

AUDIO VISUAL EDUCATIONAL FOOD COMPLEMENTARY BREASTFEEDING TO MOTHERS AGAINST IMPROVEMENT OF BABY'S NUTRITIONAL STATUS

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ABSTRAK : VIDEO AUDIO VISUAL EDUKASI MAKANAN PENDAMPING ASI (MP-ASI) PADA IBU TERHADAP PERBAIKAN STATUS GIZI BAYI

Latar Belakang: Status Gizi berdasarkan Data Riset Kesehatan Dasar pada tahun 2018 Balita gizi buruk dan gizi kurang 14,2% turun dibandingkan 2013 Gizi kurang 19.9%. Namun, Data Kemenkes RI Prov, Sulsel Masalah gizi kurang sebesar 18.4% meningkat dibanding 2017 sebesar 17.90%. Data yang diperoleh dari Dinas Kesehatan Makassar menunjukkan bahwa beberapa Puskesmas masih memiliki cakupan MP-ASI yang tergolong rendah, salah satu diantaranya Puskesmas Bara-Baraya dengan cakupan 42,7%. Salah satu yang menjadi penyebab terjadinya kurang gizi pada balita terutama pada anak usia 6-20 bulan adalah kurangnya pengetahuan tentang cara pemeliharaan gizi dan mengatur makanan anak yang dalam hal ini terkait dengan rendahnya mutu dan jumlah Makanan Pendamping Air Susu Ibu (MP-ASI). Media *audio visual* dapat dijadikan sebagai acuan bahan untuk melakukan media promosi kesehatan atau penyuluhan.

Tujuan: Membuat media Video *audio visual* edukasi Makanan Pendamping ASI (MP-ASI) kepada Ibu dan menganalisis pengaruh terhadap perbaikan status gizi bayi (6-20 Bulan).

Metode: Penelitian ini menggunakan desain pre-eksperimental. Dengan metode *one group pre-post test design*. Penelitian dilakukan dengan *pre test* terlebih dahulu menggunakan kuesioner untuk menilai pengetahuan keterampilan Ibu dan penimbangan bayi, selanjutnya diberikan intervensi berupa video *audio visual* edukasi MPASI dan kemudian dilakukan *post test* serta pengukuran status gizi.

Penelitian ini telah dilaksanakan di Puskesmas Bara-baraya Makassar pada bulan April-Juli. Sampel dalam penelitian ini adalah *Purposive Sampling* yakni semua subjek yang memenuhi kriteria inklusi yang telah dibuat dan masalah yang ingin diteliti akan dimasukkan ke dalam penelitian sampai sampel terpenuhi yaitu sebanyak 25 Orang. Adapun kriteria-kriteria sampel yang digunakan dalam penelitian ini yaitu Kriteria inklusi Ibu yang bersedia menjadi responden penelitian, telah memiliki bayi usia 6-20 bulan, sehat, mampu membaca dan menulis. Adapun Kriteria eksklusi tidak bersedia menjadi responden, dalam kondisi sakit atau tidak bisa membaca dan menulis. Uji statistik yang digunakan Uji *Wilcoxon*.

Hasil: Hasil analisis menunjukkan terdapat peningkatan yang signifikan terhadap pengetahuan, keterampilan dan perbaikan status gizi setelah pemberian intervensi berupa video *audio visual* edukasi mpasi dengan *p-value 0.000 (<0.005)*.

Kesimpulan: Terdapat perbedaan yang signifikan terhadap pengetahuan, keterampilan dan status gizi bayi setelah diberikan intervensi.

Saran: Media *audio vidual* Edukasi MPASI dapat dijadikan sebagai metode promosi kesehatan dan penyuluhan tentang Makanan pendamping ASI pada orang tua

Kata kunci: *Audio Visual*, Keterampilan, MPASI, Pengetahuan, Status Gizi

ABSTRACT

Background: Based on Basic Health Research Data in 2018, underweight and malnourished children under five were 14.2%, a decrease compared to 2013. Malnutrition was 19.9%. However, data from the Ministry of Health of the Republic of Indonesia Prov, South Sulawesi The problem of malnutrition is 18.4%, an increase compared to 2017 which was 17.90%. Data obtained from the Makassar Health Office shows that several Puskesmas still have low MP-ASI coverage, one of which is Bara-Baraya Health Center with a coverage of 42.7%. One of the causes of malnutrition in toddlers, especially in children aged 6-20 months is the lack of knowledge about how to maintain nutrition and regulate children's food which in this case is related to the low quality and quantity of Complementary Foods for Breast Milk (MP-ASI). Audio visual media can be used as a reference material for conducting health promotion media or counseling.

Purpose: To make audio-visual educational video media for breastfeeding complementary foods (MP-ASI) to mothers and analyze the effect on improving the nutritional status of infants (6-20 months).

Methods: This study used a pre-experimental design. With the one group pre-post test design method. The study was conducted with a pre-test using a questionnaire to assess the knowledge of the mother's skills and weighing the baby, then an intervention was given in the form of an audio-visual education video for MPASI and then a post-test and measurement of nutritional status were carried out. This research was carried out at the Bara Baraya Health Center Makassar in April-July. The sample in this study were 25 people who met the criteria. The sampling technique used in this study is purposive sampling, namely all subjects who meet the inclusion criteria that have been made and the problem to be studied will be included in the study until the sample is met. The sample criteria used in this study are the inclusion criteria of mothers who are willing to be research respondents, have had babies aged 6-20 months, are healthy, are able to read and write. The exclusion criteria are not willing to be a respondent, in a sick condition or unable to read and write. The statistical test used was the Wilcoxon test.

Result: The results of the analysis showed that there was a significant increase in knowledge, skills and improvement in nutritional status after giving an intervention in the form of an audio-visual education video with a p-value of 0.000 (<0.005).

Conclusion: There are significant differences in the knowledge, skills and nutritional status of infants after the intervention

Suggestions: MPASI education audio-visual media can be used as a method of health promotion and counseling about complementary feeding to parents

Keywords: Audio Visual, Knowledge, Nutritional Status, MPASI, Skills

INTRODUCTION

Nutritional status are very important as determinants of survival. In developing countries, malnutrition in pre-pregnancy and pregnant women has an impact on the birth of children who experience Intra Uterine Growth Restriction (IUGR) or better known as stunted fetal growth and also has an impact on the birth of Low Birth Weight (LBW). Mothers who are short at the age of 2 years tend to be short in stature when they reach adulthood and during pregnancy tend to give birth to babies with low birth weight, because short pregnant women can limit blood flow in the uterus and growth of the uterus, placenta and fetus so that they will be born with low body weight. there is no improvement, the occurrence of IUGR and LBW will continue in the next generation so that the problem of intergenerational short children (Mustika & Syamsul, 2018) One of the causes of malnutrition in toddlers, especially in children aged 6-20 months is the lack of knowledge about how to maintain nutrition and regulate children's food which in this case is related to the low quality and quantity of Complementary Foods for Breast Milk (MP-ASI). MP-ASI is food or drink given to babies in the transition process from breast milk to semi-solid foods. Provision of adequate complementary feeding in terms of quality and quantity is important for the physical growth and development of children's intelligence. This is because after the baby is 6 months old, breast milk is only able to meet two-thirds of the baby's needs (60%). Furthermore, one third is obtained from other

foods that are adequate both in terms of quantity and nutritional content (Mutahar, 2020).

Based on data obtained from the Makassar Health Office, it shows that several Puskesmas still have low MP-ASI coverage, one of which is Bara-Baraya Health Center with a coverage of 42.7% (S & Nildawati, 2015). Publications on the use of audio-visual educational media for improving nutritional status are still rare. Based on this, the authors are interested in researching the effect of giving MPASI videos to mothers on improving the nutritional status of infants (6-20) months. The latest from this study is to analyze the effect of mother's knowledge about feeding infants on the nutritional status of infants

RESEARCH METHODS

Study used a pre-experimental design. With the one group pre-post test design method. The study was conducted with a pre-test using a questionnaire to assess the knowledge of the mother's skills and weighing the baby, the questionnaire used has been tested for validity, then an intervention was given in the form of an audio-visual education video for MPASI and then a post-test and measurement of nutritional status were carried out. This research was carried out at the Bara Baraya Health Center Makassar in April-July. The sample in this study were 25 people who met the criteria. The sampling technique used in this study is purposive sampling, namely all subjects who meet the inclusion criteria that have been made and the problem to be studied will be included in the study

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read and write. The exclusion criteria are not willing to be a respondent, in a sick condition or unable to read and write. The statistical test used was the Wilcoxon test.

RESEARCH RESULT

Table 1
Characteristics of Age, Education Level, Occupation and Parity of Respondents Audio-visual Media MPASI Education

Characteristics	Quantity (n)	Percentage (%)
Age		
>20 Years	2	8
20-35 Years	18	72
>35 Years	5	20
Education		
ES	2	8
JHS	2	8
SHS	19	76
College	2	8
Job		
Housewife	25	100
Government employees		
Private employees		
Parity/Number of Children		
Primipara (1 child)	8	32
Multipara (2-4 children)	17	68
Grandemultipara (>4 children)		

Table 1. shows that most of the respondents aged 20-35 years were 18 people (72%) and a small proportion aged <20 years were 2 people (8%). Based on the characteristics of the respondents, most of them were educated at the high school level, namely 19 people (76%) and a small part were at different levels, namely ES, JHS and College, each of which had the same number of 2 people (8%). In

the occupational category, all respondents have the status of housewives (IRT), as many as 25 people (100%). In the parity category, it shows that most of the respondents have children totaling 2-4 children as many as 17 people (68%), and a small proportion have children totaling 1 child as many as 8 people (32%).

Table 2
Results of Analysis of Differences in Mothers' Knowledge Levels Before and After the MPASI Video Audio Visual Intervention

Knowledge Category	N		Mean ± SD		Point Increase	P-Value
	Pre	Post	Pre	Post		
Good	10	22				
Enough	10	3	14.04 ±	17.56 ±	3.52	0,000
Less	5	-	2.622	1.446		

*Wilcoxon test

Table 2. Shows that at the time of the pre-test the knowledge of respondents was in the less category as many as 5 respondents in the sufficient category as many as 10 respondents, then after being given a post-test intervention using MPASI education audio-visual media, the knowledge of

respondents experienced a significant increase in the good category as much as 22 respondents. The average value or average in the pre test is 14.04 and at the post test is 17.56, so there is an increase in points of 3.52 after the intervention. Based on the Wilcoxon test, a p-value of 0.000, this value indicates

a significant increase in knowledge after the intervention.

Table 3
Results of Analysis of Differences in Mother's Skills Before and After Intervention Video Audio Visual MPASI

Skill Category	N		Mean ± SD		Point Increase	P-Value
	Pre	Post	Pre	Post		
Good	1	25				
Enough	2	-	7.16 ± 1.028	10.96 ± .351	3.8	0,000
Less	22	-				

*Wilcoxon test

Table 3. Shows that when the pre-test of respondents' skills was in the less category by 22 respondents, the category was sufficient by 2 respondents, then after being given a post-test intervention using MPASI education audio-visual media, the respondents' skills increased significantly

with a good category of 25 respondents. The mean or average value in the pre test is 7.16 and at the post test is 10.96, so there is an increase in points of 3.8 after the intervention. Based on the Wilcoxon test, a p-value of 0.000, this value indicates a significant increase in skills after the intervention.

Table 4
Results of Analysis of Differences in Infant Nutritional Status Before and After Intervention Video Audio Visual MPASI

Category of Infant Nutritional Statu	N		Mean ± SD		Point increase	P-Value
	Pre	Post	Pre	Post		
Good Nutrition	-	23	-1.6020 ±	-.09440 ±	0.7	0,000
Malnutrition	25	2	.27632	.51078		

*Wilcoxon test

Table 4. shows that during the pre-test the nutritional status of respondents (infants) was in the less category by 25 respondents, then after being given a post-test intervention using MPASI education audio-visual media to respondents (parents) there was a significant increase with a good category of 23 respondents. The mean or average value in the pre test is (-1.6020) and at the post test is (-.09440), so there is an increase in points of 0.7 after the intervention. Based on the Wilcoxon test, a p-value of 0.000, this value indicates a significant increase in nutritional status after the intervention.

DISCUSSION

Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior or open behavior. Knowledge is the result of human sensing or the result of someone knowing about an object through the stored senses. The five human senses for sensing objects are sight, hearing, smell, taste and touch. At the time of sensing to produce knowledge is influenced by attention and perception of the

object. A person's knowledge is mostly obtained through hearing and sight (Notoatmodjo in Afris T, 2018). Skills are learning outcomes in the psychomotor domain, which form resembles cognitive learning outcomes (knowledge) (Mulyati, 2010)

Nutritional status is a picture of what a person consumes over a long period of time. Therefore, the availability of nutrients in a person's body including infants and toddlers will determine the nutritional state of infants and toddlers. Provision of good quality and quantity of food will support growth and development, so that babies can grow normally and healthy and free from disease. Food given to infants and toddlers used for body growth which can be seen from the baby's weight state.

Body weight is the most important anthropometric measure and should be measured when examining infants and toddlers in all age groups. Body weight is the result of an increase or decrease in all existing tissues in the body, including bone, muscle, fat, body fluids and others. At this time, body weight is used as the best indicator to determine the nutritional status and growth of

children because body weight is sensitive to changes (Wilujeng et al., 2017)

Results Based on the research conducted, it was found that before the intervention, the respondents' knowledge was in the less category of 5 respondents, the sufficient category was 10 respondents. The skills of the respondents before being given the intervention were in the less category by 22 respondents, the sufficient category was 2 respondents. The nutritional status of respondents (infants) before the intervention was in the less category of 25 respondents.

Knowledge can be influenced by several factors including education, age, occupation, socio-cultural environment and experience. Skills are formed from knowledge that can be influenced by a person's habits, who always want and are honed (Mulyati, 2010, Afnis, T, 2018). The intake of substances given to infants is closely related to the level of knowledge and skills of parents. In this case, weight measurement is carried out regularly, which aims to assess the nutritional status of the baby.

Based on the post test results after the intervention in the form of MPASI audio-visual media education, there was an increase in knowledge, skills and improvement in nutritional status of the respondents in this study. This is because the education that has been delivered can add information to respondents about knowledge and skills in providing complementary foods, so that respondents can provide quality complementary foods to infants to support infant growth as an effort to prevent stunting. Based on the results of the analysis obtained from the provision of MPASI education audio-visual, the knowledge of respondents experienced a significant increase in the good category of 22 respondents. The mean or average value in the pre test is 14.04 and at the post test is 17.56, so there is an increase in points of 3.52 after the intervention.

The skills of the respondents experienced a significant increase in the good category of 25 respondents. The mean or average value for the pre-test skill is 7.16 and at the post-test is 10.96, so there is an increase in points of 3.8 after the intervention. Nutritional status has increased significantly with a good category of 23 respondents. The mean or average value in the pre test is (-1.6020) and at the post test is (-.09440), so there is an increase in points of 0.7 after the intervention. This shows a significant increase in knowledge, skills and nutritional status. This is in line with previous research conducted by Wicaksono which showed that audio-visual media is a media that has a significant role in increasing the

knowledge, attitudes, and behavior of children under two about complementary foods (Wicaksono, 2016).

Knowledge becomes the basis of a person who influences his behavior and awareness so that with behavior and awareness about MPASI it is expected to provide MPASI well too. Parents in this case are important to understand the growth and development of children. Where the mother with good knowledge will prepare and provide food with good nutrition according to age and adequacy so that it can develop according to its stages. The application of MPASI educational audio-visual media to mothers who have babies aged 6-20 months is effective in increasing mother's knowledge and skills and improving nutritional status of infants from less to good.

CONCLUSION

Development of educational programs through audio-visual videos is carried out based on the needs analysis stage, namely field studies and literature studies, then design and feature designs and materials are made which will then be validated so that the final stage in this study is obtained MPASI educational audio-visual media which is very efficient and easy to use as a medium of information education in presenting good complementary foods for breast milk. The increase in respondents' knowledge during the pre test was in the less category by 5 respondents (20%), the sufficient category was 10 respondents (40%), then after the post test intervention using MPASI educational audio visual media, the respondents' knowledge increased significantly in the good category by 22 respondents (88%) Respondents' skills during the pre test were in the less category by 22 respondents (88%), sufficient category by 2 respondents (8%), then after being given post test intervention using MPASI education audio visual media, the respondents' skills increased significantly with good category by 25 respondents (100%). The nutritional status of infants during the pre-test was in the less category by 25 respondents (100%), then after being given post-test intervention using MPASI education audio-visual media to respondents (parents) and routine weight measurements, there was a significant increase in the category good by 23 respondents (92%). Application of MPASI education audio-visual media to mothers who have babies aged 6-20 months is effective in increasing mother's knowledge and skills and improving nutritional status of infants from poor to good.

SUGGESTION

From the results of the research carried out, the suggestions to be conveyed are as follows for Parents It is hoped that mothers and fathers who have babies can continue to pay attention, increase knowledge, hone skills in providing quality and varied complementary foods so that they can introduce food to babies, monitor optimal baby growth and development. For Health Workers It is hoped that the education provided can be developed both as socialization and counseling, in order to improve the quality of services, especially regarding MPASI to the community. For the next student or researcher From the results of this study, it is hoped that it can be used as an additional reference as reading material and study material for further research. It is hoped that further researchers will be able to develop this research using the MPASI menu application that is connected to indicators of infant nutritional status for future researchers.

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