



## The Relationship Between Family Attitudes and Complementary Feeding (Mp-Asi) For Infants at Lubuk Alung Health Center In 2023

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### ABSTRACT

Giving MP-ASI to infants is food or drink as a complement to breast milk given to infants, Based on research conducted in Indonesia from 2018-2020 shows data that more than 40% of infants aged 0-6 months are exclusively breastfed, while the other 60% have received MP-ASI when the baby is less than 6 months old. In 2020, around 1.5 million babies lost their lives due to improper feeding. The purpose of this study was to determine the attitude of families with complementary feeding (MP-ASI) for infants at the Lubuk Alung Health Center in 2023. This research uses quantitative methods with Analytical Design with a cross sectional approach. The population in this study was 1,022 all mothers who had babies at the Lubuk Alung Health Center, with a sample of 91 respondents. By sampling using the Random Sampling technique. Data was collected using questionnaires, data processing using the SPSS program using the chi square test. The results of statistical tests were found not to give MP-ASI to infants, namely 54 people (59.3%), respondents had a less attitude in giving MP-ASI, which was 58 people (63.7%). There is a relationship between family attitudes and complementary feeding (MP-ASI) for infants at the Lubuk Alung Health Center. Conducted with a chi square test with a p-value of 0.00. The conclusion in this study is the family's attitude by giving MP-ASI at the Lubuk Alung Health Center in 2023 so that the baby's family or mother, provides MP-ASI to babies at the age of >6 months so that indigestion does not occur in infants.

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### 1. Introduction

Complementary food for breast milk (MP-ASI) is food or drink as a complement to breast milk given to babies, various complementary breast milk foods are prepared according to the baby's development stage. Additional food given to babies aged 6-12 months to meet their nutritional needs. MP-ASI must have balanced and sufficient nutritional content to support optimal growth and development of the baby. After the baby is 6 months old, the baby's activity increases, so complementary food AS I (MP-ASI) is needed, which is useful for meeting nutritional needs in development and growth. baby. (Santi, 2020).

The criteria for complementary breast milk foods that are good and safe for babies include that they must contain carbohydrates, protein, fat, vitamins, minerals and fiber. Other criteria such as food

texture, appropriate portions and safe presentation must also be considered (Khoirunnisa, Hasibun, 2022). MP-ASI must be given on time (given from 6 months of age onwards), sufficiently (quantity, frequency, consistent tension and variety) and the texture of the food given is appropriate to the child's age. And also to meet the nutritional needs of animal groups, fruit and vegetables must be added to MP-ASI. The proportion of diverse food consumption among children aged 6-12 months nationally is 46.6%. The diversity of food consumption is categorized based on cereals, tubers, nuts, milk and its products, meat, fish, chicken, liver, eggs, vegetables and fruit sources of vitamin A, other vegetables and fruit (Batubara, 2019).

WHO (2020) states that in the world only 44% of babies received exclusive breast milk between the 2015-2020 time period. Exclusive breastfeeding should be given by the mother from newborn to 6 months. When a baby is around 6 months old, their need for energy and nutrients begins to exceed what breast milk provides, so complementary foods (MP-ASI) are needed. Complementary food is additional food given to babies after 6 months of age. At the same time, the baby is physically ready to accept other foods. This transition is called giving MP-ASI. If MP-ASI is not given at the age of 6 months, or if it is given incorrectly, the baby's growth will be hampered.

The criteria for complementary breast milk foods that are good and safe for babies include that they must contain carbohydrates, protein, fat, vitamins, minerals and fiber. Other criteria such as food texture, appropriate portions and safe presentation must also be considered (Molika, E. 2014)). The World Health Organization recommends exclusive breastfeeding for the first 6 months after a newborn is born. And will continue until the baby is 2 years old by providing complementary breast milk (MP-ASI). Based on data from UNICEF, almost all over the world there are 136.7 million babies with a percentage of 40% of babies being exclusively breastfed for the first 6 months. So WHO states that 40% of babies are exclusively breastfed in the world.

According to the Riskesdes report (2019), Indonesia still has a low percentage of breastfeeding and MP-ASI coverage, namely 37.3% with 16 provinces still below the national average of breastfeeding and MP-ASI coverage (Raden et al, 2021). Based on the phenomenon, the causes of mothers giving early complementary foods to babies aged <6 months are the mother's lack of knowledge about MP-ASI, the level of parental opinion, the mother's employment status and the mother's education level. In babies aged 6-12 months, if they do not meet nutritional needs, malnutrition in toddlers will have an impact on brain development, they will become slow and they will not have enough fat reserves and very little muscle, and will not be able to fight infections so they will no longer be able to continue growth or will hinder growth in babies due to lack of nutrition obtained by the baby. Mothers receive evidence-based information and support so they can be confident about introducing solid foods safely and without causing health problems for their babies. Recommends exclusive breastfeeding for the first 6 months of a baby's life and continuing this along with feeding for two years (Kristianto, Y. Dan Sulistyani, T. (2019).

Based on Indonesian health profile data, it is stated that only around 40% of babies aged 0-6 months throughout the world are exclusively breastfed, while the other 60% apparently received MP-ASI when they were less than 6 months old. Growth and development can be realized properly if the baby gets appropriate nutritional intake. More than half of babies are malnourished, indicating that the prevalence of malnourished babies in Indonesia is (17.7) (3.9%) and (13.8) malnutrition. When compared to 2021 (18.4%) and 2022 (19.0%) the national prevalence has increased. The most important change was in the prevalence of undernutrition (13.0) in 2018, (13.9%) in 2019 and (13.8%) in 2020 (Rewo,

2022). Based on the profile of the Health Service (Dinkes) in Padang Pariaman Regency, data on babies aged 6-12 months in 2022 is 5,734 people. In general, babies receive MP-ASI at the age of <6 months.

Based on an initial survey conducted at the Lubuk Alung Community Health Center, the number of babies aged 6-12 months in 2022 will be 1,880 babies. And in 2023 from January to April there will be 1,022 babies. From the results of interviews with mothers who have babies in 2023, 8 out of 13 of them get sufficient MP-ASI and 5 of them find it difficult to give MP-ASI. Giving MP-ASI, the mother is the main figure in the decision to give MP-ASI to her child, whether given at less than 6 months of age or after 6 months of age. Lack of knowledge will influence the mother's attitudes and actions in giving MP-ASI incorrectly. Therefore, it is necessary to have maternal knowledge first so that with good maternal knowledge it is hoped that the mother's attitudes and actions in providing MP-ASI will also improve. The mother's work also affects the mother's actions in providing MP-ASI. (Nuryati et al, 2022).

## 2. Methods

This research uses a quantitative method with an analytical design with a cross sectional approach. This research was conducted at the Lubuk Alung Community Health Center in 2023. The population in this study were all mothers with babies who came to visit the Lubuk Alung Community Health Center. The sampling technique used was incidental sampling, totaling 91 people. The data collection tool in this research used a questionnaire. Data analysis was univariate and bivariate, with the chi square test. This research is an analytical survey research to explore events and phenomena that occur, using a cross sectional approach. study the dynamics of the correlation between two dependent (bound) and independent (free) variables and data collection is carried out simultaneously at the same time and the measurement can only be done once (Sugiono, 2010). The population in this research were all mothers who had babies aged 7-12 months in the working area of the Sewon I Bantul health center in 2015, totaling 34 respondents.

## 3. Results and Discussion

Based on research that has been conducted regarding "The Relationship between Family Attitudes and Providing Complementary Breast Milk (MP-ASI) to Babies at the Lubuk Alung Community Health Center, the following results were obtained:

### 3.1 Results Respondent Characteristics

Table 1.  
Respondent Characteristics

No	Characteristics	f	%
1	Mother Age		
	< 40 year	42	46,1
	≥ 40 year	49	53,9
2	Mother job		
	Housewife	71	78,0
	farming	10	11,0
	Government employees	10	11,0
3	Mother's Education		
	SMP	17	18,7
	SMA	59	64,8
	S1	20	18,0
4	Baby's gender		
	Man	47	51,6
	Female	44	48,4
5	Baby's Age		
	6-8 month	36	39,6
	9-12 month	55	60,4

Based on table 1 above, it is known that mothers aged  $\geq 40$  years (53.9%). 71 mothers (78.0%) were housewives, 59 (64.8%) had high school education. There were 47 male babies (51.6%) and 55 babies aged 9-12 months (60.4%).

### 3.2 Results Univariat

Table 2.  
Frequency Distribution of Complementary Foods for Breast Milk (MP-ASI) for Babies at Lubuk Alung Community Health Center in 2023

No	MP-ASI	f	%
1	Not given	54	59,3
2	given	37	40,7
	Amount	91	100

Based on table 2 above, the number of mothers who did not give MP-ASI to their babies was 54 people (59.3%).

Table 3.  
Frequency Distribution of Family Attitudes towards Babies at the Lubuk Alung Community Health Center in 2023

No	Attitudes	f	%
1	Not enough	58	63,7
2	Good	37	40,7
	Amount	91	100

Based on table 5.3, the results show that more than half of the mothers had poor attitudes, namely 58 people (63.7%).

### 3.3 Results Bivariat

Table 4.  
The Relationship between Family Attitudes and Providing Complementary Food for Breast Milk (MP-ASI) to Babies at the Lubuk Alung Community Health Center in 2023

NO	Attitudes	MP-ASI				Total		P value
		Not given		given		f	%	
		f	%	f	%	f	%	
1	Not enough	52	96,3	6	16,2	58	63,7	0,000
2	Good	2	3,7	31	83,8	33	36,3	
	Amount	54	100	37	100	91	100	

Based on table 4, the results show that 52 people (96.3%) of respondents who were not given MP ASI had a poor attitude compared to 2 people (3.7%) who had a good attitude. Statistical results using the chi-square test showed a p value of 0.000 ( $p$  value  $< 0.05$ ), so  $H_a$  was accepted and  $H_0$  was rejected, meaning that there was a relationship between family attitudes and the provision of complementary foods for breast milk (Mp-Asi) to babies at the Lubuk Alung Community Health Center in 2023.

### 3.4 Discussion

The findings of this research are in line with Taberima F, Dary (2019) research on family attitudes, which resulted in more than half (54.1%). Based on the statistical results carried out, a P value of 0.001 was obtained so that there was a significant relationship between family attitudes and the provision of MP-ASI. Apart from that, this research is also in line with Shinta, Friscila, I, & Anisa, F. N. (2021) regarding

giving MP-ASI and found more than half (42.8%). Based on the results of statistical tests, the P value = 0.003, this indicates that the P value is  $<0.05$ . Maryunani, A. (2019) the period of giving MP-ASI to babies is a form of parenting that is completely dependent on the mother's care and feeding patterns. The right MP ASI will be obtained from a mother with a good attitude or perception so that she has the ability to start from selecting food ingredients, preparing a good menu to processing MP ASI for consumption by the baby. A mother's past experiences will influence the respondent's attitude which will give rise to negative attitudes in the mother. Apart from that, environmental factors also have a very large role in influencing respondents' attitudes towards providing MP-ASI. To change behavior, in this case changing negative attitudes, requires synergy, cooperation or participation and interaction with respondents who have a positive attitude in providing MP-ASI. (Nila, F., & Ratih, P. A. 2021). Factors that can influence the provision of early MP-ASI include the belief that breast milk is insufficient to meet the baby's nutritional needs, influence from family and friends in providing complementary foods, and lack of understanding about the benefits and risks of early MP-ASI. Family attitudes can also influence the provision of MP-ASI. Parents who have a positive attitude towards early MP-ASI tend to pay more attention to the quality and quantity of food given to babies (Delima Citra Dewi Gunawan, 2019).

Aprillia, Y. T, Mawarni, E. S, & Agustina, S. (2020), Mixed feeding means feeding the baby with breast milk, other foods or liquids, such as formula milk, animal milk or water. Giving mixed food before the baby is 6 months old can damage digestion. Babies are exposed to diseases such as diarrhea and pneumonia as well as malnutrition. This will reduce the protection that exclusive breastfeeding can provide, and all the benefits that the baby can get from exclusive breastfeeding. Complementary food for breast milk (MP-ASI) is food given to babies or children aged 6-23 months. Babies are ready to eat solid foods, both growth-wise and psychologically at the age of 6-9 months. The newborn's ability to digest, absorb and metabolize food is adequate, but limited to only a few functions. For babies aged 6 months and over, breast milk as a source of nutrition is no longer sufficient, so it is necessary to give complementary foods to breast milk (MP-ASI) so that their nutritional needs are met. (Kartasurya, M. I.2022). Aryani, D. Krisnasary, A. & Simanjuntak, B. Y. (2021) Mothers with good knowledge already understand that babies under the age of 6-12 months should not be given food other than breast milk because their digestion is not yet ready. This is because giving MP-ASI can determine the right time to influence the mother's knowledge and the mother's education level. Because according to parents, being late in giving MP-ASI can cause the baby's growth to be stunted and MP-ASI is also given so that the baby is not fussy. (Aryani, D. Krisnasary, A. & Simanjuntak, B. Y. 2021).

Internal factors are factors that influence individuals themselves to decide on the action of giving MP-ASI. There are 3 determining factors for attitude change, namely predisposing, enabling and reinforcing factors. Driving factors are factors that enable someone to make behavior changes. This factor includes a person's recognition and decisions regarding health, education, socio-economics and the value system adopted by society. Providing complementary foods for 6-12 months can have a positive impact on a child's growth and development. However, socio-cultural factors and family attitudes can influence parents' decisions (Lailina M, Tri Dewanti Widyarningsih, dan Jaya Mahar M. 2019). Complementary food for breast milk (MP-ASI) is food given to babies or children aged 6-23 months. Babies are ready to eat solid foods, both growth-wise and psychologically at the age of 6-9 months. The newborn's ability to digest, absorb and metabolize food is adequate, but limited to only a few functions. For babies aged 6 months and over, breast milk as a source of nutrition is no longer sufficient, so it is necessary to give complementary foods to breast milk (MP-ASI) so that their nutritional needs are met. A good mother's attitude is needed during the process of introducing food to babies (Agustina, 2022).

There are several factors that influence the provision of complementary breast milk to babies, including: Insufficient maternal knowledge about MP-ASI can be a barrier for mothers in providing complementary breast milk to their babies. Inaccurate and unreliable sources of information about breast milk can be an obstacle for mothers in providing MP-ASI to their babies, therefore, proper

education or information about MP-ASI is needed so that mothers can provide food that suits the baby's needs and development. Affecting ability, the more information you obtain, the more knowledge you have. The mother's education level and opinion can also influence the provision of MP-ASI to babies (Sheptriani, et al. 2019). According to research assumptions, maternal knowledge and attitudes will influence food preparation patterns and food intake in the family, especially affecting children. The mother's knowledge of MP-ASI depends on the information obtained and usually this information is so lacking that it influences the mother's perception or attitude. The knowledge and support obtained will encourage respondents to have a positive attitude towards providing MP-ASI which is then realized in action, namely providing MP-ASI at ages older than 6 months. From the research results, there is a relationship between family attitudes and complementary breastfeeding, with a p value of 0.00 ( $p < 0.05$ ) (Dona, Tri Sundari. 2022).  $H_a$  is accepted and  $H_0$  is rejected. It can be concluded that there is a relationship between family attitudes and the provision of complementary breast milk (MP-ASI) to babies at the Lubuk Alung Community Health Center.

#### 4. Conclusion

Based on the results of research that researchers have conducted with the research title "The Relationship between Family Attitudes and Providing Complementary Breast Milk (MP-ASI) to Babies at the Lubuk Alung Community Health Center in 2023" it can be concluded as follows. Most of the results obtained were more than half of the mothers who had poor attitudes, namely 58 people (63.7%). The majority of mothers who did not give MP-ASI to their babies was 54 people (59.3%). Most of the families' attitudes regarding giving MP-ASI to babies at the Lubuk Alung Community Health Center, the results obtained were more than half of the respondents who were not given MP-ASI, 58 people (63.7%). As many as 52 people (96.3%) had poor attitudes, and 6 people who had good attitudes were given MP-ASI (16.2%). Obtained a p value of 0.000 ( $p \text{ value} < 0.05$ ). The result provide information about the relationship between giving complementary breast milk to babies, to the public so that it can help promote healthy and appropriate feeding to babies. The conclusion was that there was a correlation between the level of knowledge, mother's attitude and family support with the accordance of complementary feeding assistance in the work area of the Kampili Gowa Health Center. It is expected to provide exclusive breastfeeding for 6 months to infants and provide complementary feeding for breastfeeding at the age of 6 months and above and for health workers to improve communication, information and education (IEC) programs, especially for pregnant women and those with babies.

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