Children’s song media’s influence on consumption vegetables and fruits in primary school children

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ABSTRACT

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Indonesian people consume 173 grams of fruits and vegetables per day, below the World Health Organization's recommended 400 grams. 16.54% of children aged 5-9 years do not consume vegetables and fruit, with 73.79% consuming only 1-2 portions daily. Low consumption is linked to increased risk of chronic diseases. To increase awareness, a song policy called "Vegetables and Fruits are Rich in Benefits" is being implemented in Tasikmalaya City elementary schools. The research used qualitative methods, including Focus Group Discussion and Brainstorming, and found positive responses from informants. The plan is supported by adequate facilities and infrastructure in schools. Stakeholders and schools agree to commit to the song to increase children's knowledge and consumption of vegetables and fruits.

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INTRODUCTION

Early age is the most important period in human life span. The nervous system develops rapidly and there is an increase in weight and length/height (Desmita, 2012). This period is called golden age period because all the potential (physical, linguistic, cognitive, emotional, social, moral and religious) that children have begins to develop well (Kafah & Siswati, 2013). Developments in this early period will determine subsequent developments.

Lack of consumption of vegetables and fruit in children can cause various diseases in later life. Low consumption of vegetables and fruit is associated with an increased risk of chronic diseases such as heart disease and diabetes. Children who consume high amounts of vegetables and fruit during childhood have better health and the risk of developing chronic diseases related to diet is reduced (Mak et al., 2012). Apart from that, a lack of vegetables can also have a bad impact on the eyes, and can also cause anemia with symptoms such as weakness, fatigue, lethargy, lack of concentration and laziness in children. Constipation will also be a disease that will be experienced if children do not consume enough vegetables and fruit (Bellini et al., 2021; Leung & Hon, 2021; Rajindrajith et al., 2022). Not consuming enough vegetables and fruit is also closely related to obesity. Consuming fruit regularly at every meal will prevent weight gain (Horne et al., 2011). Consumption of vegetables and fruit also plays an important role in children's mental and physical development (Fischer et al., 2011). If the body does not consume enough fruit and vegetables, the impact can be long-term, even now non-communicable diseases often attack young people, who are still productive.

The importance role of vegetables and fruit is not in line with the amount of consumption by Indonesian people. The World Health Organization (WHO), recommends consuming 400 grams of vegetables and fruit per day. FAO provides a standard for vegetable and fruit consumption of 65.75 kg/capita/year or 180.1 g/day/person. Then, according to the Indonesian Ministry of Health, it is better to consume 2-3 portions of fruit per day. Then, based on the Balanced Nutrition Guidelines (2014), children under five and school age children are recommended to consume 300-400 grams of vegetables and fruit consisting of 250 grams of vegetables (equivalent to 2.5 portions or 2.5 glasses of vegetables after cooking and drained) and 150 grams of fruits (equivalent to 3 medium-sized ambon bananas or 1.5 pieces of medium-sized papaya or 3 medium-sized oranges). Meanwhile in Indonesia, according to data from the Total Diet Survey (2014), vegetable consumption only reached 57.1 g/day and fruit consumption 33.5 g/day/person. Apart from that, Indonesian people's fruit
and vegetable consumption refers to data from BPS (2016) reaching 173 grams per day, smaller than the World Health Organization (WHO) nutritional adequacy figure, which is 400 grams per day. West Java Riskesdas data for 2018 shows that 16.54% of children aged 5-9 years do not consume vegetables and fruit, and 73.79% consume only 1-2 portions a day. Residents are said to consume enough vegetables and/or fruit (a combination of vegetables and fruit) if they consume at least 5 portions a day.

In general, children living in developing countries, including Indonesia, have more difficulty consuming vegetables and fruit compared to children in developed countries. They will actually avoid healthy foods such as vegetables and fruit (Diana et al., 2022; Hémar-Nicolas et al., 2021; Sufyan & Wahyuningsih, 2023). This is in accordance with the data from Riskesdas (2010) that in the age group over 10 years, vegetable consumption only reached 63.3% and fruit 62.1% of their daily needs. The high rate of fruit and vegetable intake is less than 5 portions, namely 98.2% for children over 10 years.

The low percentage of vegetable and fruit consumption in the data above shows that consuming vegetables and fruit regularly and as needed is not yet a priority for the majority of people in Indonesia. The habit of consuming vegetables and fruit can be adopted by school-aged children. If one has a bad diet as a child, it will remain bad even as an adult (Mitchell et al., 2013) and will affect their health (Kansra et al., 2021; Mkhize & Sibanda, 2020; Van Lancker & Parolin, 2020).

Food consumption is influenced by several factors, namely childhood habits, socio-cultural factors, religion and belief, financial conditions, advertising and attention to health (Almatsier, 2011). Attention to health will increase if the stimulation of information about health is presented in an interesting and easy to understand manner, one of which is through music/songs.

Children's songs are a variety of rhythmic sounds that can be accompanied by musical instruments whose lyric content is a story about experiences, events experienced by children (Khanti, 2012). Children's songs have simple melodies, beats and rhythms so they are easy to learn and the contents of the songs contain expressions of love, advice, knowledge, ideals and stories that are appropriate to their world (Tanjug & Wardi, 2005). Beautiful music is a basic need for humans, because music can make people happy, joyful and comfortable. Gruhn (2005) believes that children need music as a means of rhythmic repetition and structured movement, children have a good sensitivity to music. Music also stimulates brain growth and activates brain connections. Musical practice can also coordinate fine motor skills. Music does not tend to only develop the left brain, but music makes the connection between the left and right brain stronger.

This research is a continuation of research into song media product development carried out in 2020 where the conclusions of prototype songs validated by experts can be tested to be used as educational songs in an effort to increase knowledge and consumption of vegetables and fruit in elementary school students. Based on this, the researchers decided to continue their research on children’s song media’s influence on consumption vegetables and fruits in primary school children in hopes that it will contribute to the issue discussed and become a reference for future research on similar topic.

METHOD

The research used the qualitative approach through Focus Group Discussion (FGD) and Brainstorming. The analysis was carried out using thematic analysis. In this study, two treatment groups were used, namely the FGD group consisting of elementary school principals in the Tasikmalaya City area and brainstorming participants namely the head of the Tasikmalaya City Education Office and the staff involved in the elementary school program. Sample selection was carried out by total random sampling method. Activities are carried out at Meeting Room Cordela Hotel Tasikmalaya on Tuesday August 15th 2023. FGD activities and Brainstorming guided by a professional moderator. At the end of the FGD activities and Brainstorming, commitments are made by stakeholders and the elementary school’s principal.

RESULTS AND DISCUSSION

This research was divided into 2 activity sessions, namely a Brainstorming Discussion session with stakeholders and an FGD with the elementary school’s principal. Discussions with elementary school’s principals in Tasikmalaya City were carried out with 7 informants who were selected based on recommendations from the Tasikmalaya City Education Office, including the Principal of SDN 2 Siluman, the Principal of SDN 2 Sukamaju, the Principal of SDN Leuwianyar, the Principal of SDN 2 Cigantang, the Principal of SDN 4 Purbaratu, Principal of SDN Rancabeundeum and Principal of SDN 1 Picungremuk.

The theme of how important learning media is to improve the teaching and learning process. Informants stated that song media is a very important medium for the elementary school phase. This is related to the audio student's learning style. The use of songs is believed to increase children's motivation and interest in learning (Ilmi et al., 2021). Apart from that, Wardani (2018) states that children's songs in the learning process can help children's memory become better, through singing children will feel happy and calm, children's anxiety and
discomfort will disappear, making it easier for children to understand learning material. The following is the opinion of the informant:

"...One thing that is very important for us in the teaching and learning process is that one of the tools is media. Apart from the tools, media is an important one, especially for the phases in the lower grades, grades 1-2-3 are the developmental period. It must be possible in the sense that it must be concrete. Especially now with the elementary school transition, pre-primary-primary school transition from grade 1 to grade 3 or if the motorbike book is from phase A, grade 1, grade 2, phase B, grade 3-4, it really needs something concrete, right? In the sense that the media is in the form of audio, audio-visual or visual images and later it will be discussed again in relation to the child's learning style. When presented in audio form, it will be very helpful in the audio learning style of students. When the visuals are audiovisual, they will help the needs of students whose learning style is audiovisual. Likewise with eee audio. "This is what is called helping according to the child's needs when studying. It means that our obligation as educators is to reduce things that are not expected by the child because the child has been facilitated with what his needs are." (S1)

Furthermore, the informant stated that song media could help PBM or academic programs and the availability of teaching and learning aids which were expressed as follows:

"...Very. It can really help, especially the one above, the audio style, yes. Very helpful. It even facilitates whatever needs the child needs. In Tasikmalaya City, maybe some elementary schools already have them, especially now there are ones with 80 displays, like Megatron, right? Wow, yeah. "Children can listen to the music and see it directly using a large audiovisual screen, right?" (S1)

"...for the media, thank God, yesterday we received assistance from the education department in the form of something. In the class, Mr. Budi, there is a digital whiteboard that is connected to the internet, whatever so the class can be made into a lab like that. So class 1 can go there, class 2 can go there, so everyone can take turns." (S3)

Opportunities for implementing "Vegetables and Fruits are Rich in Benefits" song to be adopted as a learning medium or other academic atmosphere, information was obtained from the opinions of the following informants:

"...opportunities for applying songs are many. Even integrated later. It can be integrated with various subjects, especially with extracurricular or extracurricular habits can be UKS, habits can be healthy food, healthy living behavior, many, many, many. Adopted as a learning medium. Yes, you can." (S1)

"...often heard like that. So it's not just learning or habituation. For example, during recess, we play that song at school so the children get used to hearing that song." (S2)

"...This song or this program is also good to implement in schools, especially now that children's health is really declining, yes, we need stunting - we even have a program for civil servants, yes, we want stunted children like that. "Well, with this program, the children are introduced to this song and it's already so interesting."(S4)

The informants conveyed several suggestions or strategies for implementing the "Vegetables and Fruits are Rich in Benefits" song so that it is more effective. The following are some related informants' opinions:

"...when learning is integrated. So some are conditioned, some are incidental and integrated into learning, just like the PJOK material book has - in PJOK the material is extraordinarily good. Apart from drugs and corruption, in PJOK it turns out that health appears there, that's why the media can use it."(S1)

"...Because not only are learning activities in the classroom sufficient, but it would also be better if other activities were implemented in habituation activities, both daily and weekly and even monthly habituation activities, including audiovisual broadcasts, which we always do so that "Children often hear, see, so they are expected to understand, and which in the end can implement it in their daily lives both at school and at home."(S5)

"...there should be a curriculum included, eee, an intracurricular curriculum like that, but if there is no intracurricular, now it is protected by co-curricular or P5C activities

"...if possible, this could be simplified like Mr. Irvan said earlier, but I also agree that this poem can be for the upper class, yes it can be for the upper class, maybe other poems for the lower class can also be heard, yes, for familiarization, they can also be heard. I think over time, with repetition from first grade to second grade to third grade, if you listen to it over time, you can memorize it and you can understand it. "Perhaps my input from the words can be simplified so that grades one class two to six can understand."(S7)

Brainstorming discussion with the topic Implementation of the Research Results ""Vegetable and Fruit are Rich in Benefits' Songs for Elementary School Children" in the Learning Program at the Tasikmalaya City Education Office was attended by 3 informants, namely representatives from the Tasikmalaya City Education Office, Head of the Elementary School Development Division of the Tasikmalaya City Education Office, Head of the Institutional and Student Affairs Section of the Elementary School Education Office Tasikmalaya City, and Elementary School Institutional and Student Affairs Section Staff. The scope of this research discussion includes: Informants' opinions regarding programs/activities at the Education Department that can be synergized with the results of Poltekkes research, especially in the context of implementing "Vegetables and
The implementation of the research’s results of the “Vegetables and Fruits are Rich in Benefits” song is in line with several programs of the Ministry of Education, Culture, Research, and Technology’s namely the Healthy Schools Campaign with the aim of one of them being healthy nutrition, there are also other programs such as Adiwiyata with the aim of fostering a spirit of love for the environment, Anti-Corruption Songs from the Corruption Eradication Commission, Anti-Drug Songs from the BNN. The following is a quote from the informant:

“...discusses the results of research on the Implementation of Vegetable and Fruit Songs. "Perhaps this is in line with the program from the Ministry of Education and Culture, namely the "Healthy Schools Campaign", one of which is about healthy nutrition, this has also been included in the program from the Ministry of Education and Culture, yes, and also maybe if we have a Healthy Schools program, there will also be an Adiwiyata Schools program” (D1)

The informant also stated that other similar programs, such as the “Vegetables and Fruits are Rich in Benefits” song, had previously existed and been implemented at the relevant school Strengthening Children's Numerical Problems (GASING: Easy, Enjoyable, Fun; Gampang, Asik, Menyenangkan). 50% introduce the concept of division, multiplication, using songs. For 15 days, implementing the song for 100 students who have poor numerical abilities (especially grades 3 and 4 who are affected by COVID-19). According to informants, this program has been successful and it is hoped that the implementation of Vegetables and Fruit song can emulate the concept and duration of the GASING program.

There were statements from several informants regarding their opinions regarding the application of songs which they felt were heavy. This is in line with (Kamtini & Tanjung, 2015) which states that children's songs have simple melodies, rhymes and rhythms so they are easy to learn and the contents of the songs contain expressions of love, advice, knowledge, ideals and stories that are appropriate to the world. They. The following are the opinions of the informants:

“...Well, it's just that the child quickly absorbed the song, right? I think that's probably what the song was, it's a good song but I think it's too heavy for children, maybe it could be like GASING songs, right...” (D1)

“...And for songs, I think this is a bit difficult for the child, because the child has phases, 6 years, 7, 8, 9 years, 10-12 years, so between the 3 phases the child may have different types of songs which should be given because he likes the song, because the child has a cheerful nature like that, right, as was demonstrated earlier.” (D2)

“...this is probably for this song. In my opinion, this song is a bit heavy, like songs usually for middle school, high school if this is the tune, so it's light for elementary school students, the sentences are short, sir, like a lizard on the wall, right? Then it will be two sentences, two sentences, don't make it too long, so the child will be happier, and the song is cheerful for the child and can be swayed, so the child won't get bored.” (D2)

The informant gave suggestions for the innovation of "Vegetables and Fruits are Rich in Benefits" song for further development, namely by providing visualization or adding movements, not only audio, so that it makes it easier for children to understand the meaning of the lyrics and it is better if the song is sung by children too if it is intended for children school age. The following is the response from the informant:

“...because maybe the person you listened to was the one singing like an adult, right? Maybe that's the case with children, right? Then maybe later, if there's a video clip, it will be the child dancing, doing what, while showing his vegetables and fruit. Maybe it will be more relatable to their children too, and maybe it's also the same as other informants from what the lyrics are, yes, it's for elementary school so it doesn't seem like it would be that relatable. Yes, maybe that's it, maybe I'll try it if it's a child singing it, so maybe it'll feel better, the one singing it like that...” (D3)

The support from the Tasikmalaya City Education Office for the dissemination of songs is by inserting songs into existing activities in schools and departments, as follows in the opinion of the informant: “InsyaaAllah we will support this program, maybe we can also insert this song sir, we will be in September, right? I and P3KS held a screening of GASING, so maybe the song can be included in the event.” (D1)

CONCLUSION

The implementation of the song "Vegetables and Fruit are Rich in Benefits” in increasing students' understanding of the importance of consuming fruit and vegetables received a positive response from the school and stakeholders. Both the school and stakeholders provide support for the song "Vegetables and Fruits are Rich in Benefits” so that it can be introduced to students through familiarization activities that are routinely held in every elementary school. The manifestation of this positive response and support is the signing of a
commitment to the implementation policy for the song "Vegetables and Fruits are Rich in Benefits" by stakeholders and the school. The suggestions from the informants regarding songs were choosing simpler sentences and song tones as well as adding video clips to the songs which were considered to increase the appeal of children, so that children would more easily understand the information in the songs.

REFERENCES

*Children’s song media’s influence on consumption vegetables and fruits in primary school children*