

## ABSTRACT

### UNDER FIVES NUTRITIONAL REARING MODEL DEVELOPMENT BASED ON RISK FACTORS APPROACH As an Effort for Mother Rearing Empowerment

Based on results of the survey Assessment of Basic Data on Under fives and Mothers' Nutrition Situation Fast Up program USAID WVI 2005 in three poor districts of Surabaya, the prevalence of malnutrition in sub districts Tambak Sari, Simokerto, and Kenjeran was higher than the incidence in Indonesia. The role of the mother is the most important factor in alleviating the negative effects of nutritional problems through rearing in providing food, health care, and nutrition for the children. The survey results also showed descriptively that there are few mothers who are able to provide rear to sick and healthy children properly. Similarly, there were only 67.1% of mothers who knew 4 of the 8 signs of malnutrition in question.

Preventive measures should be a priority. Prevention can be pursued through the mother's Understanding that there is a potential risk, risk factors, and knowing about the consequences of nutritional problems related to health care and the growth of children. This should be a bottom-up intervention. Therefore, we require a nutritional risk approach strategy that relates to Under fives rearing.

The risk needs to be simplified in a model. Therefore this study aims to establish and develop an under fives nutritional rearing model based on a risk factor approach in an effort to empower mothers' rearing. The model must be in accordance with nutritional problems that exist in the community and can be used as a control strategy for under nutrition in children by increasing the empowerment of women in nurturing their children.

The Lisrel Program helps to shape the children's nutrition rearing model based on nutritional risk factors in 1085 under fives. The results can only develop a model of nutrition rearing in under fives aged 6-60 months. Nutritional care is a rearing risk factor underlying nutrition problems in under fives. The ability of mothers to monitor children's growth can prevent child nutritional problems.

Mothers should understand the risks and consequences of health care and nutrition of their children as evidence of the appropriateness of the rearing model. The suitability model was done through assistance strategies using individual teaching modules tool that was composed on the basis of nutritional risk models of under fives rearing. The module was given in a tutorial. This stage was a two-sample experimental study with control for 6 months.

The results showed that the teaching module proved to be useful as a tool in rearing assistance, with minimum effectiveness of knowledge improvement 2.5 times higher than before, and 3.5 times for rearing practices. Therefore, the model of nutritional rearing of under fives can be used as a new strategy through the entire approach to the risk of malnutrition affecting children's growth in an integrated way, and based on the potential mother.

Based on this model, changes in maternal behavior in rearing occur within a period ranging from 2 to 6 months for 7.1 to 17.7% of the sample on assistance. This changing behavior needs to be over long time. Thus, this child growth deviation concept should be inserted from the early health education curriculum on kindergarten to university.

**Keywords:** rearing, model, nutrition, under fives, risk factors, empowerment, mothers