Analysis of Mother's Knowledge of Giving MPASI to Infants Aged 6-24 Months at Posyandu Flora Puskesmas Auxiliary Selemak Village

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ABSTRACT
Complementary Food for ASI (MP-ASI) is the provision of food other than breast milk; complementary food for ASI is given at least when the baby is 4 to 6 months old. The provision of complementary food for breastfeeding is said to be good if the food contains protein, nutrients, and energy; this is done so that the baby does not experience malnutrition or stunting. This study aims to determine the description of the mother with the characteristics of age, last education, and occupation on the provision of MP-ASI from an early age at the Flora Posyandu of the Selemak Village Community Health Center. The population in this study was 41 respondents using a total sampling technique. Data collection used a cross-sectional design using a questionnaire. This study concludes that the level of a mother's knowledge is very good based on age characteristics, last education, and mother's occupation so that she can provide MP-ASI to her baby at the right age, namely 6-24 months.

INTRODUCTION
MPASI (Complementary Food for Breast Milk) is food given to children as a complement to the use of breast milk. Not just the use that can be obtained from breast milk itself, where the period of giving gift dinners to these partners until children are increasingly accustomed to eating family parties. Integral foods for breast milk should be given especially when the child is 4 months old and if possible up to six months. (Department of Nutrition for Health and Development of the World Health Organization, 2003).

"As a period of rapid growth and development, the age range of 0 to 24 months is often referred to as the golden period as well as the critical period. A brilliant age can be understood if at this time babies and children get the right proportion of nutrients to foster maximum interest. (Ministry of Health RI, 2010).

The reciprocal nutrition of breast milk is the change of food from breast milk to family food. Proof and delivery must be done slowly both in structure and number, according to the child's ability. (Irawati, 2004)

Feeding the offspring up to six months of age will protect them from various diseases. Children who get complementary foods at the age of under 6 years are more susceptible to diarrhea, hemorrhoids, mucus, colds, and fever compared to babies who have just been exclusively breastfed because of the endurance of babies under 6 years. Still not good. (Nababan, and Widyaningsih, 2018).

Children should be given the latest unique breastfeeding followed by complementary foods. Because it means that breast milk is amazing. In 2006 the World Welfare Association (WHO) set a standard that every
mother should give different breastfeeding to a child from birth to half a year old. This means that MPASI should start after the child is half a year old (Sulistyoningsih, 2011).

MP-ASI is said to be good if it can meet the needs well, nutritionally complete, adequate and adjustable, delicious, and delivered in the right way. MP-ASI requirements include foods that are high in energy, protein, and vitamins, do not contain spicy ingredients, do not contain sugar or salt, have complementary flavors, do not contain artificial colors or preservatives, and are liked by children. The type of food that is suitable for breastfeeding helper mothers is given according to the age level of the child (Pronunciation of the Health Pastor of the Republic of Indonesia, 2014).

Based on data from the World Welfare Association in 2000, under 15% of children worldwide get extraordinary breast milk without the rewards of eating other types of food from 0-4 months of age. Even so, UNICEF research after the monetary crisis “Indonesia shows that only 19% of children are breastfed without supplementary food by the age of 0-4 months”. (www or Google or com or compass or digital media, 2004).

Understanding plays a role “It is important in determining the mentality because knowledge will form a religion that will then share points of view, and provide” a foundation for co-selecting and determining perspectives on a particular subject. (Umnyati, 2015)

Chaudhry in his search said, experience “Motherhood about MP-ASI has a significant relationship with the disposition of MP-ASI in children. Information about a mother is still scant so the disposition of mothers in spreading MP-ASI to children is decreasing. (Ministry of Health, 2006)

Mother's insight into complementary feeding must be considered because it will affect the child's vitamin intake. If the mother gives complementary foods against the wishes of the baby, this will affect the baby's vitamin status or result in malnutrition. This is related to the findings of this study which shows that there is a ‘relationship between mothers’ insights about complementary foods and mothers' attitudes regarding breastfeeding to children” at the Posyandu Flora Selem Village.

This exploration aims to find out the impressions of mothers with the quality of age, past training, and vocation in giving MP-ASI from the beginning at the Greening Posyandu at the Selemak City Welfare Center.

METHOD

This kind of examination explains the relationship with the idea of Cross-Sectional. The correlational differentiator test is an exploratory idea used to understand the relationship, theorize, and test the way of thinking that exists between 2 factors. Body shape that leans on travel drivers while driving is associated with complaints of back pain. There is also a methodology used, namely Cross-Sectional, where data between free and finite factors will be combined in the same terms. The purpose of this study is to investigate the relationship between risk and impact aspects using point-time or continuous monitoring or information collection strategies. (Natoatmodjo, 2010)

This research was conducted at the Selemak Village Sub-Health Center starting from July to August 2023. There was also a population used, namely all mothers who had 0 two-year-old children in the Posyandu Vegetation Posyandu Sub-Source of Welfare Selemak Hamlet as many as 41 respondents with the technique of collecting overall testing representations.

The instrument used in this exploration is the Mother's Understanding Poll on "MP-ASI." The study used bivariate and univariate analysis to test the data. Univariate investigations are used to obtain a picture of wave transmission of independent factors, namely: the age of the mother, the age of the child, the education of the mother, and the call of the mother. Then the dependent variable (subordinate) is the mother's understanding of providing complementary foods that affect the development of children aged 6 to two years. The data check used is a Bivariate Examination. "Bivariate investigations were conducted on 2 elastics that are thought to be related or related. To prove the relationship between the mother's background and " Mother's knowledge about complementary foods that have an impact on the growth and development of infants aged 0-24 months at the Posyandu Flora Puskesmas Auxiliary Selemak Village.

RESULT

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother’s Age (years)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; 25 years</td>
<td>9</td>
<td>22</td>
</tr>
<tr>
<td>25-35 years</td>
<td>27</td>
<td>66</td>
</tr>
<tr>
<td>&gt; 35 years old</td>
<td>5</td>
<td>12</td>
</tr>
<tr>
<td>Baby Age (months)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 1. Frequency Distribution of Respondents’ Identity at Posyandu Flora Puskesmas Auxiliary Selemak Village.
Table 2. Frequency Distribution of Mother's Knowledge Level in Posyandu Flora Puskesmas Auxiliary Selemak Village

<table>
<thead>
<tr>
<th>Mother's Knowledge Level</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Good</td>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>Good enough</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Excellent</td>
<td>34</td>
<td>83</td>
</tr>
<tr>
<td>Total</td>
<td>41</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 3. Frequency Distribution of Early MP-ASI at Posyandu Flora Puskesmas Auxiliary Selemak Village

<table>
<thead>
<tr>
<th>Knowledge Level of MP-ASI</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>From birth-24 months</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Age 6-24 Months</td>
<td>40</td>
<td>98</td>
</tr>
<tr>
<td>Age 12-24 Months</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>41</td>
<td>100</td>
</tr>
</tbody>
</table>

DISCUSSION

Characteristics of Respondents Based on Age

One of the factors that influence the social participation of the elderly is the age of the mother. Mothers who are more established will be dynamic and expert in finding information about MP-ASI. (Goddess, 2017)

The results of the study of respondents totaling 41 mothers who had babies 0-24 months, found that mothers aged <25 years as many as 9 respondents (22%), mothers with vulnerable ages 26-35 years before 27 respondents (66%), and mothers aged >35 years as many as 5 respondents (12%). So it can be concluded that the majority of respondents are aged 26-35 years. From the results of the study, it was found that mothers with the most vulnerable age at the age of 26-35 years as many as 27 people.

Characteristics of respondents based on education

One mother (2%), out of 41 mothers with children aged 0 to 24 months, had attended primary school; twelve mothers (30%) had attended junior high school; 27 mothers (66%) had attended high school; and one mother (2%) had attended high school. From the examination, it is known that the number of mothers who took the last exam in high school was 27 people.

Characteristics of respondents by occupation

The study included 41 mothers who had children aged 0 to 24 months. Of the respondents, 4 people (10%) are factory workers, 2 people (5%) are housewives, 34 people (83%), and 1 person (2%) are traders. Based on the findings of the study, 34 mothers only had the status of housewives.

Overview of Mother's Knowledge-Related MP-ASI

Research results from respondents 41 mothers had children aged 0 two years, mothers who had information about giving good complementary food as many as 6 respondents (15%), mothers who had good
information as many as 1 respondent (2%), and mothers who generally had a very good understanding as many as 34 respondents (83%).

This study found that 34 respondents from 41 respondents of mothers who had babies aged 0-24 months in Selemak Village, had very good knowledge related to MP-ASI for their baby intake.

Overview of Mother’s Knowledge Related to Breastfeeding

If added up as many as 41 mothers who have children aged 0 two years, with answers obtained from polls that have been distributed by scientists, it can be said that mothers who answered questions related to "giving MP-ASI to children aged 0 two years amounted to 1 respondent (2%), mothers who answered giving MP-ASI since children aged 6 two years as many as 40 respondents (98%), and the mother who answered gave MP-ASI since the child" was 12 years old two years absent or 0.

From this study, it was found that 40 out of 41 respondents answered, that breastfeeding starts from the age of 6-24 months. The statement indicates that 97% of mothers who are at the Posyandu Flora Puskesmas Auxiliary Selemak Village, have very good knowledge regarding the provision of MP-ASI to infants as recommended by the Ministry of Health that the provision of MP-ASI can begin when the baby is at least 4 months old, and the rest begins when the baby is 6 months old.

CONCLUSION

The study's findings lead us to the conclusion that based on age, "education, and occupation, his mother had a very high level of knowledge. This was helped by respondents who were adults aged 26-35 years with the last high school education and did not work or as housewives. Housewives will tend to be more active in bringing their babies immunization or posyandu and more active in participating in socialization activities and counseling about health provided by health workers. By bringing children to posyandu and participating in counseling activities, mothers in Selemak Village provide complementary food to their babies when they are 6-24 months old.

REFERENCES