

THE RELATIONSHIP OF EARLY SUPPLEMENTARY FOODS (MP-ASI) ON THE GROWTH OF INFANTS 0-6 MONTHS IN THE JANNAH CLINIC

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ABSTRACT

Providing complementary foods for breast milk should be given regularly. The thickness of the food and the amount must be adjusted to the skills and readiness of the baby in receiving food. The purpose of this study was to determine the relationship of early complementary feeding (MP-ASI) to the growth of infants 0-6 months at the Jannah Clinic in 2019. This research method used analytical observation with a cross sectional approach. The population in this study were all mothers who had babies 0-6 months at Jannah Clinic as many as 35 people. The sampling technique was total sampling, namely all mothers who had babies 0-6 months at the Jannah Clinic as many as 35 people. The results of the analysis showed that from 35 mothers who had babies 0-1 years, the majority of babies aged 6 months were 12 people (35%) and a minority of babies aged 2 months was 1 person (3%). Distribution based on the majority of abnormal weight gain as many as 20 people (57%). Distribution based on complementary feeding (MP-ASI) the majority on time as many as 19 people (54%). The results of the Chi-Square test obtained a value of = 0.000, this means that the p-value is smaller than (0.05), which means that there is a relationship between early complementary feeding (MP-ASI) on the growth of infants 0-6 months. It is hoped that health workers will provide counseling about MP-ASI, so that mothers who have babies 0-6 months only give breast milk, and babies >6 months are only given MP-ASI. 000, this means that the p value is smaller than (0.05) which means that there is a relationship between early complementary feeding (MP-ASI) on the growth of infants 0-6 months. It is hoped that health workers will provide counseling about MP-ASI, so that mothers who have babies 0-6 months only give breast milk, and babies >6 months are only given MP-ASI. 000, this means that the p value is smaller than (0.05) which means that there is a relationship between early complementary feeding (MP-ASI) on the growth of infants 0-6 months. It is hoped that health workers will provide counseling about MP-ASI, so that mothers who have babies 0-6 months only give breast milk, and babies >6 months are only given MP-ASI.

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1. Introduction

In practice, breastfeeding is not as easy as one might think, but it is also not as difficult as one might think. Breastfeeding not only requires adequate nutrition and excellent health, but also requires determination and confidence that the mother will be successful in her efforts to provide the best food, namely breast milk.

The assumption that most often develops in the community is that breast milk does not come out or the amount of breast milk is considered insufficient. This is what strengthens the notion that

breast milk is not sufficient for the baby's needs, so babies often cry. Finally, the mother panicked because she felt sorry for the baby's cry, so the decision was made to give formula milk to the baby and another reason that made the mother's decision to give formula milk was because the work location was far from home (Riksani, 2012).

Giving complementary foods to breast milk should be given gradually, both in terms of texture and number of positions. The thickness of the food and the amount must be adjusted to the skills and readiness of the baby in receiving food. In terms of food texture, initially the baby is given liquid and soft food, after the baby can move the tongue and the chewing process, the baby can be given semi-solid food while solid food is given when the baby has started teething. Food portions also gradually start from one spoon to gradually increase (Waryana, 2015).

The Ministry of Health of the Republic of Indonesia said that the age of 0-24 months is a period of very rapid growth and development, so it is often termed the golden age of children, which is the period when the child's brain develops very rapidly and is the fastest in absorbing information and increasing in size. physical and body structure. The golden period can be realized when in infancy or childhood the appropriate nutritional intake for optimal growth and development. On the other hand, if infants and children at this time do not get food according to their nutritional needs, the golden period will interfere with the body and development of infants and children, both at this time and in the future (repository.unri.ac.id/xmlui/.../manuscript.pdf)

according to *world health organization* (WHO, 2014), approximately 1.5 million children died due to improper feeding. Less than 15% of infants worldwide are exclusively breastfed for four months and complementary feeding is often inappropriate and unsafe. The mortality rate of children and toddlers is 51% caused by pneumonia, diarrhea, measles and malaria, more than half of these deaths (54%) are closely related to nutritional status.

Research in Sri Lanka showed 23% of infants received complementary foods at the age of 4 months, and almost all mothers had started giving solid foods such as team rice, biscuits, and others. A total of 410 infants, 34% of infants were given complementary feeding before the age of 6 months. UNICEF data in 2014 states that the awareness of mothers to give breast milk in Indonesia is only 14% and even then it is given only until the baby is 4 months old (www.dinkes.dairikab.go.id/index.php/article/food-pendamping-asi-mp-asi.html).

The infant mortality rate (IMR) is estimated to be related to the behavior of giving breast milk (ASI). Newborns who are not breastfed and given a substitute for breast milk/formula will be relatively susceptible to diarrhea and allergies, threaten malnutrition and increase the risk of infection.

The Head of the Sub-unit for Diarrhea and Worms of the Ministry of Health said the results of the 2014 Household Health Survey (SKRT), the death rate from diarrhea was 23 per 100 thousand population and 75 per 100 thousand children under five. During 2014, 41 districts in 16 provinces reported outbreaks (extraordinary events) of diarrhea and their areas. The number of diarrhea cases reported was 10,980 and 277 of them caused death. This is mainly due to unhealthy living behavior where babies who are not yet 6 months old have received early complementary foods (<http://teks.123dok.com/documen/4556pembelian-MPASI-with-incidence-diarrhea2014>).

In North Sumatra Province (2017), it was shown that 58.74% of mothers gave complementary foods to breast milk too early for infants 0-6 months and 41.26% mothers did not give complementary foods to breast milk too early (Indonesian Health Profile 2017). (www.dinkes.dairikab.go.id/index.php/article/food-pendamping-asi-mp-asi.html).

Based on the information obtained in the initial survey in August at the Jannah Clinic in 2019, the author conducted interviews with 15 postpartum mothers, it turned out that 8 people had provided complementary foods for breast milk under 6 months due to reasons the mother worked and the location was far from home, and too little breast milk came out. . And 7 other postpartum mothers still give exclusive breastfeeding because the mother is not too busy working and the mother's milk is enough for her baby.

Based on the description above, the author is interested in conducting research with the title "The Relationship of Early Complementary Feeding (MP-ASI) to the Growth of Babies 0-6 Months at the Jannah Clinic in 2019".

2. Methods

The type of research used is analytic observational method with cross sectional approach. The population in this study were all mothers who had babies 0-6 months at the Jannah Clinic in 2019 as many as 35 people. The total sampling technique is all mothers who have babies 0-6 months at the Jannah Clinic in 2019 as many as 35 people. The research was conducted from September 2018 to February 2019

3. Results

TABLE 1
DISTRIBUTION OF CHARACTERISTICS OF EARLY BREASTFEEDING COMPLEMENTARY FEEDING (MP-ASI) ON THE GROWTH OF INFANTS 0-6 MONTHS

Age	f	%
2 months	1	3
3 months	5	14
4 months	6	17
5 people	5	14
6 months	12	35
7 months	3	8
8 months	2	6
9 months	1	3
Total	35	100

Based on the table above, it can be seen that of the 35 respondents, the majority of infants were 6 months old (35%) and a minority of infants were 2 months old (3%) and the minority was 9 months old (3%).

TABLE 2
DISTRIBUTION OF WEIGHT GAIN PROVISION OF EARLY COMPLEMENTARY FOODS (MP-ASI) ON INFANT GROWTH 0-6

Growth	f	%
Normal	14	40%
Abnormal	21	60%
Total	35	100

Based on the table above, it can be seen that from 35 respondents the majority were categorized as abnormal growth in complementary feeding (MP-ASI) as many as 21 people (60%).

TABLE 3
DISTRIBUTION OF EARLY BREASTFEEDING COMPLEMENTARY FOODS (MP-ASI) ON THE GROWTH OF BABIES 0-6 MONTHS

Complementary feeding	f	%
On time	19	54%
Not on time	16	46%
Total	35	100

Based on the table above, it can be seen that the majority of 43 respondents were categorized as not ready to face menarche (51%).

TABLE 4
CROSS TABULATION OF THE RELATIONSHIP BETWEEN COMPLEMENTARY FEEDING OF BREAST MILK (MPASI) ON THE GROWTH OF INFANTS 0-6 MONTHS

THE GROWTH OF INFANTS 0-6 MONTHS							
Age of Complementary Breastfeeding	Baby Growth				Total		Test Chi Square
	Normal		Abnormal				
	N	%	N	%	N	%	
-On time	13	37.1	7	20	20		<i>p</i> =0.002
-Not on time	2	5.7	13	37.1	15		
Total	15	42.8	20	57.1	35	100	

Based on the table above, it can be seen that of the 35 respondents who were on time to provide complementary feeding (MP-ASI) whose normal weight was 13 people (37.1%) of the 2

respondents who were not on time to provide complementary feeding (MP-ASI).) with normal weight 2 people (7%) and of the 7 respondents who gave complementary foods on time (MP-ASI) whose weight was not normal 7 people (20%) of the 13 respondents who did not give complementary foods on time whose body weight is not normal is 13 people (37.1%).

Statistical test results *Chi-Square* obtained p value = 0.000. This means that the p value is smaller than α (0.05) and thus H_0 is rejected and H_a is accepted, that is, there is a relationship between early complementary feeding on the growth of infants 0-6 months.

4. Discussion

Baby growth

The results of the analysis showed that of the 35 respondents who were on time to provide complementary feeding (MP-ASI) whose normal weight was 13 people (37.1%) of the 2 respondents who were not on time to provide complementary feeding (MP-ASI) normal weight 2 people (7%) and of the 7 respondents who gave complementary foods on time (MP-ASI) whose weight was not normal 7 people (20%) of the 13 respondents who did not give complementary foods on time that did not normal weight 13 people (37.1%).

Growth is the increase in the size and number of cells and intercellular tissue from the birth of the baby until the end of this research (Maya, 2012).

This study is in line with the research of Siti Shoimah, Ganis Indriati and Reni Zulfetri (2013), entitled the relationship between early complementary feeding (MP-ASI) to the growth of infants 0-6 months in the village of Teratak Reed. The study shows that the respondent's education is mostly junior high school or equivalent, which is 25 people (41.7%), junior high school education or the equivalent is included in low education. Mothers with low education have low levels of absorption and understanding. The results of this study are in accordance with Visyara's (2012) research entitled "several factors related to the provision of complementary feeding at the age of 0-6 months at BPS Heni Suharni Langesari Village, Ungaran Barat District, Semarang Regency" which states that there is a significant relationship between the mother's level of education regarding Complementary feeding with complementary feeding for infants aged 0-6 months. This is because the respondents in Visyara's study who had a high level of education did not give MP-ASI to infants 0-6 months.

Providing complementary feeding (MP-ASI)

The results of the analysis showed that of the 35 respondents who were on time to provide complementary feeding (MP-ASI) whose normal weight was 13 people (37.1%) of the 2 respondents who were not on time to provide complementary feeding (MP-ASI) normal weight 2 people (7%) and of the 7 respondents who gave complementary foods on time (MP-ASI) whose weight was not normal 7 people (20%) of the 13 respondents who did not give complementary foods on time that did not normal weight 13 people (37.1%).

Complementary food for breast milk (MP-ASI) is additional food given to babies after babies are 4-6 months old until babies are 24 months old, until this research was finally carried out (Waryana, 2015).

The results of the study are in line with the research of Kusmiyati, Syuul Adam and Sandra Pakaya (2014) entitled the relationship between knowledge, education and mother's work with the provision of complementary feeding (MP-ASI) to infants at the Bahu Health Center, Malalayang District, Manado City. at the shoulder health center, Malalayang sub-district, Manado city, it showed that mothers who had good knowledge (96%) gave complementary feeding to infants aged over 6 months, compared to mothers who had less knowledge, which was only 4%. Statistical test results with chi-square at the 95% confidence level ($\alpha = 0.05$) obtained p value = 0.005 (< 0.05) statistically means that there is a significant relationship between knowledge and complementary feeding.

Analysis of the Relationship between Early Breastfeeding Complementary Feeding (MP-ASI) and Infant Growth 0-6 Months

Judging from the results of research conducted from 35 respondents at the Jannah Clinic in 2019, who on time gave complementary foods (MP-ASI) whose normal weight was 13 people (37.1%) of the 2 respondents who did not give complementary foods on time (MP-ASI) with normal

body weight 2 people (7%) and of the 7 respondents who gave complementary foods on time (MP-ASI) whose weight was not normal 7 people (20%) of the 13 respondents who were not on time gave complementary foods to breast milk whose weight was not normal for 13 people (37.1%).

Early complementary feeding (MP-ASI) greatly affects the growth of infants, where the earlier the provision of complementary feeding, the greater the possibility of experiencing abnormal weight gain. Statistical test results *Chi-Square* obtained p value = 0.000. This means that the p value is smaller than α (0.05) and thus H_0 is rejected and H_a is accepted.

This study is in line with the research of Siti Shoimah, Ganis Indriati and Reni Zulfitri (2013), entitled the relationship between early complementary feeding (MP-ASI) to the growth of infants 0-6 months in Teratak Buluh Village. Buluh shows that the majority of respondents' education is junior high school or equivalent, which is 25 people (41.7%), junior high school education or the equivalent is included in low education. Mothers with low education have low levels of absorption and understanding. The results of this study are in accordance with Visyara's research (2012) entitled "several factors related to the provision of complementary feeding at the age of 0-6 months at BPS Heni Suharni Langesari Village, Ungaran Barat District, Semarang Regency" which states that there is a significant relationship between the mother's level of education regarding Complementary feeding with complementary feeding for infants aged 0-6 months. This is because the respondents in Visyara's study who had a high level of education did not give complementary feeding to infants 0-6 months.

The results of the study are in line with the research of Kusmiyati, Syuul Adam and Sandra Pakaya (2014) entitled the relationship between knowledge, education and mother's work with the provision of complementary feeding (MP-ASI) to infants at the Bahu Health Center, Malalayang District, Manado City. at the Bahu Health Center, Malalayang District, Manado City, showed that mothers who had good knowledge (96%) gave complementary feeding to infants aged over 6 months, compared to mothers who had less knowledge, which was only 4%. The results of statistical tests with chi-square at the 95% confidence level (α = 0.05) obtained p value = 0.005 (<0.05) statistically means that there is a significant relationship between knowledge and complementary feeding.

Thus, it can be concluded that in this study there is a relationship between complementary feeding (early MP-ASI) on the growth of infants 0-6 months, which means that the earlier the provision of complementary feeding, the more abnormal weight gain. between the research results and the theory that has been stated above.

5. Conclusion

Based on the results of research regarding the relationship between early complementary feeding (MP-ASI) on the growth of infants 0-6 months of Jannah Clinic in 2019 it can be concluded as follows:

1. The growth of infants who were given complementary feeding (MP-ASI) at the Jannah Clinic in 2019 was the majority (47.1%) and the minority with abnormal baby growth (42.9%).
2. The provision of early complementary feeding (MP-ASI) at the Jannah Clinic in 2019 was mostly on time (47.1%) and the minority (42.9%).
3. There is a significant relationship between early complementary feeding (MP-ASI) and the growth of infants 0-6 months where the earlier the provision of complementary feeding with breast milk, the greater the possibility of abnormal baby growth.

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