

## The Effect Of Education On Mother's Attitude About Early Mp-Asi To Mothers Of Babies Aged 0-6 Months In Ponorogo

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### ABSTRACT

Complementary food for breast milk (MP-ASI) is additional food or drink that contains nutrients and is given from the age of 6-24 months to meet nutritional needs other than breast milk. The role of parents is very important in responding to complementary feeding, so that later they can provide the best for their babies. From the initial survey conducted by researchers in Semanding Village at the Permata Hati posyandu, there were 10 babies aged 0-6 months, 4 babies (40%) of them have been given complementary feeding at the age of 5 months while 6 infants (60%) received exclusive breastfeeding. The purpose of this study was to determine the effect of education on mothers' attitudes about early complementary feeding for mothers of infants 0-6 months in Semanding Village, Jenangan District, Ponorogo Regency. Methods: This study uses the Pre-Experimental method with One-Group Pre-test-post test design. The number of samples was 25 mothers of children aged 6 months, who met the inclusion criteria with total sampling technique. The first variable as the independent variable in this study is health education about early MP-ASI, the second variable as the dependent variable is the attitude of mothers of infants 0-6 months of age to early MP-ASI. The instrument used is a questionnaire. Data analysis used Wilcoxon statistical test with Asymp.sig value  $<\alpha(0.05)$ . Result: value (Asimp.Sig.2 tailed) of 0.000 where less than 0.05 then the hypothesis is accepted or there is a significant influence on the education of mothers' attitudes about early complementary feeding for mothers with infants 0-6 months. Conclusion: This study shows that there is or is a significant effect on the education of mothers' attitudes about early MP-ASI for mothers of infants 0-6 months in Semanding Village, Jenangan District, Ponorogo Regency. Therefore, education is needed to improve mothers' attitudes about early MP-ASI for mothers with babies 0-6 months in Semanding Village, Jenangan District, Ponorogo Regency.

**Keywords:** Attitude, Education, Exclusive Breastfeeding ,Mother

### INTRODUCTION

Complementary food for breast milk (MP-ASI) is an additional food or drink that contain nutrients and are given from the age of 6-24 months to meet nutritional needs other than from breast milk. After the baby is 6 months old, the need for nutrients increases as the baby grows growth and development of the baby, while the milk production begins to decline, therefore the baby need additional food to complement breast milk. Providing additional food Inappropriate quality and quantity can lead to malnutrition which has an impact on disturbance growth and development if no quick overcome. WHO recommends to give MP-ASI since the baby is 6-24 months old followed by breastfeeding until the age of 2 years or more. Giving the right MP-ASI starting at age six months will reduce the risk of malnutrition (Retno, 2013).

Analysis of early complementary feeding in the implementation of Basic Health Research (RISKESDA) Year 2010 show that percentage gift food prelacteal like milk formulas, sugar water, bananas and honey in Gorontalo Province occupies the highest number of 74.3% and the lowest was in Papua at 22.6%. Reasons for giving early MP-ASI prelacteal food to babies is breast milk has not come out or tradition reasons.A study by Irawati (Arini, 2017). If

babies get complementary foods other than breast milk too early (before the age of 6 months) then This will increase the risk of diarrhea and other infections. In addition, it will also cause the amount of breast milk received by the baby decreases, even though the nutritional composition of breast milk in the first 6 months very suitable for the baby's needs, as a result the baby's growth will disturbed. On the contrary if food companion given late (pass age 6 month) so baby will experience deficiency substance nutrition especially energy and protein also substance iron. As a result will causes stunted growth of the baby, the baby has anemia, or nutritional deficiencies that cause others (Sulistyoningsih, 2011).

Role parents are very important in responding to the provision of MP-ASI, so that later can provide the best for their baby. From the initial survey conducted by researchers in the village, Semanding at the Permata Hati posyandu there are 10 babies aged 0-6 months, totaling 10 babies, 4 babies (40%) among them already in give MP-ASI on age 5 month whereas 6 baby (60%) receive exclusive breastfeeding. From the data above, there are babies who are given early MP-ASI experiencing Serious impacts include babies experiencing diarrhea because the food given is not enough hygienic and there are also babies who experience choking on food because they are given bananas by way of the attic. In addition, there are also mothers who experience decreased milk production Because the baby is starting to breastfeed less often because he feels full with complementary feeding early. Village as nice is village which is at in Subdistrict Jenangan which the location classified as highlands and still tend to follow existing habits having a baby 0-6 months is the right suggestion in this study because later mothers can give the right exclusive breastfeeding and can give the right MP-ASI. Dari From the data above, it was found that the reason for the mother giving MP-ASI was too early with the reasons: the baby is not full and fussy if only given breast milk and some are due to factors from mother-in-law who always refuses exclusive breastfeeding because she thinks the baby will not enough if No other food other than breast milk is given.

Efforts to increase mother's knowledge by providing education about MP- breast milk which appropriate is wrong one benefit for mother which have baby 0-6 month, So that Later it is hoped that mothers who have babies 0-6 months can increase their understanding and understanding behave positive for MP-ASI. Based on description and phenomenon above then researcher interested for to do Research on "The Effect of Education on Mothers' Attitudes About Early MP-ASI on Infant Mothers" 0-6 Moon in the Village Semanding District Jenangan District Ponorogo".

## **METHOD**

Design study Pre-Experimental with One-Group Pre-test-post test design. The population in this study were all mothers of infants 0-6 months at the posyandu in Semanding Village Jenangan District, Ponorogo Regency with a total population of 25. Of the total population entirely there are mothers who have babies 0-6 months and are willing to be respondents of 25, then the amount is used as a sample. Sampling technique used in this research is total sampling. In this study, which is the independent variable is health education about early MP-ASI. Nominal scale. dependent variable is Attitude mothers of infants 0-6 months to early complementary feeding. Ordinal Scale. research time will carried out in June and carried out in Semanding Village, Jenangan District, Ponorogo.

## RESULT

### Frequency distribution of mother's attitude of infants 0-6 months in early complementary feeding before giving Health Education in Ponorogo.

Table 1. Frequency distribution of mother's attitude baby 0-6 months in giving MP- breast milk early before gift education Health in Ponorogo.

Attitude Before Education	Frequency	Percentage (%)
Well	1	4%
Enough	20	80%
Not enough	4	16%

Source : questionnaire Research 2022

Based on the data above, it shows that of the 25 respondents who have been studied, shows that the attitude of the mother of infants 0-6 months in the provision of early MP-ASI before providing health education in Semanding Village, Jenangan District, District Ponorogo, showing 4% being good, 80% being moderate and 16% being Not enough.

### 1. Frequency distribution of mother's attitude of infants 0-6 months in early complementary feeding after providing Health education in Ponorogo.

Table 2. Distribution of the frequency of attitudes of mothers and babies 0-6 months in giving MP- breast milk early after gift education Health in Village Semanding Subdistrict Jenangan Ponorogo Regency.

Attitude After Education	Frequency	Percentage (%)
Well	21	84%
Enough	4	16%
Not enough	0	0%

Source : questionnaire Research 2022

Based on the data above, it shows that of the 25 respondents who have been studied, showed that the attitude of the mother of infants 0-6 months in the provision of early MP-ASI after providing health education in Semanding Village, Jenangan District, District Ponorogo, shows 84% being good, 16% being moderate and 0% being Not enough.

## Results

Table 3. Statistical Test Analysis the effect of education on mothers' attitudes about Early MP-ASI on mother baby 0-6 month in Ponorogo.

	N	Mean Rank	Sum of Rank
Negative Education Ranks	0 a	.00	.00
Positive Ranks	24 b	12.50	300.00
Ties	1 c		
Total	25		

Source : questionnaire Research 2022

Based on the analysis of the data above, a positive rank value is obtained posttest higher than the pretest group, which is 12.50. And there is a ties value between pretest and posttest groups have score equal to 1 respondent from a total of 25 respondents.

Table 4. Wilcoxon statistical test the effect of education on mothers' attitudes about Early MP-ASI on mother baby 0-6 month in Ponorogo.

Education-Education	
Z	-4,899 a
asympt. Sig. (2-tailed)	.000

Source : questionnaire Research 2022

Based on data on gotvalue Z as big as -4,899 with p value (Asimp.Sig.2 tailed) of 0.000 where less than 0.05 then the hypothesis is accepted or there is a significant effect on the education of mothers' attitudes about early complementary feeding on mother baby 0-6 month

in Village Semanding Subdistrict Jenangan Regency Ponorogo..

## **DISCUSSION**

The results of this study indicate that there is a significant effect of health education on mothers' attitudes toward early complementary feeding (MP-ASI). Prior to the educational intervention, most respondents exhibited a moderate attitude (80%), with only 4% demonstrating a good attitude. However, following the intervention, there was a significant improvement, with 84% of respondents showing a good attitude and none remaining in the poor category.

This is supported by the Wilcoxon statistical test, which showed a p-value of 0.000 ( $p < 0.05$ ), indicating a statistically significant difference between pre-test and post-test attitudes. Health education has proven to be effective in increasing knowledge and shaping positive attitudes regarding the appropriate timing of introducing complementary feeding, as recommended by the World Health Organization (WHO), which is at six months of age.

These findings are consistent with previous studies by Bahri et al. (2011), who found a correlation between mothers' knowledge and attitudes toward MP-ASI. Similarly, Sanampe et al. (2015) reported that health education significantly improves breastfeeding mothers' understanding of appropriate MP-ASI practices. Additionally, external factors such as cultural influences and family pressure (e.g., from mothers-in-law) can challenge proper breastfeeding and feeding practices, underscoring the need for broader family involvement in educational efforts.

Therefore, continuous and community-based educational programs are essential to reinforce appropriate MP-ASI practices and address both knowledge gaps and cultural barriers that may influence maternal behavior.

## **CONCLUSION**

Based on the findings of this study, it can be concluded that health education significantly influences mothers' attitudes regarding early complementary feeding. Before receiving education, most mothers had moderate or poor attitudes. After the intervention, there was a marked improvement, with a majority demonstrating good attitudes toward MP-ASI.

Health education is proven to be an effective strategy in enhancing maternal understanding and promoting positive behavior regarding the appropriate initiation of MP-ASI, especially among mothers with infants aged 0–6 months. Therefore, it is recommended that regular and comprehensive health education programs be implemented, not only targeting mothers but also involving families and communities to support optimal infant feeding practices.

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