

## THE INFLUENCE OF THE BREAST MILK COMPLEMENTARY FOOD EDUCATION CLASS (MPASI) AIMI DEPOK

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### Abstract

Toddlers are a community group that is vulnerable to nutrition, where the prevalence of malnutrition is highest in this group. Nutritional problems, especially malnutrition, turned out to have a number that was still quite high and tended to increase. According to RISKESDAS report (2013), malnutrition in Indonesia was recorded at 19.6% and short toddler problems, namely stunting at 37.2%. The prevalence in West Java for malnutrition in the West Java region is still above 15%, and the stunting rate is above 32%. The Breast Milk Complementary Food Education Class (MPASI) organized by the Indonesian Breastfeeding Mothers Association (AIMI) Depok a trained breastfeeding counselor accompanies, provides relevant information and discussion on the Importance of MPASI, WHO MPASI according to Balanced Nutrition and Challenges in Giving MPASI. The purpose of this study was to determine the effect of breast milk supplementary education (MPASI) classes organized by the Indonesian Breastfeeding Mothers Association (AIMI) Depok on Participant Knowledge about MPASI. The type of research used is a quasi-experiment with the design of one group pre-posttest design. Method: The population and sample in this study were all participants to the MPA AIMI Depok in 2017 and 2018 who filled the Pre and Post-tests. Result: Based on the results there is a difference between pre - and post-test obtained p-value 0.0001 ( $\alpha < 0.05$ ), meaning that there is a significant difference between pre-test and post-test knowledge after participating in the AIMI MPASI Education class. 8 (15%) respondents experienced a decline in value, 34 (66%) respondents increased, and 10 (19%) respondents remained. Suggestions for this research are expected to be carried out regularly and integrated into more communities.

**Keywords:** Knowledge, support, education, toddlers

### 1. INTRODUCTION

Complementary food ASI (MP-ASI) is an 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. After a baby is 6 months old, nutritional needs increase along with the growth and development of the baby, while milk production begins to decline, because of that babies need additional food as a companion for breast milk. Giving additional food that is not exactly the quality and quantity can cause undernourishment which results in disruption of growth and development if it is not immediately addressed (Mutalib, 2014).

Toddlers are a nutrient-prone community group where the prevalence of malnutrition is highest in this group. Nutritional problems, especially malnutrition, turned out to have a number that was still quite high and tended to increase. According to the 2013 RISKESDAS report malnutrition in Indonesia was recorded at 19.6% and short toddler problems namely stunting at 37.2%. The prevalence in West Java for malnutrition in the West Java region is still above 15% and the stunting rate is above 32%. WHO recommends exclusive breastfeeding until a 6-month-old baby and breastfeeding from the age of 6-24 months is continued with breastfeeding until the age

of 2 years or more. A good MP-ASI is one that fulfills the requirements on time, is nutritiously complete, sufficient and balanced, safe and given in the right way (IDAI, 2015).

A study by Bassichetto and Rea in 2008 evaluated the effectiveness of the training of feeding infants and children on changes in knowledge, attitudes and practices of health workers including doctors and nutritionists. The results show a significant increase in knowledge after the PMBA training (Retno, 2013). Education class conducted by the Indonesian Breastfeeding Mothers Association (AIMI) Depok City with a sample of 52 participants who met the criteria using pre post secondary data. Before carrying out the influence test, a normality test is performed first to determine whether the data is parametric or nonparametric. Data is said to be parametric if the data is normally distributed with terms  $p \text{ value} > 0.05$ . The results of the tests performed indicate that the  $p \text{ value}$  is 0.0001 ( $\alpha < 0.05$ ), . It is known that the  $p \text{ value}$  is less than 0.05, so it can be concluded that the variable is not normal. Therefore, the effect test used is a non-parametric test for paired data using the Wilcoxon test.

**Tabel 1**  
**Tabel Uji Normalitas**

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PreTest	.175	52	.000	.927	52	.003
PostTest	.237	52	.000	.816	52	.000

a. Lilliefors Significance Correction

The results are different between pre - and post test  $p \text{ value}$  0.0001 ( $\alpha < 0.05$ ), meaning that there is a significant difference between pre test and post test knowledge after participating in the AIMI MPASI Education class. 8 (15%) respondents experienced a decline in value, 34 (66%) respondents increased, and 10 (19%) respondents remained.

**Tabel 2**  
**The Influence Of The Breast Milk Complementary Food Education Class (MPASI) AIMI Depok**

	N	Mean Rank	Sum of Ranks
PostTest - PreTest	Negative Ranks	8 <sup>a</sup>	128.00
	Positive Ranks	34 <sup>b</sup>	775.00
	Ties	10 <sup>c</sup>	
	Total	52	

a. PostTest < PreTest

b. PostTest > PreTest

c. PostTest = PreTest

Companion Food Education Class ASI (MPASI) is one way to provide information to the public regarding the issue of feeding infants and children appropriately. The material provided in the class includes the importance of MPASI, MPSI according to balanced nutrition, challenges in breastfeeding and given MPASI video and demo demonstrations. The class is held for 3-4 hours and is accompanied by a breastfeeding counselor who has been trained and has participated in the ToT. With the increase of knowledge, it is hoped that it will foster a positive attitude towards the community so that they are able to apply the practice of providing MPASI to their children. From the Wilcoxon test there was a difference between pre and post test knowledge  $p \text{ value}$  0.0001 ( $\alpha$

<0.05), meaning that there was a significant difference between pre test and post test knowledge after participating in the AIMI MPASI Education class. This is different from the results of the study (Handayani, 2017). It was found that there was no effect of ASI class on knowledge (p value = 0.122) and attitudes (p value = 0.480) health cadres conducted in Karangbendo Hamlet, Banguntapan.

Mothers who get counseling and prenatal and perinatal motivation will increase breastfeeding compared to mothers who do not get counseling and motivation (Brodribb et al. (2007); Chendan Rogen (2004); Roesli (2013); UNICEFIndonesia, (2012)). The existence of an intervention in the form of counseling turned out to affect the improvement of a person's attitude towards something (Merdhika et al. 2014). Knowledge will influence attitudes if one can implement his knowledge (Wahyuni et al. 2013). In line with the research (Muthmainah, 2015) related to the influence of audio visual and leaflet counseling media on mother's knowledge about ASI complementary feeding in Pagesangan Village, Pagesangan Timur Village, Mataram Subdistrict, the results showed a significant difference (p = 0.000) on knowledge scores intervention with audio visual media based on the value of mother's knowledge in the pre-test and post-test. This result is in line with the study of Eubelen et al. (2011), Najimi et al. (2012) Pirzadeh et al. (2014) and Yusuf (2014) that health education or counseling using audio visual can increase maternal knowledge because audio-visual media displays motion, images and sound so it is more interesting and not monotonous. Therefore nutrition counseling is inseparable from the media used. In using nutrition education media, it is necessary to consider the characteristics and accuracy of the target of counseling so that the message of nutrition delivered can be received effectively (Khomsan 2000). Likewise, the research conducted by Sari (2008) on the effect of Kadarzi's counseling on knowledge and attitudes about Kadarzi and about food consumption patterns in pregnant women in Nagari Cupak, Gunung Talang Subdistrict, Solok Regency concluded that counseling accompanied by leaflets can have an influence on knowledge and attitude of pregnant women. These results indicate that a structured education class will show an increase in maternal knowledge scores.

## **2. CONCLUSION**

This study concluded that the AIMI Depok Companion Food Education Class had an effect on Increasing Knowledge About MPASI. Suggestions for this research are expected to be carried out regularly and integrated into more communities.

## **3. ACKNOWLEDGMENTS**

The authors would like to thank the University of Respati Indonesia (URINDO) for the motivation and support given so far in the research process and the Indonesian Breastfeeding Mothers Association (AIMI) both AIMI Center and AIMI Depok for their assistance in data collection and cooperation.

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