



## The Effect of Feeding Classes On Infants And Children On Mother's Knowledge In Jatinom Village, Klaten District

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### ABSTRACT

**Introduction:** Improper nutrition practices are the main cause of early happening stunting. Incident malnutrition increases because of ignorance and the inability of mothers to prepare nutritious food for their children. This ignorance is one of the reasons because there is no supporting information media related to the practice of feeding on child for a mother who has a child Baduta (Lower Two Year).

**Aims:** To determine the effect of PMBA classes (infant feeding and child) towards knowledge clown mothers about feeding practice, baby and child.

**Methods:** This type of research used *was pre-experimental with one group pretest-posttest design* without a control group. Sampling technique *total sampling*, obtained a total sample of 48 respondents in the Jatinom Village. Technique analysis used the Wilcoxon test with a level significance of 0.05.

**Results:** Knowledge Mother clown before class PMBA in Ward Jatinom, Klaten with average 9,14 with lowest value 8 and highest 13, standard deviation 1.71. Knowledge after done class PMBA in ward Jatinom is 10.31 with the lowest value of 8 and the highest at 15, the standard deviation is 1.95. Based on analysis bivariate is known to influence class PMBA to knowledge Mother ( $p=0.000$ )

**Conclusion:** There is an influence of feeding classes on infants and children on mothers' knowledge about the practice of feeding classes on infants and children in the Village Jatinom, Jatinom Klaten.

**Keywords:** Feeding Class, Knowledge, Practice Feeding

### Introduction

Moment This Indonesia face problem nutrition which complex, that is still high prevalence of malnutrition. Data Research Health Base year 2018 show that there is 19.3% of toddlers are stunted, 10.2% toddlers nutrition not enough (wasting) and 3.5% among them nutrition bad (severe wasting). Malnutrition at the start life or age early will impact serious to quality future human resources. (Ministry of Health, 2022).

Standard gold PMBA (baby feeding and child) consists of initiation early breastfeeding, exclusive breastfeeding, complementary foods for breastfeeding, breast-feed until age 2 year

very recommended Because can lower number death child and improve the mother's quality of life. Most of the incidents of malnutrition can be avoided if have enough knowledge about method maintenance nutrition and arrange food child (Roesli, 2012).

Lack of knowledge Mother during the infant feeding period and child is wrong one reason no sufficient nutritional needs in children. Counseling PMBA influence level understanding respondent about the importance of feeding practices baby and child which appropriate. If Mother know benefit behavior PMBA (baby feeding and child) which appropriate so possibility big Mother will give food to his son in accordance recommendation. Knowledge which needed can be obtained wrong only one with nutrition education. (Nurwulansari et al., 2018). Class PMBA (gift food for infants and children) is place gathering 10-15 person Mother which have toddlers age 0-23 months to acquire knowledge around gift feed on infants and children who are in under the supervision of a Nutrition Executive or Midwives who have attended training PMBA (baby feeding and child).

Based on studies introduction held on beginning month August 2022, in Ward Jatinom Klaten There is 5 Integrated Healthcare Center. Interview results from 10 Mother in Integrated Healthcare Center Jasmine 4 which have child age 6-24 month, there are 7 mothers do not know about understanding PMBA and not yet can carry out PMBA with good, like form food which no in accordance with age toddler, viscosity which no appropriate, unhygienic preparation, and type food which not enough fulfil will need substance nutrition toddler. Whereas 3 Mother already know about understanding PMBA and capable carry out activity PMBA with correct. Matter this due to lack knowledge Mother will practice gift food companion ASI which correct.

## Objectives

The Purpose of the study was to know influence Feeding Classes On Infants And Children on Mother's knowledge about practice Giving Food for Babies and Children in the Jatinom village Klaten

## Method

Method study which used is method *pre- experimental*. Draft study which used *one group pretest – posttest design* without exists group control. Population study This is Mother which have child toddler age 0-23 month in Region Ward Jatinom , totaling 48 toddlers. The sampling technique is the total sample. The instrument uses a standardized feeding questionnaire for both infants and children (PMBA). Data analysis used bivariate analysis using the Wilcoxon test.

## Results

### 1. Analysis Univariate

Univariate analysis to analyze characteristics respondent and knowledge Mother clown.

#### a. Characteristics Respondents

Table 1. Frequency Distribution Characteristics Based on Age Mother, education, parity and gender

Characteristics	f	Percentage (%)
Mother's Age		
< 20 year	0	0
20-35 year	38	79,2
>35 year	10	20,2
<b>Amount</b>	<b>48</b>	<b>100</b>

Mother's		
EducationSD	0	0
JUNI	10	20,8
OR	26	54,2
HIG	12	25
H	<b>48</b>	<b>100</b>
SCH		
OOL		
SENI		
OR		
HIG		
H		
SCH		
OOL		
PT		
<b>Amount</b>		
Parity		
Primipara	30	62.5
Multipara	18	37.5
Grandemultipara	0	0
	<b>48</b>	<b>100</b>
<b>Amount</b>		
Type of work		
IRT	25	52,1
Privat	19	39,6
ecivil	4	8,3
serva	<b>48</b>	<b>100</b>
nt		
<b>Amount</b>		

Source : Data Premieres 2022

b. Mother's Knowledge before Feeding Classes On Infants And Children in Jatinom Village, Klaten.

Table 2. Average Mother's Knowledge before Feeding Classes On Infants And Children in Jatinom Village, Klaten

	Means	Min	max	SD
Knowledge	9,14	8	13	1.71

Source : data Primary 2022

c. Mother's Knowledge after feeding Classes On Infants And Children in Jatinom Village, Klaten.

Table 3. Average Mother's Knowledge after Feeding Classes On Infants And Children

	n	Means		max	SD
Knowledge	48	10.91	8	15	1.95

Source: data Premieres 2022

## 2. Analysis Bivariate

Before do analysis bivariate done test normality use Shapiro Wilks. Resultstest normality obtained as following:

Table 4. Normality Test

Group	P value	$\alpha$	Information
Pretest	0.003	0.05	No Normal
Posttest	0.081	0.05	Normal

Table 4 Results Test Statistics Influence Feeding Classes On Infants And Children to Mother's Knowledge about practices of feeding infants and children in Jatinom Village Klaten

Group	n	Means $\pm$ S	P value
Pretest	48	9,15 $\pm$ 1,71	0.000
Posttest	48	10.31 $\pm$	

## Discussions

### 1. Characteristics Respondents

Results study show proportion age Mother part big 20-35 year as much 38 person (79.2%). matter This in line with research Aprillia et al (2019) Age influence in implementation practice PMBA, Because on age this productive, mothers are still easy to accept information- information related PMBA, with thereby it is hoped that the implementation of PMBA willeither will be able to affect the status nutrition baby And child.

The mother's education is the majority SENIOR HIGH SCHOOL as much 26 person (54.2%). Education give influence in reception information Which given through class PMBA. The more tall Education Mother hopefully the better reception information regarding PMBA. So is the research conducted by Fitri & Esem (2020) Which state Enhancement knowledge respondent in this research is also influenced by factor education And agerespondent. Parity Mother most Lots primiparous as much 30 person (62.5%). Yuliani (2012) Which state that peritas show someone's experience Mother in look after child can influential to knowledge. Mother Which First time have child Of course just Not yet own experience. Different with Mother multipara Which Already have experience. Mother Which have more or more children One And the more tall level knowledge Mother.

Work Mother part big is Mother House ladder as much 25 person (62.5%). Study This in line with Nurwulansari, et al (2018) Which 71.1% the respondent not working or housewives. Matter This because Mother House ladder more Lots time For attend training than working mothers so knowledge is better than Mother Which Work Because Mother Which Work seldom attend training- training And meeting with power health. explain that work somebody will influential to knowledge And experience somebody.

### 2. Knowledge before given class PMBA

From results study is known that before done class PMBA respondent own knowledge with the lowest score of 8 and the highest score of 13 by sum mean 9,14. Matter This caused Because before done class PMBA baduta mother said no know with Good about PMBA. (Sofiyanti, 2020) Practice baby clown feeding very influenced by culture from public/ area place stay. Required recommendation application correct feeding practices appropriate to the local situation (IDAI, 2015). Matter This means habit Eat public local can influence mother's practice of feeding in children.

### 3. Knowledge after given class PMBA

From results study is known that after done class PMBA respondent own knowledge with the lowest score of 8 and the highest score of 15 by sum average answer questionnaire knowledge increase become 10.91. Matter This caused Because before the mother's PMBA class clown say No know with Good about practice gift PMBA For nutrition child.

Matter This strengthened in increase knowledge, so required education which is Wrong One part from education health by process learning Which planned And dynamic To use modify skills improvement, knowledge And change attitude in order to lead a lifestyle that Healthy on level individual until public (Kartikasari, 2021). The more tall knowledge nutrition someone expected to be increasingly Good also circumstances nutrition (Safitri, 2019).

#### 4. Influence class PMBA to knowledge

The research results can be known that the average value, minimum and maximum after training class Mother pregnant more tall compared before PMBA class training. From Wilcoxon test results obtained p-value Value 0.000 or  $p < 0.05$  means there is influence class PMBA to mother knowledge. The results of this study in accordance with hope government in the purpose of implementing the award PMBA

counseling can increase knowledge about Importance PMBA, Situation General PMBA, Giving Water Milk Mother (breast milk), Giving Food Companion ASI (MP breast milk) 6-23 month, Monitoring Growth in children (Ministry of Health, 2022). This matter strengthened in increase knowledge, so needed that education is one of part from education health with process learning Which planned And dynamic To use modify enhancement Skills, knowledge And attitude change in to towards healthy lifestyle at the level individual until public (Kartikasari, 2021).

Results research too showing enhancement knowledge after activity Class PMBA. Success education health to knowledge supported by a number of factor including methods and media used. PMBA class use media Which interesting for class participants in the form of a smart book PMBA And Sheet come back PMBA communicative and applicable. Matter This strengthened Also by study Liestyawati (2018) that there is influence of counseling with the media booklet to knowledge Mother clown about Giving Eat Baby And Child (PMBA).

This is in line with research Goddess, M., & Amina, M. (2016) Three nutrition education interventions times every week at posyandu can improve knowledge scores and feeding practice of stunted toddler mothers. The group that received the intervention with use media food sample own enhancement score higher in knowledge And feeding practice.

## Conclusions

Based on the research results, it can be concluded that:

1. The characteristics of the PMBA class respondents based on the age of the mother were mostly at the age of 20-35 years as much as 79.2%, based on education namely high school as much as 54.2%, based on parity most of the primiparas were 62.55 and the type of work was mostly housewives 52.1% in the Jatinom Klaten sub-district.
2. Knowledge Mother clown before done class PMBA in Ward Jatinom with flat- flat 9,14 mark Lowest 8 And highest 13

3. Knowledge Mother clown afterdone class PMBA in Ward Jatinom with flat- flat 10.91 mark Lowest 8 And highest 15
4. There is influence class PMBA mother's knowledge clown about practice PMBA in Ward Jatinom, JatinomKlaten, seen from the results of the p value 0.000 which means p.s value < 0.05

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