

**RELATIONSHIP OF PREVIOUS WRITING WITH NUTRITION STATUS
IN BABY AGE 0 - 6 MONTHS IN POSYANDU KALANGANYAR
VILLAGE SEDATI SIDOARJO**

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Abstract

Breast milk in addition to the needs of infants is also a human right that must be met by. There are still mothers who prefer to give early breast-feeding for more practical reasons if you have to pump the breast. Under 6 months of age, the baby's digestive system does not have an enzyme to digest the food. Supplementary feeding of breast milk can aggravate the work of baby's organs. Intestine baby also can not work perfectly so it can reaction diarrhea, colic and allergies. Methods Cross-sectional research, this study used is a partial mother and baby aged 0-6 months in Posyandu. This research with probability sampling with simple random sampling technique Data collection techniques of questionnaires and Table Categories and Thresholds of Nutrition Status. processing is done by using SPSS. The result of collecting questionnaires collected will be tested using chi-square analysis test using SPSS, with significance level ($\alpha=0,05$). Based on the results of analysis with Mann Whitney test using SPSS for windows known $\alpha = 0,05$ and got result $\rho = 0,017$ where $\rho < \alpha$ so H to be rejected which mean there is relation between feeding of complementary of early breast milk with nutrient status at baby age 0 -6 months. 32 respondents who were not given early breastmilk substitute food as much as 5 respondents who were all (100%) good nutrition while given earlier feeding of mother breast milk almost half (40,7%) have good nutritional status and most of them (59.3%) More nutritional status.

Keywords: Food Replacement Early, Nutritional Status, Baby Age 0-6 Month

Introduction

The basic capital of quality human formation begins since the baby in the womb accompanied by the provision of breast milk (milk) from an early age, especially exclusive breastfeeding is giving only breast milk to infants from birth until the baby is 6 months old. Breast milk in addition to the baby's needs is also a baby's basic right to be fulfilled by his parents. (Depkes RI, 2010). Growth and development of course children need help from the surrounding environment. There are several factors that inhibit or support, these factors can come from outside or within the child itself, one of the external factors that affect the growth and development of children is the nutrition that children get. (Supartini, 2011). The phenomenon is that in the era that has developed as now many mothers who are active but still eager to race to exclusive

breastfeeding to her baby by pumping and storing for supplies when Mother is not being with her baby, But there are still mothers who prefer to provide early breastfeeding for more practical reasons than having to pump their milk. Mothers who give breast milk to infants under 6 months of age may interfere with infant nutrition, babies given complementary feeding early will be particularly at risk for more nutritional and even obesity later in life until the baby is mature so that it can affect the nutritional status of the infant.. (Gibney, MJ et al, 2009 in book "Gizi Kesehatan Masyarakat" (Hartono & Widyastuti: translator).

The low rate of exclusive breastfeeding from the national target of 80% can be seen from the following data, ie the coverage rate of exclusive breastfeeding in the last 1 year and without a history of breastfeeding from infants aged 0 months as much as 52.7%, age 1 month 48.7 %, Age 2

months 46%, age 3 months 42.2%, age 4 months 41.9%, age 5 months 36.6%, age 6 months 30.2%. This means that the increasing age of infants the higher the history of giving the food with milk water supply to the baby, ie age 0 months 47.3%, age 1 month 51.3%, age 2 months 54%, age 3 months 57.8%, age 4 Month 58.1%, age 5 months 63.4%, age 6 months 69.8%. (Badan Penelitian dan Pengembangan Kesehatan, 2013). According to the Depkes RI in 2011, infants aged 0-6 months who received breast milk and early breastfeeding of 81.54%, while for the coverage of nutritional status of infants 0-6 months in 2011 was 4.2% including malnutrition; 7.2% were included in under-nutrition; 82.3% included good nutrition, and 6.2% included more nutrition. Based on the results of a study conducted at Posyandu Village Kalanganyar Sedati Sidoarjo on September 01, 2016 by looking at the book KMS and found 5 babies who experienced more nutrition then conducted interviews with 5 mothers of the baby the result 3 of the mother said to have given the breast milk to her baby before The baby is 6 months old. Breastfeeding supplements are recommended at 6 months of age. Under the age of 6 months, the baby's digestive system does not yet have an enzyme to digest the food. As a result, complementary feeding of milk may aggravate the work of baby's organs. Intestine baby also can not work perfectly so it can cause reaction diarrhea, colic and allergies. Supplementary feeding of breastmilk too quickly causes the baby's need for breast milk to be reduced. Though breast milk is still needed to grow flowers and baby's immune system. (Kasdu, 2012). The level of risk of nutritional status problems in children can be prevented by doing several things such as modification of the pattern of giving the correct food with milk water supply and done on babies over 6 months, healthy maternal diet so that babies are also healthy. Babies who are still nursing, try breastfeeding especially exclusive breastfeeding because breast milk contains prebiotics (good bacteria) that can prevent the occurrence of more nutrients. (Kemenkes RI, 2012). The health team should make efforts to make it happen by promoting exclusive breastfeeding needs to be improved, also need to be counseled to the mother about supplementary feeding. Extra food is appropriate to the age of the baby and there is

an need to introduce additional foods gradually. Based on the description in the background of the researcher interested to do research about the relationship of early breastfeeding with nutritional status at the age of infants 0-6 months.

Early breast milk is food or drink given to babies after 6 months of age. WHO defines exclusive breastfeeding when babies get only breast milk without additional food and or other beverages, except vitamins, minerals, and medicines. obatan (Gibney, MJ et al, 2009 in book "Gizi Kesehatan Masyarakat" (Hartono & Widyastuti: translator). Breast-fed infants and early breast milk in the form of fluids including vitamins, minerals, and medications are defined as predominant breast-feeding. Breast-fed and breast-fed infants of solid, semi-solid, and / or liquid foods including vitamins, minerals, and medications are defined as partial breast-feeding (WHO, 2009 in Irawati, 2011).

Nutritional status is a state of balance between intake (intake) and nutritional needs (requirement). To assess the nutritional status of a person or community can be done directly or indirectly. Direct assessment is by physical, clinical, anthropometric and biochemical examination. Indirect assessment can be done by looking at death, birth rate and other vital statistical data (Soegiarto, et al, 2009).

Methods

The search using an observational analytic design aims to analyze, explain the relationship between early breastfeeding with more nutrition in infants aged 0-6 months in Posyandu Kalanganyar Village Sedati Sidoarjo. The approach used is cross sectional, where the research subjects are risk factors and their effects or effects are observed at the same time and only observed once, risk and impact factors are measured according to circumstances or status at observation. (Nursalam, 2013).

In this study used are some mothers and infants aged 0-6 months in Posyandu Kalanganyar Village Sedati Sidoarjo. This study with probability sampling with simple random sampling technique is simple random sampling means that every member or unit of population have equal opportunity to be selected as sample.

Data collection techniques of questionnaires and Table Categories and Thresholds of

Nutrition Status. Data processing is done by using SPSS. The result of collecting questionnaires collected will be tested using chi-square analysis test using SPSS for windows computer software with significance level ($\alpha=0,05$).

Result

1. General data characteristics of respondents

a. Characteristics of Respondents by Age of Mother

No.	Mother Age (year)	Frequency	Percentage (%)
1.	18-20 Year (final teenager)	1	3.1
2.	21-35 Year (early adult)	25	78.1
3.	36-45 Year (middle adult)	6	18.8
amount		32	100

Based on the above table is known most of the respondents aged 25 years as much as 78.1%.

b. Respondent's Characteristics of Employment Status

No.	Job status	Frequency	Percentage (%)
1.	Does not work	14	43.8
2.	work	18	56.2
amount		32	100

Based on the above table it is known the average respondents work as much as 56.2%.

c. Characteristics of Respondents by Type of Work

No.	Type of work	Freq uency	Percentage (%)
1.	Housewife	14	43.8
2.	Businessman	12	37.5
3.	government employees	6	18.8
amount		32	100

Based on the above table it is known the average respondents work as housewives as much as 43.8%.

d. Characteristics of Respondents Based on the Birth Order of Infants

No.	The order of birth of a baby	Frequ ency	Percentage (%)
1.	1st baby	8	25.0
2.	Baby 2nd	18	56.3
3.	Baby 3rd	5	15.6
4.	Baby 4th	1	3.1
amount		32	100

Based on the above table obtained bawha most respondents have a sequence of 2nd baby kelahiran as much as 56.3%.

e. Characteristics of Respondents by Sex of Infants

No.	Gender	Frequ ency	Percentage (%)
1.	Man	16	50
2.	Women	16	50
amount		32	100

Based on the above table it is found that gender of men and women are balanced.

f. Characteristics of Respondents Based on Family Income

No.	Family Income	Frequency	Percentage (%)
1.	Rp. 2 million - 3 million	6	18.7
2.	Rp. 3 million - 4 million	18	56.3
3.	> Rp. 4 million	8	25.0
amount		20	100

Based on the above table obtained bahwa most respondents get to have income 3 - 4 million as much as 56.3%.

G. Characteristics of Respondents by Type of food with milk water supply

No.	Type food with milk water supply	Frequency	Percentage (%)
1.	Rice porridge	5	15.6
2.	Instant Porridge	8	25.0
3.	Banana smoothed	9	28.2
4.	Formula milk	5	15.6
5.	Not given food with milk water supply	5	15.6
amount		32	100

Based on the above table it is found that the average respondents use the food substitute with banana that is mashed as much as 28.2%.

H. Characteristics of Respondents by Age of Giving Early food with milk water supply

No.	Age Giving food with milk water supply	Frequency	Percentage (%)
1.	0 months	5	18.5
2.	2 months	9	33.3
3.	3 months	9	33.3
4.	4 months	4	14.9
amount		27	100

Based on the above table it is found that the average of respondents using food penganti ation at age 2 and 3 months as much as 33.3%.

I. Characteristics of Respondents by Age of Infants

No.	Baby's age	Frequency	Percentage (%)
1.	3 months	2	6.3
2.	4 months	6	18.7
3.	5 months	6	18.7
4.	6 months	18	56.3
amount		32	100

Based on the above table obtained bahwa most respondents have the age of infants at the age of 6 months as much as 56.3%.

2. Research Variables (Special Data)

a. Characteristics of Respondents based on Breastfeeding Supplement (food with milk water supply)

No.	Giving food with milk water supply	Frequency	Percentage (%)
1.	Not given food with milk water supply	5	15.6
2.	Given food with milk water supply	27	84.4
amount		32	100

Based on the above table can be explained from 32 respondents that most respondents who give food penganti ation as much as 27 (84.4%).

b. Characteristics of Respondents Based on Nutrition Status

No.	Nutritional status	Frequency	Percentage (%)
1.	Malnutrition	0	0
2.	Moderate nutrition	0	0
3.	Good Nutrition	16	50
4.	Excessive nutrition	16	50
amount		32	100

Based on the above table can be explained from 32 respondents that the baby's nutritional status is in good nutrition and more nutrition.

Cross tabulation Relation of early food with milk water supply with Nutrition Status

N	Giving	Nutritional status					
		Good Nutrition		Excessive nutrition		amount	
		N	%	N	%	N	%
1	Not given	5	100	0	0	5	100
2	given	11	40.7	16	59.3	27	100
amount		16	50	16	50	32	100

There were 32 respondents who were not given early food with milk water supply as many as 5 respondents who were all (100%) of good nutrition while given by early food with milk water supply was almost half (40.7%) had good nutritional status and most (59.3%) had more nutritional status.

Results of calculation of chi square tests with significance level $\alpha = 0,05$ did not meet the requirement because there are two tables (50%) that have a frequency of less than 5 expectations and seen from nutritional status none of the status of malnutrition or malnutrition so followed by the exact fisher test Test results obtained $p = 0.022$ where $p < \alpha$ so H_0 rejected which means there is a relationship between feeding the complement of early breastfeeding in nutritional status in infants aged 0-6 months in posyandu of Kalanganyar Village Sedati Sidoarjo.

Discussion

1. Giving of Early Breastfeeding

32 respondents who had infants aged 0-6 months in Posyandu Kalangnayar Village Sedati Sidoarjo almost entirely (84.4%) provide complementary foods of early breast milk (food with milk water supply). food with milk water supply is a food transition from breast milk to family food. The introduction and provision of food with milk water supply should be done gradually in both shape and quantity, according to the baby's digestion. (Wong, 2008).

This is supported by the opinion of dintasari (2010) which suggests that in Indonesia especially in the rural areas are still often found the provision of food with milk water supply has started a few days after the baby was born, other than that people assume if the baby is given additional food then the weight will quickly rise And that means the baby is healthy. In rural areas the average mother breastfeeding babies, but because of the influence of less supportive habits such as the early feeding of food supplementary feeding so that the utilization of breast milk is less than optimal. Some of the factors that cause mothers to give early breast-feeding are fear in breastfeeding, wrong breastfeeding techniques, wrong habits in the provision of breastfeeding and lack of support from health services on exclusive breastfeeding. According to research almost entirely (85.2%) of mothers experienced fear in giving exclusive breastfeeding. Mother assumes that the resulting milk is inadequate for the needs of the baby and its poor quality, this is attributed to the first breast-feeding (colostrum) that looks watery and water-like. Mothers must understand that changes in the composition of breast milk will occur when the baby starts sucking their nipples. The delay in starting breast feeding and the practice of removing colostrum.

2. Nutrition Status.

The nutritional status of infants who were made half respondents (50%) were good nutrition and more nutrition. The data in the table was accumulated from 0-6 months old infants who were given early food with milk water supply and were not given food with milk water supply. While in table 5.16 it is known that most (59.3%) of infants given food with milk water supply more nutritional status.

Overweight can occur in infants. Excessive consumption of high-fat and sugar foods leads to a disproportionate increase in body weight. Many people who look at a fat baby have a funny and adorable image, but physiologically and psychologically there are some negative effects for the baby. According to the Ministry of Health (2010) Overweight in infants can lower immunity, and this excess weight can continue into adulthood. Obese baby many folds in the skin that can cause irritation, blisters and itching, even in some babies, the crease creates an unpleasant odor. Overweight in infants can also cause bone abnormalities, because the baby's bone is still prone to sustain excess weight. Babies who have excess body weight will be slow because an obese baby will automatically affect the movement.

The ability of newborns to digest, absorb, and metabolize foodstuffs is adequate, but limited to only a few functions. (Wong, 2008). The secretion of the enzyme that serves to break down carbohydrates (polysaccharides) such as the amylase enzyme produced by the pancreas has not been secreted in the first 3 months and is present only in small amounts until the infant is 6 months old. Inadequate digestion of polysaccharides in infants can interfere with the absorption of other nutrients and may lead to growth disorders. (Widodo *et al*, 2015).

Most (56.3%) income per month of family between Rp. 3,000-400-4,000,000. The results of this study are in accordance with the opinion of Simondon (2007) who said that family income is an indirect factor affecting nutritional status, because with income will increase purchasing power in fulfilling family food needs so that this condition allows the frequency of food with milk water supply not match Her age. Frequency of food with milk water supply in this research is given by respondent 3kali / hari with almost half result (48.2%).

The above is contrary to the theory or provision that has been suggested, which stated that the first food with milk water supply Y should start age above 6 months or 6-9 months ie as much as 2-3 times per day. (Damayanti & Lies, 2012). Several studies have suggested that nutritional problems in infants and children are due to inappropriate breastfeeding habits and inappropriate food with milk water supply (quantity and quality). In addition, mothers are less aware that since infants aged

6 months already require food with milk water supply in good quantity and quality. (Hermina & Nurfi, 2010).

3. Relation of early food with milk water supply with Nutrition Status

Based on the results of data analysis with Mann Whitney test using SPSS for windows program known $\alpha = 0,05$ and got result $\rho = 0,017$ where $\rho < \alpha$ so H to be rejected which mean there is relation between feeding of complementary of early breast milk with nutrient status at baby age 0 -6 months at Posyandu Kalangnayar Village Sedati Sidoarjo.

There were 32 respondents who were not given Early food with milk water supply as many as 5 respondents who were all (100%) good nutrition while given early food with milk water supply almost half (40.7%) good nutritional status and most (59.3%) nutritional status more. Provision of food with milk water supply that is not appropriate to the age and needs of infants can have an impact on the health and nutritional status of infants.

There are several factors that cause good baby's nutritional status even though it has been given early food with milk water supply that is quality, quantity, hygiene, and schedule / time of giving food with milk water supply. If these factors are met well then the baby's nutritional status is good. (Hermina., & Nurfi, 2010). Differences in infants given excessive breastfeeding and early WHO-based food with milk water supply according to the WHO on exclusive breastfeeding for up to six months in developed countries continue to be considered with the consideration that infants with exclusive breastfeeding will have better levels of intelligence and emotion than early food with milk water supply.

Nutrition plays an important role in the human life cycle. Malnutrition in infants will lead to growth and developmental disorders that if not addressed early can continue into adulthood. (Hermina., & Nurfi.,2010). When the baby is introduced early food with milk water supply has a diet that does not fit with his body. Babies will get used to eating lots or excess. This is supported by the opinion of Lakhsita (2011) that obesity can be due to imbalance of intake and energy output, resulting in excess energy, which is then stored in the form of fatty tissue. Primary obesity occurs 90% if the obesity caused by overeating

and less activity patterns will further increase the risk of obesity and obesity in children. The impact of nutrition on health is very diverse ranging from premature mortality to low quality of life. Generally more nutrients are associated with "Non Communicable Diseases" such as CVD, cancer, and various psychosocial disorders. (Soegih,2009).

Conclusion

Based on the analysis of research data that has been done then it can be concluded as follows:

1. Infants 0-6 months in Posyandu Kalanganyar Village Sedati Sidorarjo almost entirely given early food with milk water supply
2. Infants 0-6 months in Posyandu Village Kalanganyar Village Sedati Sidorarjo most nutritional status more.
3. There is a relationship between feeding complement of early breastfeeding with nutritional status in infants aged 0-6 months in posyandu Kalanganyar Village Sedati Sidoarjo.

Suggestion

Based on the above conclusions, the suggestions that the author can provide are:

1. Theoretical

The results of this study is expected to be a scientific discourse and additional insight into knowledge and experience in conducting research.

2. Practical

Improving the quality of health services in infants and toddlers is mainly related to the provision of early food with milk water supply with nutritional status in infants.

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