

Giving MP-ASI too early to babies in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency in 2023

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ABSTRACT

Early complementary foods (MP-ASI) are additional foods given to infants at the age of less than 6 months in addition to breast milk. Child health organizations in America recommend complementary feeding (MP-ASI) at the age of 6 months for babies who get exclusive breastfeeding, and at the age of 4-6 months for babies who get formula milk. Community service activities are carried out at the village office. The counseling will be held for 1 (one) day, namely on January 26, 2023, at 10.00 WIB until it is completed in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency. The material was delivered by providing counseling on Giving MP-ASI Too Early to Infants, then continued with the provision of snacks with the involvement of 5 students of the Midwifery DIII study program, Madina Husada. The final result that can be seen from this activity is that most participants understand about giving MP-ASI to babies. Participants also follow the committee's direction. Counseling activities on giving MP-ASI too early to infants in Pagaran Tonga Village, Panyabungan District, have been successfully carried out.

Keywords: MP-ASI, Counseling, Baby.

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INTRODUCTION

Breastfeeding is one of the most effective ways to ensure the health and survival of a child. However, almost two days three babies were not exclusively breastfed for the recommended six months. Breast milk is an ideal food for babies. Improper complementary feeding (mp-asi) continues to trigger efforts to increase the rate and duration of breastfeeding worldwide

Early complementary foods (mp-asi) are additional foods given to infants at the age of less than 6 months in addition to breast milk. Child health organizations in america recommend complementary feeding (mp-asi) at the age of 6 months for babies who get exclusive breastfeeding, and at the age of 4-6 months for babies who get formula milk (hanindita, 2020).

The world health organization (who) in 2020 regarding the provision of mp-asi (< 4 months) in several countries showed that least developed countries by 37%, developing countries by 48%, and world figures by 45%. This illustrates the low practice of exclusive breastfeeding and the high number of early breastfeeding practices in these countries. Unicef (united nations children's fund) added that exclusive breastfeeding until the baby is 6 months old can prevent the death of 1.3 million children under five years old (rahmadhanny, 2018).

In indonesia in 2019 the coverage of infants who get exclusive breastfeeding is 67.74%, so it can be estimated that around 32% of babies have received complementary foods (mp-asi) before the age of 6 months. The coverage of exclusive breastfeeding in 2019 was smaller than in 2018, which was 68.74%. In 2017 breastfeeding coverage in indonesia experienced a considerable decrease of 61.33% (ministry of health of the republic of indonesia, 2019).

Early breastfeeding has several problems, especially diarrhea. Diarrhea problems can be caused by various factors and should not be underestimated because about 60% of the baby's body consists of fluid. Several studies report that mp-asi is one of the factors that can affect the incidence of diarrhea.

The risk of being given mp-asi early has an impact on the baby's condition. The impact of early mp-asi includes the difficulty of digesting food properly, the chance of getting sick is greater because the baby's immune system is not perfect, experiencing food evaluation, the possibility of obesity because the process of breaking down food juices in the baby's body is not perfect (susanti widiastuti, et al, 2020).

Efforts to reduce early breastfeeding behavior can be done by increasing the knowledge of mothers and families. These knowledge enhancement activities are through counseling or health education so that mothers and families better understand the dangers, impacts and risks of early breastfeeding in infants. The role of health workers as providing information is very necessary to intensively socialize the exclusive breastfeeding program (arini, 2018). Therefore, it is necessary for health workers to provide counseling on giving MP-ASI too early to infants to reduce infant mortality.

A. Complementary Food for Breast Milk (MP-ASI)

Definition of MP-ASI

Complementary foods (MP-ASI) are foods or drinks that contain nutrients, given to infants or children aged 6-24 months to meet nutritional needs other than breast milk. MP-ASI is a solid or liquid food that is given gradually according to the age and digestive ability of the baby. At the age of 6-24 months breast milk only provides 1/2 of the nutritional needs of babies, at the age of 12-24 months breast milk provides 1/3 of their nutritional needs. at the age of 12-24 months breast milk provides 1/3 of its nutritional needs. So that MP-ASI must be given to when the baby is 6 months old (Ministry of Health RI, 2020).

Complementary foods (MP-ASI) are foods or drinks that contain nutrients other than breast milk. MP-ASI is a transitional food from breast milk to family food. The introduction and administration of MP-ASI must be done gradually both in shape and amount, according to the baby's ability Early complementary foods (MP-ASI) are foods and drinks given to infants aged less than 6 months in addition to breast milk

B. TYPES OF MP-ASI

1. Lumat Food

Crushed or filtered food looks less evenly and its shape is coarser than fine crushed food, for example: milk porridge, marrow porridge, filter banana, filtered papaya, filtered tomatoes and filter team rice.

2. Soft Food

Soft foods are foods that are cooked with a lot of water and appear watery, for example: rice porridge, chicken porridge, team rice and puri potatoes.

3. Solid Food

Solid foods are soft foods that do not appear watery and are usually called family food, for example: rice cakes, team rice, boiled potatoes and biscuits

C. The Impact of Giving MP-ASI Too Early

1. Short-term risks

1. The introduction of foods other than breast milk into the baby's diet will reduce the frequency and intensity of infant suction, which will be a risk for decreased milk production.
2. The introduction of certain cereals and vegetables can affect the absorption of iron from breast milk, causing iron deficiency and anemia.
3. The risk of diarrhea increases because additional food is not as clean as breast milk.
4. Food given as a substitute for breast milk is often diluted, the porridge is soupy or in the form of soup because it is easily eaten by babies. This food does make the stomach full, but provides fewer nutrients than breast milk so that the dental / nutritional needs of children are not met.
5. Children get less protective factors/breast milk, so the risk of infection increases.
6. The child will drink less breast milk, so it will be more difficult to meet the nutritional needs of the child.

2. Long-term risks

1. Obesity

Excess feeding is the main risk of too early feeding in infants. The consequence in later ages is the occurrence of overweight or unhealthy eating habits.

2. Hypertension

The sodium content in breast milk is quite low (± 15 mg / 100 ml). However, input from a baby's diet can increase dramatically if food has been introduced. Consequences later in life will lead to eating habits that facilitate the occurrence of disorders / hypertension.

3. Food Allergies

Immature immune system from the intestine at an early age can cause allergies to food. Clinical manifestations of allergies include: gastrointestinal, dermatological, respiratory disorders to anaphylactic shock.

4. Digestive Infections

Early breastfeeding can also increase the risk of indigestion, such as diarrhea and constipation. This can happen because the digestive tract is not really ready to manage solid food.

D. Nutritional Needs of Babies

According to Hanum Marimbi (2018), said the age of infants 0-6 months weighing 6.0 kg and 60 cm tall, the recommended nutritional adequacy figures per day are:

- 1) Energy 550 kcal
- 2) Protein 10 g
- 3) Vitamin A 375 RE
- 4) Vitamin D 5 mcg
- 5) Vitamin E 4 mg
- 6) Vitamin C 40 mg
- 7) Vitamin B12 0/4 mcg
- 8) Calcium 200 mg
- 9) Iron 0.5 mg
- 10) Zinc 1.3 mg

E. The right time for breastfeeding

The right time for breastfeeding According to Krisnatuti (2019), MP-ASI is given to infants after the baby is 6 months old until the baby is 24 months old. The outline of MP-ASI according to age groups:

1. 0-6 months babies are given only breast milk more often, better immediately after birth, give colostrum to babies.
2. 6 months the baby continues to be breastfed besides starting to introduce complementary foods (MP-ASI) in the form of moss added with water / milk, bananas and mashed papaya.
3. 6-9 months the baby continues to be breastfed at the age of 6 months. The digestive tract in infants is more functional, therefore babies begin to be introduced to complementary foods (MP-ASI). In order to enhance the nutritional value of food, baby team rice is added little by little with a source of fat substances namely coconut milk or coconut oil or margarine these foods can increase the calories of baby food,

giving a good taste if it increases the absorption of vitamin A and other fat-soluble nutrients.

4. 9-12 months the baby continues to be breastfed besides that begins to be given soft foods such as: rice porridge, mung bean porridge, and others. At the age of 10 months, babies begin to be introduced to family food, gradually the shape and density of the infant team's rice is regulated by detecting the shape and density of family food.

5. 12-24 months babies continue to be breastfed, breastfeeding or family food is now 3x a day with half the adult food at each meal in addition to being breastfed still given interlude food 2x a day (Poppy, 2018).

METHOD

A. Preparation

The stages of this activity consist of the preparation stage and the implementation stage. the preparation stage includes the identification of problems carried out by interview techniques and observation of mothers who have babies in Pagaran Tonga Village, Panyabungan District, the implementation stage includes the delivery of counseling materials on the provision of MP-ASI in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency..

This activity aims to increase her knowledge about breastfeeding in infants. The methods used in these activities are lectures, discussions, questions and answers and demonstrations. The media used is in the form of a power point.

B. Implementation

Community service activities are carried out in the open field of the village office. The education will be held for 1 (one) day, namely on January 26, 2023, at 10.00 WIB until it is completed at Pagaran Tonga, Panyabungan District, Mandailing Natal Regency. The material is delivered by providing counseling and guidance on giving MP-ASI too early to infants.

RESULTS AND DISCUSSION

A. Results

Community service activities are carried out at the village office. The counseling will be held for 1 (one) day, namely on January 26, 2023, at 10.00 WIB until it is completed in Pagaran Tonga Village, Panyabungan District. The material was delivered by providing counseling on giving MP-ASI Too Early to Infants Then continued with the provision of snacks with the involvement of 5 students of the Midwifery DIII study program, Madina Husada.

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implementation stage includes the delivery of counseling materials on the provision of MP-ASI in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency. The method used in conveying the material is the method of lectures, discussions, questions and answers and demonstrations.

B. Discussion

This activity was carried out in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency. This activity was driven by Helmi Wardah Nasution, Sst.M. Kes, as Team Leader and Ferika Desi as Secretary, and Khoirunnisaa Batubara, S.Tr. Keb M.KM, Dewi Sri Rahayu Tinendung, SST. M.Kes as Team Member..

These activities include providing information about giving MP-ASI too early to infants. The methods used in this activity are lectures, discussions, questions and answers and demonstrations. The media used is in the form of LCD and power point. The counseling began by gathering mothers who had babies in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency.

The chairman of the committee gave a speech and explained what activities were carried out in the series of extension activities carried out. The counseling activities carried out were enthusiastically welcomed by the participants, as seen from the many participants who asked about information on breastfeeding for infants and its benefits. Then the participants were also very enthusiastic about participating in this activity.

The final result that can be seen from this activity is that most participants understand about giving MP-ASI to babies. Participants also follow the committee's direction. Counseling activities on giving MP-ASI too early to infants in Pagaran Tonga Village, Panyabungan District, have been successfully carried out.

CONCLUSION

The counseling activities carried out ran smoothly and were enthusiastically welcomed by the participants, as seen from the number of mothers who have babies asking about giving MP-ASI, when can MP-ASI be given and examples of foods that can be given to babies for MP-ASI. It is recommended to health workers to provide counseling about MP-ASI to infants more often, in Pagaran Tonga Village, Panyabungan District, Mandailing Natal Regency. Can be done to prevent health problems for the baby so as to reduce the incidence of death and disability.

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