

**THE INFLUENCE OF COUNSELING TO THE MOTHER'S KNOWLEDGE ABOUT  
THE GIVING SUPPORTED FOOD OF BREAST FEEDING BY BABY LED  
WEANING (BLW) METHODE FOR THE BABY IN AGES 6 – 12 MONTH OLD**

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**Abstract**

The less nutrition baby was caused by the uncorect in giving supportedfood of breast feeding. Ifthe need of nutrition didn't fullfill, the baby nutrition disturbance will be occurwhich theconsequence of it will increase in the future. The purpose of the reseach was to find out the influence of counseling to the mother's knowledge about the giving supported food of breast feeding by BLW methode for the baby in ages 6 – 12 month old At Posyandu Kenanga Semanding Rural Village Sumber Mulyo Village Jogoroto Sub District. This was exsperimental research design by one group pre-post test design approach. In this research the population was all the mother who had baby in ages 6 – 12 month old at PosyanduKenangaSemanding Rural Village SumberMulyo Village Jogoroto Sub District as 127 people by the sample of 32 people. The sample was taken by simple random sampling and wilcoxon test was used as statistic test. The result of research can be concluded that almost half of the respondents got knowledge about the giving supported food of breast feeding by BLW methode before they gotcounseling was less as 12 person (37%). Most of respondents got knowledge about the giving supported food of breast feeding by BLW methodeafter they got counseling was better as 13 person(41%). The Wilcoxon test in the significant level  $\alpha = 0,05$  got that  $\rho < \alpha$  or $0,000 < 0,05$  which meant there were increasing of mother's knowledge before and after counseling about the giving supported food of breast feeding byBLW method. The conclusion, there were increasing of mother's knowledge before and after counseling aboutthe giving supported food of breast feeding by BLW methode. The result of research was expected to the respondent be able to increase their knowledge concerning with the giving supported food of breast feeding by BLW methode by accessing information about the giving supported food of breast feeding by BLW methode, through the counseling ativities.

**Keywords:** Counseling, Supported food of breast feeding BLW (Baby Led Weaning) methode, Knowledg.

## A. INTRODUCTION

Improvement of the health status and nutrition of infants aged 6-12 months through improving community behavior in feeding is an unseparated part of nutrition improvement efforts. The condition of malnutrition in infants is caused by inadequate breastfeeding (MP-ASI) habits. If the nutritional needs are not fulfilled, there will be a nutritional disorders in the infants that has effect in the future, not only in the physical development but also in intellectual development (Arsita; 2011).

The growing belief in the society and the hereditary habits of giving breast milk to infants 6-12 months aged is in the form of giving a baby porridge using a spoon (spoon feeding) that is digested easily by the baby and contains nutrients such as carbohydrates, proteins, fats vitamins, and minerals in good balance. Babies are usually given cereals mixed with a milk which is formulated for an infant, filtered porridge or vegetable and fruit puree in the amount prescribed by the mother (Nirvana; 2011). Mothers have many problems with infants feeding and sometimes mothers need deceit like hiding vegetables in food, feeding in front of the TV so the baby doesn't realize about what they eat, promising to give a present when babies want to eat vegetables. While mothers using the BLW (Baby Led Weaning) method, it often has problems with the mother's worries when she sees the baby feeding herself will be choked by the food that goes into her mouth and the mother's belief in giving MP-ASI by the BLW (Baby Led Weaning) method that is not get support from the nearest family, and lack of health education. Actually, mother can use the method of BLW (Baby Led Weaning) in

giving MP-ASI, the baby is taught independently in the initial start of introduction of MP-ASI given finger food (finger food) provided by mothers and babies learn to feed themselves without coercion from mother or others (Gill Rapley: 2008)

The selection of correct methods in the provision of MP-ASI can be determined properly if it is supported by knowledge and the godness of mother's behavior also about the giving MP-ASI. Lack of counseling from related institutions also has a very important role in the mother's knowledge about giving MP-ASI to infants. So the influence of counseling on mother's knowledge about giving MP-ASI through BLW method in baby 6-12 months aged can be explained and applied (Anonymous: 2012)

According to the Jundel Study (1923) in a book by Suhardjo (2005) revealed that the babies who are care in orphanage and given solids foods from six months of age causes the increased of the weight gain, more resistance to infectious diseases and reduced prevalence of anemia. Marriot (1935), suggests that feeding should start at the age of six months. While the food council of the American Physicians Union in 1937, suggests the introduction of fruits, vegetables which are filtered start from 4-6 months of age, so that by the age of six months the baby is accustomed to these supplements.

Health promotions efforts should be held because it includes providing accurate information and efforts to make changes that can be done to maintain the baby's nutritional status in order to keep it well (Barasi: 2007). The provision of this

information by providing complementary foods of breastfeeding (ASI), counseling with lecture method and leaflet distribution to mothers with infants 6-12 months aged about giving the right kind of MP-ASI through posyandu and other health facilities, so that mothers have additional knowledge and appropriate problem solving in infants. Therefore, one of the goals of education and health knowledge is that people have a better understanding of extensions and system changes and how to use them effectively and efficiently.

Based on the description above, the researcher is interested to conduct research on “the influence of counseling on mother’s knowledge about giving MP-ASI through BLW Method in 6-12 months aged infants at Posyandu Kenanga”

## B. METHOD

In this research type of research used is experimental research. While the research design in use is one group pre-post test design. In this study population is all mothers who have infants aged 6-12 months in Posyandu Kenanga Dusun Semanding Village Sumber Mulyo District Jogoroto Jombang regency a total of 127 people. In this study the sample is a mother who has infants aged 6-12 months in Posyandu Kenanga Dusun Semanding Desa Sumber Mulyo District Jogoroto as many as 32 people. According to Arikunto (2006), if the population > from 100 then it can be taken 10-15% or 20-25%. In this study, researchers sampled 25% of the population. In this research, the sampling is simple randomsampling.

The inclusion criteria of this study were mothers with infants aged 6-12 months in Posyandu Kenanga Dusun Semanding Desa Sumber Mulyo, Mother and Baby

residing in SumberMulyo Village, Mother with education level from elementary to graduate, working mother and not working , Willing to be respondent.

The instrument used in this research is a questionnaire, SAP. In this study the researchers used a questionnaire using the Guttman scale approach.

To know the effect of counseling to mother knowledge about giving of MP-ASI BLW method was analyzed using Wilcoxon test which was processed and calculated by using SPSS 16.0 program with significance level  $\rho < 0,05$ . If  $\rho < 0.05$  then H1 is accepted and H0 is rejected then there is influence of counseling to mother's knowledge about giving of Baby Breeding Method (BLW) on infant 6-12 months old.

## C. RESULT

a. General data in this study :

### Characteristics of Education

No	Education	Frekuensi	Persentase (%)
1.	Tidak Tamat	1	3,12
2.	SD	4	12,52
3.	SMP	9	28,12
4.	SMA	15	46,87
5.	Bachelor	3	9,37
Total		32	100

*data primer: Juli 2012*

b. Characteristics of profession

No	Profesion	Frekuensi	Persentase
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			(%)
1.	IRT	18	56,25
2.	Farmers Private	4	12,5
3.	entrepreneur	2	6,25
4.	Civil servants	6	18,75
5.		2	6,25
Total		32	100

*data primer : Juli 2012*

c. Characteristic of parity

No	parity	Frekuensi	Persentase (%)
1.	One	11	34,37
2.	Two	11	34,37
3.	Three	4	12,52
4.	Four	3	9,37
5.	Five ext	3	9,37
Total		32	100

*data primer : Juli 2012*

d. Characteristic of information

No	Informatio n	Frekuens i	Persent ase (%)
1.	Ever	30	93,75
2.	Never	2	6,25
Total		32	100

*data primer : Juli 2012*

e. Characteristik of informan

No	Informan	Frekuensi	Persentase (%)
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1.	Family	3	9,37
2.	Friend Health	3	9,37
3.	workers	21	65,64
4.	Other people	2	6,25
5.	Mass media	3	9,37
Total		32	100

*data primer: Juli 2012*

Specific data in this research :

a. Prior knowledge of mother

No	Prior Knowledge	Frekuensi	Persentase (%)
1.	Good	5	15,62
2.	Enough Less	15	46,87
3.		12	37,51
Total		32	100

*data primer : Juli 2012*

b. Mother Knowledge After Counseling

No	After knowledge	Frekuen si	Persentase (%)
1.	Good	13	40,62
2.	Enough Less	15	46,87
3.		4	12,51
Total		32	100

*Data Primer : Juli 2012*

c. The Influence of Counseling on Mother's Knowledge of Giving MP-ASI Methods BLW (Baby Led Weaning) In Infants Age 6-12 Months

Criteria knowldge	Prior knowledge		After knowledge	
	Frek	(%)	Fre k	(%)
Good	5	15,6	13	40,62
Enough	15	2	15	46,87
Less	12	46,8 7	4	12,5
		37,5		
Total	32	100	32	100
	$\alpha = 0,05$		$\rho = ,000$	

*data primer : Juli 2012*

#### D. DISCUSSION

a. A. Knowledge of Giving MP-ASI BLW (Baby Led Weaning) Method Before Counseling

Based on the data in Table 4.1 shows that almost half of respondents' education in Posyandu Kenanga Dusun Semanding Desa Sumber Mulyo Jogoroto District Jombang Regency is a high school of 15 people (46.87%). According to the researchers, knowledge is also influenced by education. Where most respondents education is high school that can affect the absorption or acceptance of incoming information let alone new information known by the respondents including about the provision of MP-ASI Method BLW (Baby Led Weaning) in infants aged 6-12 months. In addition, a person's level of education will affect his view of something that comes from outside information. People who have higher

education will provide a more rational response compared with people who are poorly educated or not educated at all. But that does not mean people who have low education will have low knowledge as well. It is reminded that the increase of knowledge is not only obtained from formal education, but can be obtained through non-formal education.

According to the researchers, sufficient knowledge is also affected by the work. The result of the research shows that most respondents work as housewives as many as 18 respondents (56.25%). The respondents are difficult to receive information about the giving of Baby Led Weaning (BLW) Accessing information from outside through the mass media, books and television is difficult so little knowledge of the provision of breastfeeding of the Baby Led Weaning (BLW) Method so as to inhibit the development of a person's attitude toward newly introduced values.

Knowledge of respondents is enough. This is because the respondent has a problem in answering the questionnaire provided by the researcher that is no 16 concerning the presentation of complementary feeding foods. BLW (Baby Led Weaning) method, because the mother is accustomed to preparing food for her baby by giving porridge and feeding to baby but at The BLW (Baby Led Weaning) method of food preparation by feeding is cut to fit the size of the baby's finger and is not vaporized but the baby is told to choose for themselves and the instinct of the baby. This is according to the theory put forward by Gill Rapley (2008), the baby is taught independently in the initial start of introduction of MP-ASI given the finger food provided by the mother and the baby

learn to feed themselves without coercion from mother or others.

In addition, respondents had difficulties in answering the question of no 2 about the understanding of the provision of MP-ASI Method BLW (Baby Led Weaning), because respondents lack understanding with new terms written by researchers ie BLW (Baby Led Weaning), even respondents only know about MP -asi to what has been submitted by health workers in posyandu activities. Respondents said that the breast milk is complementary feeding provided by the mother for the baby so that the baby is not fussy and given starting from the age of 6 months. According to the researchers, respondents need new information that can add new knowledge about the concept of MP-ASI either through the extension activities conducted by health officer, cadre, other information media such as television, newspaper and internet. Because the respondents have great potential to get the information because it already has a high school education level. This is reinforced by the theory proposed by Notoadmojo (2007), states that the higher the education of someone more easily receive information so that more knowledge is also owned.

b. Mother's Knowledge of Giving MP-ASI Method of BLW (Baby Led Weaning) After Counseling  
Based on table 5.5 shows that most respondents get information sources from health personnel 21 respondents (65.62%). According to the researchers, the source of information is also one of the factors that influence the mother's knowledge about the

giving of MP-ASI method of BLW (Baby Led Weaning). Based on the results of the research, it is known that the respondents get information about the giving of breastfeeding method of BLW (Baby Led Weaning) from the health officer. The more information that is in the ability to have knowledge of course will be good and vice versa the less information that is in the ability to have knowledge of course will be less ..

Based on Table 5.3 shows that some parity of respondents who have first and second parity are 11 respondents (34.37%). According to researchers, parity is also a factor affecting knowledge. Based on the results of the study, some respondents have first and second parity related to the level of mother experience in the provision of MP-ASI in the previous child. New moms have one or two more sons looking for new information about MP-ASI because mothers do not have experience about it. Experience is an important thing in doing an action let alone concerning the growth and development of children in the future. Mothers prefer to do the best for their child.

Mother's knowledge is mostly due to the fact that most of the mothers pay serious attention when they are given counseling and follow the question and answer between the respondents and the researcher about the giving of MP-ASI of BLW (Baby Led Weaning) Method. The attention and result of the mother's interview with the researcher when given counseling can increase knowledge and be able to receive information logically and rationally so that mother know and comprehend about giving of breastfeeding of BLW (Baby Led Weaning) Method. After the counseling, respondents began to understand about some problems that have been presented by researchers in the questionnaire. This is

evidenced by an increase of 72% correct answer in the work of problem no 2. But decreased in the work on question 25 about the suggested food and not recommended in the provision of MP-ASI. This is because the respondents experienced confusion in the provision of food because of the mother's work as a housewife who rarely get additional knowledge and information, as well as a culture that is still attached to the environment around the house is still accustomed to feed with porridge and fed. This is reinforced by the theory proposed by Notoadmojo (2007), knowledge owned by a person is also influenced by information. More and more people are digging good information from the print media, electronic media, seminars and counseling then the knowledge has increased.

#### c. Influence of Knowledge on Breastfeeding Methods BLW (Baby Led Weaning) Methods

##### Before and After Conducted Counseling

Based on table 5.8 it is found that most of mother's knowledge before doing counseling is less as much 12 responden (37,5%) and after doing counseling about giving of breast milk Method of BLW (Baby Led Weaning) most of mother knowledge is good as much 13 respondent (40 , 62%). But 15 respondents still have enough knowledge.

Based on the results of analysis using the Wilcoxon test at the significance level  $\alpha = 0.05$  found that  $\rho < \alpha$  or  $0,000 < 0.05$  then  $H_0$  rejected which means there is influence counseling on mother's knowledge about the giving of MP-ASI Method BLW (Baby Led Weaning) in Hamlet Semanding Desa Sumber Mulyo District Jogoroto Jombang

District. According to the researchers, this can happen because of the extension activities conducted by researchers about the provision of breastfeeding method of BLW (Baby Led Weaning) and respondents also have sufficient knowledge to be able to receive new information because most respondents have high school education.

According to the researcher, knowledge can influence the behavior of a person to be able to motivate and participate in health welfare, especially in the selection and provision of MP-ASI for the baby because it can form a healthy baby, smart, independent, and can grow and develop according to baby's age. Sufficient knowledge about the provision of MP-ASI BLW (Baby Led Weaning) Method after the counseling because the respondents pay attention in the counseling or information provided by the researchers. With the counseling about the provision of MP-ASI Method BLW (Baby Led Weaning) to the mother, respondents know better And understood about the provision of MPA-ASI BLW (Baby Led Weaning) Method so that it can repeat the things that have been submitted by researchers.

The success of health education is influenced by the media used by extension workers in delivering extension materials. The props will be very helpful in doing counseling so that health messages can be delivered more clearly and precisely so that the goal of health education is achieved. Attention from the respondent influential in receiving the material given so that the respondent understands and can explain again about the material submitted. Extension workers should be firm in providing counseling because it affects the ability of respondents about the material that has been delivered. The material presented

by the extension indicates the interest of the audience. If the material given is interesting then the respondents pay attention to the counseling provided by the extension (Notoatmodjo, 2007).

## E. CONCLUSION

There is an influence of counseling on mother's knowledge about the giving of MP-ASI BLW (Baby Led Weaning) Method to infants aged 6-12 months in Posyandu Kenanga Dusun Semanding Desa Sumber Mulyo Jogoroto Sub-district Jombang Regency.

Based on the results of analysis using the Wilcoxon test at the significance level  $\alpha = 0.05$  found that  $p < \alpha$  or  $0,000 < 0.05$  then  $H_0$  rejected which means there is influence counseling on mother's knowledge about the giving of MP-ASI Method BLW (Baby Led Weaning) in Hamlet Semanding Desa Sumber Mulyo District Jogoroto Jombang District.

## F. SUGGESTION

In this study, according to the researchers there are obstacles that need to be considered related to the circumstances that occur in the community including. Concentrations of respondents in receiving extension materials about the provision of MP-ASI BLW (Baby Led Weaning) method is less due to the activeness of the child so that researchers more often to invite concentration back. Counseling conducted by researchers only once should be done more than once so that the results of research more optimal about the provision of MP-ASI method BLW (Baby Led Weaning). The existing culture within the community in conventional provision of MP-ASI has become an obstacle in the

provision of new information related to the provision of breast-feeding method of BLW (Baby Led Weaning).

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