



MOTHERS' KNOWLEDGE ABOUT FEEDING CHILDREN AGED 6-24 MONTHS

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ABSTRACT

Proper provision of complementary foods starting from the age of 6-24 months and continuing breastfeeding until the age of 2 years must be optimized by increasing maternal knowledge. This is because mothers have an important role in the growth and development of children, especially maternal knowledge has an influence on the mindset and level of concern to provide the right food intake for their children. The purpose of this study was to identify the characteristics of respondents based on age, education and occupation. Identify mother's knowledge about complementary feeding for children aged 6-24 months in Giri Madia village. This study used descriptive method. The sample size was 44 people with sampling using simple random sampling technique. Data collection using a questionnaire, where the questionnaire has been used during preliminary studies by showing very good results, namely 6 out of 10 respondents said that complementary foods should be given at the age of 6 months. Respondents were asked to select one of the available answers by ticking, namely: true or false. Data processing was carried out with several stages, namely editing, coding, tabulating, and cleaning. The results showed that the characteristics of respondents based on age were mostly early adulthood as many as 23 respondents (52%), education almost half had a junior high school education as many as 21 respondents (47.7%), the occupation of almost all respondents was working.

Keywords: 6-24 month old children; complementary feeding; knowledge

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INTRODUCTION

Complementary Foods for Breast Milk (MP-ASI) is an additional food given to babies aged > 6-24 months to meet energy and nutrient needs when breast milk can no longer meet nutritional needs. At the age of >6-24 months is a very important developmental stage for children to learn to accept healthy foods and drinks and determine long-term diets. This age also coincides with the peak period of risk of stunted growth and nutritional deficiencies (World Health Organization, 2023). The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) recommend categories of nutritional fulfillment in infants and children to promote healthy growth and development, including early initiation of breastfeeding 1 hour after birth, exclusive breastfeeding for the first 6 months of life, and providing nutritious and safe complementary foods and continuing breastfeeding until the age of 2 years. However, there are still many babies and children who have not received optimal nutritional intake (World Health Organization, 2021).

According to World Health Organization (WHO) data in 2020, about 45% of child deaths worldwide are caused by malnutrition. Because only about 44% of <6-month-old babies worldwide are exclusively breastfed and only a few babies get nutritious and safe complementary foods (World Health Organization, 2021). Based on the Indonesian Nutrition Status (SSGI) survey in 2021, out of 2.3 million babies, only half or around 52.5% of babies aged <6 months receive exclusive breastfeeding and children aged ≥6-24 months are given

MP-ASI amounting to 44.7% throughout Indonesia. West Nusa Tenggara Province based on the 2021 SSGI, the number of infants aged 6 months who are given exclusive breastfeeding amounted to 75,9% and children aged ≥ 6 months who were given MP-ASI amounting to 64,3% (Ministry of Health, 2022). In West Lombok Regency, the number of babies aged 6 months who are exclusively breastfed is 91.3% and is the highest percentage in West Nusa Tenggara Province. Although the percentage of exclusive breastfeeding is relatively high, the provision of MP-ASI in West Lombok Regency must be more optimized. This is so that the incidence of malnutrition continues to decrease, which includes, the occurrence of growth and development disorders in children (stunting), thin toddlers (wasting) and underweight (underweight). West Lombok Regency experienced a decrease in stunting with a percentage of 12.38% which successfully exceeded the national stunting target of 14%. The incidence of wasting in children is 4%, where this figure also manages to exceed the target, which is 5% and the incidence of underweight is 16.0%. However, with this decrease, West Lombok Regency consistently still needs to provide continuous assistance for the prevention and handling of malnutrition. Considering the stunting target of West Lombok Regency in 2024 of 1 digit or $\leq 9\%$ (NTB Health Office, 2023).

Proper MP-ASI administration starts from the age of 6-24 months and continues to breastfeed until the age of 2 years must be optimized by increasing maternal knowledge. This is because mothers have an important role in the growth and development of children, especially mothers' knowledge has an influence on their mindset and level of concern to provide the right food intake for their children. So that in order for the implementation of MP-ASI to be optimal, good knowledge about MP-ASI is also needed (Ministry of Health, 2022). Research conducted by Mar'ati (2021) showed that of the 34 respondents, almost all of their knowledge about MP-ASI was lacking, namely 27 respondents. Research conducted by Nababan (2018) showed that there was a meaningful relationship between knowledge and early MP-breastfeeding in children aged 6-24 months. Research conducted by Ananda (2022) with 60 respondents showed that there was a meaningful relationship between maternal knowledge and maternal attitudes about breastfeeding. Mahpuzah's research (2020) also showed the same result, namely that there was a significant relationship between knowledge and the provision of MP-ASI.

Based on a preliminary study conducted on 10 mothers who have children aged 6-24 months in Giri Madia Village by means of interviews, the results were obtained that 6 children had received MP-ASI before the age of 6 months, 3 children received MP-ASI at the age of 6 months while 1 child received MP-ASI at the age of more than 6 months. When asked when is the right time to give MP-ASI, 4 out of 10 mothers said that MP-ASI can be given before the age of 6 months, 6 of them said that MP-ASI should be given at the age of 6 months, but 3 of them admitted that they had fed their children because their children already wanted to eat something before the age of 6 months. The purpose of this study is to find out Mother's Knowledge about MP-Breastfeeding for children aged 6-24 months in Giri Madia village.

METHOD

This research is included in descriptive research using the Cross-Sectional method. The population in this study is all mothers who have children aged 6-24 months in Giri Madia Village, which is 78 mothers. The sample was taken from the population of mothers who had children aged 6-24 months totaling 44 people using the slovin formula. The inclusion criteria in this study are: mothers who have children aged 6-24 months, mothers who live in the area to be studied, mothers who can read and write, and mothers who are willing to be respondents. The sampling technique is to use a lottery, in which the names of the population totaling 78 are placed in a container, and the container is shaken. The name that comes out is

used as a sample, then the shaking is repeated until it meets 44 samples (Hardani et al., 2020). The data collection technique was carried out by collecting data from a questionnaire, where the instrument on the questionnaire had already been used during the preliminary study with very good results, namely 6 out of 10 respondents said that complementary foods should be given at the age of 6 months. Respondents were asked to choose one of the available answers by ticking, namely: TRUE or FALSE. Data processing was carried out with several stages, namely editing, coding, tabulating, and cleaning.

RESULT

The respondents in this study were obtained through the results of the questionnaire distribution directly. Based on a questionnaire that has been distributed to 44 (forty-four) respondents in this study, it is grouped based on several criteria. The criteria in question include: age, education and occupation.

Table 1.
Distribution of Respondents by Age

Age	f	%
17-25 Years	17	39
26-35 Years	23	52
36-45 Years	4	9
Total	44	100

Based on the table above, it shows that most of the respondents are 26-35 years old, namely 23 respondents (52%).

Tabel 2.
Distribution of respondents by education

Education	f	%
Elementary School	12	27,3
Junior high school	21	47,7
Finish High School	11	25

Based on the table above, it shows that almost half of the respondents have a junior high school (SMP) education, namely 21 respondents (47.7%).

Tabel 3.
Distribution of respondents by Work

Work	f	%
Merchant	5	11
Housewives	39	89

Based on the table above, it shows that almost all of the respondents work as housewives (IRT), namely 39 respondents (89%).

Tabel 4.
Mother's Knowledge About Breastfeeding for Children Aged 6-24 Months in Giri Madia Village, Distric of West Lombok

knowledge	f	%
Baik	18	41
Cukup	22	50
Rendah	4	9

Based on the table above, it shows that the mother's knowledge about MP-ASI feeding to children aged 6-24 months in Giri Madia Village, Distric of West Lombok with enough knowledge of half of the respondents, namely 22 respondents (50%).

DISCUSSION

Based on the results of research that has been conducted in Giri Madia Village, Distric of West Lombok, the results were obtained that the age of the most respondents was 26-35 years old, which amounted to 23 respondents (52%). This is in accordance with the theoretical

concept that says that age can affect a person's knowledge where based on the results of the study most respondents are 26-35 years old where this age is included in the category of early adulthood. The more mature a person is, the more mature they will be so that they will think and act more maturely. The results of this study are in accordance with Rosidayani's (2022) research, that of the 48 respondents, the average respondent is 29 years old, which is included in the early adult category. The results of this study are also in accordance with the research of Dasmia et al (2023) that of the 30 respondents, the most respondents are early adults, namely 21 respondents (70.0%).

From the description above, it is concluded that from a person's age can affect the knowledge obtained and take an action according to the experience that has been experienced.

The education level of respondents can be classified into 3 types of education levels, namely high, medium and low. Mothers who are elementary and up to Junior High School (SMP) are classified as primary education, mothers with Senior High School (SMA) and Diploma 3 education are classified as medium education and mothers with S1-S3 education are classified as higher education (Arifa, 2021). Based on the results of research that has been conducted in Giri Madia Village, West Lombok Regency, it was found that the education level of the most respondents was the Junior High School (SMP) level, which amounted to 21 respondents (47.7%). This is in accordance with the theoretical concept that says that education can affect knowledge where based on the results of the study it was found that most respondents were poorly educated. A person with a low level of education will have difficulty understanding the message or information conveyed. The results of this study are in accordance with Rosidayani's (2022) research, that of the 48 respondents in education, the most respondents were Junior High School (SMP), which was 20 respondents (41.7%). The results of this study are also in accordance with Putri's (2021) research that of the 95 respondents in education, the most respondents were Junior High School (SMP), namely 38 respondents (38.9%).

Based on the description above, it can be concluded that education has a great influence on mothers' knowledge about MP-ASI. This is supported by the opinion that education level is also one of the factors that affect a person's knowledge. Because it makes it easy for a person to determine the goals and form of one's actions. Based on the results of research that has been conducted in Giri Madia Village, West Lombok Regency, it was found that the most respondents were employed as housewives, amounting to 39 respondents (89%). Based on the results of observations in the field, most of the respondents who have worked as housewives have only communicated with fellow housewives. The work environment has the ability to cause a person to develop experience and knowledge in several ways. The results of this study are in accordance with the results of Rosidayani (2022) research, that of the 48 respondents, the most respondents were as housewives (IRT), namely 38 respondents (79.2%). The results of this study are also in accordance with the research of Dewi et al (2022) that of the 57 respondents, the most respondents were employed as housewives (IRT), namely 55 respondents (96%). Based on the description above, it can be concluded that work has a great influence on a person's knowledge. That a person will gain experience and knowledge from his work environment.

Based on the results of the research conducted that the level of maternal knowledge about MP-ASI Feeding to Children Aged 6-24 Months in Giri Madia Village, West Lombok Regency, which amounted to 44 respondents, it was found that the most knowledge was the level of sufficient knowledge, which amounted to 22 respondents (50%). Because, the age of the respondents is most in the early adult category where the older a person is, the more their strength and maturity will increase so that they will think and act more maturely. The

education of the most respondents was the junior high school education level which amounted to 21 respondents, where education is needed to acquire knowledge that can improve a person's health and quality of life. There are other factors that affect so that in this study, adults have a sufficient level of knowledge because most of them are educated in elementary school where this education is classified as low education. A person with a low level of education will have difficulty understanding the message or information conveyed. Likewise, the most respondents were housewives, which amounted to 39 people because a person's work environment had the ability to develop experience and knowledge in several ways. The results of this study are in accordance with the research conducted by Putri (2021) that of the 95 respondents, the results of mothers' knowledge about MP-Breastfeeding were sufficient, namely 54 respondents (56.8%), the age of the most respondents was early adulthood, namely 49 respondents (51.6%), the education of the most respondents was junior high school, which was 38 respondents (38.9%), and the most jobs are IRT, which is 91 respondents (95.8%). The results of this study are also in accordance with Padeng's (2021) research on Overview of Mother's Knowledge about Breastfeeding for Children Aged 6-24 at the Bangka Kenda Health Center, that of the 73 respondents, the most maternal knowledge was the level of sufficient knowledge, namely 31 respondents (42.5%), good knowledge of 28 respondents (38.4%), and low knowledge of 14 respondents (19.2%).

The results of this study are also in accordance with the research of Dewi et al (2022) Overview of Knowledge and Attitudes of Mothers Who Have Children Aged 6-24 Months About Complementary Feeding (MP-ASI) as a Means of Stunting Prevention in RW 09 Simpang Village, Cikajang District, Garut Regency, that of the 57 respondents, the results of mothers' knowledge about the provision of MP-ASI were the most adequate, namely 38 respondents (68%), good knowledge of 10 respondents (18%), and lack of knowledge of 8 respondents (14%). Based on research conducted by Nurhastuti (2023), there are several factors that affect knowledge, namely age, because the older the mother's age, it will affect the mindset and supported by experience, education is also needed to increase knowledge because mothers who have a high level of knowledge will understand and reflect the mother's ability to receive more information and deeper knowledge about MP-ASI. However, it is possible that even with low education, but often reading references and participating in counseling, also have a high level of understanding in providing Complementary Foods Breastfeeding appropriately which can help meet the nutritional needs of children, and the work of a mother who works with too busy schedules can also reduce the attention given to children, including when preparing food consumed by children so that the composition of food that should be right is lacking. The food provided will have an impact on the growth and development of children both physically and psychologically.

CONCLUSION

Based on the results of the Mother's Knowledge of Breastfeeding for Children Aged 6-24 Months in Giri Madia Village, Distric of West Lombok in 2024, it was found that half of the respondents were in the sufficient category, namely out of 44 respondents, as many as 22 respondents (50%) with sufficient knowledge.

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