



Mother and Child Health (MCH) Book Increasing Mother's Knowledge About Breast Milk Complementary Food (MP-ASI)

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ABSTRACT

Backgrounds. In accordance with the Technical Guidelines for the Use of KIA Books (RI Ministry of Health, 2016) mothers of children under five are expected to understand and use the MCH handbook as a guideline in caring for maternal and child health, and always strive to obtain health services according to standards as stated in the MCH handbook. In understanding the contents of the MCH handbook, mothers of toddlers can be facilitated by cadres or health workers. Based on a preliminary study conducted in the working area of the Kerkopan Health Center, the results obtained were that from 10 parents of babies who were given questionnaires, 7 mothers (70%) said that they had never read MCH books, especially in the children's section for early detection and to get information about giving additional food. to children

Methods: The research is Quasy Experimental Design with One Group Pretest Posttest Design and purposive sampling technique as many as 35 respondents mothers with toddlers. The research instrument used a questionnaire given before and after Health Education was conducted using the MCH handbook. Data analysis using Wilcoxon test.

Results: There was a significant difference between before and after health Education with MCH Book of mothers knowledge about complementary food with a p-value of 0.000 less than 0.05

Conclusion: Health education with MCH Book about complementary food can be carried out routinely so that mothers understand better and can be practiced at home.

Keywords: MCH Book; knowledge; complementary food

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Backgrounds. The problem of malnutrition in children under five is caused by several factors which are grouped into direct and indirect causes. The direct causes of malnutrition in children under five are lack of nutritional intake and diseases suffered by children under five, especially infectious diseases. Malnutrition is also caused by several indirect factors, including family food security, parenting patterns, health services and environmental health (Suryani et al., 2017)

The description of the nutritional status of children that can be easily seen by mothers of children under five is using the data in the Maternal and Child Health Book (KIA Book). The MCH handbook is a book that contains records of the health of mothers (pregnancy,

delivery and postpartum) and children (newborns up to the age of 6 years) as well as various information on how to maintain and care for the health of mothers and children. Every pregnant woman who is there will get 1 MCH book. (RI Ministry of Health, 2016). One of the benefits of the MCH handbook is to monitor the nutritional status of children under five, by using graphs for monitoring children's growth. (RI Ministry of Health, 2020)

The problem of malnutrition is almost evenly distributed in every region in Indonesia, including Magelang City. A total of 0.19% or 10 of the 5,340 toddlers weighed in Magelang City experienced malnutrition based on BB/TB, 25 toddlers (0.47%) experienced BGM, and 397 (7.43%) under-fives were underweight in 2019.

According to coverage data in 2019, there were still 10 under-fives with malnutrition in Magelang City out of a total of 1536 under-fives weighed (0.65%), and 80% of malnourished infants in Magelang. Magelang is from the sub-district of Central Magelang, namely 8 children under five with malnutrition from a total of 10 under five in the city of Magelang. According to the coverage data for the first semester of 2022 in the Magelang Tengah sub-district, there were still 71 under-fives with malnutrition and less than 1469 under-fives who were weighed (4.8%) while in the working area of the Kerkopan Health Center itself, the data on malnutrition was 6.37% (19) of 298 children under five in May 2022.(Dewey, 2013)

Based on a preliminary study conducted in the working area of the Kerkopan Health Center, the results obtained were that from 10 parents of babies who were given a questionnaire, 7 mothers (70%) said that they had never read MCH books, especially in the children's section for early detection and to obtain information about supplementary food providers. to the child. Therefore, researchers are interested in conducting a study entitled "Maternal and Child Health Book (KIA) Media for Increasing Mother's Knowledge About Supplementary Food in Children".

Methods. In this study, the research design used was One group pre-test-post-test design.(Narimawati et al., 2020)The study was conducted by providing health education using MCH Book media to mothers of toddlers as samples. Pre-test is done before health education is given. After being given health education, the sample was given a post test.

This research was conducted from April to May 2022 in Magelang Tengah sub-district.

In this study, the method of sampling by using a sampling technique using a purposive sampling technique with a total population of mothers who have child 6-12 months in April-May 2022 as much 35 respondents according to the results. inclusion and exclusion criteria.

In this study, the data collection technique used was a questionnaire with 20 questions about infant nutrition and complementary

feeding. Questionnaires were distributed via social media Whatsapp to mothers who have babies aged 6-12 months in the Central Magelang region in the form of google forms before and after receiving health education interventions in the form of MCH Book.

In accordance with the design of this research method is quantitative with a paired intervention group, the analysis that will be used is to test the normality of the data using the Saphiro test because the sample used is less than 50 respondents. In this study, the results of the normality test of the data obtained p value <0.05, which means that the data in this study were not normally distributed.

To analyze the relationship between health education and MCH Book media, pre and post tests were carried out using the Wilcoxon test because the data were not normally distributed

Result and Discussion.

Table 1 Distribution of mother's knowledge about complementary food before being given health education with the KIA handbook

Knowledge	Min	Max	median	SD
before	35	95	80.00	15.056

The distribution of the mother's level of knowledge about complementary foods on the pre-test value with the MCH Book media has a value range between 35 as the lowest value to 95 as the highest value, the median value obtained is 80.00 with an SD value of 15,056.

Table 2 Distribution of mother's knowledge about complementary food after being given health education with the KIA handbook

Knowledge	Min	Max	median	SD
after	60	100	90.00	10,831

the distribution of the mother's level of knowledge about complementary foods on the post-test scores with the MCH Book media has a range of values between 60 to the highest value of 100, the median value of 90 with an SD value of 10.831

Table.3 The effect of health education with MCH Book media on mother's level of knowledge about giving complementary feeding for babies aged 6-12 months

Variable	N	Mean Rank	p-value
Decrease	2	7.00	0.000
Increase	29	16.62	
Permanent	4		

Most of the respondents experienced an increase in value, namely as many as 29 respondents with an average increase of 16.62 while 4 respondents got the same value and 2 respondents experienced a decrease in value. Analysis of the relationship test between health education and MCH Book media on maternal knowledge was carried out using the Wilcoxon test. In this study, it was found that there was an effect of health education intervention with MCH Book media on the mother's level of knowledge about complementary foods with a p-value of 0.00 less than 0.05.

Conclusions and Suggestions. The level of knowledge is a very important aspect in shaping one's behavior, while one's behavior will be more meaningful if it is based on knowledge and awareness. According to Notoatmojo, knowledge is the result of knowing after people have sensed and object. Meanwhile, in the Big Indonesian Dictionary, knowledge is something that is known to be related to the learning process (Anggraeni et al., 2020)

According to The advantages of MCH Book media are: it can capture, store, retransmit an object or event as it actually is; can display events in a short time; can manipulate (using certain techniques) such as size, movement speed, color and animation; can penetrate the limitations of space and time; can attract more attention and increase learning motivation. Meanwhile, the weaknesses of the MCH Book media described (School Literacy Media: Theory and Practice - Farid Ahmadi, Hamidulloh Ibda - Google Buku, nd) are: sound films cannot be interspersed with information while the film is playing; the film's pace is too fast that not everyone can keep up; what is past cannot be

replayed if there is a part that needs attention again.

The effect of health education with MCH Book media on the level of knowledge about complementary foods in mothers who have babies aged 6-12 months. The results of this study are in line with the results of research (Septriana & Suhartono, 2016) which states that health education through audio-visual media can be applied and can increase participants' knowledge about giving complementary foods to infants aged 6-12 months.

Media is one of the factors that can increase the effectiveness of the learning process, because directly or indirectly using learning media can increase the interest and attention of the target in receiving the material. With the right media, clear and interesting, participants will be more interested in the material presented and easier to understand. (Scott et al., 2009)

The benefits of using educational media are very broad, from attracting the attention of the target, clarifying the message conveyed to reminding the message that has been conveyed by the resource person. (Lestiarini and Yuly Sulistyorini et al., 2020) According to Edgar Dale, the use of learning media often uses the principle of the cone of experience which requires learning media such as textbooks, learning materials made by teachers and audio visuals.

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