

Community Empowerment on Maternal Behavior in Fulfilling Nutrition in Infants Aged 7-12 Months in Neighborhood V Of Ladang Bamboo Village, Medan Tuntungan Sub-District

Siska M.O Napitupulu*, Ristika Julianty Singarimbun

Diploma Nursing program Darma Health Science College Medan

* Correspondence: manaocnapit2012@gmail.com

Abstract: The high mortality rate could be due to a lack of nutrition, not a lack of economic well-being. Currently, data collected by NIF shows that infant mortality in Indonesia is the highest in Southeast Asia, reaching 32 per 1000 live births. Especially in the brain, children under 2 years old who are malnourished can cause a 15% to 20% brain cell deficiency. This type of research uses analytics which aims to analyze the level of maternal behavior regarding the fulfillment of nutrition in infants aged 7-12 months. Where the population was 30 people who were taken by total sampling, namely where the entire population was sampled. From the results of the study it was found that the level of maternal behavior regarding the fulfillment of nutrition in infants aged 7-12 months, it can be seen from 30 respondents that the highest frequency distribution was in the sufficient category as many as 15 respondents (50%), the highest frequency distribution based on the age of the mother in the 20-35 year category was 22 respondents (73.33%) and the highest frequency distribution based on education in the high school category was 17 respondents (56.67%) while based on the highest frequency based on parity was multipara, namely 18 respondents (60%). Thus the mother's behavior regarding the fulfillment of nutrition in infants aged 7- 12 months is in the sufficient category. From the results of the research conducted is to add insight and behavior of mothers about the fulfillment of nutrition in infants aged 7-12 months and to health workers, especially nurses to provide counseling to mothers. To the community, it is expected to be willing to accept counseling provided by health workers about the fulfillment of nutrition in infants. For further researchers, the author hopes to continue this research with a larger number so that the results are more satisfactory.

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1. Introduction

Nutrients are substances that make up the food ingredients needed by the body for metabolism. Nutritional and fluid needs are very important needs in helping the growth and development process in infants or children because they can help the growth and development process of children.

Nutrition in children is the beginning of building a healthy and intelligent generation to build a generation that is able to advance the nation. It should be noted that the first year of life in infants is the foundation for the child's next life[1].

In Indonesia, the term 'nutrition' was first used as a scientific term by Soedjono D. Poesponegoro in 2012 in his inaugural speech as a professor

at the Faculty of Medicine, University of Indonesia. The term 'nutrition science' as a translation of nutrition science was officially adopted in 2015 along with the inclusion of 'nutrition science' in the curriculum of the Faculty of Medicine, University of Indonesia. In other words, nutrition is the same as nutrition[2].

Nutrition in children in Indonesia is still a persistent dilemma. People still think that nutrition in children is closely related to their socio-economic existence. Because of this complex problem, many Indonesian children do not receive proper nutrition. In fact, nutrition is the right of every child to get it.

Improved nutrition in children promoted by NIF (Nutricia Indonesian Fund) aims to reduce the mortality rate of newborns and premature births. Not only the infection will be a concern, because nutrition related to calories and protein is one of the ways to heal quickly. This is to reduce the infant mortality rate in Indonesia. Currently, data collected by NIF shows that infant mortality in Indonesia is the highest in Southeast Asia, reaching 32 per 1000 live birth[3].

The high mortality rate can be caused by a lack of nutrition, not because of a lack of economic existence. For this reason, IDAI embraces various parties to form a special clinic "Early Detection of Child Growth and Development (DDTKA)" in handling the nation's generation of children to be equal to children outside Indonesia[4].

Malnutrition in children can cause underweight, susceptibility to disease, body fatigue, nutritional deficiency diseases, laziness, inhibition of growth and development both physical and psychomotor and mental. Especially in the brain, children under 2 years old who are malnourished can cause a 15% to 20% brain cell deficiency. Meanwhile, excess nutrition is not good. Excess nutrition can be in the form of excess energy that causes obesity (overweight), while excess vitamins or certain minerals can also cause poisoning and even inhibit growth.[5]

2. Materials and Methods

This study uses the type of analytical research that aims to determine the behavior of mothers about the fulfillment of nutrition in infants aged 7-

12 months in environment V Ladang Bambu Village, Medan Tuntungan District 2024[6].

The population used in the study were all mothers who had babies aged 7-12 months at the time of conducting research in Neighborhood V, Ladang Bambu Village, Medan Tuntungan District with a total of 30 people (Arikunto, 2018). The sample is the entire population studied. The sample size in the study was taken by total sampling where the entire population was sampled as many as 30 people[7].

The type of data used in the study is primary data where the primary data collection method is obtained from the results of interviews using questionnaire tools. Before the interview is conducted to the respondents, an instrument test (questionnaire) is first carried out which aims to ensure that the tools used (questionnaire) are valid and reliable. The validity test is carried out by measuring the correlation between each question item and the total score using the corrected total item test while the reliability test is carried out using the Cronbach Alpha Statistical test. After the validity test is carried out, the behavioral r count (0.476-0.843) is greater than the r table (0.444), so it can be concluded that all questions are valid. The reliability test results show the Cronbach Alpha value (0.965) is greater than r table (0.444) so it can be concluded that all questions are reliable[8].

The validity test is carried out by measuring the correlation between each question item and the total score using the corrected total item test while the reliability test is carried out using the Cronbach Alpha Statistical test. After the validity test is carried out, the behavioral r count (0.476-0.843) is greater than the r table (0.444), so it can be concluded that all questions are valid. The reliability test results show the Cronbach Alpha value (0.965) is greater than r table (0.444) so it can be concluded that all questions are reliable[9].

3. Results

Table 1. Frequency Distribution of Maternal Behavior Regarding Nutritional Fulfillment of 7- 12 Month Old Infants in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict

No.	Behavior	F	%
1	Good	9	30
2	Simply	15	50
3	Less	6	20

Total	30	100
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It can be seen that the frequency distribution of maternal behavior regarding the fulfillment of nutrition is that the majority have behavior in the moderate category as many as 15 respondents (50%) and the minority in the insufficient category, namely 6 respondents (20%)[10].

Table 2. Frequency Distribution of Mother's Age About the Fulfillment of Nutrition in Infants aged 7-12 months in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict

No.	Age	F	%
1	<20 years	2	6,67
2	20-35 years	22	73,33
3	>35 years old	6	20
Total		30	100

It can be seen that the frequency distribution of maternal age regarding the fulfillment of nutrition is the majority in the category of maternal age 20-35 years as many as 22 respondents (73.33%) and the minority of maternal age <20 years as many as 2 respondents (6.67%)[11].

Table 3. Frequency Distribution of Mother's Parity on Nutritional Fulfillment of 7-12 Months Old Infants in Subdistrict Neighborhood V, Ladang Bambu Village, Medan Tuntungan

No.	Parity	F	%
1	Primiparous	11	36,67
2	Multiparous	18	60
3	Grandemultipara	1	3,33
Total		30	100

It can be seen that the frequency distribution of maternal parity regarding the fulfillment of nutrition has a majority category of multipara as many as 18 respondents (60%) and a minority of grandemultipara as many as 1 respondent (3.33%)[12].

Table 4. Frequency Distribution of Maternal Education About Nutritional Fulfillment of 7-12 Months Old Infants in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict

No.	Education	F	%
1	SD	1	3,33
2	SMP	6	20
3	HIGH SCHOOL	17	56,67
4	PT	6	20
Total		30	100

It can be seen that the frequency distribution of Bu's education about the fulfillment of nutrition based on education in the high school majority category was 17 respondents (56.67%) and the minority was elementary school as many as 1 respondent (3.33%)[13].

No.	Question	N	%
1	Nutrients are the substances that make up the foodstuffs required by the body for metabolism.	22	73,33
	A. Correct	8	26,67
	B. False		
2	Nutrition and fluid needs are very important needs	23	76,67
	A. Correct	7	23,33
	B. False		
3	Nutrition is essential in helping the growth and development process in infants and children.	24	80
	A. Correct	6	20
	B. False		
4	Nutrient content viz: proteins, fats, and carbohydrates	25	83,33
	A. Correct	5	16,67
	B. False		
5	The role of water in the body includes as a means of transporting nutritional elements	23	76,67
	A. Correct	7	23,33
	B. False		
6	The onset of malnutrition is not only due to insufficient food intake, but also disease	22	73,33
	A. Correct	8	26,67
	B. False		
7	Children who do not get enough food, their immune system will be weakened and will be susceptible to disease.	25	83,33
	A. Correct	5	16,67
	B. False		
8	Every family and community is expected to provide time, attention and support for children to grow and develop properly.	27	90
	A. Correct	3	10
	B. False		
9	Every parent is obliged to provide care and protection for their children.	24	80
	A. Correct	6	20
	B. False		
10	Handling nutritional needs is by breastfeeding	23	76,67
	A. Correct	7	23,33
	B. False		
11	Toddlerhood is the beginning of growth and development that requires nutrients, especially in the toddler years.	19	63,33
	A. Correct	11	36,67
	B. False		
12	A poor environment can lead to the spread of germs, where infection can lead to a lack of appetite, resulting in a lack of nutrition.	22	73,33
	A. Correct	8	23,67
	B. False		
13	By following nutritional maintenance, parents can see their children's growth through weighing toddlers. Providing vitamin A in February and August	23	76,67
	A. Correct	7	23,33
	B. False		
14	Nutritional deficiencies in children can lead to underweight, illness and fatigue.	20	66,67
	A. Correct	10	33,33
	B. False		
15	80% of a baby's body weight is water, which shows how important water is to babies		60

	A. Correct	18	40
	B. False	12	
No.	Question	N	%
16	Inadequate health services and environment can lead to malnutrition		
	A. Correct	23	76,67
	B. False	7	23,33
17	Inadequate family food security can lead to malnutrition		
	A. Correct	22	73,33
	B. False	8	26,67
18	Excess nutrients are not good for the body		
	A. Correct	18	60
	B. False	12	40
19	Children who do not get enough nutrients, their immune system will be weakened and susceptible to disease.	23	76,67
	A. Correct	7	23,33
	B. False		
20	Nutrition is every child's right to receive		
	A. Correct	25	83,33
	B. False	5	16,67
21	Egg, meat and fish milk protein do not have the highest nutritional value of protein and are not suitable for infants.	18	60
	A. Correct	12	40
	B. False		
22	A clean environment can lead to the spread of disease, where infection can cause a lack of appetite.	18	60
	A. Correct	12	40
	B. False		
23	Children who are not getting enough food will have a weakened immune system and will be susceptible to disease.	23	76,67
	A. Correct	7	23,33
	B. False		
24	Complementary feeding is not necessary for infants aged 7-12 months.		
	A. Correct	22	73,33
	B. False	8	26,67
25	Protein intake in infants from birth to 12 months of age is about 2.2 grams / BW		
	A. Correct	21	70
	B. False	9	30
26	Breastfeeding has no effect on infant growth and intelligence		
	A. Correct	21	70
	B. False	9	30
27	The older the child gets, the less they need to eat.		
	A. Correct	22	73,33
	B. False	8	26,67
28	Milk, meat, fish, tempeh, tofu, beans are not building blocks.		
	A. Correct	23	76,67
	B. False	7	23,33
29	Bread, rice, noodles, flour are not considered energy sources.		
	A. Correct	21	70
	B. False	9	30
30	Food does not affect children's physical and mental growth and development		
	A. Correct	23	76,67
	B. False	7	23,33

It can be seen that those who answered correctly about nutrition are the substances that make up the food ingredients needed by the body to metabolize as many as 22 respondents (73.33%)[13].

Respondents who answered correctly about the need for nutrition and fluids is a very important need were 23 respondents (76.67%). Respondents who answered correctly about nutrition is very important in helping the process of growth and development in infants and children were 24 respondents (80%)[14].

Respondents who answered correctly about the nutrient content, namely: protein, fat, and carbohydrate as many as 25 respondents (83.33%).

Respondents who answered correctly about the role of water in the body including as a means of transporting nutritional elements were 23 respondents (76.67%)[15].

Respondents who answered correctly about poor nutrition is not only due to poor food intake, but also disease were 22 respondents (73.33%). Respondents who answered correctly about children who do not get enough food, then their immune system will weaken and will easily as many as 25 respondents (83.33%).

Respondents who answered correctly about every family and community is expected to provide time, attention and support to children so that they can grow and develop were 27 respondents (90%). Respondents who answered correctly about every parent is obliged to provide care and protection for their children were 24 respondents (80%)[16].

Respondents who answered correctly about handling nutritional needs was by breastfeeding as many as 23 respondents (76.67%), respondents who answered correctly about the toddler period is the beginning of growth and development that requires nutrients, especially in the toddler period as many as 19 respondents (63.33%).

Respondents who answered correctly about a bad environment can cause the spread of germs, where infections can cause a lack of appetite so that it causes lack of nutrition were 22 respondents (73.33%). Respondents who answered correctly about following nutritional maintenance so that parents can see child growth through weighing toddlers, giving vitamin A in February and August were 23 respondents (76.67%).

Respondents who answered correctly about lack of nutrition in children can cause underweight, susceptibility to disease and body fatigue were 20 respondents (66.67%). Respondents who answered correctly about

the baby's weight (80%) is water, this shows how important water is for babies as many as 18 respondents (60%)[17].

Respondents who answered correctly about inadequate health and environmental services can cause malnutrition were 23 respondents (76.67%). Respondents who answered correctly about inadequate family food security can cause malnutrition were 22 respondents (73.33%).

Respondents who answered correctly about excess nutrition is not good for the body were 18 respondents (60%). Respondents who answered correctly about children who do not get enough nutrition, then their immune system will be weakened and susceptible to disease as many as 23 respondents (76.67%)[18].

Respondents who answered correctly about nutrition is the right of every child to get it as many as 25 respondents (83.37%). Respondents who answered correctly about Egg milk protein, meat and fish do not have the highest nutritional value of protein and are not very suitable for babies as many as 18 respondents (60%).

Respondents who answered correctly about a clean environment, can cause the spread of disease, where infection can cause lack of appetite as many as 18 respondents (60%). Respondents who answered correctly about children who get enough food, then their immune system will be weakened and will be susceptible to disease as many as 23 respondents (76.67%)[19].

There were 22 respondents (73.33%) who answered correctly that complementary feeding is not necessary for infants aged 7-12 months. Respondents who answered correctly about protein intake in infants from birth to 12 months of age around 2.2 grams / BW were 21 respondents (70%).

There were 21 respondents (70%) who answered correctly that breastfeeding does not affect the growth and intelligence of infants. There were 22 respondents (73.33%) who answered correctly that the older the child, the less food they need.

There were 23 respondents (76.67%) who answered correctly about milk, meat, fish, tempeh, tofu, beans not being a source of energy. Respondents who answered correctly about bread, rice, noodles, flour are not included as sources of energy as many as 21 respondents (70%). Respondents who answered correctly about food does not affect the growth

and physical and mental development of children were 23 respondents (76.67%).

4. Discussion

Maternal Behavior Regarding Nutritional Fulfillment of 7-12 Months Old Infants in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict[20]

The results of the data analysis can be seen that the majority of mothers have sufficient behavior, namely 15 people (50%), and the minority of mothers who have less behavior as many as 6 people (20%). This is in accordance with the opinion of Notoadmodjo (2017), that behavior is the result of "knowing" and this occurs after people perceive a certain object. Sensing occurs through the human five senses, namely: sight, hearing, smell, taste, and touch[21].

Most human behavior is obtained through the eyes and ears. Behavior or cognitive is a domicile that is very important for the formation of one's behavior.

Based on the results of the 2021 Munir study, the level of good behavior is almost entirely the right pattern of fulfilling additional food, namely 15 respondents (93.75%), and respondents with poor behavior tend to be inappropriate in the pattern of fulfilling additional food, namely 1 respondent (100%)[22].

The results of the study of 20 respondents showed that almost all respondents 16 people (80%) had good behavior and most of the respondents 17 people were right in the pattern of fulfilling additional food in infants aged 6-12 months. According to the researcher's assumption, maternal behavior about fulfilling nutrition in infants aged 7-12 months needs to be improved in connection with increasing the fulfillment of nutrition without any obstacles[23].

Maternal Behavior Regarding Nutritional Fulfillment of 7-12 Months Old Infants Based on Age in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict

The results of data analysis show that in terms of the age of respondents, out of 30 respondents, the majority of mothers aged 20-35 years, namely 22 respondents (73.33%) and the minority of mothers aged <20 years, namely 2 people (6.67%).

According to Wikipedia (2017), age is a unit of time that measures the existence of an object or creature both living and dead. Age is measured from birth to the present, namely until the research is conducted. Theoretically, age affects behavior, the older a person is, the more life experiences he goes through. These various experiences become a source of information that is able to increase the level of maternal behavior.

According to the researcher's assumption, age can affect the mother's behavior where the older the mother's age, the more experiences she goes through and the more information she encounters and things she does so that the mother's good behavior towards child nutrition becomes good too.

Maternal Behavior on Nutritional Fulfillment of 7-12 Months Old Infants Based on the Number of Parities in Neighborhood V, Ladang Bambu Urban Village, Medan Tuntungan Subdistrict

The results of the analysis showed that in terms of the number of parities, out of 30 respondents, the majority were multiparous as many as 18 respondents (60%) and the minority of grandemultiparous mothers were 1 respondent (3.33%)[24].

According to Hendra (2016), stating that giving birth has an influence on behavior with someone getting a child in the family, this relationship will experience a learning process and obtain the truth of the mother's behavior if someone has had the experience of giving birth, a way of obtaining the truth of this behavior will be higher. According to the researcher's assumption, parity can affect maternal behavior where, the higher the parity, the higher the mother's behavior in fulfilling child nutrition towards a better direction.

Level of Maternal Behavior on Nutritional Fulfillment of 7-12 Months Old Infants Based on Maternal Education in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict[18]

The results of the data analysis are seen in terms of respondent education, then out of 30 respondents the majority were in high school education, namely 17 respondents (56.67%) and the minority were in elementary school education, namely 1 respondent (3.33%).

According to Notoadmodjo (2015), education is all efforts that are planned to influence other people, both individuals, groups or communities so that they do what is expected by the perpetrators of

education, so if the higher a person's education, the more knowledge and behavior is obtained.

According to the author's assumption, education affects maternal behavior because if the mother's education is low about fulfilling nutrition, the mother's behavior about fulfilling nutrition is lacking and vice versa if the mother's education is high about fulfilling nutrition, the mother will better understand nutritional problems and the mother will also do her best for the health of her baby or child.

5. Conclusion

From the 30 respondents studied, it can be concluded that the mother's behavior regarding the fulfillment of nutrition in infants aged 7-12 months in Lingkungan V, Ladang Bambu Village, Medan Tuntungan Subdistrict, 2024, obtained the highest results in the category of poor maternal behavior in fulfilling child nutrition, namely 15 respondents (50%) and the lowest in the good category in the category of poor maternal behavior in fulfilling child nutrition 9 respondents (30%). Of the 30 respondents, the level of maternal behavior regarding the fulfillment of nutrition in infants aged 7-12 months in environment V, Ladang Bambu Village, Medan Tuntungan District 2024. Based on the age of the mother, the highest was at the age of 20-35 years, namely 22 respondents (73.33%). Based on the highest maternal education for SMA, namely as many as 17 respondents (56.67%), and based on the number of parity, the majority of mothers are multiparous, namely 18 respondents (60%).

It is expected that health workers or nurses in Neighborhood V, Ladang Bambu Village, Medan Tuntungan Subdistrict, to provide counseling, instructions, and guidance to mothers who have babies or children about fulfilling nutrition in babies or children. The community is expected to be willing to receive counseling provided by health workers or nurses about the fulfillment of nutrition in infants or children

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