



The Risk Factor of Malnutrition of Bajo' s Adolescents

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ABSTRACT

There are many problems in adolescence, such as malnutrition. This problem that is commonly found in tribal societies, as example is Bajo tribe societies. The family environment or parents has an important role in this problem. The objective of this study to know do there are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents. Hypothesis of this study is there are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents. We used the qualitative method with case study approach as the method of this study. As the results, we indicated there are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents. The behaviors influenced by various factors that are culture which risk factor again the growth and development of child, unavailability of information, income level of family that low and accessibility to go to market that difficult. These factors can be used as an approach in formulate policies or programs to resolve the nutritional adolescent problems is Bajo tribe societies.



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ABSTRAK

Ada banyak masalah yang menimpa anak usia remaja, contohnya adalah malnutrisi. Masalah ini umumnya terjadi di komunitas tribal, sebagai contohnya adalah pada komunitas Suku Bajo. Lingkungan keluarga atau orang tua memegang peranan penting terhadap masalah ini. Tujuan penelitian ini adalah untuk mengetahui apakah ada pengaruh perilaku orang tua dalam memenuhi nutrisi anak remaja mereka terhadap malnutrisi anak remaja mereka. Kami menggunakan metode kualitatif dengan pendekatan studi kasus, sebagai metode penelitian ini. Sebagai hasil penelitian ini, kami menemukan bahwa ada pengaruh perilaku orang tua dalam memenuhi nutrisi anak remaja mereka terhadap malnutrisi anak remaja mereka. Perilaku orang tua tersebut dipengaruhi oleh berbagai faktor yaitu budaya yang kurang mendukung pertumbuhan dan perkembangan anak, kurangnya ketersediaan informasi, tingkat pendapatan keluarga yang rendah, dan aksesibilitas ke pusat perbelanjaan yang sulit. Berbagai faktor ini dapat digunakan untuk menyusun suatu pendekatan kebijakan atau program untuk menyelesaikan masalah nutrisi pada anak remaja pada komunitas Suku Bajo.



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INTRODUCTION

The adolescence is a transition from childhood to adulthood. Based on UNICEF data (2012), the number of

adolescents in the world has reached 1.2 billion or around 18 per cent of the world's population, more than half of which are living in Asia (UNICEF, 2019). India and China are the two countries with the highest numbers of adolescents, namely

243 million and 200 million, respectively. The very high number causes this age group to often experience various problems, especially reproductive health problem, including the issue of nutrition, which is always made as a priority agenda by the international world (Zare et al., 2017).

Now, the nutritional problem still become a big problem for adolescents, especially in developing countries (Stupar et al., 2012), one of which is anemia (Zehner, 2014). Adolescent is one of the age groups with a very high prevalence of anemia, which ranges from 80-90% (Zodpey, 2015). Now, there are adolescents to suffer anemia and iron deficiency (Stabell et al., 2021). According to WHO, the prevalence of anemia that into high category (Kapoh et al., 2021). This problem is not only experienced by adolescents with low socioeconomic status but also often by those with middle-to-upper economic status in urban communities (Singh & Singh, 2017).

In many countries, the problem of anemia in adolescence is usually inherited, or has been present from an early age. Besides, nutrition-related diseases are also one of the factors causing the decrease in body immunity of people who are suffering from HIV/AIDS (Fabusoro & Mejia, 2021). In 1989, many countries performed discussion to resolve this issue through the Convention on the Rights of the Child or CRC (Simon et al., 2020). This problem even still exists today and remains a challenge in various countries.

In various previous studies have researched the influence of parental behavior on adolescent nutrition problems. The results of these studies indicate that the behavior of parents affects the nutritional status of their adolescents (Nichols et al., 2015; Béghin et al., 2014; Yabancı et al., 2014). As the object of these studies are people who live in urban and rural areas. They had lifestyle that modern or trend to be modern. Nevertheless, how about with tribal communities. This question because modern society or modern trend society is different from tribal society.

The modern communities have lifestyle that modern. They are trend to leave their traditions (Fortunka, 2020; Samsudin & Idid, 2016). While, tribal communities still traditionally alive. They have the characteristics of enjoying a simple life and depending most of their lives on the environment, so that their livelihoods are usually in accordance with their neighborhood; living in groups with a quite close relationship between individuals; generally lacking confidence and feeling shame when communicating with people outside them; and all of their activities always refer to traditions (culture) that have existed since the time of their ancestors, where the cultural orientation is usually in accordance with the environment in which they live. Nevertheless, they also tend to be open-minded when there is new knowledge being introduced by the outside community ethically, such as when the delivery is done using their local language (Xavier, 2018).

The one of the factors challenging the countries in the application of CRC in overcoming nutritional inadequacy is family (Roscoe, 2012). In providing nutrition to the children, each family has a pattern, which is usually unique according to cultural values and typical children's behavior. Having consistency in cultural values is one of the characteristics of tribal communities. Countries must understand these patterns to overcome the problem in question.

The Bajo tribe is one example of tribal communities. They have the manners that unique. It can see how they fulfill nutrition on their teenagers. Nevertheless, it manner often be the risk factor of nutrition problem and be a challenge for the government. According on pre research result, most teenagers in one of the Bajo tribe residences in Buton Regency, Southeast Sulawesi Province experienced malnutrition problems. The family environment has an important role in

these problems. Family is considered to significantly influence children development because of the direct contact between them (Junaidi et al., 2018). The family has an important role. In carrying out their role, the family or parents are influenced by culture, social / general services, and the behavior of their teenagers. It role include the manner of fulfill nutrition on adolescents (Peralta et al., 2017).

So to solve it problem, the manner of fulfill nutrition on Bajo adolescents must be researched. Besides it, various previous studies not yet studied about risk factor of malnutrition of Bajo's adolescents. These are the gaps of this study if be compared with previous studies. So that, the objective of this study to know do there are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents. The question of this study is what are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents.

METHODS

This study used a qualitative design with a case study approach by exploring a problem with detailed constraints, taking in-depth data, and including various sources of information on the Bajo tribe community's pattern in fulfilling the basic rights of their adolescents in obtaining nutrition. This research was conducted in one of the Bajo tribe residences in Buton Regency, Southeast Sulawesi Province, Indonesia. Information was taken from parents who had teenagers (12-18 year olds), traditional elders, and service providers (health workers and local government) in the community. The selection of informants in this study was carried out using a purposive method, namely through consideration and information or the results of a preliminary interview with the local village government.

The data collection in this research was carried out through interviews and documentation. Interviews were carried out through in depth interview to informants. It was used as interview guidelines. Interviews with parents who had teenagers were intended to find out about the explanation that details the pattern of nutrition fulfillment in the adolescents of Bajo. Interviews with teenagers (12-18 year olds) were intended to find out about the additional explanation about its pattern. Interviews with traditional elders were intended to find out about the additional explanation about culture of fulfill nutrition in the adolescents of Bajo. Interviews with health workers were intended to find out about the additional explanation about nutrition services in the adolescents of Bajo. Interviews with local government were intended to find out about the additional explanation about policy of fulfill nutrition in the adolescents of Bajo. Documentation was carried out through pictures taken using a hand phone. Besides, documentation was carried out by retrieving data population of Bajo people in local government office.

The data was analyzed through data reduction, display, and verification. Data reduction is raw data from informants which were filtered to become compatible data. Then, the data were displayed in text using our argument. It was referred to as display. Then, we verified the data to get the result of our study. It was referred to as verification or conclusion drawing. To see the data validity, we used a triangulation technique, namely comparing observational data or documentation to those from informants and

comparing information from informants with various opinions and views of others.

RESULT AND DISCUSSION

Each community has its own unique culture. Generally, people form a community that can be referred to as an ethnic group, and there are diverse ethnicities in the world (Vyrostko, 2020). Anthropologists see that the ethnic diversity is due to differences based on the criteria of livelihoods and economic systems that are influenced by natural conditions, such as the highlands, lowlands, and coastal areas. These criteria give birth to various kinds of tribes, one of which is the Bajo tribe whose livelihood is as fishermen (fishing communities). They work as fishermen because they live above seawater.

Ethnic diversity can give birth to the practice of fulfilling children's basic rights, uniquely in each tribe (Santrock, 2012). It certainly comes from a guideline where a unique set of beliefs arranged based on the needs of the community since the time of their ancestors. Viewed from an external perspective (outsiders), it can be said to be protective or risk factors (Yap et al., 2018). If it contains procedures for fulfilling the basic rights of adolescents with a positive impact on their growth and development, then it is called a protective factor. Conversely, if it has a negative impact, then it is considered as a risk factor.

The Bajo's people is the only tribe or tribal community that lives above seawater. They built a house above seawater. For survival, they generally still live a simple or traditional lifestyle (Basri, 2018). They generally still depend upon their lives on marine environment. They have a set of values or local wisdom which is certainly related to it (Wani & Ariana, 2018). Bajo families have a set of values that are unique in fulfill the nutrition to their teenagers. The fulfillment that researched by the study are the manners of Bajo parents to give food to their teenagers and the food menu that gave by Bajo parents to their teenagers.

The manners of Bajo parents to give food to their teenagers

The families in the Bajo tribe have a unique way of feeding. Food is always available and they are not give any restrictions to their teens about meal times. They can eat at any time, and it does not have to be three times a day. This has been their habit for generations. Formerly, their ancestors lived and made a living on the seawater, so they were directly confronted with exposure to wind and waves that were quite hard. If they not were physically strong enough to survive, their life activities would be disrupted as their lives are highly dependent upon marine environment. Their stomach should not be empty to maintain their physical strength by eating before they get hungry and stopping before they get full. They also allow their adolescents to eat without having to wait for parents.

These values and habits have been running until now and have never been responded to by their adolescents. The behavior aims to keep adolescents healthy. Teenagers have relatively many activities, so their food needs must be guaranteed (Suryani et al., 2017) by always guaranteeing its availability. Therefore, the behavior adopted by the Bajo family can be said to be a protective factor.

Although Bajo parents are not give any restrictions to their teens about meal times, nevertheless their are give control to eat behavior of their teens. The behavior aims to keep

adolescents healthy. The eat frequency of teenagers must always controled by their parents so that there is no malnutrition of teenagers (Wangaskar et al., 2021). Therefore, the behavior adopted by the Bajo family can be said to be a protective factor.

The Bajo parents always give the cutlery that simple to their teenagers and it the same as used by Bajo adults. The behavior aims to prevent negative thinking on adolescents and to respect dignity of adolescents. Adolescence is sensitive period and temperamental period (Schmidt et al., 2017). The behavior respect to adolescents must become a habit. Therefore, the behavior adopted by the Bajo family can be said to be a protective factor.

The Bajo's people teach their adolescents eating manners that have existed since the time of their ancestors, which they often get from their traditional leaders. First, they must eat in their home (eating room). Secondly, they should not use wet clothes at mealtime to avoid digestive-related diseases. Third, they may not wrap or store clothes or clothing around the neck when eating for two objectives, namely, for girls, to avoid obstacles (like a long or abnormal delivery) during the delivery process and, for boys, to avoid those for their wives. The adolescents have never given negative responses to this and they even believe in these things.

The behavior aims to introduce cultural identity to adolescents. Adolescence is an age whose level of morality is more mature compared to the previous age, so moral values must be introduced (Yusuf, 2017). Besides, the introduction of values in adolescents can improve their skills in discussion and increase their knowledge of cultural identity (Sa'id, 2017). Therefore, the behavior adopted by the Bajo families can be said to be a protective factor.

The food menu that gave by Bajo parents to their teenagers

In terms of the food menu, Bajo people consider that rice and fish are sufficient. They view that fish is a complementary menu of rice that must be available every single day. Without fish, they will lose energy and enthusiasm for work. On the one hand, vegetables are not necessary to be consumed every day because, in addition to costliness, they must pass through a relatively long distance to buy vegetables, which is about 12 km. This behavior, handed down from generation to generation, has never been responded to by their teenagers. The habit was born from the lives of their ancestors who lived on the boats so that their life is that simple. The behavior as the risk factor of malnutrition of Bajo's adolescents.

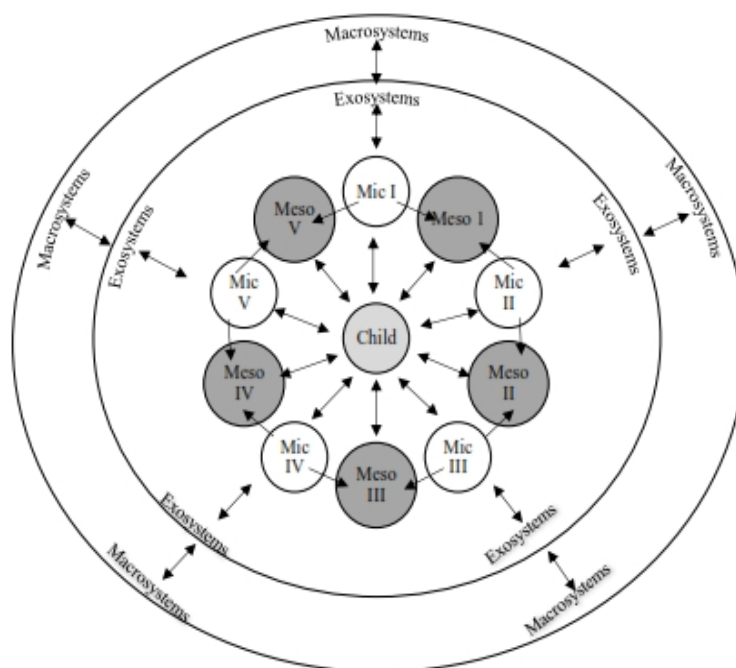
If teenagers less consume vegetables and fruits, their growth and development will be disrupted. Various previous studies have researched its. Its can be present in the following table.

If teenagers always consume foods with a balanced menu, their health will be maintained. Conversely, if they always consume those with an unbalanced menu, their health will be disrupted (Fikawati et al., 2017). The balanced diet consists of foods containing carbohydrates, proteins, fats, vitamins, and minerals, with a balanced volume. Food quality or nutritional balance can affect body health (Ainia & Notobroto, 2019). Therefore, the behavior adopted by Bajo families can be regarded as a risk factor.

The behavior are influenced by family economic factors, family accessibility to shopping centers, availability of information from health workers, and cultural factors. The behavior influenced by environmental systems, such as culture, socio-economy status, public service facilities, etc (Han & Yan, 2019). The concept can be present in the following figure.

Table 1
Impact less consumes vegetables and fruits

Item	Advantage of vegetables and fruits	References
1	To prevent of cardiovascular diseases risks, to prevent of cancer risk	(Nepali et al., 2020)
2	To prevent coronary heart risk and cancer risk	(Chibuzo Carole Nweze et al., 2021)
3	To prevent diabetes diseases risk	(Zheng et al., 2020)
4	To prevent stroke diseases risk	(Pearson-Stuttard et al., 2017)
5	To prevent obesity risk	(Bricarello et al., 2021)



Note
 Mic I (microsystems I): Family
 Mic II (microsystems II): School
 Mic III (microsystems III): Community
 Mic IV (microsystems IV): Media
 Mic V (microsystems V): Peers
 Messo I (mesosystems I): Conferences
 Messo II (mesosystems II): Guest Speaker
 Messo III (mesosystems III): Censorship
 Messo IV (mesosystems IV): Friends going to the movies
 Messo V (mesosystems V): Having friends
 Exosystems: Work environment, school board, city council, federal communication commission, community services
 Macrosystems: Religion, change, ideology, socioeconomic status, ethnic group

Figures 1 Concept of environmental systems

In addition to staple foods, they also often provide traditional food called “dayah dititta” for their teenagers in the form of raw fish and white sea cucumbers. The methods for making raw fish are as follows: firstly, the fish are scaled and then washed clean; secondly, the fish including their entrails are chopped to a small size; and thirdly, the fish slices are mixed with lemon, lime and salt. The fish is then ready for consumption. White sea cucumbers are also processed similarly in general. But some process it in a different way. Firstly, the sea cucumbers are stored for three days in a closed container until the skin peels off by itself. Secondly, the sea cucumbers are cooked like cooking rice. The food they called “balok” is then ready to consume.

The both types of food should only be eaten by someone when they are in their teens, meaning that children are not yet allowed to consume them. Bajo people believe that these two kinds of foods are beneficial to improve the health and the strength of the people who consume them. In previous

time, these foods were used as a booster for the ancestors when fishing in the middle of the ocean far from their residences. Going home whenever they are hungry would certainly stop their finishing activities and reduce their income. To overcome this, they found both of these foods as hunger delays. However, they also had a type of food that is prohibited to be consumed, namely puffer fish whose shape resembles a ball. This prohibition is hereditary.

The Bajo’s parents always try to make their teenagers love traditional foods as a form of simplicity, like their life principle. The behavior that always providing traditional food to teenagers has considerable benefits and goals. The aims are: to prevent them from always consuming modern fast foods because generally, these are not healthy for the body, to introduce simple eating pattern because in general these foods can be obtained at economical prices, and to maintain the cultural identity of ancestors (Gardner & Hauser, 2017;

Stupar et al., 2012). Therefore, the behavior adopted by Bajo families can be said to be a protective factor.

Limitation of The Study

In the reserach, we still focused on discussing about malnutrition of adolescents in tribal communities and we not yet study about malnutrition of toddler and other child periods. These case very important be studied.

CONCLUSIONS AND SUGGESTIONS

The risk factor of malnutrition of Bajo' s adolescents that is behavior of their parents. Bajo' s parents only give rice and fish to their adolescents every day. It foods as the main food for them. While, other foods such as vegetables, fruits, etc rarely given to their adolescents. It behavior caused by various causes that are culture, availability of information, economy of family, accessibility to go to market. Availability of information and accessibility to go to market relating with public services that sourced from political policy. Therefore, there are influence behaviors of Bajo parents to fulfill the nutrition of their teenagers again malnutrition of their adolescents.

As the future directions, we expected that stakeholders have attention that serious about behavior of Bajo parents to fulfill the nutrition to their teenagers. The stakeholders must be attention it when arrange a formula to improve the welfare of adolescents in tribal communities. Therefore, we hoped that the results of this study could be used as a reference and benchmark for policymakers in formulating programs to improve the welfare of adolescents in tribal communities.

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ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

The authors declare that they have no conflict of interest.

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