

Workshop On Preparing Complementary Foods For Breastfeeding (MP ASI) To Cadres In Stunting Prevention

Umi Hanik¹, Budhi Setianto^{2,3*}, Agus Aan Adriansyah³, Merry Susantri⁴,
Hartatiek Nila Karmila⁴, Yauwan Tobing Lukiyono⁵, Nikmatus Sa'adah⁶

¹ Department of Nursing, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, 60237 Surabaya, East Java, Indonesia

² Head of Planning, Development and Information Systems of Surabaya Islamic Hospital, 60246, Surabaya, East Java, Indonesia

³ Department of Public Health, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, 60237 Surabaya, East Java, Indonesia

⁴ Department of Medicine, Faculty of Medicine, Universitas Nahdlatul Ulama Surabaya, 60237 Surabaya, East Java, Indonesia

⁵ Department of Health Analyst, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, 60237 Surabaya, East Java, Indonesia

⁶ Department of Biomedic, Faculty of Dentistry, Institut Ilmu Kesehatan Bhakti Wiyata, Kediri 64144, East Java, Indonesia

*Correspondent: Budhisetianto@yahoo.com

Abstract

Various nutritional problems are found to occur in almost all economic strata of society, both in rural and urban areas. This shows that the underlying cause of these nutritional problems is not only poverty. But also the lack of public knowledge about healthy lifestyles and optimal nutritional fulfilment MPASI is food that can meet nutritional needs so that babies and children are healthy and can grow and develop optimally. Community Service related to the provision of MPASI education. Community service is carried out for cadre mothers in the work area of RW 07, Wonokromo Village, in the form of education related to MPASI for mothers of babies aged 0-1 years, it is hoped that it can increase the knowledge of mothers regarding MPASI so that in the future they can provide MPASI appropriately and well to babies which is useful for fulfilling nutrition as an effort to increase the ideal baby weight or according to the growth curve. Based on the results of the service, counselling on the provision of MPASI according to age and WHO standards as an effort to prevent stunting showed results by the objectives of the activity. Therefore, it is necessary to hold promotive activities in the form of continuous education by forming study groups with mothers of toddlers who are accompanied by cadres. Cadres also need to get supplies and assistance from the Puskesmas Nutrition Team this is expected to help improve the knowledge of mothers who have toddlers in preparing for MPASI so that mothers in Indonesia can play a role in reducing the incidence of stunting. Knowledge transfer can run continuously and in agreement. So that mothers who have babies and toddlers can understand MPASI and can apply it in everyday life. The significance value (2- tailed) of this case example is 0.000 ($p < 0.05$). So that the results of the initial test and the final test experienced significant changes (meaningful). Based on the descriptive statistics of the initial test and the final test, it was proven that the final test was higher. It can be concluded that the Workshop in Preparing MP ASI affects increasing participant knowledge.

Keywords: MPASI, Stunting, Toddlers, 1000 HPK, Health Cadres

1. Introduction

According to data from WHO, worldwide, 178 million children under the age of five are estimated to experience stunted growth (Siska Ningtyas Prabasari & Triani, 2024). Stunting is a chronic nutritional problem caused by a lack of nutritional intake over a long period, generally due to food intake that is not for nutritional needs (Umilasari et al., 2018). The problem of stunting occurs starting from the womb and will only be seen when the child is two years old (Hidayaturahmah et al., 2021).

For UNICEF, stunting is defined as the percentage of children aged 0 to 59 months, with height below minus (moderate and severe stunting) and minus three (chronic stunting) (Suarni et al., 2023). This is measured using child growth standards issued by WHO (Munjidah et al., 2022). In addition to experiencing stunted growth, stunting is also often associated with the cause of suboptimal brain development. This can affect mental abilities, learning, and poor learning achievement (Sofiana et al., 2021).

In addition, the long-term effects caused by stunting and other conditions related to malnutrition are often considered as one of the risk factors for diabetes, hypertension, obesity and death from infection. Over the past three years, the prevalence of stunting in Surabaya has continued to decrease significantly (Firdaus et al., 2024). Namely, from 2020 there were 12,788 cases of stunting down to 6,722 in 2021. Furthermore, until December 2022, it again fell to 923 cases. In February 2023, the number of stunting cases in Surabaya dropped to 872. The Surabaya City Government (Pemkot) together with the Chairperson of the Surabaya City PKK Movement Team (TP) Rini Indriyani are committed to focusing on prioritizing efforts to handle and prevent indications of stunting toddlers in the City of Heroes (Alexandra et al., 2023).

Various nutritional problems are found to occur in almost all economic strata of society, both in rural and urban areas (Aprillia et al., 2022). This shows that the underlying cause of nutritional problems is not only poverty. There is also a lack of knowledge about healthy lifestyles and optimal nutrition. Therefore, nutrition intervention efforts need to be increased as stipulated in Presidential Regulation No. 42 of 2013 concerning the National Movement for the Acceleration of Nutrition Improvement and Presidential Instruction 1 of 2017 concerning the Healthy Living

Community Movement and strengthening the management of the implementation of specific nutrition interventions at the Ministry of Health to realise a Healthy Indonesia through accelerating the reduction of stunting and various other nutritional problems (Alexandra et al., 2023).

Good complementary food is food that can fulfil nutritional needs so that infants and children become healthy and can grow optimally. 7,8 The introduction and provision of complementary foods must be done gradually, both in texture and quantity, and must be adjusted to the baby's digestive ability (Alvita et al., 2021). Appropriate complementary foods are expected to not only meet the nutritional needs of infants but also stimulate feeding skills and flavour recognition in infants. Complementary feeding is recommended to vary from the texture of liquid porridge to thick porridge, crushed food, mushy food and finally solid food (Mulyandari et al., 2023).

Regarding the type of food for complementary feeding, it is recommended to be given gradually, starting from one type of food to several types of food (Zulfiana et al., 2023). Survey results show that one of the causes of growth and development disorders in infants and children aged 6-24 months in Indonesia is the low quality of complementary foods (Rahmawati & Retnaningrum, 2023). This causes the need for energy and micronutrients, such as iron (Fe) and zinc (Zn) cannot be fulfilled (Sari & Sari, 2022). Poor complementary feeding can cause nutritional deficiencies that will affect the growth and development of infants. On the other hand, overfeeding or the wrong composition can lead to overweight or obesity (Shafa et al., 2022). Lack of nutrient intake is strongly influenced by the mother's knowledge about complementary foods and behaviour towards the type of complementary food given (Andriani, 2022). Currently, commercial/manufactured complementary foods or a combination of traditional and manufactured complementary foods are widely used (Reni Indriyani et al., 2022).

The number of inappropriate complementary feeding is influenced by several factors, namely maternal knowledge, breast milk adequacy, education, maternal employment, family support, family income, counselling, media exposure, tradition, parity, and maternal age (Sundari, 2022). Good maternal knowledge tends not to provide early solids, while mothers who have poor knowledge tend to provide early

solids (Oktova, 2017). Mothers with insufficient breast milk tend to provide additional food for infants less than 6 months old due to insufficient breast milk production and the baby keeps crying (assumed to be hungry by the mother) so they are forced to provide food (Bahriah et al., 2024). Inappropriate complementary feeding is also associated with parity. Mothers with low parity (Aryana et al., 2022).

The problem we encountered with breastfeeding mothers in the working area of RW 07 Wonokromo Village is that many mothers with infants aged 0-1 years do not understand the correct complementary feeding (Paramita et al., 2023). The low knowledge of mothers related to complementary feeding is most likely because mothers have just had their first child, so mothers do not have experience and knowledge about complementary feeding (Febriana Sulistya Pratiwi., 2022). Therefore, to prevent inappropriate complementary feeding, education related to complementary feeding is carried out as an effort to prepare and increase the baby's weight. Providing complementary feeding education has been shown to be effective in increasing knowledge about complementary feeding (Paramita et al., 2023). Community service related to the provision of complementary feeding education. Carrying out community service to cadre mothers in the working area of RW 07 Wonokromo Village, in the form of education related to complementary foods for mothers of infants aged 0-1 year is expected to increase mothers' knowledge related to complementary foods so that the future they can provide appropriate and good complementary foods to babies which are useful for fulfilling nutrition as an effort to increase the ideal baby weight or by the growth curve.

2. Methods

Community Service activities were carried out in RW 07 Wonokromo Village, the participants in this activity were 60 mothers in the working area of RW 07 Wonokromo Village. This type of counselling uses quantitative research with a cross-sectional approach. Topics presented using the lecture method, distribution of leaflets to participants and distribution of healthy food for complementary feeding.

a. Stages or Steps to be implemented for the proposed solution

A workshop will be held to increase the knowledge of stunting among RW 07 cadres in Wonokromo Village.

b. Partner participation in programme implementation

Organizer of the Workshop on Recommendations for Increasing Stunting Knowledge of RW 07 Wonokromo Village Cadre Mothers.

The method of service carried out is as follows:

1. Survey method (Rizki et al., 2022), by conducting observations in the environment of RW 07 Wonokromo Village, Wonokromo Subdistrict, Surabaya City with interviews about Posyandu activities and some that are often experienced by Health cadres related to several Stunting events.
 2. Counselling Method (Liputo et al., 2023), by conducting counselling activities by holding a Lay Seminar in the Context of Preventing the Risk of Elderly Hearing Loss in RW 7 Wonokromo Village, Surabaya City.
 3. The question and answer method in this extension activity is carried out to evaluate the level of understanding of the material provided and to obtain other information related to household waste. With this question and answer session, it can be seen the level of activeness of the Majelis Taklim members in participating in this activity.
- c. How to evaluate programme implementation and programme sustainability after community service activities are completed.
1. Increased pre and post-tests of participants with Google form.
 2. A module will be made, and all programmes will be included in the YouTube channel so that they can benefit all parties.

3. Results And Discussion

This health education activity is about complementary feeding education for mothers of children aged 6-12 months. All of this certainly cannot be separated from the support of all parties involved in the activity. The material presented in this counselling is the lecture method, leaflet distribution, and loudspeakers. The target of this counselling is mothers in the RW 07 area who have children aged 6-12 months. This educational activity is important to increase community knowledge about the importance of complementary feeding (MPAS) for children according to their age, and the type of food given. Knowledge is the result of knowing, and this occurs after

people perceive a certain object.

Maternal knowledge is one of the important factors in supplementary feeding for infants because, with good knowledge, mothers know when to give the right food. Some mothers in the working area of RW 07 Wonokromo Village know that complementary feeding is not good to give at the age of < 6 months, but mothers tend to follow the socio- cultural development around them that complementary feeding can be given so that the baby is full quickly and the baby is not easily fussy.

Some other respondents did not understand the correct timing of complementary feeding, so the lack of maternal knowledge about complementary feeding can lead to early complementary feeding in infants less than 6 months of age. After the socialisation there is an increase in knowledge with the holding of education, it is hoped that there will be awareness and changes in the community about proper complementary feeding in infants over 6 months. The results showed that 6 out of 30 breastfeeding mothers in Pulau Gadang Village chose poor knowledge about early complementary feeding, 15 out of 30 breastfeeding mothers in Pulau Gadang Village chose poor knowledge about early complementary feeding, 9 out of 30 breastfeeding mothers in Pulau Gadang Village chose good knowledge about early complementary feeding. Therefore, on average, breastfeeding mothers in Pulau Gadang Village chose adequate knowledge about early complementary feeding.



Figure 1: Ballita weighing process by cadres of RW 07 Wonokromo Village in preventing stunting.

Knowledge about early complementary feeding in mothers and cadres was seen from the increase in post-test scores with details of the average pre-test score of 5.7 increasing to 7.3 during the post-test. This increase in knowledge is expected to be an effort to establish healthy behaviour to increase the ideal baby weight or by the growth curve.

Table 1. Characteristics of workshop participants in preparing complementary food for mothers of RW 07 cadres in Wonokromo Village in preventing stunting

No	Gender	Frequency	Percentage
1	Male	2	3,2%
2	Female	60	96,8%
No	Age Range	Frequency	Percentage
1	< 45 Years	20	32,3%
2	> 65 Years	5	8,1%
3	45 - 55 Years	25	40,3%
4	56 - 65 Years	12	19,4%
No	Profession	Frequency	Percentage
1	Housewife	55	88,7%
2	Private	7	11,3%
		62	100,0%



Figure 2: The process of measuring the height of toddlers by the cadre mothers of RW 07 Wonokromo Village in preventing stunting.

Table 1 shows that the number of workshop participants who attended were mostly cadre mothers who were mostly aged 45-55 years old with a profession as housewives. The toddlers who participated in Posyandu activities are as follows.

Table 2. Characteristics of Toddlers Weighed and Measured by RW 07 Wonokromo Village Cadres in Stunting Prevention

No	Age (month)	Frequency	(%)
1	0-6	14	14,43
2	7 -12	8	8,25
3	13-24	21	21,65
4	25-36	24	24,74
5	37-48	14	14,43
6	49-59	16	16,5
Total		97	100,0

Table 2 shows the number of children under five years old visiting the Posyandu RW 07 Wonokromo Village. In the evaluation of activities in the assessment of Pre and post-test, the Pre-test is an activity carried out to measure the level of knowledge of respondents before training to assess how much understanding of participants related to training materials. Meanwhile, the posttest is an activity to measure the level of mastery of training participants after being exposed to training materials so that it can be seen whether the training carried out has achieved the expected goals or not (Rahayu et al., 2021). The value of the pretest and posttest results of the participants is shown in Table 3.

Table 3. Pre and Post-Test Knowledge Measurement of RW 07 Wonokromo Village Cadres in Stunting Prevention

No	Knowledge	Pre-Test	Post-Test
1	1000 HPK	56	84
2	Pregnancy Health	70	89
3	Growth Period	74	92
4	Developmental Period	65	87
5	Toddlers	68	84
6	Breastmilk Substitutes	67	85
7	Breastfeeding MP Process	70	89
8	Making breastmilk MP	73	90
9	Types of breastmilk MPs	74	91
10	Balanced Nutrition Management	63	92
		68	88,3

Table 4. Pre and Post-Test Knowledge Measurement of RW 07 Wonokromo Village Cadres in Stunting Prevention

Test	Mean	n	Std. Deviation
Pre_test	68	10	5,62
Post_test	88,3	10	3,13

From Table 4 above, it can be seen that the average value of pretest results of training and mentoring participants in the practice of preparing and serving WHO complementary foods is 68.0 and the average value of post-test results is 88.3. After the implementation of training and practical assistance in providing WHO complementary food, the participants' knowledge increased by an average of 20 points. The table shows the descriptive value of each variable in paired samples. The Initial Test had an average (mean) value of 68 out of 10 data. The data distribution (Std. Deviation) obtained was 5.62, the Final Test had an average value (mean) of 88.3 out of 10 data. The data distribution (Std. Deviation) obtained is 3.13. This shows that the final test on the data is higher than the initial test.

Table 5. Measurement of the Relationship between Pre and Post Test Knowledge Improvement of RW 07 Wonokromo Village Cadres in Stunting Prevention

Pair	n	Correlation	Sig.2 Tailed
Pre_test & Post_test	10	0,568978	0,000

The Paired Samples Correlations table shows the correlation values that indicate the relationship between the two variables in the paired samples. This is obtained from the bivariate Pearson correlation coefficient (with a two-sided significance test) for each pair of variables entered. The significance value (2-tailed) of this case example is 0.000 ($p < 0.05$). So that the results of the initial test and the final test have a significant change (meaningful). Based on the descriptive statistics of the initial test and the final test, it is evident that the final test is higher. It can be concluded that the Workshop on the Preparation of Breast Milk MP has an influence on the participants' knowledge.

4. Conclusions

Based on the results of the service, counselling on complementary feeding according to age and WHO standards as an effort to prevent stunting showed results by the objectives of the activity. Therefore, it is necessary to hold promotive activities in the form of continuous education by forming study groups with mothers of infants and toddlers accompanied by cadres. Cadres also need to get briefing and assistance from the Puskesmas Nutrition Team this is expected to help increase the knowledge of mothers of infants and toddlers in preparing complementary foods so that mothers in Indonesia can play a role in reducing the incidence of stunting. knowledge transfer can run continuously and be in agreement. So that mothers who have babies and toddlers can understand complementary food and can apply it in their daily lives. The significance value (2-tailed) of this case example is 0.000 ($p < 0.05$). So that the results of the initial test and the final test experienced significant changes (meaningful). Based on the descriptive statistics of the initial test and the final test, it is evident that the final test is higher. It can be concluded that the Workshop on the Preparation of Breast Milk MP has an influence on the participants' knowledge.

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