousands, hundreds, millions, and billions. The value of money from the smallest to the highest becomes an important part of human life as a means of payment in meeting the needs of human life. (Harahap, 2016)

PARENTAL ASSISTANCE

Students study in college, not only lecturers teach students, but the tasks given by a lecturer are very important to improve student learning achievement from each lecture. (Absor, 2020). Assignments can be completed by female students, but it really depends on money, students need to pay for assignments (Iqbal et al., 2018).

Interviews with female students of the Faculty of Public Health, University of Cenderawasih..... So far, we have spent money on our lectures, so the money we get from our parents' income is sent to us. The income of our father and mother is an important part to help us make assignments for each course.

Parents, namely father and mother, provide great support to children who are in college, thus enough money really helps female students improve learning achievement through lecture assignments (Priyambodo & Setyawan, 2019).

TEENAGE GIRLS EATING HABITS

To get nutritious food and be consumed by someone, it is necessary to have household expenses to buy good and fresh food according to its quality (Saufika et al., 2012).

The results of the research on the consumption expenditure of female students of the Faculty of Health, according to interviews..... that female students explain spending money on food consumption very carefully and have special calculations that are adapted to body shape. female student. Therefore, some female students think that taking care of the body is very important, for that it should not be overeating which affects changes in the body to be large..

Improving the nutritional status of female students of the Faculty of Public Health, University of Cenderawasih, can be achieved through the consumption of good food every day. Consumption of food gives students endurance, so food gives energy to students in the learning process on campus or from home (Aulia & Yuliati, 2018). Consumption of sufficient food containing essential nutrients for the body is an element of life to maintain the nutritional status of female students (Sitorus, 2021).

FEMALE COLLEGE STUDENT NUTRITIONAL STATUS

Body mass index is the nutritional status of humans, measured using weight according to height, to describe undernutrition, normal, and overnutrition in the human age group. (Nurkhopipah et al., 2018). Measurement of nutritional status assessment body mass index is very important to find the ideal body shape of a person (Matin & Veria, 2013).

Based on the results of the measurement of the body mass index of female students of the Faculty of Public Health. BMI assessment shows that many female students have normal nutritional status. This normal BMI is achieved from the special attention of female students to buy nutritious food every day and consume it. An important part of supporting the nutritional status of female students is the income of parents who are sufficient, so that they can provide food for their children in lectures at Cenderawasih University.

The results of this study also illustrate that female students studying at the Faculty of Public Health are students who do not experience chronic energy deficiency disorders, this is indicated by a BMI value of 18.5 – 24.5. The results of this measurement prove that in the online learning method, FKM-UNCEN students have normal nutritional status.

BMI is a direct assessment of nutritional status, better known as anthropometry, therefore BMI is a measuring tool for the human body to detect malnutrition in all age groups. (Munasiroh et al., 2019).

IV. CONCLUSIONS AND RECOMMENDATIONS

Female students studying at the Faculty of Public Health, it was found that parents, namely family fathers or family mothers, did not all work as civil servants but some did not have permanent jobs.

Ladies and gentlemen of the Faculty of Public Health, improving student learning, family income not only from civil servants, TNI/POLRI, but parents who do not have permanent jobs also pay for their children to study at the Faculty of Public Health

During the COVID-19 pandemic, parental assistance in assisting female students for online learning methods is generally found in families who have sufficient income, but the lack of parental assistance is found in students whose parents have less income.

The female student of the Faculty of Public Health has the principle of having food as desired, a habit that is found that body size is a concern for limiting food in large quantities which has an impact on weight gain.

Body Mass Index (BMI) for female students of the Faculty of Health shows body mass with a normal index of 18.5 – 24.5 according to the habit of consuming food every day. Keeping food consumption is a concern so that excessive food is limited.

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