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Relationship of Mom's Knowledge About Breast Milk Feeding Patterns With Nutritional Status in Children Aged 6-24 Months at Jambur Pulau, Kec. Perbaungan in 2021

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ABSTRACT

Efforts to improve the health and nutritional status of infants or children through improving community behavior in feeding are an inseparable part of efforts to improve overall nutrition. Complementary foods are given from 4 months to 24 months of age. This study aims to see if there is a relationship between mother's knowledge about complementary feeding patterns with nutritional status in children aged 6-24 months in Jambur Pulau Village, Perbaungan District in 2021. This research method is an analytic survey study with a cross sectional approach. The population in this study were all mothers of toddlers 6-24 months who came to Posyandu in May-July. The sampling technique used was Total Sampling, mothers who had toddlers who came to Posyandu in July amounted to 38 people. The results of statistical analysis using SPSS with Chi-Square test. The results obtained that the majority of mothers' knowledge levels about the provision of complementary feeding were in the less category, namely 10 respondents (26.3%), the nutritional status of the majority of underweight children was 10 respondents (26.3%), based on Chi-square test at 90% confidence level obtained p value = 0.003, meaning there is a relationship. The conclusion of this study is that there is a relationship between mother's knowledge about complementary feeding patterns with nutritional status in children aged 6-24 months in Jambur Pulau Village, Perbaungan District in 2021. Suggestions It is hoped that mothers of toddlers can add information and knowledge about the importance of exclusive breastfeeding and improving the quality of breast milk so that complementary feeding does not need to be given early.

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1. INTRODUCTION

To achieve optimal growth, a baby needs all the macronutrients and micronutrients in the right amount with their needs. It is undeniable that the best nutritional needs for infants aged 0-6 months is breast milk. After the baby is 6 months old and over, the baby's intake must be supplemented with complementary foods (MPASI). In the development of children, food is the most important need. The needs of children are different from the needs of adults, because food is needed for growth and development (1).

In toddlerhood, children are experiencing a very rapid growth process that requires relatively more food substances with higher quality. The results of growth into adulthood, very much depends on the nutritional and health conditions during infancy. Malnutrition or malnutrition in infants and children, especially at the age of less than 5 years can result in disruption of physical growth and brain intelligence (2).

In infancy, breast milk is the best and main food because it contains immune substances that are needed to protect babies from various diseases, especially infectious diseases. However, as the baby grows, the nutritional needs also increase, so from the age of 6 months, babies are started to be given complementary foods with breast milk (MP-ASI) (3).

Efforts to improve the health and nutritional status of infants or children through improving community behavior in feeding are an inseparable part of efforts to improve overall nutrition. Complementary foods are given from 4 months to 24 months of age. As the age of the baby/child increases, the need for nutrients increases for the child's growth and development, while the milk produced does not meet the nutritional needs (2).

Based on research, it is stated that the state of malnutrition in infants and children is caused by the habit of giving complementary foods that are not appropriate. Ignorance about how to feed infants and children and the existence of habits that are detrimental to health, directly and indirectly are the main causes of malnutrition in children, especially in children under 2 years of age. (5).

Protein Energy Deficiency (PEM) can occur in infants, children and adults. Children and mothers who are pregnant and breastfeeding are a very vulnerable group. The age of 2-3 years is a very vulnerable age because at this age is a transition period from breast milk to breast milk substitutes or to weaned food and exposure to infections begins to increase because children are starting to be active so that the energy required is relatively high for their growth speed. In the period of complementary feeding, the baby is completely dependent on the care and feeding of the mother. Knowledge of complementary foods and a good attitude towards the provision of complementary foods will cause a person to be able to arrange a good menu for consumption by his baby. The better a person's nutritional knowledge, the more he will take into account the type and amount of food he gets for consumption (6).

Based on an initial survey conducted in Jambur Pulau village in April 2021 on 8 mothers with babies aged 6-24 months, 4 mothers said the complementary feeding pattern was given three times a day the same as adults. 2 Other mothers said they gave their babies more water than fruit, based on the above, the researcher concluded. In families with low knowledge of complementary foods, their children often have to be satisfied with makeshift foods that do not meet the nutritional needs of toddlers because of ignorance. In general, young children (toddlers) get their food depending on their mother and do not choose and take what they like. To be able to develop a complementary feeding pattern for toddlers / an adequate menu, one

needs to have knowledge of food ingredients and nutrients, one's nutritional needs as well as knowledge of dishes and their processing.

Oriented from this, the mother's level of knowledge about complementary feeding, and the pattern of complementary feeding and the nutritional status of children under five are important issues to be studied more deeply, for this reason it is necessary to conduct a study that examines these problems with the title "The relationship between feeding patterns and ASI companion with nutritional status in children aged 6-24 months in Jambur Pulau Village, Perbaungan District in 2021.

Based on the above background, the researcher formulates the problem in this study, namely "Is there a relationship between mother's knowledge about complementary feeding patterns with nutritional status in children aged 6-24 months in Jambur Pulau Village, Perbaungan District in 2021.

2. RESEARCH METHODE

This research method is an analytic survey research with a cross sectional approach which aims to determine the relationship between the independent variable and the dependent variable, namely: The relationship between complementary feeding patterns (X variable) and nutritional status in children aged 6-24 months (Y variable) in Jambur Village. Perbaungan Island District in 2021. Therefore, researchers tend to look for relationships and examine the significance and relationships that occur.

This research was conducted in Jambur Island Village and the time used in this study was from May to August 2021.

Population

The population in this study were all mothers of toddlers 6-24 months who came to visit the posyandu in May-June in Jambur Pulau Village, Perbaungan District in 2021, which were 38 people.

Sample

The samples taken in this study were mothers with toddlers who came to the Posyandu in July in JamburPulau village, Perbaungan sub-district as many as 38 people.

3. RESULT AND ANALYSIS

Univariate Analysis

Table 2. Frequency Distribution of Mother's Knowledge about the Pattern of Complementary Breastfeeding.

No	Knowledge	Total	
		F	%
1	Good	14	36,8
2	Enough	14	36,8
3	Less	10	26,3
Total		38	100

Based on table 2. it can be seen that the mother's knowledge is in the good category, namely as many as 14 respondents (36.8%), only 14 respondents (36.8%) and the minority knowledge is in the less category, namely 10 respondents (26.3%).

Table 3. Frequency Distribution of Nutritional Status in Children Age 6-24 Months

No	Toddler Nutritional Status	Total	
		F	%
1	Good Nutrition	14	36,8
2	Less nutrition	14	36,8
	Malnutrition	10	26,3
	Total	38	100

Based on table 3. it can be seen that the nutritional status of children aged 6-24 months in Jambur Pulau village of 38 respondents with good nutrition as many as 14 respondents (36.8%) and poor nutrition as many as 10 respondents (26.3%).

Bivariate Analysis

Table 4. Relationship of Mother's Knowledge about the pattern of complementary feeding with nutritional status in children aged 6-24 months

Knowledge	Nutritional Status of Children Age 6-24						Total		p
	Months								
	Good		Enough		Poor		F	%	
	F	%	F	%	F	%	F	%	
Good	10	26,3	2	5,3	2	5,3	14	36,8	= 0,03
Enough	3	7,9	6	16,2	5	13,2	14	36,8	
Less	1	2,63	6	16,2	3	7,9	10	26,3	
Total	14	36,8	14	36,8	10	26,3	38	100	

Based on table 4. the results of the chi-square test at the 95% confidence level with $df = 2$ obtained X^2 count $> X^2$ table ($11,482 > 5,991$), < 0.05 ($\alpha = 0.000$), the results of this bivariate analysis show This means that there is a relationship between mother's knowledge about complementary feeding patterns and nutritional status in infants aged 6-24 months in JamburPulau Village in 2021.

Frequency Distribution of Mother's Knowledge about the Pattern of Complementary Breastfeeding

Based on table 2. it can be seen that the mother's knowledge is in the good category, namely as many as 14 respondents (36.8%), only 14 respondents (36.8%) and the minority knowledge is in the less category, namely 10 respondents (26.3%).

According to the researcher's assumption that knowledge is closely related to education, it is hoped that with high knowledge, the person will have more extensive knowledge. However, it should be noted that people with low knowledge do not necessarily have poor knowledge, as well as high knowledge does not necessarily result in good knowledge. Many factors support the mother's low knowledge, such as age, level of education and the information she receives.

Frequency Distribution of Nutritional Status in Children Age 6-24 Months

Based on table 3, it can be seen that the nutritional status of children aged 6-24 months in Jambur Pulau village of 38 respondents with good nutrition as many as 14 respondents (36.8%) and poor nutrition as many as 10 respondents (26.3%).

According to the researcher's assumption, there are two types of nutritional status assessment, namely Anthropometry with assessment of nutritional status related to body size that is adjusted to a person's age and nutritional level. In general, anthropometry measures the dimensions and composition of a person's body.

Relationship of Mother's Knowledge about the pattern of giving complementary feeding with nutritional status in children aged 6-24 months

Based on table 4, the results of the chi-square test at the 95% confidence level with $\alpha = 0.05$ $df = 2$ obtained X^2 count $> X^2$ table ($11,482 > 5,991$), < 0.05 ($\alpha = 0.000$), the results of this bivariate analysis show This means that there is a relationship between mother's knowledge about complementary feeding patterns and nutritional status in infants aged 6-24 months in JamburPulau Village in 2021.

This is in accordance with Sri Mulyani's research on the relationship between mother's level of knowledge and breastfeeding for infants aged 6-24 months at Posyandu Karyamulya Jetis Jaten, namely the knowledge of mother's complementary feeding is very influential, the higher a person's level of knowledge, the better the implementation. The state of malnutrition in infants and children is caused by the inappropriate provision of complementary foods and the mother's ignorance about the benefits and the correct way of giving complementary foods that affect the provision of complementary foods.

In the opinion of the researcher, mother's knowledge about giving MP-ASI needs to be considered, because the research results obtained still have a lot of knowledge. Adequate and low, so that mothers do not understand about giving complementary feeding according to the age of the baby, giving food that is not in accordance with the age of the baby can cause digestive disorders. Mothers should not give MP-ASI too soon (before the age of 6 months). In addition to the immature digestion, this action will only increase the baby's potential for food allergies. Also, giving MP-ASI too quickly will cause the baby's instinct to suck to decrease so that the amount of milk consumed also decreases. Malnutrition is often caused by giving complementary foods too early. Don't give MP-ASI too late (only breast milk after 6 months and over). Not good for growth. Babies can suffer from malnutrition, weight and length are not in accordance with what should be achieved. Because breast milk after the age of 6 months can not meet the needs of the baby anymore.

4. CONCLUSION

The conclusions that can be drawn in this research are:

1. Mother's knowledge about the pattern of giving MP-ASI shows that the respondents have less knowledge about 10 people (26.3%),
2. Based on the nutritional status of children aged 6-24 years found 14 people (36.8%), and poor nutrition 10 (26.3%)
3. The results of the cross-tabulation analysis in this study were sig-p value (0.003) $<$ sig- α value (0.05). This means that there is a relationship between the mother's level of knowledge about the pattern of giving complementary feeding to the nutritional status of children aged 6-24 months in Jambur Village, Kec perbaungan Island.

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