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Maternal Knowledge Impact on Child Nutrition: Study in Bonto Bangun Wellbeing Center, 2023

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The quality of nutrition during early stages profoundly influences an individual's health as they approach reproductive age. Adequate nutritional intake, particularly through complementary breastfeeding (MP-ASI), plays a crucial role in this regard. Information about MP-ASI, acquired through sensory perception, notably sight and hearing, is essential for effective implementation. However, many mothers lack sufficient knowledge in this area, which can impact child nutrition adversely. This study aims to determine the description of mothers' knowledge of complementary breastfeeding and the dietary status of children aged 6 to 12 months in the Bonto Bangun Community Health Center, Bulukumba Regency. Utilizing a cross-sectional research design, data were collected from a sample of 67 individuals through incidental sampling and questionnaire administration. The findings reveal that a significant portion of mothers (70.37%) lacked adequate knowledge regarding complementary breastfeeding practices, leading to suboptimal child dietary status. This deficiency in knowledge is attributed to low levels of education among respondents and insufficient guidance from healthcare providers on complementary feeding practices. Addressing these gaps in maternal knowledge and healthcare provider training is imperative for improving child nutrition outcomes in Bulukumba and similar regions. By enhancing awareness and education regarding complementary breastfeeding practices, healthcare interventions can effectively promote optimal child nutrition and development.

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1. INTRODUCTION

A child requires supplements to grow and develop properly. Adequate nutritional intake can be achieved through exclusive breastfeeding until the age of six months, after which complementary feeding (MP-ASI) begins. MP-ASI is additional food given to children up to two years old, so MP-ASI should be introduced at the age of six months because at that age they are vulnerable to malnutrition (Sari, Maimunah, & Sitorus, 2022).

Meeting nutritional needs during this vulnerable period greatly influences an individual's quality as they reach reproductive age. To ensure the smooth implementation of complementary feeding (MP-ASI), knowledge about MP-ASI is necessary (Hoang et al., 2019). Knowledge is essentially the result of recognition after someone perceives an object through the five human senses: sight, hearing, smell, taste, and touch. Most knowledge is acquired through sight and hearing (Afriani et al., 2022).

The provision of MP-ASI generally includes when it should be given, its type, form, and quantity. The ideal time to introduce MP-ASI is when the child is six months old. The primary method of administration is in liquid form, gradually thickening over time. Therefore, providing sufficient MP-ASI in terms of quality and quantity is crucial for the physical growth and intellectual development of children (Jumuatun, 2019; Kanah, 2020).

Studies in many non-industrial countries indicate that the main causes of malnutrition and growth retardation in children aged 3-15 months are associated with low levels of breastfeeding and the practice of providing complementary foods. Cases of hunger remain a problem in several countries. It is estimated that one in three children worldwide dies each year due to poor nutrition. One study shows that at least 3.5 million children die each year due to malnutrition and poor food quality, which is also exacerbated by prenatal malnutrition. This can lead to irreversible damage as the child grows up. Dr. Brece Cogill, a nutrition expert from the UN organization UNICEF, stated that the current global issue of hunger needs to be addressed immediately. The condition of child mortality in Indonesia is generally worse than the nutrition of children worldwide and even African children. According to the World Health Organization (WHO) in 2011, 54 percent of child deaths occurred when complementary foods (MP-ASI) were given to children after six months until the age of two. At this age, the child's digestive system begins to strengthen, and if introduced too early, it will reduce breast milk consumption and lead to digestive disorders, but if introduced too late, it will result in malnutrition if it persists for a long time (World Health Organization, 2022).

Cases of malnutrition in South Sulawesi over the past two years (2019-2022) have increased three to four times from 2022. The number of hunger cases reported by the provincial Health Office was 238 cases. Additionally, most hunger cases occur in Makassar. The results of monitoring nutritional status in Bulukumba Regency in 2023 show that 45 (1.6%) children under five are overweight, 2,250 (88.5%) are well-nourished, 274 (9.6%) are malnourished, and 9 are undernourished (0.3%) out of a total of 2,848 toddlers. Data for 2023 states that the nutritional status at the Bonto Bangun Community Health Center is 1 (0.5%) overweight, 160 (87.0%) are well-nourished, 23 (12.5%) are undernourished, out of a total of 184 children under five (Kementerian Kesehatan Republik Indonesia, 2022).

This research aims to determine the description of mothers' knowledge regarding complementary breastfeeding and the nutritional status of six-month-old children in the Working Area of the Bonto Bangun Community Health Center, Bulukumba Regency.

2. METHOD

The research method utilized in this paper is quantitative research employing a cross-sectional study design. The sample size studied consisted of 67 individuals. The sampling method employed was convenience sampling, with participants selected based

on their availability and willingness to participate, and data were collected using a questionnaire. The sort of information taken is essential information got by scientists from the consequences of information assortment straight by conveying polls to respondents or what is typically called unplanned examining, to be specific accepting respondents as tests in light of possibility, or at least, any individual who meets the specialist by chance can be utilized as an example if the This happenstance is reasonable as an information source. Because it is unable to collect large or far-off samples, this method is typically used due to limited resources, such as time and money. The upside of this procedure lies in the analyst's exactness in choosing information sources as per the factors being examined. Univariate examination was made utilizing circulation tables and rates of the factors considered. what's more, Bivariate examination was made to look at the exploration speculation, utilized in the chi square measurable test (progression rectification) with an importance level of $r=0.05$ utilizing the SPSS program

3. RESULTS AND DISCUSSION

Table 1. Recurrence Conveyance of Respondents with respect to Giving Integral Food sources to Bosom Milk.

Class	Complete	Rate (%)
Great	5	4,63
Enough	25	23,15
Sufficiently not	76	70,37
Bad	2	1,85
Complete	108	100

Table 1 show that of the all out 108 respondents who had great information about correlative breastfeeding, 5 individuals (4.63%), 25 individuals had great information (23.15%), 76 had unfortunate information. individuals (70.37%), and 2 individuals (1.85%) had unfortunate information.

Corresponding food is extra food given to children following a half year old enough until the child is two years old. The purpose of complementary foods is not to replace breast milk but rather to complement it. For this situation, corresponding bosom milk food is unique in relation to weaning food since weaning food is given when the child no longer drinks bosom milk. Because breast milk is unable to meet the needs of the baby on an ongoing basis, the goal of supplementing breast milk with foods is to provide the baby with more of the energy and iron it needs (Datesfordate, Kundre, & Rottie, 2017);(Lestari, Lubis, & Pertiwi, (2014).

In view of the consequences of examination on 108 moms who had children 6 - two years with respect to the arrangement of reciprocal bosom milk at the Tua Town Wellbeing Post in June-July 2011, generally it was in the lacking classification (70.37%). The absence of information on breastfeeding moms about giving integral food varieties to bosom milk is brought about by most of respondents having a low degree of training and absence of instruction about giving correlative food varieties to bosom milk by wellbeing laborers. This is as per Notoatmodjo's (2003) explanation that information is the consequence of knowing and happens after individuals sense a specific item. Detecting happens through the five human detects, to be specific the feelings of sight, smell, hearing, taste and contact. The majority of human knowledge is absorbed through the senses.

4. CONCLUSION

In the research conducted on the knowledge of mothers with children aged 6 to 12 months regarding providing complementary breast milk to 67 respondents at the Bonto Bangun Health Center, the following results were obtained: the knowledge of mothers with

children aged 6 to 12 months regarding providing complementary breast milk to their children, the majority of whom were in the marginalized category, specifically 76 individuals (70.37%).

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