

AN EXPLORATION OF MOTHERS' EXPERIENCES OF FEEDING SHREDDED MONASPREST TO UNDER-FIVE CHILDREN

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ABSTRACT

Background: The role of parents as early as possible influences the child's growth and development later in life, especially the role of the mother during the critical period of the first 1000 days of life. Good maternal knowledge and care are positively related to the quality of child care, including children's eating habits.

Purpose: This study aims to explore mothers' experiences of feeding shredded monasprest to children under-fives years old (*baduta*).

Methods: The research design in this study was qualitative with a phenomenological method. There were 9 participants in this study, participants were not directed at number, but based on coverage until data saturation was reached. The sampling technique used purposive sampling in accordance with the inclusion criteria. The data collection tools used in this research were the researchers themselves with in-depth interview guidelines, field notes and recording equipment. The data in this study were analyzed using the Colaizi method.

Results: The results of this research gave rise to two themes and in each theme, there were two sub-themes, namely the *baduta's* response when given Monasprest floss food and the response of the *baduta's* mother when giving Monasprest shredded food.

Conclusion: This research shows that the response of toddlers when given monasprest shredded food increases the *baduta's* appetite and increases the frequency of eating with monasprest shredded food. As well as the response of the *baduta* mothers when giving the monasprest floss food, namely their interest in flossed monasprest and the mother's knowledge.

Keywords: Mother's Experience; Feeding for Infants; Shredded Monasprest.

BACKGROUND

Mothers as the main caregivers are directly involved in their children's nutritional status (Nur Fitria Syahri.M, et al., 2019). Maternal knowledge comes from the mother's experience in caring for her child, this is a key factor in implementing nutritional models and parenting patterns (Efrianto, G., & Tresnawaty, N. 2021). Good maternal knowledge and care are positively related to the quality of child care, including children's eating habits (Nur Fitria Syahri.M, et al., 2019). Children's eating habits attract quite a lot of public attention and become a particular stressor for mothers. The problems that are often found in toddlers are that they are difficult to eat (picky eaters), children only choose a few foods they like (Marlina, 2021; Maulidya, et al., 2020).

In Indonesia, the prevalence of picky eater children is 20% -52.4% (Hardianti et al., 2018). Approximately 25% and 40% of babies and young children experience eating problems, these problems are related to eating behavior that has been assimilated to parental habits (Maulidya, et al., 2020).

Children under two are still classified as passive consumers whose consumption patterns still depend on what their parents give them, in this case their mother (Choirun Nissa, 2022). Giving food to toddlers includes giving based on quantity or portion, frequency of giving, type of food, and form of food (Choliyah, 2020).

Criteria for food that is suitable for toddlers include food texture that is easy to eat and meets the nutritional needs of toddlers, smooth/watery food texture (mashed food), flavorful food but not spicy and gradually becoming tasteful and rougher (soft food or chopped food) so that it can increase the interest and appetite of toddlers (World Health Organization, 2019). Monasprest floss meets these criteria, has a soft texture, delicious taste, is easy to mix with rice, is rich in protein and various vitamins and minerals which can increase nutritional intake in the form of weaning food. In one package of monasprest shredded meat there is 45.02 grams of protein content and 17.48 grams of fat content so that it can meet the nutritional needs of toddlers. Mbah's nutritional intake is in the form of solid food.

OBJECTIVE

The objective of this study was to explore mothers' experiences of feeding shredded monasprest to under-fives years old children.

METHODS

The research design in this study was qualitative with a phenomenological method. There were 9 participants in this study, namely Indonesian women who had experience in giving Monasprest floss. Participants were not directed at numbers, but based on the principles of suitability and coverage until data was reached. The sampling technique in this study used purposive sampling in accordance with the inclusion criteria. The data collection tools used in this research were the researchers themselves with in-depth interview guidelines, field notes and recording equipment. The data in this study were analyzed using the Colaizi method. This research was conducted in Kelir Village, Kalipuro District, Banyuwangi Regency, East Java. In carrying out this research, participants preferred to conduct in-depth interviews at the participant's place of

residence with interview times according to the agreement with the participant. The research period begins with data collection starting in July.

RESULTS

Most of the participants in this study were in the 26-30 year age range with 4 participants (44%) out of a total of 9 participants. Most of the participants' jobs in this study were as housewives with 4 participants (44%) out of a total of 9 participants. And most of the participants' education in this study was high school with 6 participants (66%) out of a total of 9 participants (Table 1).

Table 1. Characteristics of Participants Mother's Experience of Providing Monasprest Shredded Food to Baduta in Kelir Village, Banyuwangi

Characteristic Respondents	Percentage
Age	
20-25 Years	22%
26-30 Years	44%
31-35 Years	11%
36-40 Years	22%
Work	
Sales person	33%
Housewife	44%
Farmer	22%
Education	
Senior high school	66%
Junior high school	33%

The results of this research contained 2 themes, namely theme 1: the response of *baduta* when given flossed Monasprest food with sub-theme 1: increasing the appetite of *baduta* with shredded Monasprest food, sub-theme 2: frequency of eating of flossed Monasprest founded food. Theme 2: *Baduta's* mother's response when giving Monasprest floss food with sub-theme 1: mother's response to interest in Monasprest floss and sub-theme 2: mother's knowledge.

Tabel 4. Theme and summary of participant statements

Theme	Sub theme	Statement
Theme 1: <i>Baduta's</i> response when given monasprest floss food	Sub-theme 1: Increasing <i>baduta's</i> appetite with Monasprest floss food	<p><i>“Tapi pas saya kasih nasi terus campur abon monasprest itu mau dia makan, ditelen juga. Akhirnya saya coba kasih lagi dan malah lahap makannya.” (P1).</i></p> <p>“But when I gave him rice and mixed with shredded monasprest, he wanted to eat it, he swallowed it too. Finally I tried giving it more and actually ate it.” (P1).</p> <p><i>“Responnya ya alhamdulillah mau makan mbak, kelihatan lahap gitu maemnya ketimbang sebelumnya dan saya lihat saat maem tangannya kayak berusaha masukin kemulutnya.” (P2).</i></p> <p>"The response was yes, thank God, I want to eat, sis. She looks more like eating more than before and I saw that when she was eating, her hand seemed to be trying to put it in her mouth." (P2).</p> <p><i>“Mau makan mbak alhamdulillah, porsi makannya bertambah mbak.” (P6).</i></p> <p>"I want to eat, sis, thank God, the portion of food has increased, sis." (P6).</p>
	Sub theme 2: Increasing the frequency of feeding	<i>“Selain itu makannya yang awalnya hanya 2 sampai 3</i>

Theme	Sub theme	Statement
Theme 2: <i>Baduta's</i> mother's response when giving Monasprest floss food	Sub theme 1: Mother's response to interest in flossed monasprest	<p><i>baduta's</i> with Monasprest shredded food</p> <p><i>kali sehari, itu jadi bertambah mbak, jadi 4 kali sehari.</i>” (P1).</p>
		<p>"Apart from that, initially I only ate 2 to 3 times a day, but that has increased, sis, to 4 times a day." (P1).</p>
		<p>“<i>Awalnya itu dua hari berturut turut sekali dik, setelah saya berikan liat malah lahap akhirnya setiap maem, jadi bisa sampai 4 kali sehari.</i>” (P3).</p>
		<p>"Initially it was two days in a row, Sis, after I gave it a look, it ended up being a gorge every time I ate it, so it could be up to 4 times a day." (P3).</p>
<p>“<i>Frekuensi makannya juga mbak sehari bisa 4 kali, awalnya hanya 2 sampai 3 kali sehari.</i>” (P7).</p>		
<p>"The frequency of eating can also be 4 times a day, initially only 2 to 3 times a day." (P7)</p>		
<p>“<i>Saya tertarik dengan abon ini karena saya liat kandungan didalam abon tersebut yang sangat bagus untuk anak saya, maka dari itu saya berikan ke anak saya.</i>” (P3).</p>		
<p>"I was interested in this shredded meat because I saw that the content in the shredded meat was very good for my child, so I gave it to</p>		

Theme	Sub theme	Statement
		my child." (P3).
		<p><i>“Saya sampai bersyukur karena semenjak dikasih abon monasprest porsi makannya bertambah. Alhamdulillah juga harganya terjangkau abonnya.” (P6).</i></p>
	Sub theme 2: Mother's knowledge	<p>"I am so grateful because since I was given the Monasprest floss, my food portions have increased. "Alhamdulillah, the price of shredded meat is also affordable." (P6).</p> <p><i>“Saya juga lihat digoogle terkait pemberian MPASI pada anak, memang dari kriterianya abon monasprest sangat cocok dari segi teksturnya halus cocok untuk anak-anak kecil yang masih MPASI, kandungannya dan bisa menjadi variasi makanan anak saya, nah dari itu pengetahuan kita sebagai ibu penting dalam hal ini.” (P7).</i></p>
		<p>"I also looked on Google regarding giving weaning food to children. Indeed, according to the criteria, Monasprest floss is very suitable in terms of its smooth texture, suitable for small children who are still weaning food, its contents and can be a variation in my child's food, so that's why our knowledge as mothers is important in this matter." (P7).</p>

Theme	Sub theme	Statement
		<p>“Sepengetahuan saya sering baca kalau makanan yang baik untuk MPASI dilihat dari kandungan gizinya, teksturnya, rasanya juga.” (P8).</p>
		<p>"As far as I know, I often read that food that is good for weaning food is seen from its nutritional content, texture and taste too." (P8).</p>

DISCUSSION

Theme 1: *Baduta's* response when given monasprest floss food

Sub-theme 1: Increasing *baduta's* appetite with Monasprest floss food

Analysis of the results of interviews with participants, based on the participant's point of view regarding the increase in appetite of *baduta* with shredded Monasprest food, found that all participants said that *baduta* experienced an increase in appetite when given flossed Monasprest food. It is characterized by the *baduta* eating well, at first it was difficult to eat but when he was given monasprest floss the *baduta* was willing to eat, the *baduta* liked the taste and texture and his portion of food increased.

Increasing children's appetite and children's curiosity regarding food is influenced by the shape of the food, the taste of the food and the color of the food (Pascoal & Ranti, 2020). Appetite is influenced by several important components, namely the type of food and portion size (Wahyuni et al., 2023). Fish floss has a fibrous and finer texture compared to other meat floss. Texture is one of the important criteria for a food product because it greatly influences the taste of food (Handhini Dwi Putri et al., 2022). Good food for clowns is food that has a soft, smooth texture, crushed food or chopped food (Kopa et al., 2021). The taste of food is an important factor that influences the *baduta's* decision to accept or reject food. The taste of the food that *baduta* likes is savory food (Rahmayeni et al., 2019).

Baduta experienced an increase in appetite with flossed monasprest food, which was influenced by food texture, food proportions and food taste. Based on theory, a soft, smooth and crumbly texture is a good food texture for clowns, while the taste of food that clowns like is savory food. Monasprest floss food has a very soft texture so it is easy for young people to consume. Monasprest floss which is made from tuna fish and Moringa leaves has a unique, savory taste and an attractive green color, so it attracts young people's interest. This is in accordance with the theory that the texture and taste of food influence the increase in appetite in toddlers.

Sub theme 2: Increasing the frequency of eating *baduta* with monasprest floss food

Analysis of the results of interviews with participants, based on the participants' point of view regarding the increase in the frequency of eating by monasprest shredded food, found that 5 participants said that the *baduta* experienced an increase in the frequency of eating when given monasprest shredded food. It is characterized by the *baduta* eating well, initially the *baduta*'s eating frequency was 1 to 2 times a day and after being given monasprest floss food the *baduta*'s eating frequency became 3 to 4 times a day.

The more the *baduta*'s appetite increases, the more frequently the *baduta* eat, so that the nutritional needs of the *baduta* are increasingly met (Wahyuni et al., 2023). The mother's level of education and occupation influence the feeding of the toddler, the higher the mother's education level, the easier it is for the mother to receive information, so that she has good knowledge, skills and abilities in making decisions about consuming the toddler's food to meet the nutritional needs of the toddler, while the mother's occupation influences children's nutrition, mothers who tend to be at home or housewives have more time to pay attention to children's food and nutritional needs (Marfuah et al., 2022).

Baduta experienced an increase in the frequency of eating with shredded monasprest food, influenced by the mother's role in food selection. Factors that influence mothers in choosing *baduta* food are education and employment. Based on theory, the higher the education, the better the mother's level of knowledge, skills and abilities in choosing toddler food, and mothers who tend to stay at home as housewives will have more time to pay attention to the toddler's nutritional needs. In this study, most of the participants' education was high school graduates, while most of the participants' jobs were as housewives. This is in line with the theory that education and employment influence mothers in their food choices.

Theme 2: *Baduta*'s mother's response when giving Monasprest floss food

Sub theme 1: Mother's response to interest in flossed monasprest

Analysis of the results of interviews with participants, based on the participant's point of view regarding the mother's response to interest in Monasprest floss, found that all participants said they were interested in Monasprest floss from seeing the *baduta*'s response when given Monasprest floss, the price of Monasprest floss and the quality of Monasprest floss.

Consumer interest or attraction is influenced by the product price and product quality, the lower the product price, the higher the consumer's interest and the better the product quality, the greater the consumer's interest (Nafisah, 2022). Mothers in choosing good quality food products are influenced by their level of education. The higher the mother's education level, the better the mother's level of knowledge regarding choosing quality food that contains good nutrition for children (Rahmayeni et al., 2019).

Mothers' interest in Monasprest floss is influenced by product price, product quality and is related to the mother's education. Based on theory, the lower the product price will increase consumer interest and the better the product quality, the more consumer interest will increase, and the higher the level of education, the better the mother's

knowledge regarding choosing quality food that contains good nutrition. Monasprest shredded meat has an affordable price with good product quality with excellent nutritional content for toddlers, and most of the participants in this study were high school graduates. This is in line with the theory that the level of education influences mothers in choosing the quality of baby food.

Sub theme 2: Mother's knowledge

Analysis of the results of interviews with participants, based on the participants' point of view regarding maternal knowledge, found that 4 participants had knowledge about providing good food intake to toddlers. It is characterized by the mother paying attention to the nutritional content of the child, the texture of the food and the taste of the food given to the toddler.

The mother's age is an indirect factor that influences the mother's knowledge in providing food for toddlers, if the mother is still very young, the mother does not have the knowledge and experience regarding nutritional intake for toddlers. And a mother's level of education plays an important role in a mother's knowledge, highly educated mothers will have good knowledge and tend to choose food with balanced nutrition (Nindyna Puspasari & Merryana Andriani, 2017). The higher the mother's education, the higher the mother's knowledge, skills and ability in making decisions about the child's food consumption to meet the child's nutritional needs (Marfuah et al., 2022).

Mother's knowledge is influenced by the mother's level of education and age. Based on theory, the higher the mother's education, the easier it is for the mother to receive special knowledge and information in choosing food so that she tends to choose food with good nutritional content for children, whereas in terms of the mother's age, if she is still very young, the mother does not have the knowledge and experience regarding intake. *baduta* nutrition. Most of the participants in this study had education, namely high school graduates and most of the mothers in this study were in the 26-30 year age range. This is in line with the theory that maternal age and education influence maternal knowledge.

CONCLUSION

Based on the research results, it can be concluded that the mother's experience of giving monasprest shredded food to toddlers is as follows: the *baduta's* response to being given monasprest floss food consists of two sub-themes. The first sub-theme is increasing the appetite of *baduta* with shredded Monasprest food, the second sub-theme is increasing the frequency of eating *baduta* with shredded Monasprest food. *Baduta's* mother's response when giving Monasprest floss food consists of two sub-themes. The first sub-theme is the mother's response to interest in Monasprest floss, the second sub-theme is the mother's knowledge.

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