

Impact of the User-Friendliness of BalitaGrow+© on Compliance with Children's Daily Nutrition Column Completing

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Abstract

Nutritional imbalances can lead to malnutrition which can affect children's physical and cognitive growth and development. Advances in science and technology has created opportunities for innovation in the form of health applications to help monitor children's growth and development, nutritional status, and children's daily nutritional intake. The factor that influences the intention to use technology is the ease of use. This indicates that the easier the application is to use, the higher a person's interest and compliance will be in using the application regularly. This research aims to determine ease of use effect of the BalitaGrow+© application on compliance filling the daily nutrition column for children in Rambigundam Village, Jember. This research was an analytical observational research with a cross sectional approach using 35 sample size who meet the criteria. Data analyzed with univariate and bivariate test used the Spearman Rank correlation test. The results obtained from 35 respondents showed that 34 people (97.1%) found it easy to use the BalitaGrow+© application and 31 people (88.6%) had good compliance in filling the child's daily nutrition column in the application. The result of statistical analysis showed a significance value of p value >0.05 (0.726). It can be concluded that there was no significant correlation between the ease of use BalitaGrow+© application and compliance filling the daily nutrition column for children in Rambigundam Village, Jember. Researcher suggests for further research to increase the sample size and investigate other influenced factor.

Keywords: health application, ease of use, compliance of filling, children's nutrition

Introduction

Nutrition is a basic human need that has an important role in maintaining individual health and well-being (Kesari & Noel, 2023). Nutritional imbalances can lead to malnutrition which can affect children's physical and cognitive growth and development (World Health Organization, 2023). Inadequate nutritional intake in children, especially toddlers, is still one of the main health problems in Indonesia. Based on the result of the Indonesian Nutritional Status Survey (SGGI), the prevalence rate of stunting and wasting in Jember Regency in 2022 was recorded to be the highest in East Java, reaching 34.9% and 12.7%, while underweight (poor nutrition) was in second place with cases

reached 24.1% (Kemenkes, 2022). Based on the Jember Health Office report in 2022, Rambigundam Village is one of five stunting areas in Jember Regency (Pratama, 2022). Risk factors involved in nutritional status include inadequate nutritional intake, socioeconomic status, maternal nutritional status, infectious diseases, and the environment. (World Health Organization, 2018). Adequate nutritional intake enables optimal growth and development in children (Hina & Picauly, 2021). Hina (2021) stated that there was a significant relationship between nutritional intake and stunting (p value = 0.000). Prevention and early detection is required to determine the risk of malnutrition in children by educating and providing information about children's nutritional status, paying attention



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to children's daily nutritional intake from the quantity and quality of food, also monitoring nutritional status periodically so parents can immediately anticipate the nutritional imbalance in children (Apriliawati et al., 2020; Noorhasanah & Tauhidah, 2021; Pratiwi & Restanty, 2018).

Advances in technology and science create innovation in the form of health applications to help monitor children's growth and development (Kustiawan et al., 2022). One example of a children's health application is the BalitaGrow+© application. This application is developed by IKM research group, Faculty of Medicine, Jember University to help monitor nutritional status of children until 6 years old. This application can be used by parents to help monitor children's daily nutritional intake, find nutritional recommendations that are appropriate for the child's age, and provide education regarding children's nutrition.

In 2020, 57% population in Indonesia already used health application and was ranked third as the country with the most health application users. (Buchholz, 2020; Yulaikah & Artanti, 2022). It can be conclude that people's interest in using health applications is very high. TAM (Technology Acceptance Model) theory by Davis (1989) and UTAUT (*Unified Theory of Acceptance and Use of Technology*) theory by Venkatesh et al., (2012) stated that the intention to use technology (behavioral intention) is influenced by several things, one of them is ease of use technology. Ease of use is an individual's belief in ease where the user believes that the technology can be used easily. Research by Suroso dan Sukmoro (2021) showed the ease of use is the biggest reason someone has an interest in frequently using health applications with a percentage of 47.7%.

Compliance is a form of individual behavior that obeys rules or orders where this is influenced by the intentions and motivation that exist within a person (Mahendra & Oktaviani, 2022; Rosa, 2018). Intention is the main factor that encourage individual to do something. Intention to use specifically influences application use (actual use) (Octavius & Antonio, 2021). Higher individual's intention determines the success of the behavior (Indriyati et al., 2021). So, if the application is easier to use, the intention will arise to continue using the application until the behavior is formed.

Based on Barutçu et al., (2018) research there was significant results between ease of use and intention to use mHealth in Türkiye (p value = 0.005). This is in line with the TAM theory by Davis in 1989 that a person's behavioral intention to use technology (behavioral intention) will be influenced by the usefulness and ease of use of technology. Another research showed that there was a significant relationship between ease of use and behavioral intention to use the Halodoc health application (p value = 0.000) (Wardana & Sihite, 2021). However, another study by Suroso & Sukmoro (2021) obtained different result that no positive effect on individual behavioral intentions when using the Halodoc application (p value = 0.141).

Until now there has been no research that links the ease of use of the BalitaGrow+© application to compliance with filling children's daily nutrition columns, therefore researchers are interested in conducting research regarding the effect of ease of use of the BalitaGrow+© application on compliance with filling

children's daily nutrition columns in Rambigundam Village, Jember. Results of this research can help develop the BalitaGrow+© application to be easier for the public to use and increase parents' knowledge regarding children's nutrition through the BalitaGrow+© application.

Methods

This research was an analytical observational research design with a cross-sectional approach to determine the effect of ease of use of the BalitaGrow+© application on compliance with filling children's daily nutrition columns. This research was carried out from July to September 2023 in Rambigundam Village, Jember. The population in this study were residents of Rambigundam village, Rambipuji District, Jember who came during the outreach and training on the use of the BalitaGrow+© application by the lifestyle medicine research group. The research sample was determined using a total population sampling technique of 35 respondents who met the inclusion and exclusion criteria. Inclusion criteria include parents who have children aged 36-72 months and came during the training on the BalitaGrow+© application and has been assisted filling in the child's daily nutrition column on the application for 8 weeks by the lifestyle medicine research group and are willing to be respondents and have filled out informed consent. Exclusion criteria include parents who can't use Android-based cell phones, cell phones that do not support applications, and insufficient memory. The data used was primary data through ease-of-use questionnaires and compliance observation sheets. The data was then analyzed using the Spearman Rank statistical test with SPSS version 25.0. This research has received approval from the Ethics Commission with number 2368/UN25.8/KEPK/DL/2023.

Results

Univariate Analysis

Respondent Characteristic

This research was conducted in Rambigundam Village, Jember, with a total sample of 35 respondents who met the inclusion and exclusion criteria. Data on the characteristics of respondents in this study can be seen in table 1 which shows that the most common age category of respondents was 25-29 years old with 11 respondents (31.4%). All respondents were female (100%). The majority of respondents were high school graduates (74.3%). Most of the respondents were housewives (91.4%).

Variables Frequency Distribution

The distribution of research variables can be seen in table 2. Ease of use of the BalitaGrow+© application as an independent variable in this study is categorized into 3 levels. A total of 34 respondents (97.1%) felt the BalitaGrow+© application was easy to use. Meanwhile, only 1 respondent (2.9%) felt a moderate level of ease in using the BalitaGrow+© application. Compliance with filling in children's daily nutrition columns is the dependent variable in this study and is categorized into 3 levels. 31 respondents had a good level of compliance (88.6%) meanwhile 3 respondents (8.6%) had moderate compliance and 1 respondent (2.9%) didn't obedient.

Bivariate Analysis

The results of the bivariate analysis of the ease of use BalitaGrow+© application on compliance with filling the daily

nutrition column for children in Rambigundam Village, Jember are presented in table 3. The results of the bivariate analysis using the Spearman rank statistical test showed that there was no significant correlation between the ease of using the BalitaGrow+© application on compliance with filling in the children daily nutrition column in Rambigundam Village, Jember (p value = 0.726).

Discussion

The study showed that the majority of BalitaGrow+© application users, 34 respondents, felt it was easy to use the application. Ease of use the application can be influenced by the appearance of the application (user interface) such as main menu, layout, colors, fonts, navigation and the existence of training activities in using the application. Clear and memorable terms in the application can increase the ease of using a technology and increase user satisfaction (Nurlifa et al., 2014; Saputra & Kania, 2022). Beside that, before monitoring the completion of the child's daily nutrition column in the app, users has been given

training to use the application by the application developer. Research by Siswati et al., (2023) stated that training can increase user knowledge and skills in using the application so user can use the application more easily and skillful. The application developer also provided a guide for downloading and using the application via YouTube platform that easily accessible for public.

The results of statistical analysis in this study show that there is no significant correlation between the ease of use of the BalitaGrow+© application on compliance with filling daily nutrition column for children in Rambigundam Village, Jember (p value = 0.726). Compliance is a form of human behavior that obeys rules or orders where this is influenced by the intentions and motivation that exist within a person so that the higher a person's intentions, the greater the behavior that will be carried out (Mahendra & Oktaviani, 2022; Rosa, 2018).

Table 1. Respondents Characteristics

Respondents Characteristics	Frequency (n)	Percentage (%)
Age		
20-24 year	4	11,4 %
25-29 year	11	31,4 %
30-34 year	10	28,6 %
35-39 year	7	20 %
40-44 year	2	5,7 %
45-49 year	1	2,9 %
Gender		
Female	35	100%
Male	0	0%
Education		
Elementary School	4	11,4 %
Junior High School	4	11,4 %
Senior High School	26	74,3 %
Undergraduate	1	2,9 %
Occupation		
Housewife	32	91,4 %
Self-employed	1	2,9%
Labor	1	2,9 %
Employee	1	2,9 %

Table 2. Research variable frequency distribution

Variable	Category	Frequency (n)	Percentage (%)
Independent variable Ease of Use of the BalitaGrow+© Application	Easy	34	97,1 %
	Fair	1	2,9 %
	Difficult	0	28,6 %
Dependent variable Compliance with filling in children's daily nutrition columns	Good compliance	31	88,6 %
	Sufficient compliance	3	8,6 %
	No compliance	1	2,9 %

Table 3. Rank spearman analysis

		Ease of Use of the BalitaGrow+© Application			Total (n)	<i>p</i> value	Correlation coefficient (r)
		Easy	Fair	Difficult			
Compliance with filling in children's daily nutrition columns	Good compliance	30	1	0	35	0,726	-0,062
	Sufficient compliance	3	0	0			
	No compliance	1	0	0			

Research regarding the influence of the ease of use of the BalitaGrow+© application on compliance with filling in children's daily nutrition columns has never been carried out before, whereas, in this study, compliance is a use behavior that is formed from behavioral intention. So the results of this research were in line with research conducted by Kwee et al. (2022), ease of use does not affect the intention to use the application (behavioral intention). Another study conducted by Suroso & Sukmoro (2021) also had the same results, that there was no positive influence between the ease of using the application on the intention to use technology (behavioral intention) among mobile health application users. The age of 20-35 years is a productive age where respondents are used to and have a lot of experience using various technologies in daily life in today's rapidly developing digital era so ease of use can't be a benchmark that influences a person's intention to use applications (Kwee et al., 2022). This is in accordance with the results of this study, where the majority of users of the BalitaGrow+© application in this study were 25-34 years old. When users have little experience using technology, users will usually pay more attention to ease of use than usefulness. However, if they are already familiar with technology, the usefulness of technology will be their main concern when considering whether to continue using the technology or not (use behavior) (Rahmawati & Narsa, 2019).

In addition, there are several factors that are not investigated yet but may influence application user intentions and compliance such as demographic characteristics, motivation, social environment, and application design. Demographic characteristics such as a person's age and level of education are significantly associated with the use of mobile health applications where younger age and higher levels of education are more likely to use mobile health applications (Bol et al., 2018). Ages under 35 years and higher levels of education tend to have greater intentions to use mobile applications because they have more experience using information technology in their daily lives so it is easier to adapt to using an application. (Terencia et al., 2023; Wang & Qi, 2021). The higher a person's level of education, the easier it is to get and receive information so that the more knowledge they have and the higher their knowledge, the better their behavior will be and their non-compliance will decrease. (Hasanah et al., 2021; Mayasari & Ngakili, 2017). Someone with good health knowledge tends to make individuals use the benefits of health applications to obtain health information, one of which is related to children's nutrition (Chamara et al., 2022; Shaputri & Dewanto, 2023).

Full time working parents can also influence the intention to use applications, because they only have less time to monitor children's nutritional intake so that application use will be lower. (Pratasis et al., 2018; Salsabila et al., 2022). In this research, it can be related to the characteristic of respondent whom majority as a housewife so they have more time to use the application. Besides work, other research by Chamara et al., (2022) stated that there was a significant relationship between income level and intention to use application because higher income levels can make a person have adequate knowledge of information technology and have more experience in using health applications so their intention to use the application will be higher.

Research conducted by Senewe et al., (2017) stated that there was a relationship between motivation and family support on a person's compliance. Motivation is encouragement that exists within a person to do something. So, to be able to carry out an optimal action, strong motivation is needed from the individual to increase the individual's will (Haryanto et al., 2023; Purnamasari & Meutia, 2023). Motivation from within a person (intrinsic motivation) is needed to change or maintain health behavior attitudes because the higher the motivation, the greater the intensity of the individual's behavior. (Bertalina & Purnama, 2016; Setianingsih et al., 2021). Other research conducted by Suroso & Sukmoro (2021) states that the social environment has a positive effect on a person's intention to use health applications (behavioral intention). The formation of a person's behavior can occur through stimulation from external stimuli, i.e. the surrounding environment (Risti & Isnaeni, 2017). Support from the surrounding environment (extrinsic motivation), such as family support and health service providers, can influence the intention to use the application. When the individual sees many people doing it and supporting it, the individual will be encouraged and tend to follow that behavior. (Risti & Isnaeni, 2017; Wu et al., 2022). Application design such as information quality, usability, appearance, data security, and costs incurred by users can influence a person's intention to use the application. If individuals can get accurate and useful information easily without requiring a lot of money, then someone will tend to use the application (Wang & Qi, 2021).

There are some limitations in this study, including that this study uses a relatively small sample size and can't be generalized to the wider population. Apart from that, the respondent's seriousness in answering the questionnaire is beyond the researcher's control because each respondent has their own perception. Other factors that were not examined in this study but may influence application usage compliance intentions, such as demographic characteristics, motivation, social environment, and application design, may become biases.

Conclusion

The conclusion of this research is the ease of use of the BalitaGrow+© application doesn't have a significant correlation on compliance filling the daily nutrition column for children in Rambigundam Village, Jember. Based on this research, the results also showed that the BalitaGrow+© application is an application that is easy to use, but this didn't affect respondents' compliance in using the application to fill child's daily nutrition column. This could be because ease of use is not the only factor that influences a person's compliance; other factors, such as motivation, environment, and application design, can influence compliance. When users have little experience using technology, users will usually pay more attention to ease of use than usefulness. However, if they are already familiar with technology, the usefulness of technology will be their main concern when considering whether to continue using the technology or not.

Conflict of Interest

The authors declare that there is no conflict of interest in this research.

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Author contribution

The first author played a role in collecting data and writing the journal draft. The second author played a role in drafting the concept, methodology, and data review. The third author played a role in methodology and data review. Authors four, five, and six played a role in drafting the concept and reviewing the data.

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