

Mothers' Empowerment In Weaning Food Serving For Toddler Nutrition Needs At Mario Village, Mare Subdistrict Bone Regency

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Abstract

Mario Village, Mare Subdistrict, is one of the priority villages for stunting prevention and reduction in Bone Regency in 2021. Mario Village, Mare Subdistrict, is the 6th (six) of 50 (fifty) priority villages for stunting prevention and reduction in 2021. To achieve this goal, it is necessary for cross-sectoral collaboration in fulfilling optimal community nutrition, especially nutrition for children under five/toddler. Toddler nutrition is very important to have special attention due to economic limitations and lack of knowledge in fulfilling optimal nutrition, especially in the serving of appropriate weaning food (MP-ASI). Lecturers are present in their efforts to provide solutions so that optimal nutrition can be fulfilled by giving counseling methods such as: (1) Nutritional status of toddlers and the impact and dangers of poor nutritional status (2) Appropriate weaning food based on age (3) Appropriate, correct and adequate weaning food (4) Demonstration of weaning food (MPASI) broth serving by using a participatory method.

Keywords: TODDLERS, NUTRITIONS, MP-ASI (Weaning Food)

I. INTRODUCTION

The stunting rate in Bone Regency in 2018 was 40.1 percent of the total population, while in 2019 it decreased by around 4 percent, which was 37 percent. To reduce the rate of stunting, the government continues to plan various programs to overcome the poverty chain. Although the main cause of stunting is poor nutritional supplementary, the problem of stunting itself can be said to be very complex, involving various factors. These factors are economic, educational, and socio-cultural. The low level of education, for example, causes a lack of understanding of the importance of nutrition for infants and toddlers. The problem of stunting is not only about poor nutritional status, but it comes from the problem of poverty. (Regional Government of Bone, 2020) To achieve the goal of preventing and reducing stunting and optimizing nutrition for toddler, the Bone Regency Government has issued The Decision of Bone Regent No. 304 of 2020 regarding the determination of the Priority Village Location for Handling Stunting in Bone Regency in 2021. Mario Village, Mare Sub-district is the 6th (six) of the 50 (fifty) priority villages for stunting prevention and reduction in 2021. Based on surveys and interviews with Mario village officials and direct observations, poverty is still an urgent problem in Mario Village.

The number of households receiving *BLT* (cash fund assistance) in Mario Village in 2021 reached 173 households over 2 (two) villages and 9 (nine) sub-villages. The households that receive beneficiary of KKB live at Ulutae sub-village, reaching 50 households or about (50%) of the total KKB beneficiary households in Mario Village, while the lowest is at Appalaringe Lebbae sub – village, namely 13 households (12%). (Mario Village Data). The community at Mario Village is generally work as farmers and fishermen, the level of education is also relatively low, and most of them have elementary school education (SD) and junior high school (SMP). Based on data collection and research surveys, the nutritional status of the community, especially the nutrition of toddler, is considered need special attention due to economic limitations and lack of knowledge in fulfilling optimal nutrition, mainly in the serving of appropriate and correct weaning food (MP-ASI). The mothers have limitation of knowledge even in providing early weaning food to infants before the age of 6 months and do not

meet the components of the right and correct weaning food. Some mothers at Mario Village also have less precise diet for their babies at next age. If they have money (even not much), children are familiarized with instant food because of advertising. Babies are given adult food, which is not appropriate for their age. Miss important information for the community is the importance of affordable healthy nutritious food. Nutrients have a very important role for the continuity of children's growth and development and their health.

The best and most complete nutrition for babies in their first life is breast milk (ASI) until the age of 6 months. However, after 6 months breastfeeding alone is not enough to meet their nutritional needs. Therefore, babies after the age of 6 months need to be given complementary foods that are adapted to the ability of the baby's digestive organs to digest food. Nutrition improvement programs that aim at increasing the number and quality of weaning food (MP-ASI), can be done by serving MPASI to children aged 6–24 months (Fatimah, 2010). Economic factor is a determinant of nutritional status that can affect the nutritional status of children. A good family economic situation can guarantee the fulfillment of the basic needs of every family member, including the nutrition of toddler. Meanwhile, economic data includes employment, family income, wealth, expenditure and food prices (Supariasa, 2012). Low economic status occupies the first position in society which causes malnutrition. The first two years of a child's life is a critical period, because they are in rapid growth and development. The need for more attention in growth and development at the age of toddlers is based on the fact that malnutrition that occurs during this golden period is irreversible (cannot be recovered). Optimal nutritional status will be achieved if optimal nutritional needs are met (Sari, 2010) According to the results of the Study on the Nutritional Status of Indonesian Toddlers (SSGBI), which was integrated with the National Socio-Economic Survey (Susenas) on March 2019, the stunting rate in Indonesia is quite worrying, which is reach 27.7 percent.

1.2 Community Problem

Some problems based on situation analysis at Mario Village:

1. Mario Village is one of the villages that is a priority for stunting prevention and reduction in Bone Regency and placed 6 (six) out of 50 (fifty) priority villages
2. The lack of mother's knowledge about weaning food (MPASI)
3. Appropriate and correct MPASI is not understandable yet
4. Balance and optimal nutrition is not reached because of economic factor
5. Counseling is needed to stimulate community awareness, especially for mother about the importance of weaning food (MPASI) period.

II. METHODS

3.1 Approach Method

Approach method applied in implementation activities of Mothers' empowerment in MPASI serving for Toddler Nutrition Needs as follows:

1. *Lecture Method/ Counseling*

Lecture method applied to give explanation about:

- a. Toddler nutrition status and the harmful effects of poor nutrition
- b. Appropriate MP-ASI based on age
- c. MP-ASI yang tepat sesuai umur
- d. Appropriate, correct and adequate MP-ASI (ingredients and how to serve food)

2. *Q and A Method*

Season to explain things that are not understood by the community or season to ask questions by people who follow the counseling process.

3. *Demonstration*

In this method, we give example or practice to the community about:

- a. How to cook and serve MP-ASI broth

3.2 Procedure

1. Preparation Phase

Preparation phase include needs identification and media procurement, namely:

- a. Needs Identification
 - Identification to get capture of community condition at Mario Village, Uluwatu Sub-district, Mare

Regency

- Identification of counseling needs (media, and other needs)
 - Identifikasi kebutuhan/perengkapan penyuluhan (media dan lain-lain)
- b. The availability of demonstration ingredients for practice

2. Implementation Phase

- a. Implementation of counseling was conducted for four hours (4 hours)
- b. Material explanation by presenter
- c. demonstration/ practice was led by all presenter

3.3 Evaluation and Follow Up Plan

Evaluation includes all phases, namely evaluation of preparation, evaluation of processes and results. In the evaluation, what is meant is how to realize the need for equipment and timeliness, changes in knowledge and skills, and the suitability of the counseling method with the needs of participants/partners.

3.4 Goals

The ultimate goal of the MP-ASI counseling is that community, in this case mothers of toddlers, are expected to know and understand the provision/serving of MP-ASI and be able to apply good and correct weaning food in their daily lives. With the knowledge and skills in providing weaning food, it is hoped that the fulfillment of toddler nutrition can be fulfilled optimally.

III. IMPEMENATION AND DISCUSSION

a. Time and Place of Activity

Mothers' Empowerment In Weaning Food Serving For Toddler Nutrition Needs At Mario Village, Mare Sub-district Bone Regency applied counseling and demonstration method. Location orientation was conducted at October 29th 2021 then continued with a collective agreement held on Tuesday, November 2nd 2021, starting at 09.00 WITA at Mario Village Office, Mare Sub-district, which involved a team of community service members and village heads, health workers, in this case the village midwife and nutrition assistant, also involving Head of Sub-Village and cadres to agree on a schedule first and as a means of information to the public/participants, namely mothers of children under five/toddler.

The main activity held on Thursday, November 4th, 2021, at 09.00 WITA at Babussada Mosque, Mario Village, Ulutaue Sub-Village, Mare District, Bone Regency. The activity was conducted approximately 6 hours. Each presenter presents for 30 minutes. The team delivered 4 (four) materials, namely the nutritional status of toddlers and the harmful of poor nutritional status; the right MP-ASI according to age; the right, correct and adequate MP-ASI; and the demonstration of MP-ASI broth. The method focuses on the conversation or speaking skills of the participants and the material was delivered per topic in a relaxed way by using language that is easy to understand. The realization was at 09.00 - 09.20 opening by protocol, in this case the students involved. Then at 09.20 - 10.00 was a welcome speech by the ISKB institution, the village head and the village midwife

Presentation of the material as follows:

- 10.00 – 10.30 a.m presenter I Sulfianti, S.SIT., SKM., M.Keb: the nutritional status of toddlers and the harmful of poor nutritional status
- 10.30 – 11.00 a.m presenter II (dua) Ismawati, S.ST., M. Kes : the right MP-ASI according to age
- 11.00 – 11.30 a.m presenter III (tiga) Indryani, S.ST., M. Kes the right, correct and adequate MP-ASI
- 11.30 – 12.00 a.m all presenters: demonstration/practice to cook MP-ASi broth

- 12.00 a.m – 13.00 p.m. Break to have lunch and pray
- 13.00 – 14.00 p.m. Q & A, discussion

b. Participants

Participants are community at Mario Village, namely mothers with children aged 0-5 years. Mario Village, Mare District, Bone Regency as a partner in the implementation of Community Service (PkM) which is about 42.6 km from the location of Bone Health and Science Institute (ISKB) College. The counseling was attended by the lecturers and students. The number of participants who attended the meeting was 15 people (mothers of toddlers), and 8 field assistants. The number of mother's toddler at Mario Village is ... people. The education level of participants (mothers of toddlers) varied from elementary school to undergraduate. While the main target in this activity is the Empowerment of Mothers Toddler to the Serving of MP-ASI in Fulfillment of Toddler Nutrition by the lecture method according to the ability level of the participants, designed per topic according to sub-materials in understandable language.

c. Overview of Achieved Results

Counseling on the empowerment of toddler mothers in serving MP-ASI succeeded in attracting attention and encouraging the motivation of participants/mothers of toddlers. This is indicated by the high motivation, interest and participation of participants in each presentation of the presenters, namely Nutrition and MP-ASI. They generally follow the instructions of the service team and do not hesitate to raise their hands if they are given a certain role and also ask if there are things they do not understand

First Meeting

On February 2nd, 2021, our team gave an overview of the material in general. In delivering the material, we use a communicative approach, namely starting the meeting by telling a narrative story to attract participants' motivation. The story told is about the rights and obligations of children and the role of parents in "*asih asuh asih*". At the beginning of the meeting we allocated time to get to know each other and exchange information. We gave the opportunity to each participant/mother of toddlers to greet/greet using their respective languages and then introduce themselves to each other. And at the end of the meeting, a schedule of counseling was delivered by the team. Overall, the introduction and initial situation of the counseling with the topic of the material description was generally good and run well.

Second Meeting

On November 4th, 2021, the team presented the material: At the beginning of the counseling, a picture with the theme of the illustration of Nutritional Status and MP-ASI was given. Then the team showed several pictures of thin, normal and obese children of the same age to the participants, mothers of toddlers. After that, participants were instructed to pay attention and appreciate. Then, each participant was asked to guess the meaning of the picture and explain the reason why the children's pictures were not the same. Then asking the participants about how old the child is. Participants were asked to tell what food their child liked the most? Participants were very enthusiastic to answer questions from us in turns.

First Presenter .

On November 4th, 2021 at 10.00 - 10.30 a.m., the material of speaker I, namely the nutritional status of toddlers and the harmful of poor nutritional status. At the beginning of the counseling, pregnant women participants were asked if they already knew the meaning of nutrition, then asked pregnant women participants to raise their hands for those who knew. Furthermore, the presenters explained in detail the definition of nutrition, indicators of good nutritional status of toddlers, weight and height according to age, and the impact of poor nutrition. As reinforcement of counseling, at the end of the session, the speaker summarized again from what was explained.

Second Presenter .

On November 4th, 2021 at 10.30 – 11.00 a.m., the second speaker's material is MP-ASI which is appropriate for age level. The method used is still dominated by audio lingual. The purpose of this theme is for

participants to know and understand what MP-ASI is and its relation to nutrition fulfillment. In addition to the vocabulary listed in the speaker's lecture, participants were also introduced to simple adjectives. At the beginning of the lesson, the speaker gave an overview of why MP-ASI is important in the first 6 months of age. Furthermore, the next material was the frequency of MP-ASI according to age and the serving of only one ingredient MP-ASI, *four stars* (four ingredients) and a complete menu. The presenter gave sample pictures, then asking pregnant women participants about the experience of parenting MP-ASI to children in their daily lives and then relating them to the material. The presenter closed by appreciating the enthusiasm and thumbs up to the pregnant women participants and summarizing the contents of the material in simple sentences.

Third Presenter

On November 4th 2021 at 11.30-11.30 a.m., speaker III material was the right, correct and adequate MP-ASI. It begins with an explanation of the choice of MP-ASI ingredients, good cooking methods and elements that must be considered, namely carbohydrates, animal/vegetable protein, vegetables, and fat. After that, the presenters asked the participants about the experience of cooking MP-ASI to the participants. Participants take turns answering and telling their experiences. Then the presenters continued the complete and clear material regarding the right, correct and adequate MP-ASI

Demonstration/Practice to Cook MP-ASI broth

On November 4th, 2021 at 11.30 – 12.00 a.m., materials are presented by the three presenters. The presenter provided a picture of the complete menu of MP-ASI and the stock of MP-ASI starting from the preparation of ingredients, portions, cooking methods, filtering and serving and storage methods. Then, by applying the practical method directly and followed by the participants in groups.

Q&A Session

On November 4th, 2021 at 13.00 – 14.00 p.m., the team provided an opportunity for participants, in this case mothers of toddlers, to ask questions that they did not understand from the three materials and demonstrations. Then the team provides answers to all questions by giving understandable examples.

d. Activities Documentation

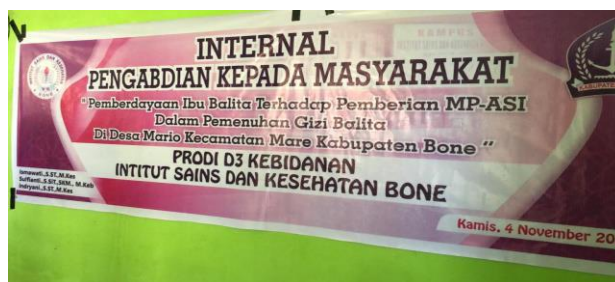


Fig 1. Banner of Community Service Activity



Fig 2. Presenter I Sulfianti, S.SIT., SKM., M. Keb (The Status of Toddler Nutrition and The harmful of Poor Nutrition)



Fig 3. Presenter II. Ismawati, S.ST., M. Kes (Appropriate MP-ASI based on Age Level)



Fig 4. Presenter III. Indryani, S.ST., M. Kes (Appropriate, Correct and Adequate MP-ASI)



Fig 5. Vegetable Broth



Fig 6. Chicken Broth



Fig 7. Complete Menu (Fat from coconut milk/ *Belcube* cheese)



Fig 8. Team consists of Lecturers, Students, Field Assistant and Participants/ Toddler Mother



Fig 9. Team of Lecturers, Students, field Assistant dan Participants/ Toddler Mother

IV. CONCLUSION AND SUGGESTION

The results of the implementation of community service activities "Empowerment of Toddlers Mothers on the Serving of MP-ASI in Fulfillment of Toddler Nutrition" with the aim at improving knowledge of optimal nutrition fulfillment through correct and appropriate MP-ASI are considered effective in encouraging the interest, motivation and awareness of mothers of children under five/toddler. The MP-ASI counseling activities in fulfilling toddler nutrition are expected to help mothers under five/toddler to overcome malnutrition, add insight, and indirectly help local governments in reducing the rate of malnutrition and stunting.

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