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## **Demonstration Of Complementary Feeding (Mp-Asi) With Increased Knowledge In Mothers Of Toddlers As A Form Of Stunting Prevention In Hamlet II Pekik Nyaring Village Central Bengkulu**

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**Abstract.** In 2017, around 150.8 million children under five (22.2%) in the world were stunted. Based on Nutrition Status Monitoring Data (PSG), over the last three years the incidence of short toddlers has the highest prevalence compared to other nutritional problems such as undernutrition and overnutrition. This is supported by data from the World Health Organization (WHO) which states that Indonesia is included in the third country with the highest stunting prevalence in the Southeast Asian region. The prevalence of stunting rates in toddlers in 2000 was 27.5%. In 2016, it increased by 29.6% (Ministry of Health, 2018). The purpose of this study is to determine the Distribution of Knowledge Frequency before and after being given complementary food demonstration activities (MP-ASI) by increasing knowledge in mothers under five as a form of stunting prevention in hamlet II, Pekik Nyaring village, Central Bengkulu. The method used in this study is through 2 activities, namely lectures and questions and answers. Results and Discussion in this KKN activity with the title "Demonstration of complementary foods for breast milk (MP-ASI) with increased knowledge in mothers under five as a form of stunting prevention in hamlet II of Pekik Nyaring village, Central Bengkulu" Based on the analysis of the results of the questionnaire that has been given to the respondents, the results of the distribution of knowledge frequency between pre test and post-test show that at the time of the pretest most of the respondents had a sufficient level of knowledge, namely as many as 12 people (80%). After the posttest, 12 of them (80%) had a good level of knowledge. Suggestion: The results of this demonstration activity are expected to provide information to further develop and add scientific insights, especially about complementary foods for breast milk (MP-ASI) as a form of stunting prevention.

**Keywords:** *Stunting, Education Health*

### **INTRODUCTION**

In 2017, around 150.8 million children under five (22.2%) in the world were stunted. Based on Nutrition Status Monitoring (PSG) data, over the past three years the incidence of stunting has the highest prevalence compared to other nutritional problems such as undernutrition and overnutrition. This is supported by data from the World Health Organization (WHO) which states that Indonesia is the third country with the highest prevalence of stunting in the Southeast Asia region. The prevalence of stunting in toddlers in 2000 was 27.5%. In 2016, it increased to 29.6% (Ministry of Health, 2018).

Stunting is closely related to growth. Growth is one of the benchmarks in determining the nutritional status and health of children. In the first two years of life toddlers begin to appear a sense of sensitivity to the environment that lasts briefly and cannot be repeated so it is called

the golden period. Every parent needs to pay attention to the nutritional needs of their children because nutritional problems can be influenced by indirect factors originating from parents, namely the lack of knowledge of parents, especially mothers regarding the importance of children's nutritional needs (Sari & Kumorojati, 2019). Lack of maternal knowledge about complementary feeding and the existence of habits that are detrimental to health, such as giving sweetened condensed milk to infants under five, can make children vulnerable to diseases, especially infections (Yunita et al., 2019). This problem certainly affects the physical and mental growth of children. Stunted children usually look shorter and thinner than their healthy peers, and underachieve at school age because their intelligence is impaired (Isni & Dinni, 2020).

One of the efforts to deal with stunting that can be done directly with nutritional problems is the provision of breast milk (ASI) and complementary foods (MP-ASI). In the golden age period, other foods as a complement to breast milk are given to infants or children from 6-24 months of age. The requirements for good complementary food are the right time of administration, containing complete and balanced nutrition, and the correct method of administration (Anandita & Gustina, 2022).

Based on a nutrition survey conducted in 12 Indonesian provinces, it shows that the 6-11 month age group consumes fewer nutrients than other age groups. This is shown by previous research by (Anandita & Gustina, 2022) which states that education is quite effective in increasing mothers' knowledge about the importance of complementary feeding in children's nutritional needs. In addition, toddlers who are not given MP-ASI properly will be at risk of 7.4 times experiencing stunting. Therefore, as a form of community service in KKN activities through health in the form of promotive and preventive efforts by providing demonstrations on complementary feeding in activities at the village hall.

Based on data from the Pekik Nyaring Community Health Center and data from the Village Midwife from January to April 2024, there were 2 stunting cases in Dusun II Pekik Nyaring Village, Pondok Kelapa Subdistrict, Central Bengkulu Regency. Therefore, based on the existing data, counseling activities on Complementary Feeding (MP-ASI) were carried out in Hamlet II Pekik Nyaring Village, Pondok Kelapa Subdistrict, Central Bengkulu Regency, with a total of 15 babies/children aged 6-24 months. The target to be achieved in the service activity is 15 mothers with indicators of success measured using a knowledge questionnaire about complementary feeding.

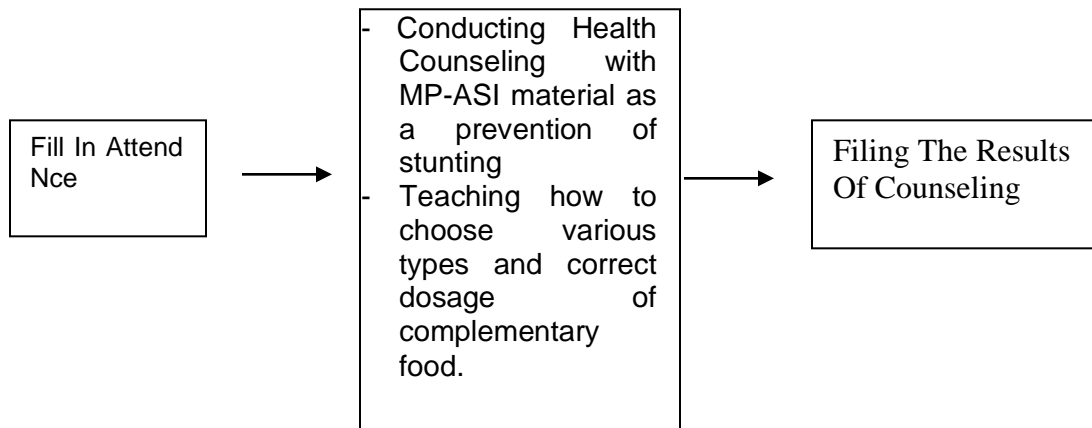
## **RESEARCH METHODS**

KKN Group 2 activities through Community Service with the title "Demonstration of complementary foods (MP-ASI) with increased knowledge of mothers of toddlers as a form of stunting prevention in hamlet II Pekik Nyaring village, Central Bengkulu" The implementation of this activity begins with coordination between the Pekik Nyaring Health Center Nutrition Team, Field CI and DPL. This counseling uses lecture and question and answer methods carried out in Hamlet 2 of Pekik Nyaring Village, Pondok Kelapa District, Central Bengkulu Regency where this village is where students carry out Real Work Lecture (KKN) activities at the Faculty of Health Sciences, Dehasen University Bengkulu. The target is the community of Dusun 2 Pekik Nyaring village, especially for pregnant women, mothers of infants / toddlers, and cadre mothers to carry out MP-ASI demonstrations as a form of stunting prevention. The work method begins with a request for permission from the Head of Hamlet 2 of Pekik Nyaring village, conducting an assessment of hamlet 2, from the results of the assessment obtained the problem of stunting in toddlers, then conducting MP-ASI counseling as a form of stunting prevention. As well as teaching the correct type and dose of making complementary food.

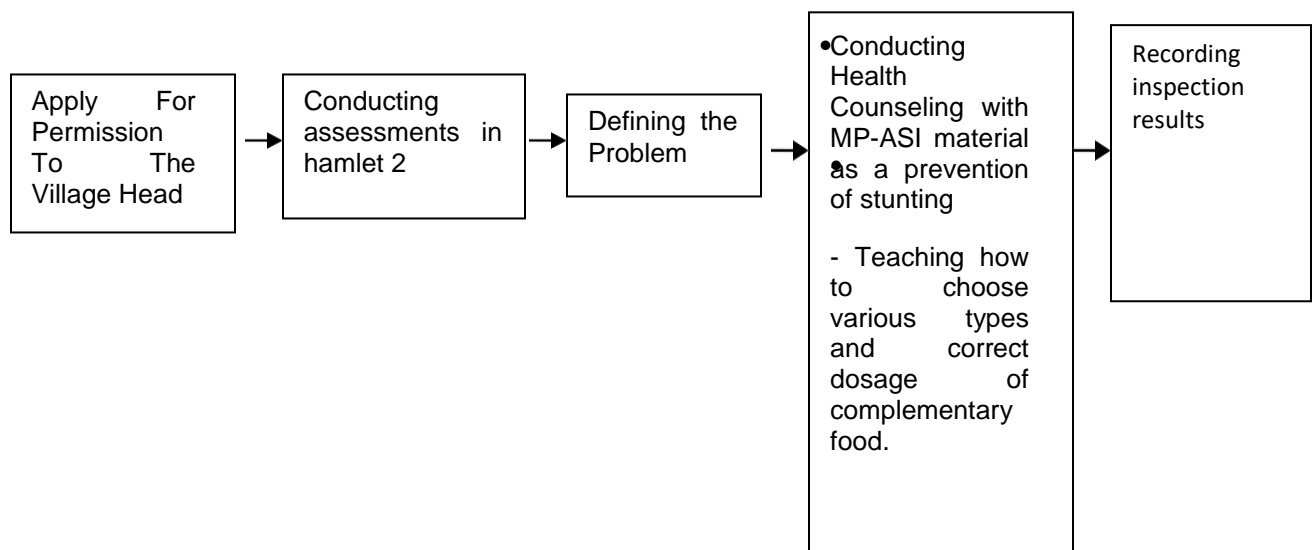
This community service activity was carried out on June 5, 2024 in Hamlet II of Pekik Nyaring Village.

1. Pregnant women, mothers of infants/toddlers, and women cadres fill in the attendance sheet.

2. Conducting health counseling with MP-ASI material as a prevention of stunting.
3. Demonstration of how to select the correct types and dosages of complementary foods.
4. Filing the results of counseling.



**Figure 1 Activity Flow**



**Figure 2 Activity Scheme**

## RESULTS AND DISCUSSION

The MP-ASI demonstration to the community was held on June 5, 2024. The activity was carried out in Dusun II Pekik Nyaring, Pondok Kelapa Subdistrict, Central Bengkulu Regency. The target is the community of Dusun II Pekik Nyaring Village, especially for pregnant women, mothers of infants / toddlers and cadre mothers to do MP-ASI counseling as a form of stunting prevention.

In the implementation of the activities of the demonstration of complementary feeding (MP-ASI) with increased knowledge of mothers of toddlers as a form of stunting prevention in residents of Dusun 2 Pekik Nyaring Village, Pondok Kelapa District, Central Bengkulu Regency using several documents including:

1. Leaflet sheet
2. Attendance Sheet
3. Demonstration of how to select the correct types and dosages of complementary foods starting from age-appropriate complementary foods (6-8 months, 9-11 months, and 12-24 months) in the form of nutritionally balanced foods.
4. Documentation of activities
5. Minutes

Results of counseling on increasing knowledge of mothers of toddlers about complementary foods (MP-ASI) as a form of stunting prevention in Dusun II Pekik Nyaring Village.

a. Results before demonstration on complementary food

Results Demonstration of complementary foods (MP-ASI) with increased knowledge in mothers of toddlers as a form of stunting prevention in hamlet II Pekik Nyaring village, Central Bengkulu.

**Table 1 Frequency Distribution Of Knowledge Before Demonstration**

| Criteria     | Frekuensi (f) | Presentasi (%) |
|--------------|---------------|----------------|
| Good         | 0             | 0              |
| Fair         | 12            | 80             |
| Less         | 3             | 20             |
| <b>Total</b> | <b>15</b>     | <b>100</b>     |

Based on table 1 above, it is known that the level of knowledge of respondents before being given a demonstration is mostly in sufficient condition as many as 12 respondents 80 (%).

b. Results after being given a demonstration on complementary foods

**Table 2 Frequency Distribution Of Knowledge After Demonstration**

| Criteria     | Frekuensi (f) | Presentasi (%) |
|--------------|---------------|----------------|
| Good         | 12            | 80             |
| Fair         | 3             | 20             |
| Less         | 0             | 0              |
| <b>Total</b> | <b>15</b>     | <b>100</b>     |

Based on table 2 above, it is known that the level of knowledge of respondents after being given a demonstration is mostly in good condition as many as 12 respondents 80 (%).

c. Results of Frequency Distribution of Knowledge Level Before and After Counseling

**Table 3 Frequency Distribution Of Knowledge Before And After Demonstration**

| Knowledge Level | Pret-test |            | Post-Test |            |
|-----------------|-----------|------------|-----------|------------|
|                 | F         | %          | F         | %          |
| Good            | 0         | 0          | 12        | 80         |
| Fair            | 12        | 80         | 3         | 20         |
| Less            | 3         | 20         | 0         | 0          |
| <b>Jumlah</b>   | <b>15</b> | <b>100</b> | <b>15</b> | <b>100</b> |

Table 3 above shows that at the pretest most respondents had a moderate level of knowledge, namely 12 people (80%). After the posttest, 12 of them (80%) had a good level of knowledge. The benefits of MP-ASI demonstration as a form of stunting prevention include increasing knowledge, understanding and benefits of MP-ASI as a form of stunting prevention. The purpose of this counseling is for the community to maintain maximum health and be able to prevent stunting from an early age.

This study aims to determine the effect of demonstrations on the level of knowledge in mothers of toddlers about complementary foods (MP-ASI) as a form of stunting prevention. Based on table 4.1 above, it is known that the knowledge of respondents before being given a demonstration is mostly in sufficient condition as many as 12 respondents 80 (%). Based on table 4.2 above, it is known that the knowledge of respondents after being given a demonstration is mostly in good condition as many as 12 respondents 80 (%). According to KBBI (Kamus Besar Bahasa Indonesia), knowledge is everything that is known, intelligence, and everything that is known regarding a matter (KBBI, 2023). This knowledge will be maximized if it is influenced by the intensity of attention and one's perception of the object. The object of infant/toddler mothers is media that attracts mothers to read repeatedly, so that respondents' knowledge increases due to media leaflets and counseling.

Table 3 above shows the frequency distribution of knowledge between the pre-test and post-test, the results of the data show that at the time of the pretest most respondents had a sufficient level of knowledge, namely 12 people (80%). After the posttest, 12 of them (80%) had a good level of knowledge.

This study used respondents who were pregnant women, mothers of infants/toddlers, and mothers of posyandu cadres by providing MP-ASI demonstration activities on increasing knowledge in mothers of toddlers about complementary foods (MP-ASI) as a form of stunting prevention to see the level of knowledge of cadres regarding MP-ASI before and after the intervention. It is hoped that pregnant women, mothers of infants/toddlers, and mothers of posyandu cadres can become an extension of health workers in order to convey health education to the community, especially to mothers of infants/toddlers who come. This is in line with the results of Rusdiyanti Ivong's research (2018) that cadres are the most dominant influence on the activeness of Posyandu and the activeness of visits by pregnant women and mothers of infants / toddlers to Posyandu.



**Figure 3 MP-ASI Counseling**

## **CONCLUSION**

Counseling and demonstration activities that have been given to 15 respondents where the targets are all pregnant women, mothers of infants / toddlers, and cadre mothers in Dusun II Pekik Nyaring Village have increased knowledge about the demonstration of complementary foods (MP-ASI) as a form of stunting prevention seen from the results of the pre-test and post-test knowledge questionnaire about MP-ASI.

1. Knowledge of pregnant women, mothers of infants / toddlers, and cadre mothers before the demonstration obtained pre-test results by giving a knowledge questionnaire to mothers of toddlers about complementary foods (MP-ASI) as a form of stunting prevention, namely with the number of respondents 15 people obtained an average result of 60% including the category of sufficient knowledge.
2. Knowledge of pregnant women, mothers of infants / toddlers, and cadre mothers before the demonstration obtained post-test results by giving a knowledge questionnaire to mothers of toddlers about complementary foods (MP-ASI) as a form of stunting prevention, namely with a total of 15 respondents obtained an average result of 81% including the good knowledge category.

## **LITERATURE**

### **1. Theoretically**

The results of this demonstration activity are expected to provide information to further develop and add insight into science, especially about the demonstration of complementary foods (MP-ASI) as a form of stunting prevention.

### **2. For Land**

The results of this demonstration activity are expected to be used as a source of data or information for the development of subsequent counseling and demonstration activities.

### **3. For Respondents**

The results of this demonstration activity are expected to increase respondents' information about complementary foods (MP-ASI) as a form of stunting prevention.

Efforts to prevent stunting researchers realize that MP-ASI demonstration education is needed for pregnant women, breastfeeding mothers, and parents about the importance of balanced nutrition for child growth and development, including an understanding of the dangers of stunting and how to prevent it through proper nutrition. The researcher's effort in preventing stunting is by conducting MP-ASI counseling activities as a form of stunting prevention for residents of Dusun 2 Pekik Nyaring village, Pondok Kelapa sub-district, Central Bengkulu Regency. The targets of this activity were the Posyandu Cadres and also the community of Dusun 2 Pekik Nyaring Village which was held on June 5, 2024. This counseling program is in line with the Village level work program, namely in order to educate the community about awareness of the importance of child development from an early age, researchers want to invite all residents to jointly understand how vital the role of parents is in shaping the future of our generation. The implementation of this counseling was supported by the government in Pekik Nyaring Village and Pekik Nyaring Community Health Center and accompanied by the women of Posyandu Cadre of Pekik Nyaring Hamlet 2.

1. It is expected to provide knowledge about complementary feeding as a form of stunting prevention.
2. Expected to prevent and control stunting by providing good complementary food
3. It is expected that residents understand about complementary feeding as a form of stunting prevention.

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