

Analysis Of Education About Early Breastfeeding With Video Media On The Attitudes Of Early Breastfeeding Complete Foods For Mothers Who Have Babies Age 0-6 Months At The Al-Kautsar Prambon Clinic, Sidoarjo District

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ABSTRACT

Toddlers aged 0-6 months need energy and nutrition starting to exceed what is provided by breast milk as a complementary food. In Indonesia, stunting has increased dramatically in 6 month old babies where providing appropriate MPASI can prevent disease and provide good care for babies. MPASI can also help optimal growth and development and prevent stunting or micronutrient deficiencies. This study aims to determine the effect of education about early MPASI using video media on attitudes towards giving early complementary foods to mothers who have babies aged 0-6 months. The research method is pre-experimental design research. The research design uses One-Group Pretest-Posttest Design. The sample used was 30 mothers who had babies aged 0-6 months who came to the Al Kautsar Prambon Sidoarjo Clinic. The sample was determined using the Accidental Sampling technique. The instrument is using a questionnaire. The data collection technique in this research is using the t test. The results of this research are that H_0 is rejected and H_a is accepted if $t_{count} > t_{table}$ or $16.936 > 1.699$ or $0.000 < 0.05$. So there is an influence of providing education about early MPASI using video media on the attitude of giving complementary breast milk to mothers who have babies aged 0-6 months. For the results of the questionnaire to determine the respondents' attitudes, there is an overall percentage of 80%, so it can be categorized as good. From the results of this research, it can be used as knowledge for mothers who have toddlers aged 0-6 months that early MPASI is very important for the growth and development of toddlers.

Keywords: Attitude, Breast Milk, Video Media

INTRODUCTION

WHO (2020) stated that in the world only 44% of babies received exclusive breastfeeding between the 2015-2020 time period. This exclusive breastfeeding should be given by the mother from newborn to 6 months. When the baby is around 6 months old, his/her needs for energy and nutrition begin to exceed what is provided by breast milk so that complementary foods (MP-ASI) are needed. Complementary foods are additional foods given to babies after the age of 6 months. At the same time , the baby is physically ready to receive other foods. This transition is called giving MP-ASI. If MP-ASI is not given at the age of 6 months, or if it is given incorrectly, the baby's growth will be stunted (Raden et al., 2021).

In Indonesia, stunting increases dramatically in 6-month-old babies, where MPASI is needed so that the baby can meet his energy and nutritional needs. Giving MPASI which

appropriately, along with disease prevention and good care, can help children grow and develop optimally and prevent stunting or micronutrient deficiencies (Bappenas, Ministry of Health of the Republic of Indonesia, & UNICEF, 2019). In the Framework of Action document: Indonesia Complementary Feeding, it is stated that the provision of MPASI in Indonesia is still inadequate and not yet appropriate. More than 40% of Indonesian babies are given complementary feeding at too early an age (in under 6 months).

Based on data from the Regency/City, it is known that the coverage of babies who received Exclusive Breastfeeding in East Java in 2020 was 61.0%, This coverage has decreased compared to 2019 (68.2%). This decrease was due to the COVID-19 pandemic which caused the number of targets examined to decrease (East Java Health Office, 2020). More specifically, the coverage of exclusive breastfeeding for babies under 6 months in 2020 in Sidoarjo Regency was 64.04%, this data has decreased when compared to the achievement in 2019 which was 70.28%. Furthermore, based on data from the Sidoarjo Regency Health Office in 2020, the coverage of Exclusive Breastfeeding that decreased was in several health centers, one of which was the Buduran Health Center at 73.5% or there were 72 babies out of a total of 98 babies aged <6 months who were given Exclusive Breastfeeding. The achievement of providing exclusive breastfeeding to infants is still far below the predetermined target compared to other health centers in the Sidoarjo Regency area, namely the Wonoayu and Sedate health centers have achieved the 100% exclusive breastfeeding target. Then, looking at the village data in the Buduran Health Center area in 2021, several of the 15 villages are still below the exclusive breastfeeding coverage target, one of which is Wadung Asih village, which is 72.3%. The coverage of exclusive breastfeeding in Sidoarjo Regency is relatively low compared to the previous year, therefore it is still necessary to improve public understanding of the benefits and importance of providing exclusive breastfeeding.

Providing complementary foods for breast milk or complementary feeding have a connection with the occurrence *stunting* (Wandini, et al., 2021). Providing inadequate and premature complementary feeding is one of the factors causing nutritional problems *stunting* . Age of giving complementary feeding to toddlers in the region Al Kautsar Clinic work , Prambon, Sidoarjo Regency, more than or less than 6 months is not appropriate with the age of first being given complementary feeding, namely 6 month (Hanum, 2019).

Based on Hanum's research (2019), the age of giving complementary foods is related to the incidence of stunting. The age of giving complementary foods that is appropriate according to age has a 1.6 times chance of not being stunted compared to toddlers who are given inappropriate complementary foods. Giving complementary foods at too early an age can increase the risk of stunting in toddlers.

Inadequate intake of macro and micro nutrients can interfere with the growth and development of toddlers and result in stunting. One of the macro nutrients that plays an important role in preventing stunting is protein. Protein acts in the growth and maintenance of body tissues and replaces damaged cells. If protein intake is inadequate during the toddler's growth period, the toddler's growth and development process can be delayed and stunting nutritional problems can arise. The level of protein nutrient adequacy is related to the incidence of stunting (Azmy, et al., 2018; Wulandari, et al., 2020). If protein intake is lacking, then the risk of stunting is greater.

There are three changes in a person's behavior in their life, namely knowledge, attitude and behavior. One way to change behavior in an individual or group is by conducting health education. Implementing health education is one way because it is considered capable of increasing knowledge which can then increase or change positive attitudes and behavior patterns towards health (Notoadmodjo, 2019)

The author uses video media because it allows clear visualization of how to prepare and provide complementary foods. The steps of food processing, correct portions, and feeding techniques can be better demonstrated through moving images. With the advancement of technology, videos can be accessed through various platforms, including smartphones, tablets, and computers, allowing for easy use.

Based on the background description above, the author will conduct a research on the analysis of education about Early MPASI with video media on the attitude of providing Early MPASI to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency.

METHOD

This research is a Pre-experimental design research. The research design used in this research uses *One-Group Pretest-Posttest Design*. According to (Sugiyono, 2019) it was revealed that "on This design has a *pretest*, before being given treatment. Thus the results treatment can be known more accurately, because it can be compared with condition before treatment." (p. 74). Before being given treatment, the subject is given a *pretest* first, then the subject is given treatment *long pass control* practice using target aids. In accordance with the objectives and hypotheses that the author submitted in the research So, the research design applied in this study is *pretest – treatment – posttest*. This experimental model is carried out through three steps, namely, providing a pretest to measure the dependent variable (attitude towards providing complementary feeding) before the treatment is carried out, providing treatment to the research subjects by applying video media, providing a posttest to measure the dependent variable after it is given. education with video media.

RESULTS

Frequency distribution of respondent characteristics based on age analysis of Early MPASI education with video media on attitudes towards providing Early Complementary Food to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency based on age which can be seen in table 4.3 below.

Table 4.3 Frequency Distribution of Respondents Based on Age at the Al Kautsar Prambon Clinic, Sidoarjo Regency in 2024

No	Age	Frequency	Presentation (%)
1	< 20 year	0	0 %
2	20 – 35 years	28	93.33 %
3	> 35 years	2	6.67%
Total		30	100

Source: Researcher, 2024

Based on table 4.3 which discusses the distribution of respondents based on age at the Al Kautsar Prambon Clinic, Sidoarjo Regency, out of 30 respondents, 28 people or (93.33%) were aged 20-35 years and 2 people or (6.67%) were aged > 35 years.

1. Characteristics of Education

Table 4.4 Frequency Distribution of Respondents Based on Education at the Al Kautsar Prambon Clinic, Sidoarjo Regency in 2024

No	Education	Frequency	Presentation (%)
1	Elementary school	1	3.33 %
2	Junior high school	6	20 %
3	Senior High School	18	60%
4	College	5	16.67 %
Total		30	100

Source: Researcher, 2024

Based on the discussion of table 4.4, the frequency distribution of respondents based on education level of 30 respondents, there is 1 respondent at the Elementary School education level or (3.33%), 6 respondents at the Junior High School education level or (20%), 18 respondents at the High School education level or (60%), and 5 respondents at the college level or (16.67%).

2. Cross Tabulation of Respondents' Characteristics and Attitudes towards Providing Early Complementary Foods to Mothers.

Table 4.5 Cross tabulation of respondents' age characteristics regarding the attitude of providing early complementary foods to mothers

			Attitude Category		Total
			Agree	Strongly agree	
Age	23-26	Count	0	2	2
		% within Age	0.0%	100.0%	100.0%
	27-30	Count	2	11	13
		% within Age	15.4%	84.6%	100.0%
	31-34	Count	1	9	10
		% within Age	10.0%	90.0%	100.0%
	35-38	Count	1	4	5
		% within Age	20.0%	80.0%	100.0%
Total	Count	4	26	30	
	% within Age	13.3%	86.7%	100.0%	

Source: Researcher, 2024

In table 4.5 cross tabulation discussing the age criteria of respondents towards the results of respondents' attitudes towards providing complementary foods for breast milk since early in mothers who have babies aged 0-6 months, there are 30 respondents from the youngest age criteria, namely 23 years to 37 years. From the results of the study where the provision of knowledge using video media on the attitude of providing complementary foods for breast milk at the age of 23-26 years, there were 2 respondents who answered strongly agree. In the age criteria of 27-30 years, there were 2 respondents who answered agree and 11 respondents answered strongly agree. In the age criteria of 31-34 years, there was 1 respondent who agreed and 9 respondents strongly agreed. In the age criteria of 35-38 years, there was 1 respondent who answered agree and 4 respondents answered strongly agree. So from the highest results, answering strongly agree were mothers aged 27-30 years, which was 11 respondents or 84.6 % .

Table 4.6 Cross tabulation of respondents' educational characteristics regarding attitudes towards providing early complementary feeding to mothers

		Attitude Category	Total
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Education	SD	Count	Agree	Strongly agree	
			0	1	1
		%	within0.0%	100.0%	100.0%
	Education				
	JUNIOR	Count	2	4	6
	HIGH	%	within33.3%	66.7%	100.0%
	SCHOOL	Education			
	SENIOR	Count	2	16	18
	HIGH	%	within11.1%	88.9%	100.0%
	SCHOOL	Education			
	College	Count	0	5	5
		%	within0.0%	100.0%	100.0%
		Education			
Total		Count	4	26	30
		%	within13.3%	86.7%	100.0%
		Education			

In table 4.6 Cross-tabulation of respondents' educational characteristics towards the attitude of providing early complementary feeding to mothers who have babies aged 0-6 months, there are 30 respondents from educational criteria from Elementary School to College. The level of education also affects the knowledge of attitudes to take care of a toddler because through education using video media on the attitude of providing complementary feeding to the toddler, it is possible to know the good and poor development of the toddler. So out of 30 respondents, there is 1 respondent from Elementary School education who answered strongly agree. At the Junior High School education level, there are 6 respondents, namely 2 respondents agree and 4 respondents strongly agree. At the High School education level, there are 18 respondents where there are 2 respondents who answered agree and 16 respondents answered strongly agree. At the College education level, there are 5 respondents who answered strongly agree. So it can be concluded that from the level of education of a person who is given the experience of education using video media affects the knowledge and attitude in determining the provision of early complementary feeding to mothers who have babies aged 0-6 months where the level of education that most often chooses strongly agree is High School, there are 18 or 88.9%.

A. Special Data

Specific data in this study presents attitudes towards providing early complementary feeding before education is conducted on mothers with babies aged 0-6 months, attitudes towards providing early complementary feeding after education is conducted on mothers with babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency, and the influence of education on providing early complementary feeding on mothers with babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency. The results of the specific data can be explained as follows.

1. The results of respondents before being given early MPASI education with video media regarding the attitude of providing early complementary foods to mothers

Table 4.7 Respondents' results before being given early MPASI education with video media regarding attitudes towards providing complementary foods for breast milk.

Statement No.		SS	S	TS	STS	Total
Item 1	R	0	12	18	0	30
	%	0%	40%	60%	0%	100%
Item 2	R	1	21	8	0	30
	%	3%	70%	27%	0%	100%
Item 3	R	1	23	6	0	30
	%	3%	77%	20%	0%	100%
Item 4	R	0	7	23	0	30
	%	0%	23%	77%	0%	100%
Item 5	R	0	6	24	0	30
	%	0%	20%	80%	0%	100%
Statement No.		SS	S	TS	STS	Total
Item 6	R	5	20	4	1	30
	%	17%	67%	13%	3%	100%
Item 7	R	0	24	6	0	30
	%	0%	80%	20%	0%	100%
Item 8	R	0	20	8	2	30
	%	0%	67%	27%	7%	100%
Item 9	R	0	11	19	0	30
	%	0%	37%	63%	0%	100%
Item 10	R	0	15	15	0	30
	%	0%	50%	50%	0%	100%

Source: Researcher, 2024

On The results of a study conducted at the Al Kautsar Prambon Clinic, Sidoarjo Regency before being given Early MPASI education with video media on the attitude of providing complementary foods to mothers with babies aged 0-6 months, there were 30 respondents where each respondent filled out a questionnaire that had been created by the researcher to determine attitudes and knowledge on providing early complementary foods. The questionnaire given to respondents contained 10 questions.

The first question in the questionnaire about respondents having a good understanding of early MPASI given to babies aged 0-6 months, namely 12 respondents or 40% answered agree and 18 respondents or 60% answered disagree. So from the first question, out of 30 respondents, more chose to disagree by 60% because before being given Early MPASI education with video media, many respondents did not understand about good early MPASI.

The second question in the questionnaire about giving MPASI to babies aged 0-6 months is very important for their growth and development, namely respondents answered strongly agree as many as 1 person or 3%, respondents answered agree as many as 21 people or 70%, respondents answered disagree as many as 8 people or 27%. So from the results of the answers to the second question answered by 30 respondents, more chose to agree as much as 70% because in giving MPASI to babies aged 0-6 months for the growth and development of the baby.

In the third question on the questionnaire about respondents feeling confident in choosing and preparing the right food for my baby's MPASI, namely respondents answered strongly agree as many as 1 person or 3%, respondents answered agree as many as 23 people or 77%, respondents answered disagree as many as 6 people or 20%. So from the results of

the answers to the third question answered by 30 respondents, more agreed as many as 77% who felt confident in choosing and preparing the right food for baby MPASI.

The fourth question in the questionnaire about consistency in providing MPASI to my baby according to the recommendations given, namely respondents answered agree as many as 7 people or 23% and respondents answered disagree as many as 23 people or 77%. So from the results of the fourth question answered by 30 respondents, more disagreed by 77% to provide MPASI to babies according to the recommendations given.

The fifth question in the questionnaire about respondents feeling worried about the possibility of allergies or digestive problems in my baby due to early MPASI provision, namely respondents answered agree as many as 6 people or 20% and respondents answered disagree as many as 24 people or 80%. So from the results of the fifth question answered by 30 respondents, more disagreed as much as 80% to feel worried about the possibility of energy or digestive problems in babies due to early MPASI provision.

The sixth question in the questionnaire about respondents facing difficulties in adjusting the MPASI schedule with the baby's eating and sleeping schedule, namely 5 people or 17% answered strongly agree, 20 respondents or 67% answered agree, 4 respondents or 13% answered disagree, and 1 respondent or 3% answered strongly disagree. So from the results of the sixth question answered by 30 respondents, more agreed at 67% with the difficulty in adjusting the MPASI schedule with the baby's eating and sleeping schedule.

The seventh question in the questionnaire about respondents found it difficult to choose the right and safe type of food for my baby's MPASI, namely 24 respondents or 80% answered agree and 6 respondents or 20% answered disagree. So from the results of the seventh question answered by 30 respondents, more agreed, 80% found it difficult to choose the right and safe type of food for my baby's MPASI.

Question eight on the questionnaire about respondents believe that providing early MPASI can help improve food tolerance in my baby later on, namely respondents answered agree as many as 20 people or 67%, respondents answered disagree as many as 8 people or 27%, and respondents answered strongly disagree as many as 2 people or 7%. So from the results of the answer to the eighth question which was answered by 30 respondents, more agreed as many as 67% of respondents believe that providing early MPASI can help improve food tolerance in babies later on.

Question nine on the questionnaire about respondents believe that providing early MPASI can affect my baby's eating patterns and food interests in the future, namely respondents answered agree as many as 11 people or 37%, respondents answered disagree as many as 19 people or 63%. So from the results of the ninth question answered by 30 respondents, more disagreed as many as 63% of respondents believe that providing early MPASI can affect the baby's eating patterns and food interests in the future.

Question ten on the questionnaire about respondents feeling confident that providing early MPASI can accelerate infant development, namely respondents answered agree as many as 15 people or 50%, respondents answered disagree as many as 15 people or 50%. So from the results of the answers to the tenth question answered by 30 respondents, 50% of respondents felt confident that providing early MPASI can accelerate infant development and 50% of respondents did not feel confident that providing early MPASI can accelerate infant development.

In the results of the study before receiving early MPASI education with video media on the attitude of providing early MPASI complementary foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency, which used a questionnaire instrument measuring tool which can be explained as follows.

Table 4.8 Results of the Questionnaire Responses Before Early MPASI Education with Video Media

Item	Score Results	Highest Score	Presentation	Category
1	72	120	60%	Enough
2	83	120	69%	Good
3	84	120	70%	Good
4	67	120	56%	Enough
5	66	120	55%	Enough
6	90	120	75%	Good
7	84	120	70%	Good
8	78	120	65%	Good
9	71	120	59%	Enough
10	75	120	63%	Good
Overall Percentage			64%	Good

Score Interpretation Criteria

Figure 0% - 20% = Very Poor

Figure 21% - 40% = Less

Figure 41% - 60% = Enough

Figure 61% - 80% = Good

Figure 81% - 100% = Very Good

Based on the results of the study, respondents before receiving early MPASI education with video media regarding the attitude of providing early MPASI complementary foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency with an overall percentage result of 64 % can be categorized as good .

2. Respondent results after being given early MPASI education with video media regarding the attitude of providing early MPASI complementary foods to mothers

Table 4.9 Respondents' results after being given early MPASI education with video media regarding attitudes towards providing complementary foods for breast milk

Statement No.		SS	S	TS	STS	Total
Item 1	R	12	18	0	0	30
	%	40%	60%	0%	0%	100%

Item 2	R	22	7	1	0	30
	%	73%	23%	3%	0%	100%
Item 3	R	13	17	0	0	30
	%	43%	57%	0%	0%	100%
Item 4	R	10	20	0	0	30
	%	33%	67%	0%	0%	100%
Item 5	R	0	3	26	1	30
	%	0%	10%	87%	3%	100%
Item 6	R	5	18	7	0	30
	%	17%	60%	23%	0%	100%
Item 7	R	13	12	4	1	30
	%	43%	40%	13%	3%	100%
Item 8	R	16	11	3	0	30
	%	53%	37%	10%	0%	100%
Item 9	R	15	4	11	0	30
	%	50%	13%	37%	0%	100%
Item 10	R	15	15	0	0	30
	%	50%	50%	0%	0%	100%

Source: Researcher, 2024

On the results of a study conducted at the Al Kautsar Prambon Clinic, Sidoarjo Regency after being given Early MPASI education with video media on the attitude of providing complementary foods to mothers with babies aged 0-6 months, there were 30 respondents where each respondent filled out a questionnaire that had been created by the researcher to determine attitudes and knowledge on providing early complementary foods. The questionnaire given to respondents contained 10 questions.

The first question in the questionnaire about respondents having a good understanding of early MPASI given to babies aged 0-6 months, namely respondents answered strongly agree as many as 12 people or 40% and respondents answered agree as many as 18 people or 60%. So from the results of the answers to the first question answered by 30 respondents more agreed by 60% after receiving Early MPASI education with Video Media respondents have a good understanding of early MPASI given to babies aged 0-6 months.

The second question in the questionnaire about giving MPASI to babies aged 0-6 months is very important for their growth and development, namely respondents answered strongly agree as many as 22 people or 73%, respondents answered agree as many as 7 people or 23%, and respondents answered disagree as many as 1 person or 3%. So from the results of the answers to the second question answered by 30 respondents, more strongly agree as much as 73% after getting Early MPASI education with Video Media, understanding about giving MPASI to babies aged 0-6 months is very important for their growth and development.

In the third question on the questionnaire about respondents feeling confident in choosing and preparing the right food for my baby's MPASI, namely respondents answered strongly agree as many as 13 people or 43%, and respondents answered agree as many as 17 people or 57%. So from the results of the answers to the third question which were answered by 30 respondents, more agreed at 57% after receiving Early MPASI education with Video Media, respondents felt confident in choosing and preparing the right food for baby MPASI. The fourth question in the questionnaire about consistency in providing MPASI to my baby according to the recommendations given, namely respondents answered strongly agree as many as 10 people or 33%, and respondents answered agree as many as 20 people or 67%. So

from the results of the answers to the fourth question answered by 30 respondents, more agreed by 67% after receiving Early MPASI education with Video Media about consistency in providing MPASI to my baby according to the recommendations given .

The fifth question in the questionnaire about respondents feeling worried about the possibility of allergies or digestive problems in my baby due to early MPASI , namely 3 respondents or 10% answered agree, 26 respondents or 87% answered disagree, and 1 respondent or 3% answered strongly disagree. So from the results of the fifth question answered by 30 respondents, more disagreed by 87% after receiving Early MPASI education with Video Media about respondents feeling worried about the possibility of allergies or digestive problems in my baby due to early MPASI .

The sixth question in the questionnaire about respondents facing difficulties in adjusting the schedule for giving MPASI with the baby's eating and sleeping schedule , namely 5 people or 17% answered strongly agree, 18 respondents or 60% answered agree, and 7 respondents or 23% answered disagree. So from the results of the sixth question answered by 30 respondents, more agreed by 60% after receiving Early MPASI education with Video Media faced difficulties in adjusting the schedule for giving MPASI with the baby's eating and sleeping schedule.

The seventh question in the questionnaire about respondents found it difficult to choose the right and safe type of food for my baby's MPASI , namely respondents answered strongly agree as many as 13 people or 43%, respondents answered agree as many as 12 people or 40%, respondents answered disagree as many as 4 people or 13%, and respondents answered strongly disagree as many as 1 person or 3%. So from the results of the seventh question answered by 30 respondents, more strongly agree as many as 43% after receiving Early MPASI education with Video Media on the difficulty of respondents choosing the right and safe type of food for baby MPASI .

Question eight on the questionnaire about respondents believe that providing early MPASI can help improve food tolerance in my baby later on, namely respondents answered strongly agree as many as 16 people or 53%, respondents answered agree as many as 11 people or 37%, respondents answered disagree as many as 3 people or 10%. So from the results of the eighth question answered by 30 respondents, more strongly agree as many as 53% after receiving Early MPASI education with Video Media that providing early MPASI can help improve food tolerance in babies .

Question nine on the questionnaire about respondents believe that providing early MPASI can affect my baby's eating patterns and food interests in the future , namely respondents answered strongly agree as many as 15 people or 50%, respondents answered agree as many as 4 people or 13%, respondents answered disagree as many as 11 people or 37%. So from the results of the ninth question answered by 30 respondents, more strongly agree as many as 50% after receiving Early MPASI education with Video Media that providing early MPASI can affect my baby's eating patterns and food interests in the future .

Question ten on the questionnaire about respondents feeling confident that providing early MPASI can accelerate infant development, namely respondents answered strongly agree as many as 15 people or 50%, and respondents answered agree as many as 15 people or 50%. So from the results of the answers to the tenth question answered by 30 respondents, 50% chose strongly agree and agree after receiving Early MPASI education with Video Media about respondents feeling confident that providing early MPASI can accelerate infant development .

The results of the study after receiving early MPASI education with video media on the attitude of providing early MPASI complementary foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency, which used a questionnaire

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instrument measuring tool given to 30 respondents with 10 questions can be explained as follows.

Table 4.10 Results of the Response Questionnaire After Early MPASI Education with Video Media

Item	Score Results	Highest Score	Presentation	Category
1	102	120	85 %	Very good
2	111	120	93%	Very good
3	103	120	86%	Very good
4	100	120	83%	Very good
5	61	120	51%	Enough
6	88	120	73%	Good
7	97	120	81%	Very good
8	103	120	86%	Very good
9	94	120	78%	Good
10	105	120	88%	Very good
Overall Percentage			80%	Good

Score Interpretation Criteria

Figure 0% - 20% = Very Poor

Figure 21% - 40% = Less

Figure 41% - 60% = Enough

Figure 61% - 80% = Good

Figure 81% - 100% = Very Good

Based on the research results, respondents after receiving early MPASI education with video media regarding the attitude of providing early MPASI complementary foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency with an overall percentage result of 80 % can be categorized as good .

DISCUSSION

A. Identifying attitudes towards providing early complementary feeding before providing education to mothers with babies aged 0-6 months

On The results of a study conducted at the Al Kautsar Prambon Clinic, Sidoarjo Regency before being given Early MPASI education with video media on the attitude of providing complementary foods to mothers with babies aged 0-6 months, there were 30 respondents where each respondent filled out a questionnaire that had been created by the researcher to determine attitudes and knowledge on providing early complementary foods. The questionnaire given to respondents contained 10 questions.

The instrument in this study used a questionnaire containing 10 questions. Before the questionnaire was distributed to respondents, the researcher conducted a validation test and a reliability test to determine whether the questionnaire was suitable to be distributed to respondents. The number of respondents used for the validity test was 15 respondents. After the questionnaire results were filled in by the respondents, the validity test was calculated for each question that would be distributed to the respondents. From the results of filling out the questionnaire, it turned out that 10 questions were declared valid and reliable, so the questionnaire could be distributed to female respondents who had babies aged 0-6 months.

The purpose of distributing questionnaires to respondents is to assist in collecting data from a larger number of respondents, who can represent diverse backgrounds and experiences with early complementary feeding. By distributing questionnaires, researchers can access the views and practices of a number of different people. So the results of respondents before receiving early complementary feeding education with video media on the attitude of providing early complementary feeding to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency with an overall percentage of 64% can be categorized as good

A. Identifying attitudes towards providing early complementary feeding after providing education to mothers with babies aged 0-6 months

On the results of a study conducted at the Al Kautsar Prambon Clinic, Sidoarjo Regency after being given Early MPASI education with video media on the attitude of providing complementary foods to mothers with babies aged 0-6 months, there were 30 respondents where each respondent filled out a questionnaire that had been created by the researcher to determine attitudes and knowledge on providing early complementary foods. The questionnaire given to respondents contained 10 questions.

The results of the study on the analysis of Early MPASI education with video media on the attitude of providing Early MPASI Complementary Foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency, which used a questionnaire instrument measuring tool given to 30 respondents with 10 questions can be explained as follows.

Based on the results of research on the analysis of Early MPASI education with video media on the attitude of providing Early MPASI Complementary Foods to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency with an overall percentage result of 80 %, it can be categorized as good .

B. The influence of education on providing early complementary feeding for mothers with babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency

Complementary food for breast milk (MP-ASI) is food and drink given to babies aged 6-24 months to meet the nutritional needs and growth of babies so that with the increasing age of the baby, the need for breast milk becomes a necessity for babies. According to Monika (2014) the purpose of providing MPASI is as a complement to nutrients that are lacking because the need for nutrients increases in line with the growth of the child's age, developing the baby's ability to accept various foods with various shapes, textures, and flavors, developing the baby's ability to chew, swallow, and try to adapt to foods that contain high energy levels.

Giving MPASI too early can also be influenced by several factors including predisposition, driving factors, and supporting factors. Predisposition factors consist of age , education, knowledge, work, and income. Driving factors include the influence of advertising. Supporting factors include support from health workers and family. So, age and education factors can influence the provision of MPASI early.

The results of the study conducted by researchers in table 4.5 cross tabulation discussing the age criteria of respondents towards the results of respondents' attitudes towards providing complementary foods for breast milk since early in mothers who have babies aged 0-6 months there are 30 respondents from the youngest age criteria, namely 23 years to 37 years. From the results of the study where the provision of knowledge using video media on the attitude of providing complementary foods for breast milk at the age of 23-26 years, there were 2 respondents who answered strongly agree. In the age criteria of 27-30 years, there were 2 respondents who answered agree and 11 respondents answered strongly agree. In the

age criteria of 31-34 years, there was 1 respondent who agreed and 9 respondents strongly agreed. In the age criteria of 35-38 years, there was 1 respondent who answered agree and 4 respondents answered strongly agree. So from the highest results answering strongly agree, namely mothers aged 27-30 years, which is 11 respondents or 84.6 % .

The results of the study conducted in table 4.6 Cross-tabulation of respondents' educational characteristics towards the attitude of providing early complementary feeding to mothers who have babies aged 0-6 months, there are 30 respondents from educational criteria from Elementary School to College. The level of education also affects the knowledge of attitudes to take care of a toddler because through education using video media on the attitude of providing complementary feeding to the toddler, it is possible to know the good and poor development of the toddler. So out of 30 respondents, there is 1 respondent from Elementary School education who answered strongly agree. At the Junior High School education level, there are 6 respondents, namely 2 respondents agree and 4 respondents strongly agree. At the High School education level, there are 18 respondents where there are 2 respondents who answered agree and 16 respondents answered strongly agree. At the College education level, there are 5 respondents who answered strongly agree. So it can be concluded that from the level of education of a person who is given the experience of education using video media affects knowledge and attitudes in determining the provision of early complementary feeding to mothers who have babies aged 0-6 months where the level of education that most chooses strongly agree is High School, there are 18 or 88.9%.

The results of the study conducted using video media education on the attitude of providing complementary foods to infants aged 0-6 months can be concluded that H_0 is rejected and H_a is accepted if $t_{\text{count}} > t_{\text{table}}$ or $16.936 > 1.699$. In other words, there is a significant influence on education about early complementary foods with video media on the attitude of providing early complementary foods to mothers who have infants aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency. The second way is to see the significance if the calculation is below 0.05 then there is a significant difference greater than 0.05; then there is no significant difference. Then obtained sig (2-tailed) of 0.000; then obtained $0.000 < 0.05$, it can be concluded that H_a is accepted and H_0 is rejected, so there is an influence of education about early complementary foods with video media on the attitude of providing early complementary foods to mothers who have infants aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency.

CONCLUSION

Based on the formulation of the problem in Chapter I, the following conclusions can be drawn at the end of the research report :

1. Based on the results of the questionnaire given to respondents before being given early MPASI education using video media regarding attitudes towards providing complementary feeding for early breastfeeding in mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency, with an overall percentage of 64%, it can be categorized as good.
2. Based on the results of the questionnaire given to respondents regarding education on early complementary feeding with video media on attitudes towards providing early complementary feeding to mothers who have babies aged 0-6 months, the overall percentage result was 80 %, so it can be categorized as good .
3. In the results of the influence of education on early complementary feeding with video media, it can be concluded that H_0 is rejected and H_a is accepted if $t_{count} > t_{table}$ or $16.936 > 1.699$ or $0.000 < 0.05$ is obtained , it can be concluded that H_a is accepted and H_0 is rejected, so there is an influence of education on early complementary feeding with video media on the attitude of providing early complementary feeding to mothers who have babies aged 0-6 months at the Al Kautsar Prambon Clinic, Sidoarjo Regency.
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