

## **DESCRIPTION OF KNOWLEDGE ABOUT THE FULFILLMENT OF NUTRITION FOR SECURITY OFFICERS IN SHOPPING CENTERS MEGAMAS AREA**

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### **Abstract**

*In the life of every human being, there must be a dream that is inseparable from the feeling of security and comfort in living their daily lives. A condition related to security is something that is needed by every human being who occupies a certain area. Apart from wanting security and comfort in living life, as a human being, of course, he also has basic needs in the form of primary needs, including clothing, food and shelter. To find out how to describe knowledge about fulfilling nutrition for security officers in shopping center Megamas Area Survey Research Methods with Purposive Sampling and conducting in-depth interviews. Security officers always pay attention to the intake of nutrients that enter the body considering this is very much needed in the guarding process in the midst of their duties and responsibilities. Knowledge of the fulfillment of proper nutrition for security officers who carry out their duties can have a positive influence on the performance of security officers.*

**Keywords:** Knowledge, Nutrition, Security Officers.

### **INTRODUCTION**

In the life of every human being, there must be a dream that is inseparable from a sense of security and comfort in living his daily life. A condition related to security is something that is really needed by every human being who occupies a certain area. Where every human being can freely and freely carry out his activities without any

interference in the form of threats or pressure, especially in the environment where he lives or works. However, on the other hand, with the current development of the world, there are still many crimes that can pose a threat to people's feeling of insecurity, including theft, robbery and various other crimes which are disturbing actions for humans. This crime can occur anywhere and can happen to anyone, so a group of security officers is needed in various places, especially busy centers. <sup>1</sup>

The implementation of security and order measures in certain areas can include physical, personal, information-related security and technical security in other fields. This is the main task of the Security Unit or what is known as (Security Guard) . Based on Article 16 paragraph (1) of Law Number 2 of 2002 which regulates the National Police of the Republic of Indonesia (UU 2/2002), which states that the National Police has the authority to carry out searches. So based on this, the security guard as an element that helps the National Police carry out enforcement in the field of legislation also has authority on the basis of maintaining and creating security and order . This is of course supported by the existence of a course or training that explores Arrests and Searches at the level of Gada Pratama Training to form the basic abilities of a security officer in the Security Unit Training Lesson Unit. <sup>2</sup>

Apart from wanting security and comfort in living life, as humans we also have basic needs in the form of primary needs, including clothing, food and shelter. Humans also need needs in their social environment in the form of social status, social support and self-actualization. <sup>3</sup>

Nutrition as one of the elements included in primary human needs is a primary need that cannot be separated from the human body itself. Where the nutrients in question are various elements containing compounds and nutritious substances which of course have a very important role in supporting the health and immune system of the human body. Fulfillment of nutrition in the human body is included in the process starting from receiving food, drinks and various materials originating from the environment of living creatures to be used to fulfill the body's physical needs which will ultimately be used in the form of energy in carrying out daily activities and also naturally Waste substances are removed from the body through a process called metabolism. In terms of nutrition, there are various sciences contained in it, among others, about food and its nutritional content, the existence of actions and reactions and balance which are related to health and also disease. The nutrients that are really needed by the human body are in the form of macro and micro substances, for example carbohydrates, proteins, vitamins, minerals and so on. <sup>4</sup>

A form of security carried out by Security Officers at Shopping Centers in the Megamas Area is a security system with a guard schedule according to the assigned shifts . By looking at the level of difficulty that is the responsibility of security officers who are obliged to maintain security and order in the shopping center environment, of course they need to be supported by a qualified body condition so that they can carry

out their duties optimally. On the other hand, officers also need to pay attention to their body nutrition in the process of maintaining security in their work environment. Fulfillment of proper nutrition can affect the performance of security officers who work, especially in this profession which has a fairly high level of alertness because they have to be alert in reading and dealing with crimes that occur around their work environment.<sup>5</sup> For this reason, researchers are interested in conducting research with the title Description of Knowledge about Fulfillment of Nutrition for Security Officers in the Megamas Manado Area Shopping Center.

## RESEARCH METHOD

The population and sample in this research are Megamas Area Security Officers who are involved in fulfilling nutrition . Data or sample collection was carried out using the Purposive Sampling method, namely a deliberate sampling method in accordance with the required respondent (sample) requirements. Respondents ( *sample* ) are needed in this research . Data collection was carried out through field surveys, in-depth interviews (In Depth Interviews) and documentation studies.

### Analysis of Observation Data

Megamas Manado Area Shopping Center, North Sulawesi, which is located right in the center of Manado city. This area is a shopping center which is very busy with people and office workers.

**Table 4.1. Frequency distribution based on gender among security officers in Megamas Manado**

Gender	Frequency	Percentage
Man	20	66 %
Woman	10	34 %
<b>Total</b>	<b>30</b>	<b>100%</b>

Based on the table above, it shows that of the 30 respondents, the number of genders was 20 men (66%) and 10 women (34%)

**Table 4.2 Frequency distribution of respondents based on age of security officers in the Megamas Manado area**

Age	Frequency	Percentage
17-25	10	33 %
26-35	15	50 %
>35	5	17 %
<b>Total</b>	<b>30</b>	<b>100%</b>

Based on Table 4.1 above, it shows that the research results obtained from 30 respondents, the number of respondents aged 17-25 years was 10 respondents (33%), 26-35 years 15 respondents (50%) and >36 years 10 respondents 17%).

**Table 4.3** Frequency distribution of respondents based on education level of Megamas Manado Area Security officers

Education	Frequency	Percentage
JUNIOR HIGH SCHOOL	2	6.6 %
SENIOR HIGH SCHOOL	25	83 %
DIPLOMA	3	10 %
<b>Total</b>	<b>30</b>	<b>100%</b>

The results in table 4.3 show that of the 30 respondents with junior high school background, 2 respondents (10%), SMA 25 respondents (83%), Diploma and bachelor's degrees, namely 3 respondents (10 %)

**Table 4.4** Frequency distribution of respondents based on job level and security officers in the Megamas Manado area

Work	Frequency	Percentage
Supervisors	3	10 %
Manager	2	7 %
Executor	25	83 %
<b>Total</b>	<b>30</b>	<b>100%</b>

Data results in table 4.4 show that the respondents at Supervisor level were 3 respondents (10%), Manager 2 respondents (7%) and Implementation respondents (83%).

**Table 4.5** Frequency distribution of respondents based on knowledge about the nutrition hours of security officers in the Megamas area

Nutrition Knowledge	Frequency	Percentage
Good	6	%
Enough	16	%
Not enough	8	%
<b>Total</b>	<b>30</b>	<b>100%</b>

Data results in table 4.5 show that respondents who work shifts of less than 8 hours are 20% Supervisors, namely 10 respondents (33%), Managers 14 respondents (47%).

## RESULT AND DISCUSSION

In the Manado city area, there are several busy spots which are often people's shopping destinations, one of which is the Megamas Area Shopping Center. This area is often visited by many people considering that this area consists of various choices that offer various types of shops, *restaurants*, even offices and there are also hotels in it. Seeing the many purposes of people coming to this area means that the existing security officers must always be on guard and always alert in meeting every visitor so that the obligation to maintain security will always be the main focus for the security officers so that they can operate smoothly. as it should be. This is caused because security officers anticipate that there will be crime, theft, even rebellion and other types of crime . Therefore , seeing a situation like this, security officers in the Megamas area need to pay attention to nutritional intake, because nutritional intake is very important for security officers, which can maintain the body's immune system so as to create an immune system to avoid various diseases and help maintain stamina. to maintain security every day in carrying out duties and responsibilities as a security officer . However, the security officers on guard, through interviews, said that they always pay attention to the nutritional intake that enters the body, considering that this is very necessary in the guarding process amidst their job responsibilities. Although a small number of them sometimes forget the importance of a nutritious diet , namely by eating irregularly and paying less attention to the nutritional intake that enters the body.

In particular, in carrying out the duties and responsibilities of security officers, they are adjusted to the security concept which has been created based on the results of a risk and security assessment (*Risk and Security Assessment* ) <sup>7,8</sup> according to the place where they carry out their duties. The flow and concepts in security are also of course made in line with and based on the objectives of the place where the security officers carry out operations. So when carrying out security duties, you must not only be able to protect the workplace and the environment, but also pay attention to the body's nutritional intake so that it can run in balance, maintain security and maintain body health, remembering the importance of nutrition for survival. <sup>6</sup>

## CONCLUSION

Knowledge of providing proper nutrition for security officers who carry out their duties will have a positive influence on the performance of security officers. The nutrients needed by the body are generally the same as human needs, which are basically used in carrying out daily activities, including carbohydrates, proteins, fats, vitamins, minerals and water. Because to maintain and improve the nutritional status and health of workers, proper nutritional intake is needed for the body so that it can increase work power and work productivity.

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