

Increase Knowledge Mother about Giving Food Companion ASI (MP-ASI) Through Counseling Health

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ABSTRACT

Training "Increasing Mother's Knowledge about Feeding endamping ASI (MP-ASI) through Counseling Health" could increase knowledge about Giving Food Companion ASI (MP-ASI). Enhancement knowledge and Skills for participant counseling health about Giving Food Companion ASI (MP-ASI) with method lecture. Empowerment of midwives and cadres in monitoring the provision of food Companion ASI (MP-AS I) expected could materialized with good with exists gift a number of example method gift food companion ASI.

Keywords: Knowledge Mother, FoodCompanion ASI, Counseling

Received: 14.04.2022	Revised: 25.04.2022	Accepted: 09.05.2022	Available online: 30.06.2022
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Suggested citations:

Sihombing, E.S.R. (2022). Increase Knowledge Mother about Giving Food Companion ASI (MP-ASI) Through Counseling Health. *International Journal of Community Service*, 01 (01), 111-119. DOI: 10.55299/ijcs.v1i2.221

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INTRODUCTION

1.1 Analysis situation

Degrees health Public which tall is something precondition for increase productivity source power man. In this regard, to create quality human resources Of course there are many factors that must be considered, including food factors (elements of nutrition), health, education, information, technology and services other. Of the many factors, the element of nutrition plays a role which most important. Person no will can life healthy and aged It takes a long time if you are malnourished, because you are easy to get infections and get sick (Notoadmojo, 2010).

Age 0-24 months is a period of growth and development which fast, so that often termed as period gold at a time critical period. The golden period can be realized if at this time the baby and child toddler obtain intake nutrition which in accordance for grow optimum flower. Conversely, if infants and toddlers at this time do not get food according to their nutritional needs, then the golden period will changed Becomes period critical which will disturbing grow development, both now and in the future which will come (Republic

Indonesia, 2013).

MP ASI is a food or drink that contains nutrients given to infants or children over 6 months of age meet the nutritional needs other than breast milk (Notoadmodjo, 2010). This matter This is because breast milk is only able to meet two-thirds of a baby's needs aged 6-9 months, and at the age of 9-12 months meets half of the needsbaby (Medical BE, 2011).

In giving MP-ASI, it is necessary to pay attention to the age of delivery MP-ASI, type MP-ASI, frequency in gift MP-ASI, portion gift MP-ASI and method gift MP-ASI on Step beginning. Providing MP-ASI right expected no can only Fulfill needs nutrition baby, however also stimulate Skills eat and stimulate the baby's self-confidence (Depkes RI, 2005). Feeding additives must vary, from liquid powder form to viscous slurry form, sari fruit, fruit fresh , food lumut, food mushy and finally food congested (Diah, et al, 2001).

The exclusive breastfeeding coverage of Riau Province is 35.01% and is still very far away from the national target, and from 12 regencies/cities in Riau Province, Kampar district is one of the lowest, namely 28.18%. If problem If this continues it will interfere with growth and development toddler on the area.

For reach grow flower optimal, WHO/Unicef recommends three important things that must be done, namely: first give breast milk (ASI) to the baby immediately within 30 minutes after the baby is born. Both give only Mother's Milk (ASI) or exclusive breastfeeding from birth until the baby is 6 months old, the third is giving complementary foods for milk Mother (MP-ASI) since baby aged 6 months to 24 months (Roesli, 2000).

Integrated Healthcare Center is end spear Public health center for detect children's health and nutritional status. In addition, posyandu activities also play a role in doing counseling/ consultation about nutrition and health. For that need conducted enhancement mother knowledge toddler through gift information and invite Public for gift breast milk exclusive on toddler.

1.2 Problems partners

Based on results discussion which conducted with midwife Village Hill Kratai say that :

- a. Still there is mother which give MP ASI in a manner early to babyaged < 6 months
- b. Lack of knowledge mother about the importance of breast milk for mother and baby
- c. Lack of mother's knowledge about when is the right timegive MP ASI to baby
- d. Lack of knowledge mother about gift MP ASI on baby fromfacet MP ASI type and menu

And Solution Target Outside

2.1 Solution which offered

Based on the partner's problems, the servant gives solutions to partners in the form of health education to mothers who have babies and toddlers.

2.2 Participation Partners

Based on wrong one principle maintenance Public health center that is empowerment Public, it means Public health center Required move and empower Public so that role active in maintenance every health effort (Ministry of Health RI, 2006). For that, the application of activities increasing the knowledge of cadres and mothers of toddlers about breastfeeding and MP ASI which conducted with method counseling health and collaboration with related parties, including the City Health Office, Puskesmas as the spearhead of basic health services in the community, apparatus government (districts and headman), team mover PKK, figurePublic and

religious figures.

2.3 Target external

external from activity devotion Public this expected can as up-dating knowledge to mothers of babies and toddlers about Mother's Knowledge about Giving Complementary Food for Breast Milk (MP-ASI) through Counseling Health. So that could made model empowerment Public in form effort enhancement participation active Public. As for external from each activity is as following :

1. Not there is again mother which give MP ASI to baby which aged < 6 months.
2. Mother knowing importance ASI for mother and baby.
3. Mother knowing time which appropriate in give MP ASI to baby.
4. Mother knows type and MP menus Breast milk to be given to the baby.

METHOD

Method implementation on program devotion to Public this arranged in a manner systematic:

3.1 Stage Preparation

Activity which conducted on Step preparation is :

- a. Survey the place implementation activity
- b. Management administration and permission the place devotion Public
- c. Preparation of Mother's Knowledge material about Feeding Companion ASI (MP-ASI) through Counseling Health

3.2 Stage Implementation Activity

Activity devotion will conducted after preparation and licensing done. Activity conducted in Public health center Servant Village Hill Kratai Rumbio Jaya District. In the implementation of the objectives described about Mother's Knowledge about Giving Complementary Food for Breast Milk (MP-ASI) through Health Education.

3.3 Making Article devotion

Article devotion made as form results end from activity dedication that has been done so that later the benefits of this service truly achieved.

3.4 Stage Evaluation

The evaluation stage is the stage carried out to assess activities in a manner whole and review return is there is deficiency- shortages during activities. Stage this evaluation aims for activity which conducted could walk with effective and in accordance with which expected. The evaluation phase is focused on the mother's knowledge about Giving Food Companion ASI (MP-ASI) through Counseling Health.

3.5 Stage Making Report

Making report customized with results which has achieved During To do service activities Public.

Cost And Plan Activity

3.6 Budget Cost

Proposed total cost there's as big Rp. **2,065,000** , - (Two Million Sixty Five Thousand Rupiah). The summary of the budget costs in activity this is explained in the following table:

Table 1 Summary Budget Cost

No.	Type Expenditure	Cost which proposed (IDR)		
1	Ingredient finished use and Equipment			
Amount		2,065,000		
Details Budget Cost devotion Public				
Material	Justification usage	Quantity	Price	Price Equipment Support (IDR)
1. Material Finished Use and Equipment				
Paper A4	operational activity	2 Rims	45,000	90,000
Black Print Tint	operational activity	1 Tube	50,000	50,000
Pen	Tool write participant	2 boxes	25,000	50,000
Photocopy	Ingredient Theory program	50 exemplars	10,000	500,000
Aqua 1 x meeting	Participants and Speaker	2 boxes	25,000	50,000
Banner	operational activity	1 fruit	100,000	100,000
SUB TOTAL (IDR)				840,000
2. Equipment Activity				
Leaflets and poster				300,000
SUB TOTAL (IDR)				300,000
3. Equipment Activity				
Consumption		50 boxes	15,000	750,000
Milk UHT		2 boxes	85,000	170,000
SUB TOTAL (IDR)				925,000
TOTAL BUDGET WHICH REQUIRED (IDR)				2,065,000

Table 2 Schedule activity PKM

No _	Activity	May 2021	June 2021	July 2021
1	Socialization activity with partners work samewith party related (Public health center Servant)	⊙		
2	Guidance and direction with the partiesPublic health center Servant		⊙	
3	Program implementation counseling health		⊙	
4	Implementation program service health		⊙	
5	Evaluation program together partners			⊙
6.	Documentation activity PKM			⊙

RESULTS AND DISCUSSION

4.1. Results Implementation Activity PPM

Results implementation activity devotion could outlined through 2 (two) stages of activity, namely preparation and implementation. At the preparatory stageis planning program devotion conducted activity as following :

1. Coordination with the Bukit Kratai Village Assistant Health Center Coordination with party Public health center Servant Village Hill Krataiconducted with Midwife Village. Party Public health center Servant acceptand support activity devotion which conducted by Team servantin framework monitor status health Toddler which there is in Public health centerServant.
2. Determination time training
Implementation training based on deal with Midwife Village which conducted on day Saturday, July 10th 2021.
3. Determination target and target participant training
From coordination with Midwife Village so target counseling healthis moms which have baby and toddler which come to Integrated Healthcare Center.
4. Planning Theory training
Training materials planned by team servant covers knowledge about ASI and MP breast milk, Type MP breast milk, method giftMP ASI and time of giving.

The preparation stage above is then followed by the implementation stage. On Step program implementation dedication can described that:

1. activities " Increasing Mother's Knowledge about Giving Complementary Food for ASI (MP-ASI) through Health Counseling at Bukit Kratai Village" will be held on Saturday, July 10, 2021, at Public health center Village Assistant Kratai.
2. The dedication activity was attended by 34 people participants at Posyandu conducted.
3. para participant enough happy and enthusiastic with exists program dedication from the

PKM FIK UP team in the form of Increasing Mother's Knowledge about Giving Food Companion ASI (MP-ASI) through Counseling Health in the Village Kratai Hill.

4. The training materials are in the form of: (a) knowledge of the importance of ASI and complementary breastfeeding, (b) Various types of MP ASI, (c) Way and time gift MP breast milk, and (d) as a result of giving MP ASI in a manner early.
5. During the question and answer session , the participants asked several questions, Among other: when time which appropriate for give MP ASI and how give nutrition which good for child.
6. In this health education activity is given various MP's ASI and time of delivery.

4.2. Discussion Results Implementation Activity PPM

The results of the implementation of PKM activities in an outline can be seen based on component as follows:

4.2.1. Success target amount counseling participants

The success of the target number of training participants can be said to be very good. Whole mother which have baby and toddler which invited almost all come around 85% by invitation Village Midwife and Cadre.

4.2.2. Achievement destination counseling Health

Achievement destination counseling could said good (80%). There is enhancement knowledge from participant about Increase Knowledge Mother about Giving Food ASI Companion (MP- ASI). So that mother already got it and knowing when time which correctly to give MP ASI and the type of MP ASI given as well time provision of MP ASI the.

4.2.3. Achievement target material that has planned

Achievement of material targets that have been planned can be said to be good (80%). All training materials can be delivered by service team with time which limited. Theory which has be delivered : ((a) knowledge importance ASI and MP breast milk, (b) Miscellaneous type MP ASI, (c) How and when to give MP ASI, and (d) the consequences of giving MP ASI early. All of these materials can be delivered by the team servant with time which already determined.

4.2.4. Ability participant in mastery Theory

Ability participant in mastery Theory could said good (75%). Submission of material by lecture and demonstration methods support ability participant in dominate Theory which be delivered by the service team .

Overall training activities Increase Mother's Knowledge about Provision of Complementary Food for ASI (MP-ASI)" at the Village Assistant Health Center Kratai could said good and succeed, which could be measured from fourth component in on.

Community Service was held on July 10 2020 at Hill Village Kratai. This service is carried out for mothers who have infants and toddlers to increase mother's knowledge about feeding ASI Companion (MP-ASI). Implementation of Community Service goes well good and right on target.

This Community Service Implementation was attended by 34 mothers whobrought his son. Provided to increase mother's knowledge about Giving Complementary Food ASI (MP-ASI).

CONCLUSION

1. Training "Increasing Mother's Knowledge about Feeding Companion ASI (MP-ASI) through Counseling Health" could increase knowledge about Giving Food Companion ASI (MP-ASI).
2. Enhancement knowledge and Skills for participant counseling health about Giving Food Companion ASI (MP-ASI) with method lecture.
3. Empowerment of midwives and cadres in monitoring the provision of food Companion ASI (MP-ASI) expected could materialized with good with exists gift a number of example method gift food companion ASI.

Thank-you note

Thanks to all those who helped write this article.

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