

## Factors Affecting Mothers in Feeding Complementary Feeding for Babies Aged 0-6 Months at Saribudolok Public Health Center

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### ABSTRACT

Coverage of exclusive breast milk (ASI) in the working area of the Saribudolok health center is still low, as a result of early complementary feeding (MP ASI) under the age of 6 months. Giving solid foods in this period before the baby's digestive system is ready to accept them, then these foods cannot be digested properly and can cause indigestion, gas, and constipation. Early complementary breastfeeding is closely related to the decisions made by a mother. Data on Indonesia's health profile in 2004 shows that exclusive breastfeeding in Indonesia is still low, namely 41.7%. This research is an analytic descriptive study with a cross-sectional design. The population in this study were mothers who had babies aged 0-6 months in the working area of the Saribudolok Health Center who were selected by simple random sampling by taking a sample of 30 respondents. The results showed a bivariate analysis of 30 respondents who had babies aged 0-6 months, which influenced mothers in providing complementary food for breastfeeding, namely education and family support, namely p-value 0.000x 0.5, while that did not affect age, occupation, socio-economic. So that everyone around the mother can provide support to the mother to improve the mother's perception regarding her milk production.

#### Keywords:

Affecting Mothers, Complementary, Babies Aged 0-6 Months

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## 1. INTRODUCTION

The quality of Human Resources (HR) is the main factor needed to carry out national development. To achieve quality human resources, nutritional factors play an important role. Good nutrition will produce quality human resources, namely healthy, intelligent, and physically strong and productive. In nation-building, improving human quality must begin as early as possible, namely from infancy. One of the factors that play an important role in improving human quality is breastfeeding. Breastfeeding as much as possible is an important activity in raising children and preparing the nation's next generation in the future. Improvements in nutrition are needed throughout the life cycle, starting from pregnancy, infants, children, toddlers, elementary school children, adolescents. Adult, Until old age [7].

WHO/UNICEF recommendations are in line with the National Medium and Medium Term Development Plan (RPJPMN) in the health sector, among other things by giving priority to improving the health and nutrition of infants and children. Several activities have been carried out to change the mindset of the community by creating the Sudar Nutrition Family (KADARZI). This program encourages the community or family to provide exclusive breastfeeding for babies from birth to 6 months of age and provide MP-ASI for over 6 months.

The low knowledge of mothers about complementary feeding is influenced by many factors. According to [6] the factors that influence mothers in providing MP-ASI are age, education, employment, family support and socio-economic. Based on knowledge, it is hoped that attitudes and behavior will follow, because behavior based on knowledge will last longer than behavior that is not based on knowledge.

Research conducted by Expert [10] regarding factors related to family decisions to provide MP-ASI to infants aged less than 6 months in the Depok village shows the results of the relationship between high knowledge giving MP-ASI 7.7% and low knowledge 75 K4, tertiary education that provides MP-ASI 11.1%, moderate education 22.7%, and low education 30.%, working mothers provide MP-ASI 69.2% and mothers who do not work 29.7%. Families with high socioeconomic status will give MP-ASI 286 and low socioeconomic status 72%, mothers who are good at giving MP-ASI 37.8% and mothers who are not good at giving MP-ASI 46.2%. From the above data, complementary feeding of 0-6 months old is still high in the region.

Temporary research conducted by researchers from 10 respondents who were examined at the Saribudolok Health Center 8 (80%) of respondents had provided complementary food to breast milk before the baby was 6 months old for various reasons. Based on the above description, the authors are interested in conducting research on the factors Influencing Mothers in Providing Complementary Food for Breast Milk to Infants Aged 0-6 Months in the Work Area of the Saribudolok Health Center in 2021.

### **Formulation of the problem**

Based on the background above, the level of exclusive breastfeeding at the Saribudolok health center is still lacking and the provision of complementary food is still mostly given to infants aged 0-6 months. Based on the description above, the researcher is interested in conducting research on "Factors Influencing Mothers in Providing Complementary Food for Breast Milk (MP-ASI) to Infants Aged 0-6 Months at the Saribudolok Health Center 2021". "

## **2. METHOD**

### **Types of Research in this research, researchers**

The researchers used a cross sectional research method. This was done because the researchers wanted to know the reasons for mothers giving complementary foods to breast milk. Cross-sectional research is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once at a time. In this type the independent and dependent variables are assessed simultaneously at one time, so there is no follow-up.

### **Location and Time of Research**

This research was conducted in the working area of the Saribudolok Health Center in July - August 2021.

### **Data analysis**

Data analysis was carried out in stages which included univariate, bivariate,

#### **1. Univariate analysis**

Univariate analysis was performed to get an overview of each dependent variable and independent variable. The data will be presented in the form of a frequency distribution.

#### **2. Bivaria analysis**

Bivariate analysis is to determine whether there is a relationship between the independent variables (categorical) and the independent variables (categorical) by using the Kai Square Test or Chi Square.

To determine the significance of the results of statistical calculations, a significance limit of 0.05 was used . Thus if the p value < 0.05 then the calculation results are statistically significant and if p - 0.05 then the results of the statistical calculations are not significant.

## **3. RESULTS AND DISCUSSION**

### **Age factors that affect mothers in giving MP ASI to babies aged 0-6 months at the Saribudolok Health Center.**

Age is a period of new life patterns and new hopes. From the research results it is known that the pvalue is 0.134. This means that there is no effect of age on the provision of complementary foods for infants aged 0-6 months. This shows that there is no effect of the age factor on the provision of complementary foods for breast milk for infants aged 0-6 months. The results of this study are in line with research conducted by Haeranah (2002), that there is no significant relationship between age and the practice of early complementary breastfeeding for infants aged 0-6 months.

### **Educational factors that influence mothers in giving MP-ASI to babies aged 0-6 months at the Saribudolok Health Center.**

From the results of the study it was known that the results obtained were p-Vulue -0.016x 0.05 , this indicated that there was a relationship between maternal education and the provision of complementary food for breast milk to infants aged 0-6 months at the Saribudolok health center in 2021. Failure in exclusive breastfeeding was caused by early complementary feeding.

According to Bharudin (2014), entitled The relationship between the education level of the mother and the provision of MP-ASI to infants (0-6 months) at the Uteun Pulo Health Center. The results of the chi-square test obtained p values - 0.002x ( 0.05 ) so that it can be concluded that there is an effect of mother's education on giving MP-ASI to infants aged 0-6 months. From the explanation above, the researchers argue that low maternal education is associated with giving MP-ASI to infants aged 0-6 months. This is because mothers with low education tend to have less knowledge and are slow to respond to all the information they receive. 843 Occupational factors that affect mothers in giving MP-ASI to babies aged 0-6 months at the Saribudolok Health Center. From the research results it is known that the results obtained p value -0.458 5 0.05 this shows that there is no influence between the mother's occupation factor and the provision of complementary food for breast milk for infants aged 0-6 months. This is inversely proportional to a study conducted by Simandjuntak (2001) which found a relationship between work and early complementary breastfeeding in infants.

#### **Social economic factors that influence mothers in giving complementary foods to babies aged 0-6 months.**

From the results of the study it was found that the p-value was 0.386 - 0.05. This indicated that there was no influence between the mother's socio-economic status and the provision of complementary feeding for infants aged 0-6 months at the Saribudolok Health Center. This is inversely proportional to research conducted by Kumalasari (2014) , income allows mothers to provide additional food for infants aged 6 months. This is because the better the family economy, the easier it is to buy additional food. The level of family income is related to the provision of early MP-ASI. Higher family income was significantly positively related to early bottle feeding and factory-made food . The research conducted by Kumalasari entitled Factors Associated with the Providing Complementary Food for Early Breastfeeding in the Sidomulyo Health Center in Pekanbaru. Statistical test results show a significant relationship between family income and **early** complementary breastfeeding p value— 0.0220.05

#### **4. CONCLUSION**

Based on the results of research conducted at the Saribudolok Health Center in July-August 2021, it can be concluded that:

1. There is no effect between age and giving MP-ASI to babies aged 0-6 months at the Saribudolok Health Center in 2021
2. There is an influence between education and the provision of MP-ASI to infants aged 0-6 months at the Saribudolok Health Center in 2021
3. There is no (influence between mother's work and the provision of MP-ASI to babies aged 0-6 months at the Saribudolok health center in 2021
4. There is no influence between the mother's social economy and the provision of MP-ASI to infants aged 0-6 months at the Saribudolok Health Center in 2021
5. There is an influence between family support and the provision of MP-ASI to infants aged 0-6 months at the Saribudolok Health Center in 2021.

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