THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDES OF MOTHER WITH BEHAVIOR OF SUPPLEMENTARY FEEDING OF BREAST MILKFOR INFANTS AGED 6-24 MONTHS AT THE AUXILIARY COMMUNITY HEALTH CENTER, UJUNG GADING JULU VILLAGE, NORTH SUMATRA IN 2019

Wahyu[1], Lasria Simamora [2]
lasriasimamora@gmail.com
STIKes Mitra Husada Medan

ABSTRACT

INTRODUCTION

Complementary Food Mother's Milk (MP-ASI) is food that is given to babies over 6 months as additional food to meet the baby's intake. giving the right MP-ASI will affect optimal growth and development in infants, therefore Knowledge and Attitude about the MP-ASI will influence the behavior of the mother's in giving the MP-ASI. North Padang Lawas district health survey In 2017, toddlers who experienced malnutrition status 2.8%, malnutrition 0.6% for Simangambat sub-district 2.8% toddlers with under nutritional status and 0.9 with malnutrition status. The purpose of this study was to determine the relationship of knowledge and attitudes of mothers with the behavior of giving MP-ASI to infants aged 6-24 months at the auxiliary community health center, Ujung Gading Julu Village, North Sumatra.

MATERIAL AND METHODS

The research used is quantitative with cross sectional design. The sampling technique is purposive sampling technique with a sample size of 62 respondents.The data were analyzed by using univariate analysis, bivariate analysis with chi square test

RESULT

The results of univariate analysis showed that the majority of respondents had good knowledge as much as 64.5% and had good attitude as much as 56.4% and good behavior as much as 59.7%. The results of the bivariate analysis showed that knowledge was obtained p = 0.010 <0.05, while attitudes were obtained p = 0.028 <0.05

CONCLUSION

From the results of this study it can be concluded that there is a significant relationship between mother's Knowledge and Attitudes with the Behavior of Giving MP-ASI to infants in Ujung Gading Julu Village, North Sumatra in 2019

Keywords *:* *Knowledge, Attitude, Behavior, Complementary foods of breast milk*

1. INTRODUCTION

The age of 0-24 months is a period of rapid growth and development, so that it is often termed the golden period as well as the critical period. The golden period can be realized if at this time infants and children receive appropriate nutrition for optimal growth and development. To achieve optimal growth and development, in the Global Strategy For Infant And Young Child Feeding, WHO / UNICEF recommends four important things that must be done, namely: first giving breast milk to babies immediately within 30 minutes after the baby is born, second only giving breastfeeding only from birth to 6 months of age (exclusive breastfeeding), the third providing complementary foods (MP-ASI) from 6 months to 24 months of age, and the fourth continuing breastfeeding until the child is 24 months or older (UNICEF, 2009).

One of the efforts to improve community nutrition is monitoring the nutritional status of children under five. By looking at the development of the

nutritional status of children under five, the development and growth of children can be seen, so that it can be seen if there are abnormalities in toddlers. Monitoring activities for the development of the nutritional status of children under five is carried out by weighing each month to children under five at the posyandu. Based on the weighing, the data on the number of children under five is weighed every month, under-five with weight gain, and under-five who are categorized as Weight Under the Red Line (Kemenkes RI, 2014).

Efforts to improve community nutrition are aimed at improving the nutritional quality of individuals and communities, among others through improving food consumption patterns, improving nutrition awareness behavior, increasing access to and quality of nutrition and health services in accordance with advances in science and technology. Good nutrition is the foundation of health, nutrition affects immunity, susceptibility to disease, and physical and mental growth and development. Good nutrition will reduce morbidity, disability and mortality, thereby increasing the quality of human resources (Kemenkes RI, 2014).

According to WHO (2012) the number of malnourished sufferers in the world reaches 104 million children and malnutrition still causes one third of all causes of child mortality worldwide. The prevalence of malnutrition among children under five years of age in Indonesia according to the results of the 2018 Nutrition Status Monitoring conducted by the Indonesian Ministry of Health, infants under five years of age (toddlers) experiencing nutritional problems in 2018 reached 17.8% the same as the previous year. This number consists of underfives who experience 3.8% malnutrition and 14% malnutrition (Riskesdas, 2018).

Based on data from the North Sumatra provincial health office in 2017, the percentage of children under five 0-23 months according to the Weight for Age index (BW / U) the incidence of malnutrition was 4.60%, malnutrition 11.40%, good nutrition 81.70% 2.40% more. Meanwhile, according to the Height to Age index (TB / U) is very short 12.50%, 16.00% short, and 71.50% normal. Meanwhile, according to the index of body weight and height, very thin 6.70%, thin 10.20%, normal 77.40% and fat 5.70% (Profil Kesehatan Sumut, 2017).

Based on the health report of North Padang Lawas (Paluta) district in 2017, the number of children under five who had malnutrition status was 2.8% and malnutrition was 0.6%, for Simangambat sub-district there were 1.8% of children under five with malnutrition status and 0.9% with malnutrition status (BPS Paluta, 2018). Various factors can reduce morbidity, disability and mortality of children under five, including by improving the quality of health services in terms of working partners and public knowledge about improving nutrition which will have a good impact on the body's resistance to disease infections (Palas Health Office, 2017).

Based on a preliminary survey at the Supporting Puskesmas Desa Ujung Gading Julu, Simangambat Subdistrict, it was recorded that in May 2019 there were 73 babies aged 6-24 months, counting from births in June 2017. Of the 5 mothers who had babies aged 6-24 months there were 3 of them are not correct in giving complementary breastfeeding to their babies, many factors influence this situation, one of which is the factor of mother's knowledge about complementary feeding itself, besides that there are mothers who do know about complementary feeding but do not apply according to the Health book Mother and Child.

From the description above, the authors are interested in knowing the relationship between knowledge and attitudes of mothers with the behavior of giving complementary foods to babies aged 6-24 months by putting it in the form of a thesis with the title "The Relationship between Knowledge and Attitudes of

Mother and Behavior of Breastfeeding in Infants Age 6. -24 months at the village health center in Ujung Gading Julu, North Sumatra in 2019".

2. RESEARCH METHOD

2.1 Research design

This type of research is quantitative research with the type of analytical research using the survey research method approach which is used to observe using a cross sectional design where the cause or risk and effect variables or cases that occur on the object of research are measured or collected at the same time, namely to determine the relationship between knowledge and attitudes. mothers with complementary feeding behavior to babies 6-24 months. In this study, the authors will take the dependent variable data (behavior of complementary feeding) and independent variables (knowledge and attitudes of mothers) in one unit at the same time.

2.2 Population and sample

Population is the whole subject to be studied (Hidayat, 2011). In this study, it was concluded that the population of all mothers who had babies aged 6-24 months at the Puskesmas Pembantu Gading Julu Village, Simangambat District in May 2019, totaling 73 people counted since the birth of a baby in June 2017.

The sample is part of the population to be studied or part of the number of characteristics possessed by the population. The sample is randomly selected from mothers who have babies aged 6-24 months. According to Sugiyono (2012), calculating the sample size in the study can be calculated using the Slovin formula, so that the sample size in this study was 62 respondents, where the sampling technique was carried out by using purposive sampling technique.

2.3 Location and time of study

This research will be conducted at the Sub-Puskesmas Ujung Gading Julu Village, Simangambat District, North Padang Lawas Regency, North Sumatra Province in June - July 2019.

2.4 Measurement Method

Data collection is a process of approaching the subject and the process of collecting the characteristics of the subject required in research. The data collection process is carried out, the researcher makes an approach and explanation to prospective respondents about the research and for respondents who are willing and meet the sample criteria are welcome to sign the research agreement, then explain how to fill out the questionnaire, after all the questionnaires are answered, the researcher collects and checks the completeness of the data.

The primary data obtained were directly obtained from researchers conducting univariate analysis to describe knowledge and attitudes with the behavior of complementary feeding in infants aged 6-24 months and bivariate analysis to determine the relationship between maternal knowledge and attitudes with complementary feeding behavior in infants aged 6 -24 months using the chi square test and a significant level of 95% (α 0.05)

3. RESEARCH RESULTS

This research is the relationship between knowledge and attitudes of mothers with the behavior of breastfeeding infants aged 6-24 months at the village health center in Ujung Gading Julu, North Sumatra in 2019.

The general description of respondents in this study can be explained as follows:

Table 1. Frequency distribution of respondents based on characteristics (n = 62)

Respondent Characteristics	Category	F	Proportion
Age	15-20 years	3	4.8
	21-25 years	25	40.3
	26-30 years	19	30.6
	31-35 years	11	17.7
	36-40 years	4	6.5
Total		62	100.0
	Primary	26	41.9

Respondent Characteristics	Category	F	Proportion
Education	school		
	Primary school	16	25.8
	Senior High School	17	27.4
	College	3	4.8
Total		62	100.0
Profession	Farmer	10	16.1
	Housewife	38	61.3
	Labor	3	4.8
	Entrepreneur	8	12.9
	Teacher	3	4.8
Total		62	100.0
etcnic	Javanese	47	75.8
	Batak tribe	11	17.7
	Banjar tribe	2	3.2
	the Sundanese	1	1.6
	Nias tribe	1	1.6
Total		62	100.0
Age of the baby	6-9 months	15	24.2
	10-12 months	12	19.4
	13-24 months	35	56.5
Total		62	100.0
Parity	Primipara	15	24.2
	Multipara	43	69.4
	Grande Mutipara	4	4.5
Total		62	100.0

Tabel 1 menunjukkan bahwa dari 62 responden mayoritas berumur 21-25 tahun 40,3%. Mayoritas pendidikaan terakhir SD 41,9%, dan untuk pekerjaan mayoritas responden bekerja sebagai IRT sebanyak 61,3%, Mayoritas responden suku jawa 75,8%, untuk responden yang memiliki bayi usia 13-24 bulan 56,5% dan Paritas terbanyak yaitu multipara 69,4%.

Table 2. The Relationship between Knowledge and Complementary Feeding Behavior

Knowledge	Behavior of giving complementary foods						Asimp .sig (2-sided)
	Good		Not Good		Total		
	F	%	F	%	F	%	
Well	28	70.0	12	30.0	40	100	0.010
Enough	6	66.7	3	33.3	9	100	
Not good	3	23.1	10	76.9	13	100	
Total	37	59.7	25	40.3	62	100	

Table 2 shows the Asimp.Sig value of 0.010 <0.05, it can be concluded that there is a significant relationship between knowledge and the behavior of giving complementary foods to infants.

Table 3. The Relationship between Attitudes and Behavior of Complementary Feeding

Table 3. The Relationship between Attitudes and Behavior of Complementary Feeding

Attitude	Perilaku Pemberian MP-ASI						Asimp. sig (2-sided)
	Good		Not Good		Total		
	F	%	F	%	F	%	
Well	26	74.3	9	25.7	35	100	0.028
Enough	6	42.9	8	57.1	14	100	
Less	5	38.5	8	61.5	13	100	
Total	37	59.7	25	40.3	62	100	

Table 3 shows the Asimp.Sig value of 0.028 <0.05, it can be concluded that there is a significant relationship between attitude and behavior of giving complementary foods to babies.

4. DISCUSSION

4.1 Relationship between Knowledge and Breastfeeding Behavior in Infants

From statistical analysis using the Chi-square test, the p value is obtained = 0.010 which explains that there is a difference in the proportion between respondents who are well-informed, sufficient, and lacking complementary feeding to their babies, and at a significant level of 95% with an alpha of 0.05, statistical null hypothesis (H0) is rejected, which means that there is a significant relationship between knowledge and complementary feeding in infants aged 6-24 months.

The results showed that respondents who had good knowledge and good behavior were 70.0% of giving complementary foods to their babies appropriately, respondents with good

knowledge and good behavior were 66.7%, while for the category of respondents with poor knowledge but good behavior were 23.1%. This shows that almost all respondents have good knowledge about complementary feeding.

This research is in accordance with Bahri's (2011) research on the relationship between knowledge and attitudes of mothers with the provision of complementary foods in PB Village. Selayang II Medan Selayang District which states that knowledge is related to the mother's actions in giving complementary foods with a p value of 0.001 (p <0.05). Likewise research by Darmawan (2015) on the relationship between knowledge and attitudes of mothers with the behavior of giving proper MP-ASI to infants aged 6-12 months in Sekarwangi Village, Sumedang Regency, where the results showed that knowledge was significantly related to giving complementary feeding to infants. with (p = 0.000).

This research is also supported by the statement by Notoatmodjo (2012) that knowledge is a very important domain in shaping one's actions. Knowledge is the result of knowing, and this happens after sensing certain objects. Knowledge is a very important factor for the formation of one's actions. Knowledge based on a correct understanding will lead to a positive understanding so that eventually one form of expected behavior grows.

Several things affect the level of knowledge of respondents about complementary foods so that they are able to provide the right complementary breastfeeding to their babies. In addition to higher education factors, information from the mass media and socio-culture also contributes to the increase in respondents' knowledge, where there is new information about something that provides a new cognitive foundation for the formation of knowledge about it, and with the habits and traditions that people do without through reasoning whether what is done is good or bad. Thus a mother will increase in knowledge even if she does not do it.

In addition, environmental factors and respondents' experiences can provide a lesson so as to increase knowledge. Notoatmodjo (2012) states that the environment affects the process of entering knowledge into individuals who are in that environment. this happens because there is a reciprocal reaction or not which will be responded to as knowledge by each individual

4.2 Relationship between Attitude and Behavior of Breastfeeding in Infants

From the statistical analysis using the Chi-square test, it was obtained p value = 0.028 which explains the difference in the proportion between respondents who were good, good enough and less good in giving complementary foods to babies aged 6-24 months. The results showed that respondents who had good attitudes and good behavior were 74.3%, respondents who had a good attitude and good behavior were 42.9% and respondents who had a bad attitude with good behavior were 38.5% giving complementary foods. on the baby exactly.

This research is in accordance with Bahri's (2011) research on the relationship between knowledge and attitudes of mothers with the provision of complementary foods in PB Village. Selayang II Medan Selayang District which states that attitude is related to the mother's actions in giving complementary foods with a p value of 0.002 (p <0.05). Likewise research by Darmawan (2015) About Relationships Knowledge and attitudes of mothers with appropriate Mp-breastfeeding behavior for infants aged 6-12 months in Sekarwangi Village, Sumedang Regency where the results showed that attitudes were significantly related to giving complementary breastfeeding to infants with (p = p = 0.013).

According to Sunaryo's opinion in Notoatmodjo (2012), attitude is a person's

closed response to an object. Attitudes in reality show a response to certain stimuli.
From the aspect of mother's attitude, many mothers think that their babies are hungry and will sleep soundly if they are fed even though it is irrelevant. many think it is true even though because the digestive system is not yet perfect, the digestive system has to work harder to process food.

5. CONCLUSIONS AND SUGGESTIONS

5.1 Conclusion

From statistical analysis for the relationship between knowledge and behavior of complementary breastfeeding, it was obtained p value = 0.010 (α <0.05), which means a significant relationship between knowledge and complementary feeding in infants aged 6-24 months, as well as for the relationship between attitudes and breastfeeding. The behavior of complementary breastfeeding obtained p value = 0.028 (α <0.05) means that there is a significant relationship between the attitude and behavior of complementary feeding in infants.

5.2 Suggestions

It is hoped that Health Service Agencies will further improve health promotion by involving the community in order to establish good cooperation

REFERENSI

Badan Pusat Statistik Padang Lawas Utara. 2018. *Kecamatan Simangambat Dalam Angka 2018*. Kabupaten Padang Lawas Utara : BPS padanglawasutarakab.go.id/category/nasional

Bahri, Mutia R. 2011. Hubungan Pengetahuan Dan Sikap Ibu Dengan Pemberian MPASI Di Kelurahan PB. Selayang II Kecamatan Medan Selayang Tahun 2011. USU: Medan

Dinkes Kabupaten Padang lawas. 2017. *PSG 2018 Hasil Pantauan Status Gizi (PSG) Balita* : Padang Lawas Utara

Dinkes Sumatera Utara. 2017. *Profil Kesehatan Sumatera Utara 2017.* Medan.

Darmawan.F.,D.,Sinta,E.,N.,M. 201. Hubungan Pengetahuan Dan Sikap Ibu Dengan Perilaku Pemberian Mp-Asi Yang Tepat Pada Bayi Usia 6-12 Bulan Di Desa Sekarwangi Kabupaten Sumedang

Hidayat A. 2011. *Metode Penelitian Keperawatan dan Teknik Analisa Data.* Jakarta: Salemba Medika

Notoatmodjo, S. .2012. *Promosi Kesehatan Dan Perilaku Kesehatan.* Jakarta : Rineka Cipta.

Riskesdas. 2018. *Badan Penelitian Pengembangan Kesehatan Kementrian Kesehatan RI* 2018. Riset Kesehatan Daerah. Jakarta

Sugiyono, 2012. *Metode penelitian Kuantitatif, Kualitatif, dan R&D.* Bandung : Afabeta

Unicef. 2009. *Tracking Progress On Childand Maternal Nutrition A Survival And Development Priority*. New York. USA www.unicef.org/publications.