

# Counseling on the Provision of Complementary Breastfeeding Against Constipation in Babies in the Baru Village of Ladang Bambu, Medan Tuntungan Sub-district in 2021

**Rizky. A Bakara<sup>1</sup>, Nurdiana Manurung<sup>2</sup>**

<sup>1,2</sup>Darmo Medan Midwifery Academy

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## ABSTRACT

The purpose of this study was to find out whether mothers understand about complementary feeding and mothers know if their babies are constipated. And the activities carried out were to increase the mother's knowledge when her baby was constipated which was marked by crying, whining in pain and the face turning red before defecation giving MP ASI. Increasing mother's knowledge about the types of MP ASI for babies. the following is the provision of material to mothers regarding constipation in infants, and complementary feeding for giving snacks to infants. The results of the research are To achieve the objectives of the above activities, activities are carried out including the delivery of material about constipation in infants, and MP ASI.

### **E-mail:**

kikybakara12@gmail.com  
nurdianamanurung@gmail.com

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## 1. Introduction

The Ministry of Health (2019) revealed that an average of 401 newborns in Indonesia die before the age of 1 year. The data comes from the latest government survey, namely the 2020 Indonesian Health Demographic Survey (IDHS). Based on BPS data (2020), the under-five mortality rate per 1000 live births according to the age of the mother at delivery in 2017 was mostly at the age of 40-49 years (58%) and at the age of <20 years (40%). The prevalence of constipation in Indonesia is very low, in Bali in children aged 4-6 years, the prevalence of constipation is 15.1%, while in children in West Padang District, Padang City, the constipation rate is 19.9 with the ratio between boys and girls is 1.2 : 1. (Ministry of Health, 2020)

According to Brown (2011) in the research of Amelia and Bambang (2016), constipation is a condition in which the stool hardens so that it is difficult to expel it through the anus, and causes discomfort or discomfort in the rectum. Constipation occurs at all ages, which is generally characterized by a low frequency of bowel movements (less than 3 times a week)

Constipation in infants occurs because the feces are not expelled, resulting in stool distension, then the reflex or desire to defecate is suppressed, so there is no desire to defecate, but water absorption from the feces still occurs, so the stool becomes hard. According to the results of a survey by Casilia M, Reverian, a child nutritionist at the Bogor Agricultural University (IPB) that the use of complementary foods for breastfeeding 49% of infants before the age of 4 months had been given formula milk, 45.1% liquid food other than formula milk and 50% solid food. formula milk, complementary food, liquid breast milk and which is given to infants less than 4 months old, tends to be of very high intensity and frequency so that it can be harmful and result in unfavorable outcomes for children, and constipation or constipation can occur (Zakiyah, 2012).

Breastfed babies may experience bowel movements after each feeding or only once in 7-10 days (Eka, 2014). Constipation can occur due to giving MP-ASI too early. The optimal age for starting complementary feeding is 6 months. Suggestions for giving MP-ASI can be started when the baby is trying 4-6 months. Exclusive breastfeeding for 6 months provides many benefits for babies and mothers (Mona, 2018).

## **2. Method**

The direction or purpose of this activity can be carried out by conducting counseling to pregnant women in order to find out the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy. four: Environment V Exo. New Bamboo Farm AKBID Darmo lecturers, totaling 2 people, 1 high school student advice for mothers who have babies over 6 months.

### **2.1. Activity steps**

As a community service activity, the following preparations are carried out:

**a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Asking for permission from the Head of the District to carry out counseling activities about constipation in infants, and MP ASI to mothers who have babies over 6 months
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in smooth counseling activities about constipation in infants, and complementary feeding to mothers who have babies over 6 months
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
- 5) Other things that are considered important in carrying out activities

**b. Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

### **2.2. Activity Process**

On October 23, 2021, data collection on participants who will take part in counseling activities about constipation in infants and MP ASI will be carried out for mothers who have babies over 6 months old. The opening event of counseling about constipation in infants, and complementary feeding for mothers who have babies over 6 months, among others by doing:

- a. Lecture
- b. Frequently Asked Questions c.
- c. Discussion

After giving the material, there will be a demonstration of pregnancy exercise for pregnant women, free pregnancy checks will be carried out for pregnant women.

## **3. Results and Discussion**

**a. Target Audience**

This activity targets mothers in the Baru Ladang Bambu Village, Medan Tuntungan District, in order to find out constipation in infants, and MP ASI.

**b. Linkages**

In carrying out this service, the fields of knowledge that are considered related include midwifery care for newborns.

**c. Evaluation Plan**

In this case the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing health status in mothers who have babies over 6 months, increasing information to mothers about complementary feeding and constipation marked by crying, whining in pain and face turns red before defecation.

**d. Supporting and Inhibiting Factors**

- 1) Supporting factors

The enthusiasm of mothers who have babies over 6 months is quite large. The sub-district, in this case Kelapa Sub-district, Kepling, provided the time and place so that the counseling could run well.

- 2) Obstacle factor

Mother's awareness of the importance of counseling information about MP ASI and constipation is marked by crying, whining in pain and the face turns red before defecation is lacking so that in the process of activity requires a large enough effort to attract the interest of mother and family so that mothers know that MP ASI is given to babies above 6 months.

#### 4. Conclusion

Reports on community service implementation activities in the form of counseling to mothers about MP ASI and constipation are marked by crying, whining in pain and the face turning red before defecation which is carried out at the Lurah Office of Baru Ladang Bambu Village which can be stated as follows: This activity received a good response from the district. This activity provides a new discourse for mothers about MP ASI and constipation information which is characterized by crying, whining in pain and turning red faces before defecation.

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