

ANALIZE OF ADDITIONAL FOOD IN CHILDREN SNACKS OF ELEMENTARY SCHOOL IN TANGERANG SELATAN

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Abstract

This study aimed to analyze the content of borax in snacks in elementary school. This research used survey method and laboratory approach. The snacks sampled in this research were obtained directly from the sellers in School. Sampling was done randomly. Each sample was analyzed by using simple borax test kit. Furthermore, the data is reinforced by LABKESDA Laboratory Tangerang. The data were also obtained from interviews with sellers and schools. The results showed that from 19 schools, 16 of them contained borax positively, only three schools were contained borax negatively. From the results of Laboratory analysis on 98 food samples, 58 (59.79%) positively contained borax and 39 (40.21) did not contain borax. The interviews concluded that sellers are free to sell at school without any prohibition or supervision from the school and related offices. This is because traders sell outside the school fence.

Keywords: borax, food, children snack, healty food

INTRODUCTION

Food safety is a problem that must be considered because it can affect health, both for children and adults. School age is a period of growth and development of children into adolescence, so the intake of nutrients with attention to food safety consumed is very important to notice, including snacks (Paratmanitya, 2016).

Food and school snacks is a problem that needs to be the attention of the community, especially parents, educators and school managers. food and snack schools are at risk of biological or chemical contamination which is disrupting both short and long term health. Children and snacks are two things that are difficult to separate. Children will generally buy a variety of snacks, especially during snack time. This happens because rarely do parents provide snack or food and tend to provide pocket money. Children can freely choose snacks that they like and do not care about the harm to health (Hidayat, 2014)

Regulations on banning boraks use for food have been issued since 1998. However, the lack of knowledge of the community, as well as the supervision and action make borax still widely used by the public. Borax is commonly called 'yellow salt' or bleng and can be bought in traditional markets easily. Borax commonly found in noodles, meatballs, crackers, gendars, batagor, cimol, cilok and pempek (Maskar, 2004). In 2009 the Food and Drug Administration Agency of the Republic of Indonesia (BPOM RI) detected there are many usage of borax and formalin on food in Indonesia. Inappropriate of formalin usage of 4.89% while for borax 8.80% (Anonymous, 2013).

The high use of food preservatives in foods snack can be caused by low levels of traders education and a supportive environment. Traders with low education tend not to pay attention to health and safety in their food. The condition of the social environment that has been accustomed to and does not pay attention to the dangers of preservatives also causes traders to not hesitate to use preservatives (Punvanti, 2007).

Consuming borax in food is did not have direct efeect badly, but it accumulates in the liver, brain, and testes. Boron is not only absorbed through digestion, but also through the skin. Borax will

interfere with the metabolic enzymes. If borax use continues, can cause various diseases, especially cancer, and even death.

Snacks wich have preservers were profitable for the seller because if the snacks didnt sold out it still durable and can be sold tomorrow. Taste or texture snacks become more chewy, make buyers especially children interested to buy it. Snacks sellers are basically just think how to make their snacks sold. The sellers didnt think how the effectt of chemical materials for buyers. Ironically the sellers are even some didnt know that chemicals which they use harmful for health (Hidayat, 2014).

METHODS

This research used descriptive survey method with laboratory approach. The research was conducted in 19 elementary schools in Tangerang Selatan area. Samples taken in the form of food snacks amounted to 98 pieces. In addition to the analysis of the sample, interviews were also conducted on traders and schools. Samples are taken randomly.

Samples were analyzed simply by using turmeric extract and then reinforced by laboratory analysis. For testing borax used simple paper test kit made of whattman paper. Whattman paper dipped in to curcumin extract then dried. The samples was crusched mixed with water. After that, placed above paper kit test. If it is brownish red color mean samples positifly contain borax.

The brownish red sample taken to the laboratory for quantitative testing. The quantitative tests conducted by the Regional Health Laboratory of South Tangerang (LABKESDA).

Finding and Discussion

The study was conducted on 19 schools located in South Tangerang with 98 samples of food. Food samples were obtained by going directly to School and then buying some foods snack in the nearby school. Utilization of preservatives, especially borax in food or snacks in Elementary School is still high. The evident from the samples taken from 19 schools showed as many as 16 (84.20%) of schools containing borax and only 3 (15,80%) not found borax preservatives.

Table 1. list of School that were sampled

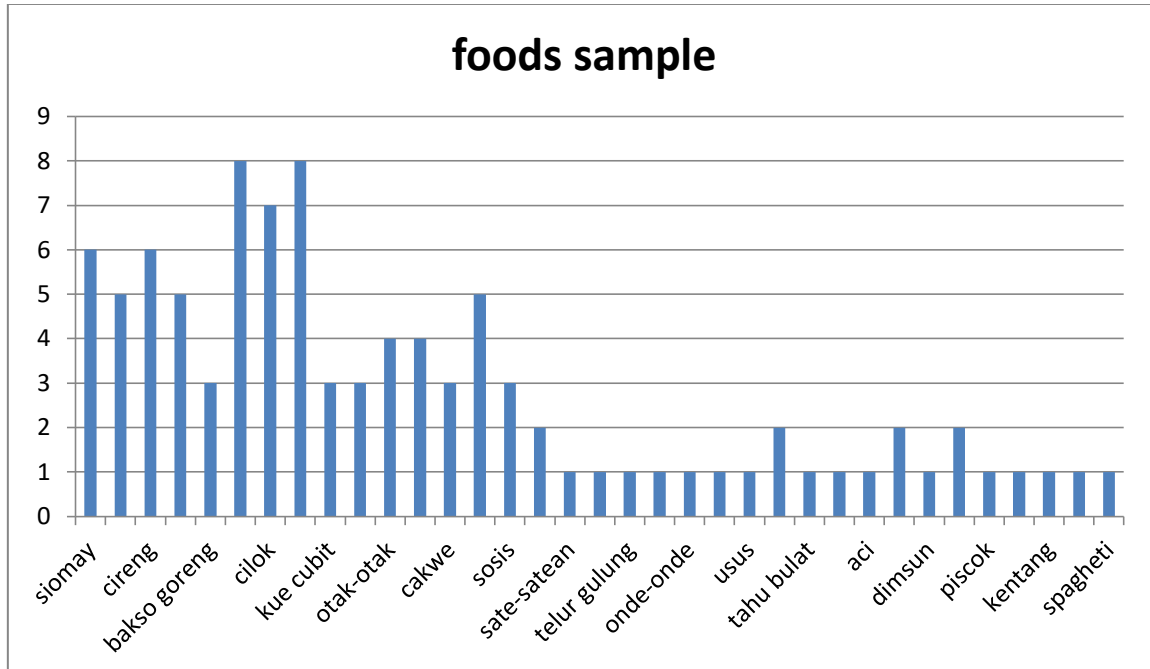
No	Nama sekolah	positif	negatif
1.	SDN Cirendeu 03		V
2.	MIS AL HIDAYAH		V
3.	SDN 08 PAGI BINTARO	V	
4.	SDN 09 PAGI BINTARO	V	
5.	SDN SUDIMARA 05	V	
6.	SDN CEMPAKA PUTIH 3	V	
7.	SDN KEDAUNG	V	
8.	SDN CINERE 01	V	
9.	SDN CIRENDEU 02	V	
10.	SDN CIRENDEU 01	V	
11.	SDN 02 REMPOA	V	
12.	SDN PONDOK AREN 02	V	
13.	SDN JURANGMANGU BARAT 01	V	
14.	SDN SUDIMARA 08	V	
15.	MI JAMIATUL KHAIR	V	
16.	MADRASAH PEMBANGUNAN UIN	V	
17.	SDN CIPUTAT 04	V	
18.	SDN REMPOA 1		V
19.	MI MIFTAHUL HUDA	V	

Source (s) : Data, 2017

Table 1 shows that only three schools are clean from borax preservatives namely SDN Rempoa 1, MI S Al-Hidayah, and SDN Cirendeu 03. Snacks that contained borax in all samples found in MI Jamiatul Khair, SDN Sudimara 08, SDN cirendeu 02, SDN Kedaung, SD N Cempaka Putih 3, and SDN 09 Pagi Bintaro.. Samples from SD N Sudimara 05, SD N Cirendeu 01, SD N 02 Rempoa, SD N Jurangmangu Barat, MI Miftahul Huda and SD N Cinere 01, 80% samples contains borax. At SD N

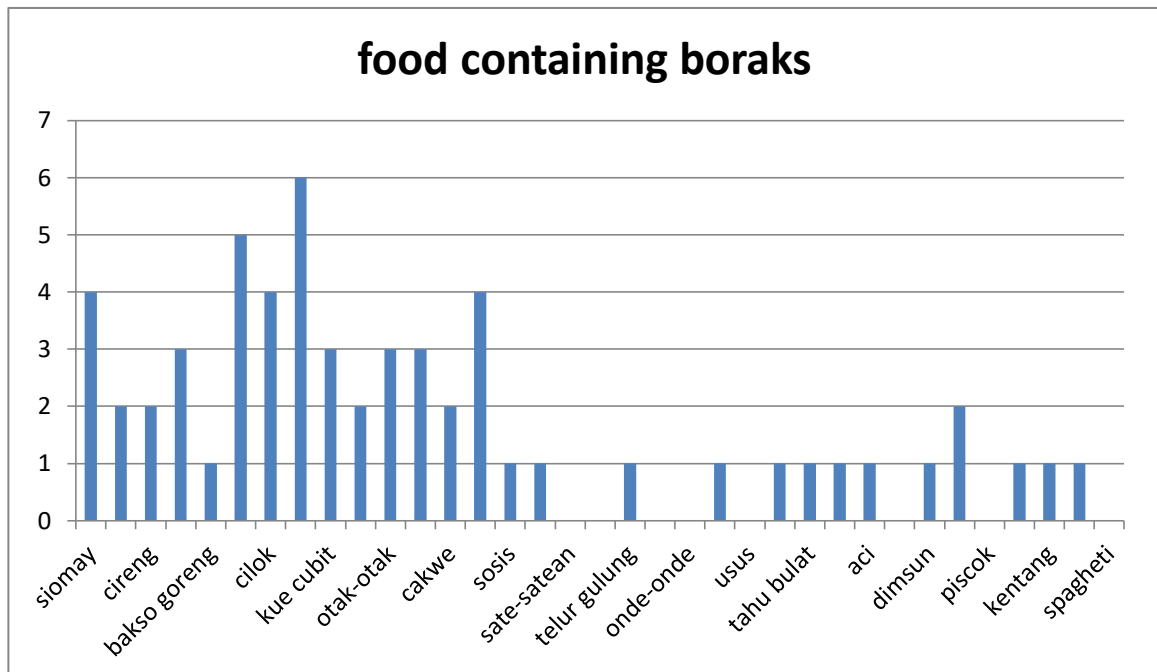
08 pagi Bintaro and SD N Pondok Aren 02, 60% of samples contains boraks. While samples from Madrasah Pembangunan UIN and SD N Ciputat 04, 83,33% samples contains borax.

Table 2 Name of food sample



Source : Data, 2017

Table 3 food containing boraks



Source : Data, 2017

Table 2 and table 3 on the types of foods most often sold snacks in schools are cilung, cilok, cimol, cireng, cilor, siomay, and batagor. And most often contain borax preservatives are cilung, cilok, cimol. The most widely sold and popular food are actually dangerous for health.

The use of borax as a food additive in addition to preserve food also to make food more chewy and improve appearance. With a small amount of borax is able to provide food elasticity so it is more chewy, durable and taste good in the mouth (Sulta, 2013). Generally, food additives are not used as food material, intentionally added to food for technological purposes on manufacture, processing, preparation, treatment, packaging and storage (Wisnu, 2006).

The purpose of adding food additives is to improve or maintain the nutritional value and quality of storability, food more easily to served and facilitate the preparation of food (Wisnu, 2006). Consuming foods that contain borax has no direct bad effect, but borax will accumulate because it is absorbed by the body. Often consuming of foods containing borax will cause brain, liver and kidney disorders (Dzalfa, 2007).

School-aged children are an investment for the country. Growing of optimal growth for children depends on providing nutrition with good quality and quantity. The research result of Suci (2009) showed that in general school-age children often buy snacks in the school cafeteria but tend to choose snacks that are outside the school fence.

Supervision to street seller is generally low. One of the factors leading to low supervision is the location of a trade is outside the school area. The concern of the school is actually the waste from the traders. Some schools do supervision and notification to the traders about what snacks to sell and avoid preservatives but it is not routine so it is not effective.

The existence of food or snacks that are outside the school is various kind of food and the level of health. The most important thing to do is to improve knowledge and give training to all citizens of the school about healthy food.

Primary school students are the target of snack sellers. Economic factors of traders and children also influence the use of preservatives. Low-level traders tend to use riskier preservatives due to cheaper prices. While school children with more pocket money tend to consume more snack with risky preservatives (Maskar, 2004).

Based on the results of interviews about the knowledge of borax conducted on the sellers can be concluded that many sellers who do not produce snacks themselves but take from others, so they do not understand whether the snacks contain borax or not. In addition there are some sellers who have been exposed to the operation of the Puskesmas and proven snacks contain borax and now has a clean snack

CONCLUSION

The study showed that the sample of snack around school from 98 samples, 60, 20% contained preservative of borax while 39,80% did not contain borax preservative. From the interviews concluded that the sellers do not know about the content of preservatives on the snacks they sell. The seller knowledge of harmful preservatives is still low. Sellers are also allowed to trade freely without the explicit permission of the school or related offices. In the future, we must give more attention to healthy children snack food. School authorities must collaborate with parents and government to increase knowledge about healthy food.

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