



Socialization of Education on the Importance of Balanced Nutrition for the Young Generation in the Millennial Farmers Group of Kabul Village

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Received: July 30, 2024

Revised: September 5, 2024

Accepted: September 26, 2024

Published: September 30, 2024

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DOI: [10.29303/ujcs.v5i3.689](https://doi.org/10.29303/ujcs.v5i3.689)

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Abstract: The millennial generation, a growing segment of Indonesia's youth, is expected to play a crucial role in the nation's future development. Thus, it is imperative to thoroughly prepare this resource, particularly by enhancing the quality of their education and health. Knowledge and understanding of health, especially nutrition, are critical for this group as it directly impacts their cognitive abilities. However, many young people still lack awareness of balanced nutrition, leading to various health. To address this, an educational outreach on the importance of balanced nutrition was conducted for the millennial farmer group in Kabul Village. The goal was to equip the youth with knowledge about balanced nutrition, influencing their eating habits and dietary patterns in the target village. The outreach employed educational methods, including material presentations by the team, interactive discussions, and summarizing the discussion outcomes. Monitoring results during the outreach indicated high participant interest, evidenced by numerous questions, particularly regarding parental roles in ensuring balanced nutrition for adolescent family members. Young participants highlighted the challenge of avoiding unhealthy snacks due to the proliferation of culinary trends and social media influences, often leading them to try foods without considering their nutritional value. The balanced nutrition education initiative aims to benefit both millennials and the older generation. Consequently, it is hoped that parents will emphasize balanced nutrition messages to their children within their families.

Keywords: Education; Balanced Nutrition; Young Generation; Kabul Village

Introduction

Currently, the development of information technology ranging from smartphones to social media has changed the lifestyle of modern teenagers (Asmawati et al., 2022). Based on the UNICEF baseline survey in 2017, changes in eating patterns and physical activity were found in adolescents. Most adolescents use their free time for inactive activities, one third of adolescents eat factory-made snacks or processed foods,

while the other third regularly consume wet cakes, wet bread, fried foods, crackers (Kusumawati et al., 2022).

Lifestyle changes in the younger generation occur with increasing connection to internet access, so that teenagers make more independent choices. The choices made are often less appropriate so that they indirectly cause nutritional problems. Lifestyle changes are driving the behavior of today's millennial youth to tend towards being consumptive, including in terms of food (Hananto & Lailla, 2024). The danger is, often the food chosen to eat is unhealthy food which causes nutritional

How to Cite:

Putri, N. A., Ilmiati, N., Lestari, D. P., Sarjan, A. F. N., & Sarjan, M. (2024). Socialization of Education on the Importance of Balanced Nutrition for the Young Generation in the Millennial Farmers Group of Kabul Village. *Unram Journal of Community Service*, 5(3), 182-188. <https://doi.org/10.29303/ujcs.v5i3.689>

problems later on. Teenagers are the future generation of the nation. So, if they have nutritional problems, this will also have an impact on their children later on.

Generation MilesMillennials are the young generation who were born in the modern era where sophisticated technology began to be introduced to the public (Hananto & Lailla, 2024). The advancement of information technology has made the millennial generation familiar with things that are fast and practical, including food. Balanced nutrition is a balanced diet in nutrients obtained from a variety of foods to meet the nutritional needs for a healthy, smart, and productive life. Nutritional status is a condition resulting from the balance between the amount of nutrient intake and the amount needed (requirement) by the body for various biological functions including physical growth, development, and activity (Wijoyo & Ivandi, 2018).

Maintaining nutritional balance is not only done by maintaining a diet, but also needs to be aligned with a good lifestyle. Doing enough activities, monitoring body weight regularly, and maintaining cleanliness need to be considered for a healthy life with maintained nutritional balance. Balanced Nutrition Guidelines are guidelines for the Indonesian people that combine good diet and healthy lifestyle. Early introduction to the importance of balanced nutrition is very necessary from now on. Unbalanced nutritional intake can cause health problems that if no preventive measures are taken will not provide any development in the condition.

Balanced nutrition affects public health and thus also has an impact on improving the quality of Human Resources (HR) which greatly influences the country's economic growth, therefore it is very important to take serious action in dealing with nutritional problems in Indonesia, including the educational aspect for millennial groups in rural areas, in this case the millennial livestock farmer group in Kabul Village, Central Lombok Regency, West Nusa Tenggara Province. The purpose of this activity is to increase the knowledge and understanding of the younger generation group about the importance of balanced nutrition for health. It is hoped that with this activity the millennial generation group will become the vanguard pioneer in disseminating information to rural communities to implement a healthy lifestyle, especially those related to balanced nutritional consumption patterns, so that in the long term a healthy and intelligent generation will be realized.

Method

The first thing that needs to be done to implement this idea is to contact the village head and RW head to ask for permission to conduct outreach and

socialization. The importance of balanced nutrition for the younger generation in the millennial farmer group of Kabul Village. Then coordinate with the head of the millennial farmer group to determine the schedule and number of extension participants. Furthermore, it was agreed that although the target was for the younger generation, it was also necessary to involve representatives of parents, especially community leaders, so that communication between generations could occur to receive information and innovation from the team.

After the theme was agreed upon, the schedule for the extension was determined by inviting speakers from various parties, such as from the Indonesian Organic Farmers and Agriculture Society (MAPORINA) of the NTB region, from the University of Mataram and the Head of Kabul Village, Praya Barat Daya District, Central Lombok Regency. The extension was carried out using the lecture method, namely presentations by each speaker related to the extension theme, followed by a two-way discussion between the speakers and the extension participants. Then the results of the discussion were summarized and described in the results and discussion sections of this article.

Result and Discussion

After the presentation of the material by the team, it was continued with a discussion related to the problem of nutrition and balanced nutrition for the millennial generation. The counseling participants showed their enthusiasm both from the younger generation, parents and community leaders with various questions and comments. The results of the discussion are summarized in the following results and discussions:

Nutritional Problems

Very often and almost all of us talk about the nutritional needs of our bodies. However, there are still few who know about nutrition in the true sense. Socialization is often carried out by various related agencies such as the integrated health service program, but it is not enough. Therefore, it is necessary to conduct regular socialization about balanced nutrition to the community in rural areas, especially to the younger generation as future human resources for development in rural areas.

Indonesia is experiencing double nutritional problems, namely malnutrition and overnutrition. This will increase vulnerability to disease, mental development, physical development, productivity, and human work capacity. The younger generation, especially women of childbearing age who have these nutritional problems if they continue into adulthood and

marriage, will be at risk of affecting the health of the fetus they are carrying. For example, mothers with anemia and/or Chronic Energy Deficiency (CED) are at risk of giving birth to low birth weight (LBW) babies, stunting, complications during childbirth, suffering from non-communicable diseases such as diabetes and heart disease later in life. In addition, nutritional problems in pregnant women will also greatly affect the development of the child's brain, productivity and performance at school which can result in reducing the ability to earn a decent living later in life (Damiati, 2012).



Figure 1. Opening remarks delivered by the Chairperson of MAPORINA NTB, Prof. Ir. M. Sarjan, M.Agr.CP., Ph.D and the Village Secretary of Kabul Village, Mr. Habiburahman

In fact, the government has long paid attention to the problem of community nutrition, through various empowerment and mentoring activities and programs, but it still needs to be encouraged continuously, especially those related to good nutrition. Good nutrition is the foundation for each individual to achieve their maximum potential. The phenomenon of growth in adolescents requires the fulfillment of nutritional needs in order to achieve maximum growth potential because nutrition and growth are an integral relationship. This is in line with the current direction of health development which emphasizes promotive and preventive efforts. These efforts are considered to be able to provide a broader health impact and be more efficient from an economic perspective (Damiati, 2012).

In West Nusa Tenggara, the nutritional problem that is still a major concern is stunting. Risk factors for stunting can come from child, mother, and environmental factors. Maternal factors include the mother's age during pregnancy, provision of breast milk or complementary feeding, early initiation of breastfeeding, and food quality (Indriani et al., 2024). Child factors include a history of low birth weight (LBW), a history of illness, and children not receiving immunizations. While environmental factors include low socioeconomic status, low family education,

especially the mother, low family income, poor sanitation habits, and untreated drinking water.

Balanced Nutrition for the Millennial Generation

The millennial generation is a young generation born in the modern era where sophisticated technology began to be introduced to the public. The advancement of information technology has made the millennial generation familiar with things that are fast and practical, including food. Therefore, educational socialization activities about balanced nutrition for the younger generation are very strategic and important because they are related to the future of the Indonesian nation. Human resource development in sustainable health development is absolutely necessary. One of its main components is through improving community nutrition, especially adolescents. Indonesia needs productive, creative, and critical adolescents for the progress of the nation. This can only be achieved if adolescents are healthy and have good nutritional status. Healthy adolescents are not only seen from the physical but also cognitive, psychological and social aspects. The adolescent period is the second window of opportunity which is very sensitive in determining the quality of life when becoming an adult individual and also in producing the next generation.

Improving adolescent nutrition through specific nutritional interventions such as nutrition education, fortification and supplementation, and management of comorbidities aims to improve the nutritional status of adolescents, break the intergenerational chain of nutritional problems, non-communicable diseases and poverty. Efforts to improve adolescent nutrition carried out by the health sector will not achieve maximum results without sensitive interventions carried out by other non-health sectors. Effective and sustainable collaboration to identify breakthrough steps in accelerating the achievement of community nutrition improvement targets needs to be improved.



Figure 2. The speaker from the NTB Region MAPORINA representative, Nydia Alisa Putri, S.Gz and the Mataram University Team are delivering their presentation in front of the participants.

From the discussion it was revealed that most of the participants did not know the meaning of teeth and

balanced nutrition, but they still remembered the slogan four healthy five perfect which is actually no longer valid at this time. Furthermore, the speaker explained things related to balanced nutrition and general guidelines for balanced nutrition as follows:

Balanced nutrition is a balanced diet in nutrients obtained from a variety of foods to meet the nutritional needs for a healthy, intelligent, and productive life. Nutritional status is a condition resulting from the balance between the amount of nutrient intake and the amount needed (requirement) by the body for various biological functions including physical growth, development, and activity (Suyatno, 2009). Maintaining nutritional balance is not only done by maintaining a diet, but also needs to be aligned with a good lifestyle. Doing enough activities and maintaining cleanliness need to be considered for a healthy life with maintained nutritional balance. Balanced Nutrition Guidelines are guidelines for the Indonesian people that combine good diet and healthy lifestyle. Early introduction to the importance of balanced nutrition is very necessary from now on. Unbalanced nutritional intake can cause health problems that if no preventive measures are taken will not provide development in the situation. Balanced nutrition affects public health so that it also has an impact on improving the quality of Human Resources (HR) which greatly influences the country's economic growth, therefore it is very important to take serious action in dealing with nutritional problems in Indonesia.

General Guidelines for Balanced Nutrition (PUGS)

The General Guidelines for Balanced Nutrition (PUGS) are basic guidelines on balanced nutrition that are designed as a guide to good and correct food consumption behavior in society. PUGS is depicted in a cone-shaped logo.



Figure 3. Balanced Nutrition Tumpeng

From the picture, we can see that the picture at the very bottom/bottom is the main foundation/pillar for implementing a balanced nutritional lifestyle. While for the tumpeng picture from the bottom to the top, it is an additional pillar that indicates the variety of nutrients that we can consume and the most important thing is the amount of nutrients that we consume according to the portion (the higher it is, the less the portion).

4 Main Pillars of PUGS

There are four main pillars of balanced nutrition that can be applied in everyday life, namely:

1) Eat a variety of foods

There is no single type of food that contains all the nutrients the body needs to ensure growth and maintain health, except for breast milk for newborns up to 6 months old. For example, rice is the main source of carbohydrates, but is poor in vitamins and minerals. Vegetables and fruits are generally rich in vitamins, minerals and fiber, but poor in carbohydrates and protein. Fish is the main source of protein but low in carbohydrates. So, by consuming a variety of foods, the body will benefit from various types of nutrients. In addition, food diversification will also be realized, one of which is by fortifying foods such as cassava flour noodles, banana rolls, etc.

Diversity in this principle besides the diversity of food types also includes a balanced proportion of food, in sufficient quantities, not excessive and done regularly. Dietary recommendations in recent decades have taken into account the proportion of each food group according to the needs that should be. The food consumed should also be clean and halal, and chewed and digested properly.

2) Get used to clean living behavior

Clean living behavior is characterized by not being exposed to sources of infection or germs. Infectious diseases are one of the important factors that directly affect a person's nutritional status, especially children. A person who suffers from an infectious disease will experience decreased immunity and decreased appetite so that the amount and type of nutrients entering the body are reduced (malnutrition). Conversely, in a state of infection, the body needs more nutrients to meet increased metabolism, especially when accompanied by heat. Both of these things show that the relationship between malnutrition and infectious diseases is a reciprocal relationship. By getting used to clean living behavior, a person will avoid exposure to sources of infection. Ways to practice clean living include: a) Always wash your hands with soap and clean running water before eating, before breastfeeding, before preparing food and drinks, and after defecating and urinating, to prevent contamination of hands and food

from disease germs, including typhoid and dysentery germs; b) Covering the food served will prevent flies and other animals from landing on the food as well as dust which carries various germs; c) always cover your mouth and nose when sneezing, to avoid spreading germs; d) always wear footwear to avoid worm disease.

3) *Do physical activities.*

Physical activity that includes all kinds of body activities including sports is one of the efforts to balance the expenditure and intake of nutrients in the body. Physical activity requires energy. In addition, physical activity also facilitates the metabolic system in the body including nutrient metabolism. Therefore, physical activity plays a role in balancing the nutrients that come out of and enter the body. An active lifestyle and regular exercise 3 times a week with a duration of 30 minutes per session are highly recommended.

4) *Maintain and monitor normal body weight (BW)*

For adults, one indicator that shows that there has been a balance of nutrients in the body is the achievement of normal body weight, which is a weight that is appropriate for one's height. This indicator is known as the Body Mass Index (BMI).

$$BMI = \frac{\text{Body Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}} \quad (1)$$

Table 1. Body Mass Index (BMI) Categories

IMT	Category
<18.5	underweight
18.5-22.9	normal weight
≥23-24.9	overweight
25-29.9	obesity 1
≥30	obesity 2

Therefore, monitoring normal BB is something that must be part of a 'Lifestyle' with 'Balanced Nutrition', so that it can prevent BB deviations. If deviations occur, preventive and handling steps can be taken immediately.

10 *Additional Pillars of PUGS*

1) *Get used to drinking water*

2/3 of our body consists of water and 78% of the brain's weight is water. In the tumpeng image, we can see that the recommended amount of water consumed should be at least 2 liters or the equivalent of 8 medium-sized glasses per day. The water consumed must also be healthy, not cloudy, odorless, and colorless. The negative impacts if we lack water (dehydration) are decreased cognitive ability due to difficulty concentrating, the risk of urinary tract infections and the formation of kidney stones. Consuming sufficient fluids

and not holding urine is the most effective way to prevent urinary tract infections, as well as decreased stamina and work productivity through headaches, lethargy, seizures and fainting. Losing more than 15% of fluids will be fatal (Sari & Nindya, 2018).

2) *Get used to consuming a variety of staple foods*

Sources of carbohydrates include: grains or cereals such as rice, corn, and wheat; sago; tubers such as sweet potatoes, cassava and taro; and processed products such as flour, noodles, bread, macaroni, oatmeal, and vermicelli. The eating habits of the Indonesian population are that the majority only consume one type of staple food, namely rice. Until there is a term "not full if you haven't eaten rice" of course it must be changed. Indonesia is rich in various types of agricultural products that we can utilize. This aims to achieve food diversification through food fortification and of course the body will also get various good essential nutrients contained in various staple foods.

3) *Eating vegetables and fruits*

Vegetables and fruits are high sources of fiber, vitamins, and minerals. Their function is as a regulating agent such as vegetables: spinach, cassava leaves, katuk leaves, kale, carrots and tomatoes; and legumes, such as long beans, green beans, and winged beans, etc. Fruits are: papaya, mango, pineapple, guava, apple, soursop, orange, etc. The recommended consumption of vegetables is 3-5 servings and fruit 2-3 servings.

4) *Consume high protein*

Protein functions for cell growth and increases body immunity. Protein consists of two types, namely animal protein and vegetable protein. Sources of animal protein such as fish, meat, chicken, eggs, milk and cheese. Sources of vegetable protein such as beans in the form of soybeans, peanuts, green beans, red beans, and tolo beans, as well as processed products such as tempeh, tofu, soy milk, and oncom. It is recommended to consume 2-3 servings of protein a day with sufficient portions and not excessive. What is interesting is that milk is also included in the protein group so that consuming it is not an obligation, but can be exchanged for other protein foods.

5) *Limit sugar, salt and fat*

Sugar, Salt, Fat can be abbreviated to GGL. The recommended consumption of sugar is 4 tablespoons (tbsp), salt is 1 teaspoon (tsp), and fat is 5 tablespoons (tbsp). Consuming excessive GGL can make us susceptible to non-communicable diseases such as diabetes, hypertension, heart disease, and kidney failure.

In this modern era, changes in consumption patterns have had a negative effect on health. People now prefer high-sugar coffee with milk to black coffee without sugar, snacks that are high in sugar and high in salt/sodium, and fried foods that are high in fat and low in fiber. We need to know that the source of sugar does not only come from granulated sugar, but rice, flour, fruit or honey are also sources of sugar that we must consider the amount of consumption in one meal. The use of salt should also contain high iodine/potassium.

6) *Get used to having breakfast*

The habit of having breakfast provides a myriad of benefits, including: providing focus and concentration when studying and doing activities and preventing us from buying snacks carelessly. The recommended breakfast is one that contains high protein, not high sugar, so that you feel full for a long time and don't feel sleepy. A healthy breakfast, for example, is 3 boiled eggs, medium-sized fruits, plus a cup of coffee without sugar or warm water.

7) *Make it a habit to read food labels*

Food labels (nutrition facts) or nutritional information are nutrients contained in a food package, usually located on the back of the package. According to BPOM (2023), packaged processed foods that have a distribution permit are required to include nutritional information on their packaging labels. This is very important for choosing products that suit your needs.

An easy way to read nutritional information is to pay attention to the serving size. The energy and nutrient content in the nutritional information is the amount per serving. If you consume 2 servings, the energy and nutrient intake obtained will be doubled, and so on. Then, pay attention to the energy value. Choose food/drinks with energy content according to your needs. If you eat too much continuously, it will increase your weight, while if your energy intake is less than your needs continuously, you can lose weight. After that, pay attention to the nutrient content, especially sugar, salt, and fat. The health message is not to consume more than 50 grams of sugar, more than 2000 mg of sodium, and more than 67 grams of total fat.

8) *Doing physical activity and maintaining body weight*

A balance in the intake and output of nutrients in the body can be achieved in addition to regulating consumption patterns, namely by doing physical activity at least 3 times a week with a duration of 30 minutes per session and maintaining body weight in the normal Body Mass Index (BMI) category.

9) *Clean living behavior*

Implementing a clean lifestyle will prevent us from exposure to sources of infection or germs. Washing hands should use soap and clean running water, especially before and after eating, after urinating or defecating, and after playing, working, or holding animals.

10) *Be grateful & enjoy a variety of foods*

Indonesia has abundant natural resources and we should be grateful because food sources of carbohydrates, protein, vegetables, and fruits can be easily found. In consuming these foods, choose foods that are clean, free from dirt or pesticides, and halal. Then, the food is chewed and digested properly.

Conclusion

Based on the results of discussions during the extension activities and the results of the discussions, it can be concluded that: (1) The younger generation in Kabul village mostly still do not understand the importance of balanced nutrition in food consumption patterns, both personally and as a family; (2) Most of the participants considered that the daily food consumed met the body's needs without considering the nutritional value and status of the food consumed; (3) The theme of counseling on balanced nutritional education for the younger generation was felt by participants to be very important after hearing the many benefits for the future of human resources in rural areas.

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