

FACTORS RELATING TO MOTHER'S KNOWLEDGE IN PROVIDING COMPLETE FOODS WITH MOTHER'S MILK (MP-ASI) AT SEI MENCIRIM HEALTH CENTER, SUNGGAL DISTRICT, DELI SERDANG DISTRICT 2024

Bdn, Yulia Safitri¹, Sonya Aulia Putri²,
Sekolah Tinggi Kesehatan Flora¹, Sekolah Tinggi Kesehatan Flora²

Email: fatlipi2t@gmail.com, sonyaaulia56@gmail.com.

ABSTRACT

Breast Milk (ASI) as the only nutritional baby until the age of 6 months is considered very important role for child growth. But in fact the child has been given MP-ASI before the age of 6 months. The provision of MP-ASI is too early to be expected because of the lack of knowledge of breastfeeding mothers who assume that their baby will not be satisfied if only consuming breast milk alone. The purpose of this research is to know the factors related to mother's knowledge in complementary feeding of mother's milk (MP-ASI). This research is a quantitative research with cross sectional approach. The research was conducted at Puskesmas Sei Mencirim, Kecamatan Sunggal, Deli Serdang Regency. Time of research in January 2024. The study population of 392 people and samples obtained 80 people. The data were analyzed by univariate and bivariate using chi-square test at 95% confidence level ($\alpha = 0,05$). Based on the result of research indicate that factors related to mother's knowledge in complementary feeding of milk at Sei Mencirim Health Center Kecamatan Sunggal Regency of Ddeli Serdang year 2024 are age ($p = 0,018$), education ($p = 0,000$), and the source of information ($p = 0,000$). It is suggested to the nurse at Puskesmas Sei Mencirim to improve the motivation of good work so that in carrying out the work done seriously, diligently, and actively in reaching the goal set by the puskesmas.

Keywords: Knowledge, Mother, Giving MP-ASI.

INTRODUCTION

The golden period in the first two years of a child's life can be achieved optimally if it is supported by proper nutritional intake from birth. Breast milk (ASI) as the only nutrition for babies up to six months of age is considered to play a very important role in a child's growth and development. To fulfill the nutritional needs of children aged >6 months, they are given complementary food with breast milk (MP-ASI). But in reality, sometimes there is a misunderstanding, namely that for the

reason of meeting the baby's nutritional needs, MP-ASI is given too early. Based on the problem in this research, namely what factors are related to mothers' knowledge in providing complementary food for breast milk (MP-ASI) at the Sei Mencirim Health Center, Sunggal District, Deli Serdang Regency in 2024. To find out the factors that are related to mothers' knowledge in Providing Complementary Food for Breast Milk (MP-ASI) at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency.

METHOD

A. Definition of breast milk

Knowledge is the result of knowing, and this occurs after people sense a particular object

Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Knowledge basically consists of a number of facts and theories

Knowledge itself is influenced by formal education factors. Knowledge is closely related to education, where it is hoped that with higher education the person's knowledge will become broader.

However, it needs to be emphasized that this does not mean that someone with low education has absolutely low knowledge. This is because increasing knowledge is not absolutely obtained from formal education alone, but can be obtained through non-formal education (Wawan and Dewi, 2019).

B. Understanding Complementary Feeding with Breast Milk (MP-ASI)

Complementary foods for breast milk (MP-ASI) are foods or drinks that contain nutrients, given to babies or children aged 6-24 months to meet nutritional needs other than breast milk (Ministry of Health of the Republic of Indonesia, 2019). MP-ASI is a transitional food from breast milk to family food. The introduction and provision of MP-ASI must be carried out in stages, both in form and quantity. This is intended to adjust the baby's digestive system's ability to receive MP-ASI (Rosidah, 2019).

C. Factors influencing early provision of MP-ASI

Feeding after the baby is 6 months old provides great protection from various diseases. This is because the immunity of babies > 6 months old is more perfect than babies < 6 months old. Giving MP-ASI early is the same as opening the gate for various types of disease germs to enter. Research results show that babies who

that enable someone to solve the problems they face. This knowledge is obtained both from direct experience and the experience of other people. (Notoatmodjo, 2020).

receive MP-ASI before 6 months are more likely to suffer from diarrhea, constipation, coughs, colds and fever than babies who receive exclusive breast milk. When a baby is 6 months old or more, his digestive system is relatively perfect and ready to receive MP-ASI. Several protein breaking

enzymes such as stomach acid, pepsin, lipase, new amylase will be produced completely. When a baby is less than 6 months old, the cells around the intestine are not ready to accept the contents of food, so the food that enters it can cause an immune reaction and allergies. Delaying giving MP-ASI for up to 6 months protects babies from obesity later in life. Even in extreme cases, giving MP-ASI early can cause gastrointestinal blockage and require surgery. Includes fear that the breast milk they produce is not enough and is of poor quality. This is associated with giving the first breast milk (colostrum) which looks watery and resembles water. Apart from that, delays in starting breastfeeding and the practice of throwing away colostrum also influence the reasons for giving early MP-ASI because many people in developing countries believe that yellowish colostrum is a toxic substance that must be given. thrown away.

D. Problems in Giving MP-ASI

The problem with giving MP-ASI to babies is that it includes giving prelacteal food (food before the milk comes in). This is very dangerous for the baby's health and interferes with successful breastfeeding and the habit of throwing away colostrum even though colostrum contains immune

substances that can protect babies from disease and contains high levels of nutrients. Therefore, do not throw away colostrum. Early MP-ASI and prelactal food will risk diarrhea and ARI in babies.

With an infection, the body will experience a fever so that the need for nutrients and energy will increase, while food intake will decrease, which will have an impact on reducing the body's immune

system. In a study in Southern Brazil, babies who were given early MP-ASI were 14.2 times more likely to die from diarrhea than exclusively breastfed babies.

RESEARCH METHODOLOGY

A. Research design

This type of research is quantitative with a cross sectional design, namely descriptive data that is tested analytically to determine the factors related to maternal knowledge in providing complementary foods for breast milk (MP-ASI) at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency.

B. Research Location and Time

a. Research sites

The research was carried out at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency. The reasons for choosing this location were: there are still many mothers who provide complementary breast milk food to

babies under 6 months of age, the number of respondents is sufficient to be used as a sample, and research with the same title as this research has never been conducted.

b. Research time

The research was carried out in March 2024 or after completion of the proposal examination revision.

C. Data Collection Methods

a. Data Type

The data used in this research are primary data and secondary data.

b. Data collection technique

Data collection was carried out by providing a research letter from the Head of the Midwifery Study Program, STIKes Flora Medan and a research permit letter to the Head of the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency. After obtaining permission from the Head of the Community Health Center, the researcher conducted research by distributing questionnaires to respondents, by first asking for the respondent's consent, whether they were willing to be used as respondents and by signing a letter of agreement, the researcher then gave a brief explanation to the respondents on how to fill out the questionnaire.

D. Operational Definition and Measurement Aspects

The variables in this research consist of independent variables, namely age, education, source of information, while the dependent variable is the mother's knowledge in providing complementary breast milk (MP-ASI).

a. Data Processing

Data processing in this research is as follows:

1. Editing

Editing includes checking the completed questionnaire to see the completeness of the filling and correcting whether there are any errors or mistakes in filling out the questionnaire.

2. Scoring

Provide scores in accordance with provisions on measurement aspects such as completeness of documentation.

3. Entry

After editing, the data is then processed using a computer and other supporting software.

4. Tabulating

The tabulating process is entering data into frequency distribution tables and cross tables.

RESULT AND DISCUSSION

A. RESEARCH RESULTS AND DISCUSSION

a. Research result

1. General Description of Research Locations

North Labuhanbatu Regency is one of the newly expanded regencies from Labuhanbatu Regency in North Sumatra Province. Geographically, North Labuhanbatu Regency is located at 1° 58'00" – 2° 50'00" North Latitude and 99° 25'00" – 100° 05'00" East Longitude with an altitude of 0-2,151 meters above sea level 2 57 " North Latitude, 3 16" South

Latitude and 98 33"- 99 27" East Longitude with an altitude of 0-500 m above sea level.

2. Relationship between Age and Mother's Knowledge in Giving MP-ASI

Based on the research results, it shows that there is a significant relationship between age and mother's knowledge in providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency in 2024, $p=0.018 < 0.05$. There was 1 respondent aged < 20 years with less

knowledge than 1 person (100.0%). Of the 61 respondents aged 20-35 years, the majority had less knowledge, 42 people (68.9%). Of the 18 respondents aged > 35 years, the majority had good knowledge, 12 people (66.7%).

From the results of this research, it is clear that the older you get, the better your knowledge, because it can be seen that the older a mother gets, the more she understands how to give complementary foods to breast milk to her baby. Older mothers have more experience than young mothers, so this experience adds to the knowledge they have. In this study the author also found that mothers aged >35 years also had less knowledge. This shows that even though the respondent's age increases, their knowledge about MP-ASI does not increase. One of the reasons for this lack of knowledge among breastfeeding mothers is the lack of socialization about colostrum by health workers.

3. The Relationship between Education and Mother's Knowledge in Providing MP-ASI

Based on the research results, it shows that there is a significant relationship between education and maternal knowledge

in providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency in 2024, $p=0.000 < 0.05$. Of the 24 respondents with basic education (SD/SMP), the majority had less knowledge, 21 people (87.5%). Of the 47 respondents with secondary education (SMA), the majority had less knowledge, 28 people (59.6%). Of the 9 respondents who had higher education (university), all 6 people had good knowledge (100.0%).

According to Hidayat (2021) education is the main formal institution for acquiring knowledge. Education is organized as a process of acculturating and empowering students that lasts throughout life. Meanwhile, according to Notoatmodjo (2020), education has the most important role in determining human quality. With education, humans are thought to gain knowledge. The implication is that the higher the education, the better quality human life will be. Education makes a person's life more meaningful. With education, it is easier for a person to master and absorb new technology. The higher the education, the better the level of knowledge.

According to the researchers' assumptions, from the results of this study it is clear that mothers' knowledge based on their level of education means that mothers with basic education tend to have less knowledge, while mothers with higher education have good knowledge. The mother's level of education plays a big role in increasing knowledge, where in the

learning process, the mother learns many things scientifically, and the mother is able to analyze a problem with solutions that are logical. Mothers who are highly educated tend to be able to analyze every problem as is the case with MP ASI so that more mothers have good knowledge compared to mothers with primary and secondary education.

4. Relationship between Information Sources and Mother's Knowledge in Providing MP-ASI

Based on the research results, it shows that there is a significant relationship between the source of information and maternal knowledge in providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency in 2024, $p = 0.000 < 0.05$. Of the 42 respondents whose sources of information were good, the majority had good knowledge, 26 people (61.9%). Of the 38 respondents whose sources of information were poor, the majority had insufficient knowledge,

33 people (86.8%). Research conducted by Rusmana (2019) showed that the majority of respondents who obtained information from health workers had sufficient knowledge, 4 people (57.1%).), the majority of respondents who obtained information from the mass media were also quite knowledgeable (71.4%), while the majority of respondents who obtained information from the environment had sufficient and insufficient knowledge, respectively 44.4%. The source of information is significantly related to the level of knowledge.

Tabel 1. Cross Table of the Relationship between Age and Mother's Knowledge in Providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency, 2024

No	Age	Knowledge				Total		<i>p-value</i>
		Kind		Less		Jlh	%	
		Jlh	%	Jlh	%			
1.	< 20 years	0	0,0	1	100,0	1	100,0	0,018
2.	20-35 years	19	31,1	42	68,9	61	100,0	
3.	> 35 years	12	66,7	6	33,3	18	100,0	

CONCLUSION

A. Conclusion

From the results of the research that has been carried out and presented in the previous chapter, it can be concluded as follows:

1. There is a significant relationship between age and maternal knowledge in providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency in 2024, $p=0.018$.
2. There is a significant relationship between education and maternal knowledge in providing MP-ASI at the Sei Mencirim Community Health Center, Sunggal District, Deli Serdang Regency in 2024, $p=0.000$.
3. There is a significant relationship between the source of information and maternal knowledge in providing MP-

ASI at the Sei Mencirim Health Center, Sunggal District, Deli Serdang Regency in 2024, $p=0.000$.

B. Suggestions

In connection with the results of the research that has been carried out, suggestions are submitted to several parties as follows:

1. Head of Sei Mencirim Community Health Center, Sunggal District. It is hoped that the Head of the Sei Mencirim Community Health Center, Sunggal District, will make posters on the walls of the Sei Mencirim Community Health Center that are easy to read by the public, especially mothers who have babies, so that mothers' knowledge will increase.
2. Health workers at Sei Mencirim Community Health Center, Sunggal District
3. For health workers at the Sei Mencirim Community Health Center, Sunggal District to provide counseling or health education to every mother who comes to visit the health center, especially those who have babies, about the importance of

providing MP-ASI according to the baby's age, namely >6 months with food that contains high nutrition so that the mother's knowledge increases.

4. Next researchers

It is hoped that further research will be carried out using different variables

REFERENCES

Cott, P.W. (2019). *Seri Budaya Anak, Makanan Sehat untuk Bayi dan Balita*. Jakarta: Dian Rakyat.

Gibney, J. (2019). *Gizi Kesehatan Masyarakat*. Penerbit Buku Kedokteran. ECG.

Husaini, M. (2019). *Makanan Bayi Bergizi*. Cetakan VIII. Yogyakarta : Gajah Mada

Irawati, A. (2020). *Stop MP-ASI Terlalu Dini*. Cetakan Pertama. Jakarta: Pustaka Medika.

Kemkes RI. (2020). *Survei Demografi Kesehatan Indonesia (SDKI) Tahun 2020*. Jakarta: Kementerian Kesehatan Republik Indonesia.

Kemkes RI. (2020). *Pemberian Makanan Pendamping ASI Lokal*. Jakarta:

Kementerian Kesehatan Republik Indonesia.

Krisnatuti, D. (2022). *Menyiapkan Makanan Pendamping ASI*. Jakarta : Pustaka Swara.

Lestari, E. (2021). *Faktor-faktor yang Mempengaruhi Perilaku Ibu dalam*

Pemberian MP-ASI Dini di Desa Jungsemi Kecamatan Kangkung Kabupaten Kendal. Kendal: PSIK STIKES Kendal.

Lewis, Sara. (2024). *Seri Praktis Keluarga Panduan Makanan Pertamaku*. Jakarta : Erlangga.

Mariani, N.N. (2020). *Faktor-Faktor Berhubungan Dengan Pemberian Mp-ASI Dini Di Wilayah Kerja*

UPTD Puskesmas Sindanglaut Kecamatan Lemahabang Kabupaten Cirebon. Jurnal Kesehatan, Volume VII, Nomor 3, November 2019, hlm 420-426.

Maulana, M. (2024). *Cara Cerdas Menghadapi Kehamilan & Mengasuh Bayi*. Yogyakarta: Katahati.

Mufida, L. (2024). *Prinsip Dasar Makanan Pendamping Air Susu Ibu (MP-ASI) Untuk Bayi 6 – 24 Bulan: Kajian Pustaka*. Jurnal Pangan dan Agroindustri Vol. 3 No 4 p.1646-1651, September 2024.

Nadesul, SH. (2023). *Makanan Sehat Untuk Bayi*. Cetakan Pertama. Jakarta: Pustaka Swara.

Notoatmodjo S. (2023). *Promosi Kesehatan dan Ilmu Perilaku*. Cetakan Kedua. Jakarta: Rineka Cipta.

Purnamasari, Wulandari Eka. (2021). *Optimasi Kadar Kalori Dalam Makanan Pendamping ASI (MP-ASI)*. Jurnal Pangan dan Agroindustri. Vol.2 No.3 p.19-27.

Rosidah, Didah. (2022). *Pemberian Makanan Tambahan*. Cetakan Pertama. Jakarta: EGC.

Suharyono. (2023). *Air Susu Ibu Tinjauan dari Beberapa Aspek*. Jakarta : Balai Penerbit Fakultas Kedokteran Universitas Indonesia.

Taufik, M. (2019). *Prinsip-Prinsip Promosi Kesehatan Dalam Bidang Keperawatan, Untuk Perawat dan Mahasiswa Keperawatan*. Cetakan Pertama, Jakarta: Infomedika.

Wawan dan Dewi. (2024). *Teori Pengukuran Pengetahuan, Sikap dan Perilaku Manusia*. Cetakan Kedua. Yogyakarta: Nuha Medika.