

## PERBEDAAN KEJADIAN INFEKSI SETELAH PEMBERIAN SENG PADA BALITA GIZI BAIK USIA 3-5 TAHUN DI KABUPATEN BOJONEGORO

**CHAERUNNIMAH**

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ZINC;DIARRHEA

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### SUMMARY

#### **DIFFERENCE INCIDENCE OF INFECTION AFTER SEPLEMENTATION OF ZINC NUTRITION IN INFANTS AGED 3-5 YEARS IN DISTRICT BOJONEGORO**

Diarrhea is still a cause of high morbidity and mortality in children in developing countries. Many studies show that zinc supplementation effect on the incidence of diarrhea. Zinc supplementation in children with diarrhea reduce the duration and severity of diarrhea. Giving zinc may decrease the frequency and volume of bowel movements so it can reduce the risk of dehydration in children. One study stated that there was no significant difference, but other studies showed significant results in which the duration and severity of diarrhea decreased with zinc supplementation. But there is still little research into the effect of zinc supplementation for prevention of diarrhea in children with good nutritional status. The study was conducted to determine the effect of zinc supplementation for prevention of diarrhea in children aged 3-5 years in Sumberrejo Bojonegoro. The study design is the Pre Test Post Test Control Design conducted in June 2011 for 2 months in Sumberrejo Bojonegoro district, with the subject of children aged 3-5 years as many as 24 children, 12 children were given zinc supplementation and 12 children given a placebo. Zinc supplementation administered in the form of syrup, with a dose of 1 teaspoon per day. Every one measuring spoon (5 ml) contains 7 grams of zinc. Incidence of diarrhea was observed and the level of consumption through food recall and food frequency. There were no significant differences in the incidence of diarrhea between zinc and placebo groups. In the zinc group, after the intervention was not found cases of diarrhea. In the placebo group after the intervention there is a toddler diarrhea. Zinc improve immune system. Zinc improves the function of taste that can affect appetite. Zinc levels of zinc will improve the taste buds of saliva so that normal functioning that would affect a person's level of food consumption. There are significant differences in consumption of energy and protein levels between the zinc and placebo groups ( $p < 0.05$ ).

## ABSTRACT

### **DIFFERENCE INCIDENCE OF INFECTION AFTER SEPLEMENTATION OF ZINC NUTRITION IN INFANTS AGED 3-5 YEARS IN DISTRICT BOJONEGORO**

**Background:** Mortality rates of diarrhea in children aged 3-5 years is still high. Zinc supplementation can reduce the incidence of diarrhea. Still little research into the effect of zinc supplementation for prevention of diarrhea. **Objective:** For knowing the effect zinc supplementation to prevention of diarrhea in children aged 3-5 years in Bojonegoro.

**Methods:** The study design is the Pre Test Post Test Control Design conducted in June 2011 for 2 months in Sumberrejo Bojonegoro district, with the subject of children aged 3-5 years as many as 24 children, 12 children are given zinc supplementation and 12 children given a placebo. Incidence of diarrhea was observed and the level of consumption through food recall at the beginning and end of the study. **Results:** There were no significant differences in the incidence of diarrhea between zinc and placebo groups. There are significant differences in consumption of energy and protein levels between the zinc and placebo groups ( $p < 0.05$ ).

**Conclusion:** There was no effect of zinc supplementation for prevention of diarrhea. Zinc supplementation can increase food consumption.

Keywords: zinc, diarrhea

