

FACTORS INFLUENCING EARLY COMPLEMENTARY FEEDING (ECF) AMONG INFANTS AGED 6-12 MONTHS AT INDEPENDENT MIDWIFERY PRACTICE (IMP) DIAN MUSTIKA, NATAR SUB-DISTRICT, SOUTH LAMPUNG REGENCY

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ABSTRAK

Latar belakang : Pemberian Air Susu Ibu (ASI) eksklusif di dunia masih rendah. Rata-rata pemberian ASI eksklusif di dunia berkisar 38%, di Indonesia tahun 2021 sebesar 56,9%, di Provinsi Lampung yaitu 73,6%, di Kabupaten Lampung Selatan yaitu 57,5%, sedangkan di Puskesmas Natar Kabupaten Lampung Selatan sebesar 48,6%. PMB Dian Mustika merupakan salah satu PMB di wilayah kerja Puskesmas Natar Kabupaten Lampung Selatan, dimana di PMB tersebut paling sering dijumpai bayi usia 0-6 bulan yang telah diberikan MP-ASI dini. Untuk itu tujuan penelitian ini adalah diketahui faktor-faktor yang mempengaruhi pemberian Makanan Pendamping ASI (MP-ASI) dini pada bayi usia 6-12 bulan di PMB Dian Mustika Tahun 2023”.

Metode Penelitian : Jenis penelitian ini adalah kuantitatif. Rancangan survey analitik dengan pendekatan waktu *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki bayi usia 6-12 bulan yang berkunjung di PMB Dian Mustika, dengan jumlah sampel sebanyak 63 orang, dan teknik pengambilan sampel menggunakan *total sampling*. Uji statistik menggunakan uji *chi-square*.

Hasil penelitian : Diperoleh terdapat hubungan pengetahuan ($p\text{-value} = 0,000$ dan $OR = 8,286$), pendidikan ($p\text{-value} = 0,001$ dan $OR = 7,043$), sosial budaya ($p\text{-value} = 0,002$ dan $OR = 6,494$), peran petugas kesehatan ($p\text{-value} = 0,002$ dan $OR = 6,494$) dengan pemberian MP-ASI dini. Untuk itu diharapkan tenaga kesehatan dapat meningkatkan edukasi kepada masyarakat terutama ibu yang memiliki bayi dibawah usia 6 bulan tentang resiko pemberian MP-ASI dini pada bayi melalui penyuluhan kesehatan saat kegiatan posyandu.

Saran : Diharapkan tenaga kesehatan dapat meningkatkan edukasi kepada masyarakat terutama ibu yang memiliki bayi dibawah usia 6 bulan tentang resiko pemberian MP-ASI dini pada bayi melalui penyuluhan kesehatan saat kegiatan posyandu.

Kata Kunci : faktor MP-ASI dini, pengetahuan, pendidikan, sosial budaya, peran petugas kesehatan

ABSTRACT

Background: Exclusive Breastfeeding (EBF) rates worldwide remain low. The global average for exclusive breastfeeding is around 38%, 56.9% in Indonesia in 2021, 73.6% in Lampung Province, 57.5% in South Lampung Regency, and 48.6% in Natar Primary Health Care (“Puskesmas”), South Lampung Regency. IMP Dian Mustika is one of the Independent Midwifery Practices (IMPs) in the working area of Natar Community Health Center, South Lampung Regency, where infants aged 0-6 months who have been introduced to early complementary feeding (ECF) are frequently encountered. Therefore, the aim of this study is to identify the factors influencing early complementary feeding (ECF) in infants aged 6-12 months at IMP Dian Mustika in 2023.

Research Method: This study employed a quantitative approach with an analytic survey design and cross-sectional time frame. The population includes all mothers with infants aged 6-12 months visiting IMP Dian Mustika, with a sample size of 63 individuals using total sampling technique. Chi-square test was employed for statistical analysis.

Research Findings: The results indicate a significant association between knowledge ($p\text{-value} = 0.000$ and $OR = 8.286$), education ($p\text{-value} = 0.001$ and $OR = 7.043$), socio-cultural factors ($p\text{-value} = 0.002$ and $OR = 6.494$), and the role of healthcare providers ($p\text{-value} = 0.002$ and $OR = 6.494$) with early complementary feeding (ECF) practices. Therefore, it is recommended that healthcare professionals enhance education, particularly for mothers with infants under 6 months, regarding the risks of early complementary feeding through health education during integrated health post (posyandu) activities.

Recommendations: It is advised that healthcare providers enhance education, particularly for mothers with infants under 6 months, regarding the risks of early complementary feeding through health education during integrated health post ("posyandu") activities.

Keywords: ECF factors, knowledge, education, socio-cultural factors, healthcare provider role

INTRODUCTION

Child health efforts as outlined in Permenkes No. 25 of 2014 state that every child has the right to survival, growth, and development. For this reason, it is necessary to make integrated and sustainable child health efforts from the fetus until the child is 18 years old. The objectives of these child health efforts include ensuring the survival of children through efforts to reduce the mortality rate of newborns, infants, toddlers, along with the prevention and handling of nutritional problems in children. (Ministry of Health, 2017).

The nutritional issues in children require attention. Malnutrition problems, including Protein Energy Malnutrition (PEM), Vitamin A Deficiency (VAD), Iodine Deficiency Disorders (IDD), and Anemia, are still prevalent in developing countries, including Indonesia. These nutritional challenges have a significant impact on brain development, behavior, work capacity, productivity, and resistance to infectious diseases (Sulistyoningsih, 2014).

To address these nutritional concerns, it is crucial to pay attention to children's nutritional intake starting from the very first day of life (day of birth), as this period is the golden age of child development up to the age of 2 years. The best source of nutrition for newborns is breast milk. Breast milk contains all the essential nutrients a baby needs, and thus, exclusive breastfeeding is recommended for infants from 0 to 6 months of age without the introduction of any other foods (Ministry of Health of Indonesia, 2022).

Exclusive breastfeeding in the world is still low. Based on data from the World Health Organization (WHO), the average exclusive breastfeeding in the world is around 38%. Nationally, the coverage of infants receiving exclusive breastfeeding in 2021 is 56.9%. This number decreased from the coverage of exclusive breastfeeding in 2020, which was 66.06%. (Indonesian Ministry of Health, 2022). Meanwhile, the coverage of exclusively breastfed infants in Lampung Province in 2021 was 73.6%, a slight increase from the previous year of 70.1%. The coverage of each district from the lowest include South Lampung District at 57.5%, Way Kanan District at 59.76%, North Lampung District at 61.51%, West Tulang Bawang District at 70.15%,

Pesawaran District at 70.7%, East Lampung District at 73.63%, Central Lampung Regency by 74.91%, Tulang Bawang Regency by 77.99%, Pringsewu Regency by 78.56%, Metro City by 81.1%, West Lampung Regency by 81.29%, West Coastal Regency by 84.15%, Tanggamus Regency by 87.22%, and Bandar Lampung City by 88.87%. (Lampung Provincial Health Office, 2022).

Data on the coverage of exclusively breastfed infants in South Lampung District is one of the lowest at 57.5%, lower than the average district/city in Lampung Province. This number also dropped dramatically from the previous year, which was 71.7%, and is far from the Ministry of Health's target of increasing exclusive breastfeeding to 80%. (Lampung Provincial Health Office, 2022)..

Based on the data above, it is known that exclusive breastfeeding has not been implemented optimally, this is due to many people who still give complementary foods too early (ECF). The recommended complementary feeding is after the baby is more than 6 months old. Giving complementary food too early or under 6 months will not provide benefits for the baby, it can even cause impacts including triggering overweight, triggering allergies and digestive disorders in infants. In addition, giving complementary foods before the age of six months will provide an opportunity for the entry of various types of germs. Babies who receive complementary foods before 6 months of age are more likely to suffer from diarrhea, constipation, cough and cold, and fever compared to babies who are exclusively breastfed. Not to mention the risk of obstruction due to the baby's digestive process that is not ready to receive solid food, which in some extreme cases requires surgery (Nirwana, 2014). (Nirvana, 2014).

Looking at the various impacts of early complementary feeding above, it is necessary to know the causative factors so that further interventions can be made to prevent this from happening. Early complementary feeding can be influenced by several factors, including predisposing factors, which include education, knowledge, traditional or cultural values. Enabling factors, which include family income, time availability, and maternal health. Reinforcement factors, which

include family support and health worker support. (Haryono & Setianingsih, 2014).

One of the factors that influence breastfeeding behavior is knowledge. Knowledge is the result of information stimulation that is noticed and remembered, knowledge about the benefits of breast milk and the timing of complementary feeding will encourage exclusive breastfeeding behavior. The next factor is education, where education will encourage a person to be curious, seek experience and to organize experience so that the information received will become knowledge. Then the next factor that influences behavior is socio-culture. Socio-culture will influence mothers to provide exclusive breastfeeding because it has become a culture in their family. In addition, health worker support will influence mothers in providing exclusive breastfeeding. Health worker support in relation to advice to mothers to breastfeed their babies, determines the sustainability of mothers in breastfeeding. (Haryono & Setianingsih, 2014)..

Research conducted by Wulandari, Aini, & Sari (2018) on factors associated with early complementary feeding in Boloh Village, Toroh District, Grobogan Regency. Sari (2018) on factors associated with early complementary feeding in Boloh Village, Toroh District, Grobogan Regency, variables associated with early complementary feeding are maternal age value (p-value = 0.028), employment status value (p-value 0.002), education level (p-value = 0.001), knowledge (p-value = 0.020), experience value (p-value = 0.005), socio-cultural p-value 0.001, information value (p-value = 0.001).

The results of a preliminary study in February 2023 at the Natar Health Center in South Lampung Regency obtained data on exclusive breastfeeding coverage which was still low at 48.6%. IMP Dian Mustika is one of the IMP in the working area of the Natar Primary Health Care, South Lampung Regency, where in IMP it is most often found babies aged less than 6 months who have been given early complementary foods. In fact, health promotion on exclusive breastfeeding has been intensively carried out since pregnant women conduct antenatal care (ANC). Based on an interview with midwife Dian Mustika, Amd. Keb, it was found that in 2022 there was one baby aged 2 months who was given early complementary food by his mother and experienced obstructive ileus so that it had to be operated on, this was due to digestion that was not ready to accept food. Several cases of diarrhea, constipation, and allergies are often found in infants who are given early complementary foods who visit IMP Dian Mustika.

Based on a pre-survey of 10 mothers with infants 6-12 months, 7 (70%) gave early complementary foods, and 3 (30%) did not give early complementary foods. Then as many as 7 people (70%) did not know when solids should be given and 3 people (30%) understood when solids should be given. Furthermore, 6 people (60%) had low education (elementary and junior high school), 3 others (30%) had middle education (high school), and 1 person (10%) had high education. Then as many as 6 people (60%) said that it has been a hereditary habit that babies should be given soft food so that they are not fussy, and 4 other people (40%) do not have beliefs that recommend babies to be given soft food from an early age. In addition, 6 people (60%) said they had not received information from health workers about exclusive breastfeeding, and 4 other people (40%) had been exposed to information from health workers.

Based on the description above, the researcher is interested in conducting research on "Factors influencing the provision of early complementary foods (ECF) in infants aged 6-12 months at IMP Dian Mustika, Natar District, South Lampung Regency in 2023.

RESEARCH METHODS

The research design used This type of research is quantitative. Analytic survey design with a *cross sectional* time approach. The population in this study were all mothers who had babies aged 6-12 months who visited IMP Dian Mustika, with a sample size of 63 people, and the sampling technique used total sampling. Data collection tools using questionnaires. This study uses primary data taken directly to respondents by distributing questionnaires to respondents then subsequently collected and processed data. Data processing through editing, coding, processing and cleaning stages. Statistical tests using the chi-square test.

RESEARCH RESULT

Univariate Analysis

Table 1
Frequency Distribution of Early Complementary Feeding (ECF)

Feeding Complementary Foods	Frequency	Percentage
No	36	57,1
Yes	27	42,9

Based on Table 1, it can be seen that most mothers did not give early ECF to their babies, as many as 36 people (57.1%).

Meanwhile, 27 mothers (42.9%) gave early breastfeeding to their babies.

Table 2
Frequency Distribution of Maternal Knowledge about complementary feeding

Knowledge	Frequency	Percentage
Good Knowledge	38	60,3
Poor Knowledge	25	39,7

Based on table 2, it can be seen that most mothers have good knowledge about complementary feeding. early, as many as 38 people (60.3%). While mothers with poor knowledge, as many as 25 people (39.7%).

Table 3
Frequency Distribution of Mother's Education Level

Education	Frequency	Percentage
Medium-High	39	61,9
Low	24	38,1

Based on table 3, it can be seen that most mothers have a medium-high education, which is

Bivariate Analysis

Table 6
Relationship between knowledge and early complementary feeding

Knowledge	Early complementary feeding (ECF)				Total		P-Value	OR (95% CI)
	No		Yes					
	n	%	n	%	n	%		
Good Knowledge	29	76,3	9	23,7	38	100	0,000	8,286 (2,625- 26.15)
Poor Knowledge	7	28	18	72	25	100		

Based on table 6, the results obtained from 38 respondents who had good knowledge, 29 people (76.3%) did not give early complementary foods to their babies, while the other 9 people (23.7%) gave early complementary foods to their babies. In addition, out of 25 respondents who had poor knowledge, 18 people (72%) gave early complementary foods to their babies, while 7 people (28%) did not give early complementary foods to their babies.

The results of the chi-square test, obtained p-value = 0.000 (p-value < α (0.000 < 0.05) then H_0

39%. (61.9%). While mothers with low education, as many as 24 people (38.1%).

Table 4
Frequency Distribution of Maternal Social Culture

Social Culture	Frequency	Percentage
Good	32	50,8
Not good	31	49,2

Based on table 4, it can be seen that most mothers have good social cultural support, as many as 32 people (50.8%). While There were 31 mothers who had poor socio-cultural support (49.2%).

Table 5
Frequency Distribution of the Role of Health Workers

Role of Health Workers	Frequency	Percentage
Good	32	50,8
Not good	31	49,2

Based on table 5, it can be seen that most mothers have good health worker role support, as many as 32 people (50.8%). While mothers who have the support of the role of health workers are not good, as many as 31 people (49.2%).

is rejected. So it can be concluded that there is a relationship between knowledge and early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023. Based on the calculation, the Odds Ratio (OR) value = 8.286, it can be concluded that mothers who have poor knowledge are 8.286 times more likely to give early complementary foods to their babies compared to mothers who have good knowledge.

Relationship between education level and early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency, 2023

Table 7
Relationship between education level and early complementary feeding

Education	Early complementary feeding				Total		P-Value	OR (95% CI)
	No		Yes					
	n	%	n	%	n	%		
Medium-high	29	74,4	10	25,6	39	100	0,001	7,043 (2,261- 21,94)
Low	7	29,2	17	70,8	24	100		

Based on table 7, out of 39 respondents who have medium-high education, 29 people (74.4%) do not give early complementary food to their babies, while the other 10 people (25.6%) give early complementary food to their babies. In addition, out of 24 respondents who had low education, 17 people (70.8%) gave early complementary foods to their babies, while 7 people (29.2%) did not give early complementary foods to their babies.

The results of the chi-square test, obtained p-value = 0.001 (p-value < α (0.001 < 0.05) then H_0 is rejected. So it can be concluded that there is a relationship

education with early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023. Based on the calculation, the Odds Ratio (OR) value = 7.043, it can be concluded that mothers who have low education are 7.043 times more likely to provide early complementary foods to their babies compared to mothers who have medium-high education.

Socio-cultural relationship with early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023.

Table 8
Socio-cultural relationship with early complementary feeding

Social Culture	Early complementary feeding				Total		P-Value	OR (95% CI)
	No		Yes					
	n	%	n	%	n	%		
Good	25	78,1	7	21,9	32	100	0,002	6,494 (2,129- 19,807)
Not good	11	35,5	20	64,5	31	100		

Based on table 8, the results obtained from 32 respondents who have good socio-culture, as many as 25 people (78.1%) do not provide early complementary foods to their babies, while the other 7 people (21.9%) provide early complementary foods to their babies. In addition, out of 31 respondents who had unfavorable social culture, 20 people (64.5%) gave early complementary foods to their babies, while the other 11 people (35.5%) did not give early complementary foods to their babies.

The results of the chi-square test, obtained p-value = 0.002 (p-value < α (0.001 < 0.05) then H_0 is rejected. So it can be concluded that there is a socio-cultural relationship with early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023. Based on the calculation, the Odds Ratio (OR) value = 6.494, it can be concluded that mothers who have a bad social culture are 6.494 times more likely to give early solids to their babies compared to mothers who have a good social culture.

Table 9
Relationship between the role of health workers and early complementary feeding

Role of Health Workers	Early complementary feeding				Total		P-Value	OR (95% CI)
	No		Yes					
	n	%	n	%	n	%		
Good	25	78,1	7	21,9	32	100	0,002	6,494 (2,129- 19,807)
Not good	11	35.5	20	64,5	31	100		

Based on table 9, the results obtained from 32 respondents who have a good role of health workers, as many as 25 people (78.1%) do not provide early complementary foods to their babies, while 7 people (21.9%) others provide early complementary foods to their babies. In addition, out of 31 respondents who had an unfavorable role of health workers, 20 people (64.5%) gave early complementary foods to their babies, while the other 11 people (35.5%) did not give early complementary foods to their babies.

The results of the chi-square test, obtained $p\text{-value} = 0.002$ ($p\text{-value} < \alpha$ ($0.001 < 0.05$)) then H_0 is rejected. So it can be concluded that there is a relationship between the role of health workers and early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023. Based on the calculation, the Odds Ratio (OR) value = 6.494, it can be concluded that mothers who have a bad health worker role are 6.494 times more likely to give early complementary foods to their babies compared to mothers who have a good health worker role.

DISCUSSION

Based on the results of the study, it was found that there was a relationship between knowledge and early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023 ($p\text{-value} = 0.000$ and $OR = 8.286$). The results of this study are in accordance with the theory put forward by Notoatmodjo (2015), that knowledge is a very important area in shaping a person's actions / activities (overt behavior). Behavior based on knowledge will last longer than behavior that is not based on knowledge. In addition, according to Maryunani (2015), the increasing knowledge and understanding of mothers about breastfeeding, both in terms of the benefits / advantages of breast milk and everything related to technical breastfeeding or lactation management, mothers will be motivated to provide breast milk in the right way, thus increasing breastfeeding for their babies and will prevent early provision of complementary feeding.

The results of this study are in line with research conducted by Marlina (2021), on factors associated with complementary feeding in infants aged 6-12 months in the Juli Primary Health Care, Bireuen Regency, bivariate analysis found that there was a relationship between knowledge and the provision of early complementary feeding ECF ($p\text{-value}=0.010$).

According to the researchers, the relationship between knowledge and early

complementary feeding is because knowledge is one of the factors that influence a person's behavior in maintaining their baby's health. Low knowledge affects the mother's behavior in giving early complementary foods to her baby. Mothers do not know that giving complementary foods too early will cause disturbances in the baby's digestive system. Mothers still think that giving early complementary foods is harmless and will make the baby fatter and healthier, so they do not hesitate to give complementary foods to the baby before the time. Conversely, if mothers have good knowledge, every action will be in accordance with their knowledge, so mothers who have good knowledge about early complementary feeding tend not to give untimely complementary feeding.

Based on the results of the study, it was found that there was a relationship between education and early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023 ($p\text{-value} = 0.001$ and $OR = 7.043$). The results of this study are in accordance with the theory put forward by Haryono & Setianingsih (2014), education will encourage a person to be curious, to seek experience and to organize experience so that the information received will become knowledge. The knowledge possessed will form a belief to perform certain behaviors. Education affects early complementary feeding. Highly educated mothers will be more receptive to new ideas than low-educated mothers. Therefore, promotion and information about exclusive breastfeeding can be easily accepted and implemented. Mothers with higher education have a greater likelihood of not providing early complementary feeding than mothers with lower education levels.

The results of this study are in line with research conducted by Wulandari, Aini, & Sari (2018) on factors associated with early complementary feeding in Boloh Village, Toroh District, Grobogan Regency, bivariate analysis found that variables associated with early complementary feeding include education level ($p\text{-value} = 0.001$).

According to the researchers, the relationship between education and early complementary feeding can be caused by a person's level of education affecting the ability to understand the information provided. A person with a high level of education will more easily understand the information provided and be able to practice in everyday life compared to people who have a low level of education. So that middle-high education

tends not to provide early complementary foods, and vice versa.

Based on the results of the study, it was found that there was a socio-cultural relationship with early complementary feeding at IMP Dian Mustika, Natar District, South Lampung Regency in 2023 (p-value = 0.002 and OR = 6.494). The results of this study are in accordance with the theory put forward by Haryono & Setianingsih (2014), that socio-culture will influence mothers to provide early complementary foods because it has become a culture in the family. One culture that is still widely practiced in the community is the selapanan custom, where babies are given a bite of porridge on the grounds that it trains the baby's digestive system. Even though this is not true, it is still done by the community because it has become a culture in the family.

The results of this study are in line with research conducted by Marniati, et.al. (2022), entitled "Effect of Tradition and Social Economy on Giving Complementary Food for Mother's Milk in Babies", found that the results showed that there was an influence of Tradition and Socio-Economy on the provision of complementary food as evidenced by the value in the Kuala Tadu Puskesmas Working Area, Nagan Raya Regency (P-value < α 0.05).

According to the researchers, the relationship between socio-culture and early complementary feeding is because cultural customs are still one of the factors in doing something, including early complementary feeding. Wrong assumptions by the surrounding community can affect a person's behavior. Habits that are carried out for generations will usually continue to be done by someone because of the influence of older people, such as the habit of giving solid food to babies before the age of 6 months is believed to make babies grow up faster and less fussy. This is why some people still give early complementary foods to their babies.

Based on the results of the study, it was found that there was a relationship between the role of health workers and the provision of early complementary foods at IMP Dian Mustika, Natar District, South Lampung Regency in 2023 (p-value = 0.002 and OR = 6.494). The results of this study are in accordance with the theory put forward by Haryono & Setianingsih (2014), that the lack of encouragement from health workers is one of the factors inhibiting breastfeeding, this causes the community to be less informed or encouraged about the benefits of breastfeeding. So that mothers know how to provide good breastfeeding and delay the

provision of complementary feeding until the baby is 6 months old. In addition, the provision of information that needs to be straightened out by health workers where the incessant advertising of formula milk is something that triggers the mother's motivation to replace breast milk with formula milk. Professional health workers can be a supporting factor for mothers in providing breast milk. The role of health workers in relation to advising mothers to provide exclusive breastfeeding and complementary feeding on time to their babies determines the sustainability of breastfeeding.

The results of this study are in line with research conducted by Kumalasari, Sabrian, & Hasanah (2015), on factors associated with early complementary feeding, found that bivariate analysis found that there was a relationship between health worker support and early complementary feeding (p-value = 0.037).

According to the researchers, the relationship between the role of health workers and early complementary feeding may be due to the fact that health workers are one of the sources of information about the impermissibility of early complementary feeding for breastfeeding mothers in the community. Health workers usually always support the prevention of early complementary feeding by providing education and information about the benefits of breastfeeding to mothers and providing information about the dangers of early complementary feeding so as to encourage mothers to exclusively breastfeed their babies and prevent complementary feeding.

CONCLUSION

The results showed that there was a relationship between knowledge (p-value = 0.000 and OR = 8.286), education (p-value = 0.001 and OR = 7.043), socio-culture (p-value = 0.002 and OR = 6.494), the role of health workers (p-value = 0.002 and OR = 6.494) with early complementary feeding.

SUGGESTION

Health workers, especially midwives, are expected to promote exclusive breastfeeding by educating the community, especially mothers of infants under 6 months of age, about the benefits of exclusive breastfeeding and the risks of early complementary feeding to infants through health counseling during '*posyandu*' activities. In addition, in addition to increasing knowledge about exclusive breastfeeding, midwives are also expected to increase support for exclusive breastfeeding by teaching birth mothers about breast care, proper breastfeeding methods, and nutrition for

breastfeeding mothers. In addition, mothers who have infants need to seek information about the type of complementary feeding that is appropriate for their age.

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