

FACTORS RELATED TO PROVIDING EARLY MPASI TO BABIES AGED 0-6 MONTHS

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ABSTRACT : FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PEMBERIAN MPASI DINI PADA BAYI USIA 0-6 BULAN

Latar belakang : Menurut data Riset Kesehatan Dasar (RISKESDAS, 2021) 52,5% atau hanya setengah dari 2,3 juta bayi berusia kurang dari enam bulan yang mendapat ASI eksklusif di Indonesia, atau menurun 12 persen dari angka di tahun 2019. Menurut Dinas Kesehatan Propinsi Lampung pada tahun 2021 bayi yang diberikan MPASI sampai usia 6 bulan hanya (32,2%). Dari data Desa Sidokayo juga menyebutkan angka kejadian diare pada bayi umur kurang dari 1 tahun pada tahun 2022 meningkat sebanyak 39 kasus, sedangkan pada bulan Januari hingga Februari 2022 terdapat 8 kasus diare bayi dalam 1 bulan. Dan dari 8 kasus tersebut bayi yang terkena diare kebanyakan dari mereka telah diberikan MP ASI sebelum usia 6 bulan. Penelitian ini dilakukan untuk mengetahui faktor apa saja yang berhubungan dengan diberikannya MPASI dini pada anak usia 0-6 bulan di Desa Sidokayo Kecamatan Abung Tinggi Kabupaten Lampung Utara Tahun 2023. .

Metode penelitian : penelitian ini merupakan survey analitik dengan menggunakan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh ibu yang mempunyai bayi usia 0-6 bulan yang berjumlah 40 bayi. Teknik sampling dengan Total Sampling yaitu sebanyak 40 bayi. Cara pengumpulan data dengan kuesioner. Analisa yang digunakan adalah analisa univariat dan bivariat (chi square).

Hasil penelitian ada hubungan hubungan antara pengetahuan, pendidikan dan pekerjaan dengan diberikannya MPASI dini pada anak usia 0-6 bulan.

Kesimpulan Berdasarkan hasil univariat menunjukkan distribusi frekuensi pengetahuan ibu yang baik (52,5%), Pendidikan tinggi (52,5%), ibu yang bekerja (52,5%) dan responden yang memberikan MPASI dini sebanyak 57,5%. Hasil bivariat didapatkan bahwa dari tiga variabel yang diteliti yaitu pengetahuan, pendidikan dan pekerjaan diperoleh $p = 0,001$, $0,22 \leq \alpha = 0,05$, , maka ada hubungan antara pengetahuan, pendidikan dan pekerjaan dengan diberikannya MPASI dini pada anak usia 0-6 bulan. Diharapkan bagi masyarakat untuk lebih meningkatkan pengetahuan dengan media yang ada, seperti internet, youtube, leflet dan lain sebagainya.

Saran Diharapkan petugas kesehatan dapat memberikan penyuluhan kesehatan tentang MP-ASI terutama kepada ibu dengan pendidikan rendah dan atau ibu yang bekerja

Kata kunci : MPASI Dini, Pengetahuan, Pendidikan, Pekerjaan

ABSTRACT

Background : According to Basic Health Research data (RISKESDAS, 2021) 52.5% or only half of the 2.3 million babies aged less than six months are exclusively breastfed in Indonesia, a 12 percent decrease from the 2019 figure. According to the Lampung Provincial Health Office in 2021, only 32.2% of infants were given complementary foods until 6 months of age. Data from Sidokayo Village also states that the incidence of diarrhea in infants aged less than 1 year in 2022 increased by 39 cases, while in January to February 2022 there were 8 cases of infant diarrhea in 1 month. And of the 8 cases of infants affected by diarrhea, most of them had been given MP ASI before the age of 6 months. This study was conducted to determine what factors are associated with early complementary feeding in children aged 0-6 months in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023. .

Research method : this research is an analytical survey using a cross sectional approach. The population in this study were all mothers who had babies aged 0-6 months totaling 40 babies. The sampling technique with Total Sampling is as many as 40 babies. How to collect data with a questionnaire. The analysis used was univariate and bivariate analysis (chi square).

The results showed that there was a relationship between knowledge, education and work with the provision of early solidity in children aged 0-6 months.

Conclusion Based on the univariate results, the frequency distribution of good maternal knowledge (52.5%), high education (52.5%), working mothers (52.5%) and respondents who gave early solids as much as 57.5%. The bivariate results showed that of the three variables studied, namely knowledge, education and work, $p = 0.001$, $0.022 \leq \alpha = 0.05$, so there is a relationship between knowledge, education and work with early complementary feeding in children aged 0-6 months. It is expected for the community to further increase knowledge with existing media, such as the internet, YouTube, leaflets and so on.

Suggestions It is hoped that health workers can provide health counseling about complementary foods, especially to mothers with low education and or working mothers.

Keywords : Early complementary feeding, knowledge, education, work

INTRODUCTION

Mother's milk (ASI) is food during the first months of life (Margaret Lawson, 2013). Breast milk is very useful for the baby's immune system because it contains very important substances which have been proven to fight various kinds of infections, such as ARI, ear inflammation, blood infections and so on (Simkin, 2017).

World Health Organization (WHO) and UNICEF (2012) in 2011 reported world children, namely 136.7 million babies were born in the world and only (32.6%) of them were given exclusive breast milk in the first 6 months. This means that the percentage of MP ASI provision coverage reached (67.4%) in babies in the first 6 months. Based on data from WHO, coverage of exclusive breastfeeding throughout the world was only around (36%) during the period (2001-2014). Based on data from Riskesdas (2013), in Indonesia only (30.2%) babies receive exclusive breast milk, while babies do not receive exclusive breast milk (69.8%), this means that there are (30.2%) babies who receive complementary breast milk aged 6-24 months. % and those who received early MP-ASI were (69.8%). Meanwhile, the coverage of exclusive breastfeeding for babies up to 6 months of age was only (29.5%) in 2016, this means that the coverage of giving MP ASI reached (70.5%) for babies aged 6 months (Indonesian Health Profile, 2016).

According to Basic Health Research data (RISKESDAS, 2021) 52.5% or only half of the 2.3 million babies aged less than six months are exclusively breastfed in Indonesia, or a decrease of 12 percent from the figure in 2019.

According to the Lampung Provincial Health Service in 2021, the coverage of exclusive breastfeeding in 2019 reached (69.33%) or, in 2020 it was (70.8%) and in 2021 babies who were given exclusive breastfeeding from 0-5 months experienced an increase, namely (73.4%) and only

(32.2%) gave it to babies up to 6 months of age (Bandar Lampung City Health Service Performance Report, 2021).

Improper provision of MP-ASI not only disrupts the nutritional intake that the baby should get, but also disrupts the baby's digestion because the digestive system is not yet able to digest or break down the food. As is known, a new baby's digestive system will be ready to digest food with a denser contour than breast milk, after the age of 6 months and above (Ministry of Health of the Republic of Indonesia, 2017).

The risk that occurs if a baby is given MP ASI early before the age of 6 months can increase the risk of allergies, which is caused by the cells around the intestines not being ready to accept the contents of food, thus causing allergies. It can also increase the risk of infection, this is because the immune system of babies less than six months old is not optimal when given food other than breast milk, as well as giving bacteria the opportunity to attack and infect the baby's body (Riskani, 2012).

The large number of factors that cause risks in giving early MP ASI include the mother's attitude which is a factor in giving early MP ASI. Attitude is one of the factors that drives someone's actions. If a mother has a good or positive attitude towards giving MP ASI then the actions that will be taken by her baby in giving MP ASI will also be good and positive, in this case giving MP ASI is given when the baby is over 6 months old taking into account the baby's physical and psychological readiness and quality, and types of complementary foods for breast milk so that the baby's nutritional needs are properly met (Hajrah, 2016).

From data from Sidokayo Abung Tinggi Village, North Lampung Regency in 2016, there were 60% of babies breastfeeding with exclusive breast milk and 40% of those without exclusive breast milk. In 2017, there was a decrease of 56% of babies who

were breastfed exclusively with breast milk and 44% of babies who were not exclusively breastfed (Sidokayo Village Data).

Data from Sidokayo Village also states that the incidence of diarrhea in babies aged less than 1 year in 2022 increased by 39 cases, while from January to February 2022 there were 8 cases of baby diarrhea in 1 month. And of the 8 cases, most of the babies who had diarrhea had been given complementary foods before the age of 6 months (Sidokayo Village Data).

Based on a pre-survey conducted by the author among the community at Posyandu Melati II, Sidokayo Abung Tinggi Village, the number of mothers with babies aged 6-12 months was 40 mothers. A preliminary survey conducted found that 5 mothers had babies aged 3-4 months, 4 had been given MP ASI, and 1 baby had not been given MP ASI. Then the researcher also conducted a second interview with 5 mothers who had babies aged 6-12 months, 3 of the 5 mothers had given MP ASI to their babies when the babies were still 5 months old. So it can be concluded from 10 interviews with mothers who had babies 6-12 months old, 7 out of 10 mothers had given MP ASI before the baby was 6 months old. And of the 7 babies who were given MP ASI, 3 of their mothers admitted that their babies often had diarrhea since they started being given MP ASI. (community interview at Posyandu Melati II Sidokayo Village, 2018).

Based on the description above, the author is interested in conducting research with the title "Factors related to giving MP ASI to babies aged 0-6 months in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023

RESEARCH METHODS

In this research, the author took the type of analytical survey research and used research objects on babies aged 0-6 months and research subjects on mothers who had babies aged 0-6 months. The research location was carried out from April-May 2023 in Sidokayo Village, Abung Tinggi District, North Lampung Regency, Lampung Province in 2023. The population used in this research was all mothers who had babies aged 6-12 months starting from April - May 2023 in Sidokayo Village consists of 40 women. This sampling technique that the researcher uses is a saturated sample. The measuring instrument used to measure MPASI, knowledge, education, work is a questionnaire. The analysis used is univariate analysis and bivariate analysis (*chi square*).

RESEARCH RESULTS

Univariate Analysis

Based on table 1, it shows that the majority of mothers are in the category of mothers with good knowledge, namely 52.5% and the least are mothers with poor knowledge, namely 47.5%.

Table 1
Frequency distribution of knowledge in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023

Knowledge	Frequency	Percentage
Not enough	19	47.5
Good	21	52.5

Table 2
Distribution of education frequency in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023

Education	Frequency	Percentage
Base	19	47.5
Higher	21	52.5

Based on table 2, it can be seen that of the 40 respondents, more than half (52.5%) of the mothers have higher education in Sidokayo Village, Abung Tinggi District in 2023.

Table 3
Frequency distribution of maternal employment in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023

Work	Frequency	Percentage
Work	19	47.5
Doesn't work	21	52.5

Based on table 3, it shows that of the 40 respondents, the majority of mothers were working (52.5%) and 19 mothers were not working (47.5%).

Table 4
Frequency distribution of giving Early MPASI to babies aged 0-6 months in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023

Early Complementary Breastfeeding	Frequency	Percentage
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Given Early MPASI	23	57.5
Not Given Early MPASI	17	42.5

Based on table 4, it can be seen that of the 40 respondents there were 57.5% of mothers who provided Early MPASI and 42.5% of mothers did not provide Early MPASI.

Bivariate Analysis

Table 5

The Relationship between Mother's Knowledge and Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village, Abung Tinggi District, North Lampung Regency, 2023

Mother's knowledge	Providing Early Complementary Breastfeeding				Amount		P-Value	OR 95%CI
	Given		Not given		N	%		
	n	%	n	%				
Not enough	17	89.5	2	10.5	19	100%	0.001	8,250
Good	6	28.6	15	71.4	21	100%		

Based on Table 5, it can be concluded that the statistical test results obtained $p = 0.001 \leq \alpha = 0.05$, there is a significant relationship between knowledge

and giving early MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.001.

Table 6

Maternal Education by Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village, District Abung Tinggi, North Lampung Regency Year 2023

Mother's education	Providing Early Complementary Breastfeeding				Amount		P-Value	OR 95%CI
	Given		Not given		N	%		
	n	%	n	%				
Base education	15	78.9	4	21.1	19	100%	0.022	6,094
Higher education	8	38.1	13	61.9	21	100%		

Based on Table 6, it can be concluded that the results of statistical tests obtained $p = 0.022 \leq \alpha = 0.05$, there is a significant relationship between

education and giving early MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.001.

Table 7

The Relationship between Mother's Work and Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village, Abung Tinggi District, North Lampung Regency, 2023

Mother's job	Providing Early Complementary Breastfeeding				Amount		P-Value	OR 95%CI
	Given		Not given		N	%		
	n	%	n	%				
Work	15	78.9	4	21.1	19	100%	0.022	6,094
Doesn't work	8	38.1	13	61.9	21	100%		

Based on Table 7, it can be concluded that the results of statistical tests obtained $p = 0.022 \leq \alpha = 0.05$, there is a significant relationship between maternal employment and early provision of MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.022.

DISCUSSION

The Relationship between Knowledge and Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village

The research results showed that the statistical test results obtained $p = 0.001 \leq \alpha = 0.05$, there was a significant relationship between

knowledge and giving early MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.001.

The research results above are in line with other research conducted by Nurilma in Babakan Madang District, Bogor Regency in 2020. There are two factors that influence mothers' behavior in providing MP-ASI, namely knowledge and support from those closest to them. Another study that showed the same results was conducted by Kusmiyati in the city of Manado in 2018 with the results that there was a relationship between knowledge and giving MP-ASI with a p-value of 0.005.

A person's knowledge will influence their mindset towards something which ultimately influences behavior change. The higher the knowledge, the more likely the person will pay attention to health problems both for themselves and their family. Therefore, it means that the higher the mother's knowledge, the less likely the mother is to give MPASI to babies aged ≤ 6 months.

According to researchers, knowledge plays a big role in someone taking action. A person's level of knowledge influences the needs of both themselves and others. The majority of mothers with a low level of knowledge will be indifferent to their baby's condition, on the other hand, mothers with a higher level of knowledge will usually be more enthusiastic and really care about their child's condition, both regarding exclusive breastfeeding and complementary feeding. The role of health workers in posyandu activities is very important, so that respondents receive information regarding the provision of health education. The knowledge gained by respondents forms new trust because the information provider is a trustworthy source.

Based on the research results, it is known that as many as 38.1% of respondents had good knowledge but gave early MP_ASI. This could be due to other causes so that the mother did not give MPASI to her baby, such as the mother working or the mother having breast abnormalities so the mother did not breastfeed her baby or there were other factors that were not taken into account. In this research, such as the incessant advertising of formula milk which seems to depict that children's development will be better if they consume formula milk, or the presence of psychological disorders such as fear that breastfeeding will make the breasts less firm or the lack of husband's support, so that health workers provide more accurate information. True to mothers since mothers check themselves during pregnancy, changes in thought patterns and inappropriate lifestyles in mothers who have babies

giving PASI at <6 months of age are also caused by the very intensive promotion of formula milk carried out by manufacturers. This condition requires attention and hard work from health workers in changing the paradigm and increasing public awareness, especially for mothers, through a health promotion service approach regarding the importance of exclusive breastfeeding for babies and as many as 61.9% do not provide MP_ASI

The Relationship between Education and Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village

The results of the study showed that $p = 0.001 \leq \alpha = 0.05$, there was a significant relationship between education and giving early MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.001.

Based on the research results, it is known that as many as 89.5% of mothers with basic education have given early MPASI to their children, but as many as 10.5% of respondents did not give early MPASI to their children. According to the researchers, in this study, respondents with low education did not necessarily provide 100% of MPASI to early children, but there were also several factors that influenced mothers to provide early MPASI, such as social culture which had been passed down from generations to generations and was deeply rooted in their families.

Based on the research results, it is known that as many as 28.6% of respondents with higher education have given MPASI to their children. This is because respondents with higher education are more likely to work so that respondents no longer have time to pump breast milk and breast milk production is reduced because respondents have quite high stress, not only at home but also at work and as many as 71.4% do not give early MPASI to their children. This is because respondents already know the impact of giving early MPASI and respondents are also likely not working or if they work have enough time to be able to breastfeed their children first.

The Relationship between Work and Providing Early MPASI to Babies Aged 0-6 Months in Sidokayo Village

The results of the research showed that the statistical test results obtained $p = 0.001 \leq \alpha = 0.05$, there was a significant relationship between maternal employment and early provision of MPASI to babies aged 0-6 months using a bivariate test with a p-value of 0.001.

The results of the research show that there is a significant relationship between work and giving

MP ASI to babies aged 0-6 months in Sidokayo Village, Abung Tinggi District, North Lampung Regency in 2023. The results of this research agree with research by Sefaulita (2016) regarding the relationship between mother's work and giving MP-ASI. Early breastfeeding at BPS Ny "M" Wonosari Village, Ngoro Mojokerto District, which shows the results that there is a relationship between mother's work and early MP-ASI provision at BPS Ny "M" Wonosari Village, Ngoro District, Mojokerto. This research is also in accordance with research by Ginting (2018) which shows that there is an influence of employment status on providing early MP-ASI to babies aged < 6 months in the work area of the Barusjahe Community Health Center, Karo Regency, North Sumatra Province.

Based on research results, it is known that as many as 78.9% of mothers who do not work have given early MPASI to their children due to the condition of the mother who is always in a state of stress, sadness, anxiety, lack of self-confidence, which will reduce the volume of breast milk and the mother will be motivated to provide MP-ASI below 6 months of age to babies to meet the baby's needs and as many as 21.1% of respondents did not give early MP ASI to their children. This is possible because of the support from the family, especially the husband, so that the mother does not feel burdened in caring for the child and breast milk production increases so that the mother no longer worries about the child there will be a lack of food intake. According to researchers, mothers who only work at home and have a lot of time at home do not always provide MP-ASI on time. This is proven by research results where many mothers who work at home or are just housewives have given additional food before the recommended time. . Many mothers who work at home and work outside the home combine breast milk with additional food such as instant porridge, even though the baby is not yet suitable for complementary foods.

Based on the research results, it is known that as many as 38.1% of respondents are working and have given early MPASI to their children. In the researcher's opinion, the high rate of giving early MPASI in Sidokayo Village, Abung Tinggi District could be due to the fact that many working mothers are too busy so that exclusive breastfeeding is hampered so they switching to formula milk or early complementary feeding. The involvement of mothers in earning a living to meet the living needs of their families, especially mothers who are still breastfeeding, causes their babies to not be able to breastfeed properly and regularly. Apart from that, according to researchers, it is possible for a working

mother to spend her time in the office, working is also a source of tension and stress. which is great for working mothers. Starting from rigid work regulations, unwise bosses, heavy workloads, perceived injustice in the workplace, colleagues who find it difficult to work together, very long working hours, or even psychological discomfort experienced as a result of socio-political problems. at workplace. This situation will make the mother very tired, while her presence is still eagerly awaited by the family at home. Psychological and physical fatigue often makes them sensitive and emotional, both towards their children and their husbands

Based on the research results, it is known that as many as 61.9% of respondents who work and do not provide early MPASI to their children, according to the researchers' assumptions, respondents who work but do not provide MPASI under the age of 6 months, are due to the mother's location or place of work being close to the neighborhood where she lives, which makes the mother have time to exclusively breastfeed your baby. there were respondents who said they did not provide early MP ASI, this is possible because the mother's job is not tied down, where the mother does not work and has to leave the child from morning to evening, or there are facilities where the mother works so that the mother can pump breast milk and give it to the child and there is a policy from a place where mothers work that allows mothers to go home and give breast milk to their babies, there are many ways that working mothers can continue to give breast milk to their babies, especially if the mother knows that breast milk can be stored in the refrigerator and indoors at the right temperature, The role of health workers is very important to be able to provide correct information to working mothers to continue giving breast milk to their babies for 6 months.

CONCLUSION

Frequency Distribution of Mothers' Knowledge about MPASI, namely poor knowledge, namely 52.5% and good knowledge, 47.5%. Maternal education, namely the number of mothers with primary education, was 47.5% and higher education was 52.5%. Maternal employment, namely the number of mothers who do not work is 47.5% and 52.5% are employed. Providing Early MPASI to babies aged 0-6 months, namely 57.5% of mothers who gave Early MPASI and 42.5% of mothers who did not give Early MPASI to their babies. Based on the results of the bivariate analysis of the relationship between knowledge and early provision of MPASI, the results of statistical tests using Chi Square with SPSS, with the results obtained, namely $p = 0.001 \leq$

$\alpha = 0.05$, so H_0 is rejected. This means that there is a relationship between knowledge and giving early MPASI to babies aged 0-6 months. Mother's education with giving early MPASI to babies aged 0-6 months. Mother's work with giving early MPASI to babies aged 0-6 months in Sidokayo Village, Abung Tinggi District, North Lampung Regency Year 2023.

SUGGESTION

For Respondents Increased knowledge about the impact of early MP ASI so that it can change mothers' attitudes and behavior in providing MP ASI early. For the research site, there is more participation from health workers in order to improve the health of babies by carrying out baby checks and counseling mothers about providing appropriate MPASI. For educational institutions, it can be developed into further research with independent variables that are different from this research so that it adds reading material and can become learning material for students. For Researchers, it can further increase knowledge for researchers who will conduct research on MPASI with more complex variables, based on other factors, different variables, a larger number of samples, different places, and a more appropriate design so as to increase knowledge, insight and so on. can provide information for further research.

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