



Parents' Understanding about Breast Milk Complementary Foods (MP-ASI) in Harjobinangun Village Grabag District Purworejo Regency

Riyan Agesti [✉], Amirul Mukminin

Department of Early Childhood Teacher Education, Faculty of Education, Universitas Negeri Semarang, Indonesia

Article Info

Received September 2018
Accepted October 2018
Published November 2018

Keywords:
Understanding; Breast Milk
Complementary Foods
(MP-ASI)

Abstract

Understanding is the ability of a person to know and understand something about the meaning or concept, situation, and facts by understanding the meaning contained in it. The examined problem in this study is how parents understand about MP-ASI (breast milk complementary foods) in Harjobinangun Village, Grabag District, Purworejo Regency and how the role of health workers in creating parents' understanding of MP-ASI. This study aims to find out how parents understand about MP-ASI in Harjobinangun Village, Grabag District, Purworejo Regency, and find out the role of health workers in creating understanding among parents about MP-ASI. This research is a qualitative research. The approach in this study is a case study approach. The subjects in this study are 4 people. Data collection methods are interviews, observation, and documentation. The data analysis technique is an interactive model. The data validity technique is triangulation. The results of data analysis collected from the field, parents' understanding of MP-ASI in Harjobinangun Village, Grabag District, Purworejo District, is that parents' understanding of MP-ASI is still lacking. This is because parents do not feed children according to the four-star menu. Parents feed children only with rice and side dishes or rice and vegetables. In addition, there are still elderly people who feed children with packaged children's food and parents also rarely give fruits to children. The role of health workers in creating parents' understanding of MP-ASI is as a motivator, facilitator, counselor, and resource.

INTRODUCTION

Understanding is something that is believed based on the experience and knowledge possessed. Understanding has a higher level of knowledge, so it is necessary to study in depth and focus if you want to understand something thoroughly. The parents' understanding is the ability of someone to know or understand a concept or meaning in depth. Family is the first place in a child's growth both physically, socially, morally, intellectually, and spiritually (Pangaribuan, 2017). Parents certainly must have a deep understanding of the personality, health, growth, and development of children. In addition, parents have the responsibility to educate, foster, and guide their children to reach a certain stage that provides readiness to children in their social life (Faizah et al., 2017).

Breast Milk Complementary Food (MP-ASI) is food or drink containing nutrients given to babies or children to fulfill their nutritional needs. Complementary food for breast milk is given at age 6 months. According to Rusilanti, et al. (2015) states that complementary food for breast milk (ASI) is food given to babies other than breast milk, where the type and texture of the food are adjusted to the stage of development of the baby. The type of food given to children must be diverse so that children can recognize the taste of various types of food. Food given to children must be gradual starting from foods that are pulverized, soft until solid foods are in accordance with the age of the child.

Age 0-24 months is a period of rapid growth and development, so it is often referred to as the golden period as well as the critical period. The golden period can be realized if at this time babies and children get an appropriate nutritional intake with optimal growth and development. Conversely, if during this period babies and children do not get an optimal nutritional intake, the golden period will turn into a critical period that will disrupt the growth of babies and children, both at this time and the future (Ministry of Health, 2006). Early childhood is the next generation of our nation that must grow and develop well so that they can become the figure of the next generation (Wijayanti, 2017).

Children can grow by fulfilling inner and outer needs. In the outer needs, the parents must provide all the needs of the child's life in the form of shelter, clothing, food, as well as interaction with others. While the inner needs of a child are love and affection (Putri, 2012). The fulfillment of nutrition is one form of concern for parents

with nutrients that are useful for child development. According to Almatsier (2001), the word nutrition when it is associated with the health of the body can be interpreted as a substance that provides energy, builds, and maintains tissue and regulates life processes in the body. Nutrition has an important role in the human life cycle.

Currently, children's health is an important problem in a country, because children are an element of development that can educate the life of a nation. Health is the main requirement for the success of education. On the other hand, the education achieved will support the success of improving one's health status (Mukminin, et al., 2015). Efforts in health development begin with improving the nutrition of the country's people. The problem of malnutrition is still widespread in developing countries rooted in the problem of poverty, one of them is Indonesia. Nutritional problems are one of the main factors that can cause death in infants and toddlers. Giving additional food that is not in accordance with the needs of the baby often triggers the emergence of problems in the growth of infants and children under the age of 2 years.

The growth and development of early childhood are optimally dependent on three pillars, namely health care, nutrition, and psychosocial stimulation (Astuti, 2017). Parents must have good knowledge about nutrition that children need to grow and develop according to their age. Giving food that is not in accordance with the age of the baby will have an impact on the growth of babies that are not in accordance with age, children will experience malnutrition, and the development of children become apathetic, and children will experience speech disorders and other developmental disorders. While the long-term impact is a decrease in cognitive development, impaired concentration, decreased sensory integration, and a decrease in IQ test scores (Soekirman, 2000).

Many factors that can influence parents in giving MP-ASI include information sources, work, family support, community support, and support from health workers. The main obstacle to achieve exclusive breastfeeding and the correct use of ASI is due to the lack of good and correct knowledge about exclusive breastfeeding and MP-ASI for mothers. The lack of knowledge of mothers about exclusive breastfeeding and MP-ASI can be seen from the provision of MP-ASI early in children.

Job factors can influence the provision of early MP-ASI because it affects the intensity of breastfeeding. The number of female workers is

increasing, so mothers who are still breastfeeding cannot provide their exclusive breastfeeding optimally because they have to work. The demands of work make mothers entrust their children to their parents (grandmother). This condition causes many mothers to give breast milk under the age of 6 months to the baby on the grounds that the mother must hurry back to work and the lack of motivation for the mother to keep giving milk to the baby.

Harjobinangun village is one of the villages in Grabag District, Purworejo Regency. Harjobinangun village has an area of around 427,394 HA/m². The population of Harjobinangun Village is around 2,638 people, divided into 1,308 women and 1330 men. The village of Harjobinangun consists of 7 hamlets. Facts in the field, there are still cases of malnutrition in children. Based on data obtained from Grabag Health Center, it shows that Harjobinangun Village is one of the villages with the highest cases of malnutrition, namely 20 children. Poor nutrition cases can be caused by a lack of mother's knowledge about the nutritional needs needed by children during the period of growth and development.

Based on this background, researchers are interested in knowing how parents understand complementary food for breast milk (MP-ASI) in Harjobinangun Village. Research can be a real example and reference for health workers in creating a better understanding of parents about MP-ASI.

The problem in this study is about how parents understand about complementary feeding (MP-ASI) in Harjobinangun Village, Grabag Subdistrict, Purworejo Regency and how the role of health workers in creating parents' understanding of Mother's Milk Companion Food in Harjobinangun Village, Grabag District, District Purworejo.

The purpose of this study is to find out how parents understand about complementary feeding (MP-ASI) in Harjobinangun Village, Grabag Subdistrict, Purworejo Regency and to determine the role of health workers in creating parents' understanding of Mother's Milk Companion in Harjobinangun District Grabag Purworejo Regency.

The advantage of this research is to explore the understanding of the village community about MP-ASI. This study can find out about parents' understanding of MP-ASI and can be used as a reference for Puskesmas (Health Centre) or health workers in dealing with parents' problems regarding understanding MP-ASI.

RESEARCH METHOD

This study uses a qualitative method. The research approach is a case study approach. The research location is in Harjobinangun Village, Grabag District, Purworejo Regency.

The data collection techniques are observation, interviews, and documentation. The technical data analysis which uses Miles and Huberman model, states that there are three types of activities in the analysis of qualitative data, namely data reduction, data presentation, and conclusion drawing. The data validity technique is data triangulation.

RESULTS AND DISCUSSION

Parents' Understanding about MP-ASI (Breast Milk Complementary Foods):

1. Get to Know about Nutritious Foods and Drinks

Food and drink are one of the most important parts of life because without eating and drinking all living things will not live. Food given to babies/children must be energy-intensive so that children's nutritional needs can be met properly for optimal growth and development. Not all foods can be considered baby food. Some foods must be removed from baby food because these foods tend to cause allergic reactions or it is difficult for babies to chew into small portions and swallows (Brown, 2008).

Based on the results of interviews that researcher conducts with informants, that nutritious food and drinks are foods and beverages that meet nutritional standards, healthy food/drinks, such as milk, vegetables, and fruit.

2. Children's Nutrition Needs

Maryunani (2010) states that basic nutritional needs, or food, are one of the main basic needs for the needs of health and growth and development of infants and toddlers. Nutrients needed by children include carbohydrates, protein (vegetable and animal), fat, vitamins, and minerals (Mohamad, 2015). One source of food that is rich in nutrients is fish. Fish is a high-quality source of protein. Protein in fish has a complete composition and number of essential amino acids. Fish also contains omega-3 fatty acids that have special advantages over other animal foods, because the essential fatty acid composition is polyunsaturated (Prameswari, 2018).

Based on the results of interviews that the researcher conducts with informants, parents do

not understand well about nutritional needs. Parents have not provided food according to the nutritional needs needed.

3. Nutritious Foods Menu

Babies/children must get intensive attention, especially the food menu that is eaten every day. The thing to note is the number of nutritional adequacy in the food menu. According to the Balanced Nutrition Guidelines, the food given to children is a variety of foods. This is because there is no type of food that contains all types of nutrients needed by the body to guarantee growth and maintain health, except breast milk.

Mothers can use the ingredients available around the house to make children's menus, such as vegetables and fruits that are planted by them. The menu can be made a simple menu, but children's nutritional needs are met. Based on the results of interviews, the menu of nutritious food for children is food consisting of carbohydrates, vegetables, fruits, and side dishes.

4. Nutritious Foods and Drink Resource

Nutritious food is a food that meets the nutritional needs of our body. Nutritious food sources can be obtained from anywhere, for example, nutritious food sources from vegetables that can be easily found around us. In addition to being able to meet the nutritional needs of the body, nutritious food can also protect us from various diseases. A good source of food is that which comes from nature, such as vegetables. Good vegetables certainly use organic fertilizer, do not use pesticides. You can plant vegetables around your house yourself, for example, spinach, kale, cassava leaves.

Based on the results of the interview, mothers already knew the food sources are good for baby food. A good source of food is natural ingredients that are cultivated on their own. There are some parents who cultivate their own vegetables at home, but the rest are not.

5. Get to Know about MP-ASI (Breast Milk Complementary Foods)

Breastmilk Complementary Foods (MP-ASI) is food given to babies after the age of six months, where food is adjusted for the age of the baby, Rusilanti, et al (2015). The food is given from pulverized, soft, to solid food. Breastmilk complementary food (MP-ASI) has various types. Giving MP-ASI in children must pay attention to the size of the meal according to age, the frequency of administration, texture of food, cleanliness of food ingredients and tools used,

food processing, and how to present it.

Based on the results of the interview, it is well understood what MP-ASI is, when a child can be given MP-ASI, and the first food given must be liquid. However, there are a number of things that parents do not understand well so there is a need for additional information from health workers to parents

6. Children's Nutritional Needs through MP-ASI

Nutrition plays an important role in human life. Good nutritional status will provide a great opportunity for humans to carry out their activities. At the age of five, the children's nutritional needs must be met properly so that the children's growth grows optimally. Malnutrition in children will interfere with the children's growth process. In the feeding children, parents must also pay attention to the nutritional content contained in these foods and the food provided must be in accordance with the stages of the child's age. This can have implications for the growth and development of children in the next age (Dewi, et al, 2016).

Based on the results of interviews, parents have understood the nutritional needs of children. However, there are parents who provide food to children that are not in accordance with the nutritional needs needed. There are child nutritional needs that are not met by parents. Therefore, mothers' knowledge of children's nutritional needs must always be improved, so parents really understand and implement it well.

7. MP-ASI's Food Menu

Entering the age of six months the baby is introduced to food which is often called breastmilk complementary food (MP-ASI). The first food given to children is the beginning of food that comes from one type of material. Then, gradually the child can be given some important nutrients for child development. The four-star menu is a recommended menu for children during MP-ASI. This menu consists of carbohydrates, animal protein, vegetable protein, and vegetables. In order for nutritional intake for children to remain balanced, mothers can also provide fruits to children. In making food for children, mothers need to avoid using flavorings such as sugar and salt in excess.

The frequency of feeding at the beginning of MP-ASI is 2 times. At the age of 10 months, babies begin to be introduced to family food gradually. At the age of one year, the frequency of eating is given 3 times a day, including supple-

mental meals twice a day. Babies/children also need to be introduced to a variety of food ingredients, such as side dishes and vegetables alternately (Mufida et al. 2015).

Based on the results of the interview, at the beginning of the introduction of MP-ASI, the mother provided packed children's food to her child. Then, as we get older the mother's child makes her own food for her child. There are still parents who provide food to children that do not fit the four-star menu. For example, parents give children food with rice and side dishes of fish or tempe/tofu, there are no vegetables in children's food. Parents also do not give fruit children every day.

8. Good Composition of MP-ASI

Good composition of MP-ASI is contained carbohydrates, animal protein, vegetable protein, fat, and vegetables. Many mothers then mistakenly believe that giving MP-ASI after the age of six months consists of only fruits and vegetables. Babies/children also need calories in their bodies. In addition, as you get older the baby's iron content in breast milk will decrease. If children are only fed fruit puree can increase the risk of children experiencing weight faltering. Feeding infants who are too high in fiber can cause babies to satiety quickly and another important nutrient intake has not been fulfilled, because the size of the lamb is still very small.

Based on the results of interviews, there are still parents who pay less attention to the composition of the food given to children. Like the children's diet only consists of rice and vegetables or rice and the side dishes don't match the four-star menu. Parents also rarely give fruits to children.

9. The Advantages of Giving MP-ASI

Providing breast milk complementary food has many benefits for babies/children. Proper administration of MP-ASI, both in terms of the type and texture of MP-ASI, will make the baby's organs, such as digestion, be neglected according to the age of the baby. In addition, if the baby's digestion is good, the baby is not susceptible to disease. Giving MP-ASI is also very important, namely to meet nutritional needs and train the baby's organs according to their development and age.

Based on the results of the interview, parents have understood the benefits of MP-ASI giving, among others, for optimal growth and development of children, to meet nutritional needs

so that children avoid malnutrition problems. MP-ASI has enormous benefits for child development, so parents need to understand the benefits of MP-ASI.

10. Stages of Giving MP-ASI

Giving MP-ASI to babies has stages according to their development and age. According to Rusilanti, et al. (2015) explained that food given to children starts from foods that have a liquid, soft, solid form and the types of food can be fruit or vegetable juice, team rice, milk porridge or biscuits. Giving food is given in stages from the type, texture, amount, and frequency of administration per day.

Based on the results of the interview, the mother already understood the stages of giving MP-ASI which is initially given liquid food and then as the child grew older they turned to soft-shaped foods until solid form.

11. The Effect of Early Giving MP-ASI

Providing breast milk complementary food should be given when the child is six months old. If given too fast or slowly, both can have a negative impact. According to Muyosayo (2013), giving solid food to babies under the age of six months can have consequences for these children, i.e can reduce breast milk consumption so that milk production will decrease, babies will be susceptible to disease, babies at risk of diarrhea, allergies in infants increase, and the stomach will be fulfilled by baby food with low nutritional content compared with breast milk.

Based on the results of interviews, parents have understood the effects of early MP-ASI administration, such as being able to cause health problems in children. Information about the impact of early MP-ASI must always be socialized to parents because there are still many female workers in the area.

12. Public Awareness in Giving MP-ASI

Parents' awareness in giving MP-ASI must be grown early on from the time of pregnancy. This introduction is given so that the mother understands about giving good MP-ASI. Efforts to increase maternal awareness about the provision of MP-ASI, health workers conduct socialization or counseling about MP-ASI. The basic needs that must be possessed by a child are sharpening, caring, and nurturing (education, health, and compassion). A child will be able to grow and develop optimally when getting adequate nutrition for physical growth and brain (Faqumala, et al,

2016).

Based on the results of interviews, mothers already have good awareness. Mother already knows that MP-ASI is given when a child is six months old. In addition, assistance from health workers for working mothers is needed.

13. The Role of Health Workers in Creating Parents' Understanding of MP-ASI

Health workers as one of the elements in the community have a much-needed role to achieve health development. Health workers here are referred to as midwives and *Posyandu* (integrated health service post) cadres. A midwife is someone who has completed midwifery education and is licensed to carry out midwifery practice (Wahyuningsih, et al., 2005). A midwife has the duty to carry out midwifery and childbirth care for pregnant women, provide education through health education, organize services to newborns, and conduct referral services to high-risk pregnant women. In addition, midwife is also implementing family planning services for women of childbearing age.

The role of midwives is involved in *Posyandu* activities. *Posyandu* activities are held once every month. *Posyandu* activities have many benefits for the community, especially mothers and children. By bringing the baby to the *Posyandu*, the body weight and height can be monitored, the mothers can also get counseling, and there is also supplementary feeding. In addition, infants and toddlers who come to the *Posyandu* can get five complete basic immunizations that are important for disease prevention (Estuti, 2014). Parents can find out information about child development. However, the midwife does not always present in every *Posyandu's* activity. In *Posyandu* activities, the information/counseling is also rarely given to parents.

The role of health workers includes as a motivator, counselor, facilitator, and resource person. As a motivator, midwives provide motivation, direction, and guidance to parents, especially mothers about good and nutritious food for children. As a counselor, midwives help mothers to achieve optimal child development, direct unhealthy behavior to be healthy, and guide mothers to prevent the occurrence of problems with child development. Counseling and guidance services contain a number of functions that will strengthen executives in activities (Hardiyanti, 2017). As a facilitator, midwives provide vitamin A tablets to children and provide immunization to children. Whereas as a resource person, midwives are in charge of providing counseling to cadres and pa-

rents about the provision of MP-ASI, maternal and child health, a healthy environment, *germas* (healthy living community movement), etc.

CONCLUSION

Conclusions that can be taken in this study are:

1. Based on the food given to children, it can be said that parents' understanding of MP-ASI is still lacking. This can be seen from the presence of parents who feed children not in accordance with the menu of 4 (four) stars that have been suggested by health workers (Midwives). Parents also still feed the child only with rice and side dishes or rice with vegetables only. In addition, there are still parents who provide packaged children's food, this is not in accordance with the recommendations of health workers (Midwives) to feed children with local MP-ASI.

2. The role of health workers is as a motivator, facilitator, counselor, and resource person. As resource persons, midwives and health workers from the *Puskesmas* provide socialization or training only to *Posyandu* cadres. Parents do not participate in this. After taking part in the socialization, the cadre's task is to convey to parents when there is a *Posyandu*.

REFERENCES

- Almatsier, S. (2002). *Prinsip dasar ilmu gizi*. Gramedia Pustaka Utama.
- Astuti, A. K. (2017). Early Children's Healthy Behavior. *Indonesian Journal of Early Childhood Education Studies*, 6(1), 17-21.
- Brown, J. L. (2008). *Nutrition now*. Thomson Worth.
- Dewi, K. A. (2016). Parenting Parents Toward The Twins in Tambakromo Pati. *BELIA: Early Childhood Education Papers*, 5(1).
- Estuty, D. H. (2014). PARTISIPASI MASYARAKAT DALAM LAYANAN POSYANDU TERHADAP PERTUMBUHAN BALITA (DI DESA MERGOWATI KECAMATAN KEDU KABUPATEN TEMANGGUNG). *BELIA: Early Childhood Education Papers*, 3(2).
- Faizah, U., & Latiana, L. (2017). Parents Knowledge about Early Childhood Sexual Education Based on Level of Education in Krasak Village, Pecangaan Sub-district, Jepara District. *BELIA: Early Childhood Education Papers*, 6(2), 59-62.
- Faqumala, A. D., & Mukminin, A. (2016). Parents' Understanding About First Aid In Early Childhood In Terms Of The Level Of Parents' Education In Kelurahan Piyanggang, Kecamatan Sumowono, Kabupaten Semarang. *BELIA: Early Childhood Education Pa-*

- pers*, 5(2), 60-65.
- Hardiyanti, D. (2017). Implementation of Guidance and Counseling in Terms of Increasing Social Behavior Capability of Children 3-5 Years in Kindergarten Belia IKIP Veteran Semarang. *Indonesian Journal of Early Childhood Education Studies*, 6(2), 74-78.
- Indonesia, D. K. R. (2006). Pedoman umum pemberian makanan pendamping air susu ibu (MP-ASI) lokal. *Jakarta: Departemen Kesehatan Republik Indonesia*.
- Maryunani, A. (2010). Ilmu kesehatan anak dalam kebidanan. *Jakarta: Trans Info Media*.
- Mohamad, I. (2015). Mencetak Anak Sehat, Cerdas, dan Ceria. *Jakarta: Penerbit Bestari*.
- Mukminin, A. (2015). The Correlation of Parenting Style with Children Social Emotional Development in Kindergarten School At Xavierus 1 Jambi. *Indonesian Journal of Early Education Studies*, 6(1), 23.
- Pangaribuan, T. (2017). The Correlation of Parenting Style with Children Social Emotional Development in Kindergarten School At Xavierus 1 Jambi. *Indonesian Journal of Early Childhood Education Studies*, 6(1), 22-24.
- Prameswari, G. N. (2018). PROMOSI GIZI TERHADAP SIKAP GEMAR MAKAN IKAN PADA ANAK USIA SEKOLAH. *Journal of Health Education*, 3(1), 1-6.
- Putri, V. D. (2012). PRAKTIK PENGASUHAN ANAK PADA KELUARGA PETANI PESERTA BINA KELUARGA BALITA (BKB) MELATI 3 DI DESA NGUKEN KECAMATAN PADANGAN KABUPATEN BOJONEGORO. *BELIA: Early Childhood Education Papers*, 1(2).
- Rusilanti, Mutiara, D., & Yulianti, Y. (2015). *Gizi dan Kesehatan Anak Usia Prasekolah*. Bandung: PT. Remaja Rosdakarya.
- Soekirman, S. (2000). Ilmu Gizi dan Aplikasinya Untuk Keluarga dan Masyarakat. *Jakarta: Dirjen Pendidikan Tinggi Departemen Pendidikan Nasional*.
- Wahyuningsih, H. P., & Zein, A. Y. (2005). *Etika profesi kebidanan*. Fitramaya.
- Wijayanti, N. A. (2017). Implementation Of Role Playing Method In The Hygiene Hadith Learning Toward Early Children's Healthy Behavior Of Group B In Dabin Aggrek Gunungpati Semarang. *BELIA: Early Childhood Education Papers*, 6(2), 126-130.