

Determinants of Giving Complementary Feeding for Breast Milk to Infant Aged 6-24 Months at Hidayat Boarding House Pontianak

Ayuk Novalina¹, Melly Nirma Syahrani², Nur Latifah³

^{1,2,3} Aisiyiah Polytechnic Pontianak

Corresponding Author: Ayuk Novalina

DOI: <https://doi.org/10.52403/ijshr.20240140>

ABSTRACT

Complementary Feeding for breast milk is food or drink containing nutrients given to babies or infant aged 6-24 months and should be taken when giving complementary feeding, namely frequency, number of doses, texture, and type. adjusted to the baby's condition so that it can be digested, and malnutrition does not occur. The aim of the research is to analyse the dominant factors in providing complementary feeding for breast milk.

The design of this research was a cross sectional approach. The research population was 45 maternal who had babies or infant aged 6-24 months in Hidayat Boarding House, Sungai Bangkong Village, Pontianak. The instruments used are questionnaires on maternal knowledge, maternal attitudes, and the implementation of complementary feeding that have been tested. Data analysis using Logistic Regression

The results of the research show that the majority of maternal knowledge of giving complementary feeding for breast milk is in the good category with ρ -value = 0.001 ($\rho < 0.05$), maternal occupation towards giving complementary feeding for breast milk in the category of mostly working maternal category with ρ -value = 0.002 ($\rho < 0.05$), maternal attitudes towards giving complementary feeding for breast milk in the category of mostly good attitudes with

ρ -value = 0.001 ($\rho < 0.05$) there is a correlation between giving complementary feeding for breast milk. The dominating factor is knowledge with a ρ -value = 0.006 ($\rho < 0.05$) and influences 18,621 times.

The research conclusion is that knowledge is the dominant factor that has the greatest influence. If the maternal knowledge is good, the maternal attitude will be better in providing complementary feeding for breast milk to babies or infant aged 6-24 months so that complementary feeding is carried out correctly.

Keywords: *Complementary feeding, breast milk, infant*

INTRODUCTION

Complementary feeding for breast milk is food that is transferred from breast milk to family food. The introduction and provision of complementary breast milk food must be done little by little in both form and quantity. Giving complementary feeding is giving additional food to babies aged 6-24 months, so that apart from complementary feeding, breast milk must also be given to babies up to two years old (Ratnawati et al., 2018). At 6 months of age, the baby's needs for energy and nutrients begin to exceed those provided by breast milk and complementary feeding are expected to meet these needs. At the age of 6-24 months, the baby's development is ready to

receive other food (Syarifuddin & Najmi, 2020).

According to (Ministry of Health, 2015) in Indonesia 30.2% of babies receive exclusive breast milk and 69.8% do not receive exclusive breast milk. Providing early complementary feeding to babies under 6 months of age in Indonesia according to (M.DHS, 2018) 49.3% of babies receive early complementary feeding at the age of 0-1 month, 51% at the age of 2-3 months, and at the age of 4-5 months it is 73%. According to (Ministry of Health, 2015) the types of prelacteal food most often given to newborns are formula milk (79.8%), honey (14.3%) and water (13.2%). In the location to be researched, namely the Hidayat Boarding House, Sungai Bangkong Village, Pontianak. There are several mothers who still do not understand about giving complementary feeding. Starting from the correct frequency, texture, and proper of age.

Parents, especially mothers or maternal, lack knowledge about food, many of them make mistakes when introducing food to their children, parents often give them lots of food at once and vary it every day. Even though usually children do not show any signs of allergies, sometimes children can only adapt their tongues to certain foods over time or 4-7 days. Sometimes parents buy food that they think is practical and safe for the baby, without understanding how the baby feels about the additional food because they forget that food that is cooked by themselves is better and safer for the baby's health. Parents also often do not research the safety of the food, parents only think the food is suitable for their baby (Madani, 2021).

Behavioral factors in giving complementary feeding include knowledge, attitudes and behavior of the mother, mother's health and employment, complementary feeding advertisements, health workers, culture and socio-economics. Good employment status and good family socio-economic status make it easier for mothers to give formula milk and complementary feeding to children

compared to giving exclusive breast milk. Not only employment status, support from health workers and the widespread provision of formula milk and other baby products without medical indications are only based on financial gain. Mothers' knowledge is also related to the sources of information that mothers get based on myths and mass media. Not only that, the mother stated that she was also interested in the advertising for formula milk which was intensively carried out by milk producers ((Kristianto and Sulistyani, in (Heryanto, 2017). In order to achieve optimal growth and development, WHO states several things that must be considered when giving complementary feeding, including frequency, number of doses, texture and type. The texture of the food must be adjusted to the condition and age of the baby so that can be digested easily and there is no malnutrition (Heryanto, 2017).

MATERIALS & METHODS

The design of this research was to determine the determinants of giving complementary feeding to babies aged 6-24 months at the Hidayat Boarding House, Sungai Bangkong Village, Pontianak is using a cross sectional research design. The population in this study were all babies aged 6-24 months in the Hidayat Boarding House, Sungai Bangkong Village, Pontianak with a population of 45 respondents according to the criteria determined by the researchers (Sugiyono, 2016).

STATISTICAL ANALYSIS

Sampling is a method of collecting data that it is not cover the entire research object (population) but only a part of the population (Sugiyono, 2016), states the sampling technique is a sampling technique. To determine the sample to be used in research, there are various sampling techniques used (Sugiyono, 2016). The sampling technique in this research uses non-probability sampling with a total sampling approach, namely a sampling technique when all members of the

population are used as samples (Sugiyono, 2016).

Univariate Analysis

This analysis was used to obtain data on mothers in providing complementary feeding to babies or infant aged 6-24 months. The data analysis carried out in this research will be presented in the form of a frequency distribution table for the dependent variable, namely the provision of complementary feeding to babies or infant aged 6-24 months (Heryanto, 2017).

Bivariate Analysis

This analysis is used in this research to see the relationship between independent and dependent variables, namely by using statistical regression tests. The analysis technique used is logistic regression analysis (Sugiyono, 2016).

RESULT

Table 1. Characteristics of respondents based on age.

Toddler Age	Frequency	Percentage (%)
6-9 moths	16	35.6%
9-12 months	10	22.2 %
12-24 months	19	42.2 %
Total	45	100.0 %

Based on Table 1, shows that the characteristics of respondents based on the age of the 45 respondents, 9 toddlers aged 12-24 months (42.2%), 16 toddlers aged 6-9 months (35.6%), 19 toddlers aged 9-12 months (35.6%). 22.2%).

Table 2 Characteristics of respondents based on maternal age

Maternal age	Frequency	Percentage (%)
21-28 years old	16	35.6%
29-36 years old	14	31.1 %
37-44 years old	15	33.3 %
Total	45	100.0 %

Based on Table 2, shows that the characteristics of respondents based on the age of toddlers out of 45 respondents, namely toddlers aged 21-28 years as many as 16 people (35.6%), aged 29-36 years as many as 14 people (31.1%), aged 37-44 years as many as 15 people (33.3%). So, the average age of mothers who were research

respondents was 21-28 years old, 16 people (35.6%).

Table 3 Characteristics of respondents based on maternal occupation

Maternal Occupation	Frequency	Precentage (%)
Self employed	2	4.4 %
Private sector employee	5	11.1 %
Businesswoman	5	11.1 %
Private employees	6	13.3 %
Freelance	1	2.2 %
Honorary employees	1	2.2 %
Private teacher	1	2.2 %
Trader	1	2.2 %
School admin	1	2.2 %
Teacher	1	2.2 %
Housewife	21	46.7 %
Total	45	100.0 %

Based on Table 5, shows that the characteristics of respondents based on age infant of the 45 respondents are 19 working mothers (42.2%), 26 mothers who do not work (57.8%).

Table 4 Results of Logistic Regression Analysis, Influence of Factors in Complementary Feeding for Breast Milk

Factors	Wald	Sig.	Exp(B)
Knowledge	7.695	0.006	18.621
Occupation	5.985	0.014	11.458
Attitudes	6.180	0.013	11.690
Constant	10.524	0.001	0.023

Based on Table 4, show that a significant value for the knowledge variable is 0.006, occupation maternal results obtained 0.014 and attitude results obtained 0.013. This means that partially, knowledge is the most dominating factor in the implementation of complementary breastfeeding because the significant value shows 0.006, which means it is smaller than the alpha value (0.05). From the table above, it can also be seen that the largest Exp(B) value is the Exp(B) value for the knowledge variable is 18,621. This means that knowledge influences the process of implementing complementary breastfeeding 18,621 times. So it can be concluded that the three variables above show that the most dominant factor in the implementation of giving complementary feeding to babies or infant aged 6-24 months is knowledge variable.

DISCUSSION

The results of research conducted at the Hidayat Boarding House, Sungai Bangkong

Village, Pontianak from 45 respondents with SPSS 20 using the Chi-square test on maternal knowledge showed a p value = 0.001. It can be concluded that these results show there is a relationship between maternal knowledge and the provision of complementary feeding for breast milk.

According to research results (Wulansari & Astuti, 2018) that any information through different media influences the understanding of giving complementary feeding to respondents. The ease of obtaining information can help speed up someone acquisition of new knowledge. If respondents get information directly from health workers or posyandu cadres, it is better and they can know in depth than respondents who get information through the media. Therefore, every media obtained by respondents will influence the respondent's level of knowledge (Chairatul, 2017).

The results of research conducted at the Hidayat Boarding House, Sungai Bangkong Village, Pontianak, from 45 respondents with SPSS 20 using the Chi-square test on maternal knowledge showed a p value = 0.002. It can be concluded that these results show there is a relationship between maternal employment and complementary breastfeeding. According to this research, not all mothers who do not work lack information about providing complementary feeding. In fact, mothers who do not work are more active in coming to the posyandu compared to mothers who work and have the opportunity to ask health workers and posyandu cadres more actively directly.

The results of research conducted at the Hidayat Boarding House, Sungai Bangkong Village, Pontianak, from 45 respondents with SPSS 20 using the Chi-square test on maternal knowledge showed a p value = 0.001. It can be concluded that these results show that there is a relationship between maternal attitudes and the provision of complementary feeding for breast milk. This research is in line with research (Syarifuddin & Najmi, 2020) that there is a relationship between the mother's attitude

and giving complementary feeding because to increase breastfeeding success, the mother must have a good or positive attitude towards giving appropriate complementary feeding. Because attitude is very important in forming a person's actions (Syarifuddin & Najmi, 2020).

Attitude will also give rise to a form of expected behavior, namely appropriate behavior in providing complementary feeding to babies aged 6-24 months. A person's attitude is based on good knowledge, but a good attitude certainly influences a person's practice or actions in making decisions. Motivation is needed from various parties to change the mother's actions in providing appropriate complementary feeding (Wulansari & Astuti, 2018).

The mother's job also influences the implementation of complementary feeding. The mother's employment status will influence her social relationships with many people outside the home, thus allowing the mother to obtain a lot of positive or negative information from the social environment outside the home (Siswanto, 2010). Mothers who are busy working usually have children who are entrusted to caregivers who do not necessarily understand how to properly provide complementary feeding (Lestiarini, 2020).

The factor that dominates the implementation of complementary feeding for babies aged 6-24 months in this study is knowledge because the significant value for knowledge is 0.006, which means it is smaller than the alpha value (0.05). Judging from the Exp(B) value, the largest is the Exp(B) value for the knowledge variable is 18,621. This means that knowledge influences the process of implementing complementary breastfeeding is 18,621 times.

So it can be concluded that the three variables above show that the most dominant factor in the implementation of giving complementary feeding to babies aged 6-24 months is the knowledge variable. Because if the mother's knowledge

about giving complementary feeding is lacking then the mother's attitude towards implementing complementary feeding for breast milk is also lacking. On the other hand, if the mother's knowledge is good, then the mother's attitude towards implementing complementary feeding will also be good because the mother has received complete complementary feeding information (WHO, 2012). Therefore, the important role of health workers and posyandu cadres is to always remind mothers of babies to always come to the posyandu on schedule to provide complementary feeding for breast milk to their children properly and appropriately (Ratnawati, 2018).

CONCLUSION

There is a factor that dominates the implementation of providing complementary feeding for breast milk is knowledge because the significant value is 0.006, so knowledge is the most dominating factor in the implementation of providing complementary feeding to babies or infant aged 6-24 months.

Declaration by Authors

Ethical Approval: Approved

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

REFERENCES

1. Ratnawati, ayu, d., goddess, & asri, n. L. M. Description of mothers' knowledge about nutritious food and complementary foods for babies aged 6-12 months at Posyandu Dusunkangin, Tusan Banjarangkan Village, Klungkung..(2018).. 04(02), 47–53.
2. Syarifuddin, & Najmi, I et al The influence of maternal knowledge and attitudes towards providing complementary foods for breast milk in Gampong Lambaroh, Jaya sub-district, Aceh Jaya district. Journal of healthcare technology and medicine, 2020, 6.2: 946-955.
3. Madani, j. A. Training and education about complementary food feeding to mothers of toddlers. Training and education about complementary food feeding to mothers of. (2021). 3(1).
4. Heryanto, e. (2017). Factors associated with early complementary feeding. Aisyah journal: journal of health sciences, 2(2),141–152. <https://doi.org/10.30604/jika.v2i2.56>
5. Arikunto. (2010). Research Procedures A Practical Approach. Rineka Cipta.
6. Sugiyono. (2016). Quantitative, Qualitative and R&D Research Methods. Alfabeta.
7. Wulansari, m. A., & astuti, d. A. D. (2018). The relationship between maternal knowledge and the provision of complementary foods for babies aged 6-12 months. University research colloquium, 7, 802–807.
8. Lestiarini, s., & sulistyorini, y. (2020). Mother's behavior in providing complementary breast milk (complementary feeding) in Pegirian sub-district. Health promotion journal, 8(1), 1. <https://doi.org/10.20473/jpk.v8.i1.2020.1-11>.
9. WHO. (2012). Complementary feeding. http://www.who.int/nutrition/topics/complementary_feeding/en/
10. Siswanto, H. (2010). *Early Childhood Health Education*. Rihana Library.
11. Ratnawati, Ayu, D., Dewi, & Asri, N. L. M. (2018). Description of Mother's Knowledge About Nutritious Food and COMPLEMENTARY FEEDING in Babies Aged 6-12 Months at Posyandu Dusun Kangin, Tusan Village, Banjarangkan, Klungkung. 04(02), 47–53.
12. M.DHS. (2012). Indonesia Health Demographic Survey 2012: Demographic Differences in Infant and Child Mortality. <http://chnrl.org/pelatihan-demografi>

How to cite this article: Ayuk Novalina, Melly Nirma Syahriani, Nur Latifah. Determinants of giving complementary feeding for breast milk to infant aged 6-24 months at Hidayat boarding house Pontianak. *International Journal of Science & Healthcare Research*. 2024; 9(1): 295-299. DOI: [10.52403/ijshr.20240140](https://doi.org/10.52403/ijshr.20240140)
