

## **Factors related to the nutritional status of infants aged 0-24 months in Huta Koje Village, District of Southeast Padangsidimpuan City, Padangsidimpuan City.**

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### **Abstract**

*This research was conducted in 2022 in Huta Koje Village, Padangsidimpuan Tenggara sub-district. This study aims to determine the relationship between the duration of breastfeeding and the nutritional status of infants, to determine the relationship between complementary feeding and the nutritional status of infants and to determine the relationship between weaning and the nutritional status of infants in the village of Huta Koje. In this study, researchers used a cross-sectional method which aimed to determine the relationship between the duration of breastfeeding, early complementary feeding, early weaning of infants with the nutritional status of infants in Huta Koje Village, Padang Sidimpuan Southeast District. Anthropometry by measuring baby's weight based on body weight per baby's age. Body weight is one of the parameters that provide an overview of body mass. Body mass is very sensitive to sudden changes, such as a decrease in appetite, due to infection and a decrease in the amount of food consumed. Body weight is an anthropological parameter. From the results of this study, it was found out the relationship between the length of time the baby was breastfed, the provision of MP-ASI with nutritional status and the relationship between weaning. It was found that the duration of breastfeeding had a relationship with nutritional status, the provision of MP-ASI also had a relationship with the nutritional status of infants while in this study weaning did not have a significant relationship with the nutritional status of infants. due to infection and a decrease in the amount of food consumed. Body weight is an anthropological parameter. From the results of this study, it was found out the relationship between the length of time the baby was breastfed, the provision of MP-ASI with nutritional status and the relationship between weaning. It was found that the duration of breastfeeding had a relationship with nutritional status, the provision of MP-ASI also had a relationship with the nutritional status of infants while in this study weaning did not have a significant relationship with the nutritional status of infants. due to infection and a decrease in the amount of food consumed. Body weight is an anthropological parameter. From the results of this study, it was found out the relationship between the length of time the baby was breastfed, the provision of MP-ASI with nutritional status and the relationship between weaning. It was found that the duration of breastfeeding had a relationship with nutritional status, the provision of MP-ASI also had a relationship with the nutritional status of infants while in this study weaning did not have a significant relationship with the nutritional status of infants. the provision of MP-ASI with nutritional status and the relationship between weaning. It was found that the duration of breastfeeding had a relationship with nutritional status, the provision of MP-ASI also had a*

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**Keywords:** *duration of breastfeeding, MP-ASI, Weaning and Nutritional Status*

## INTRODUCTION

Nutrition plays an important role in the human life cycle. The low Human Development Index (IPM) in Indonesia is strongly influenced by the low nutritional and health status of the population. This can be seen from the still high infant, under-five and maternal mortality rates. Malnutrition also greatly affects the level of intelligence of children. Children who are malnourished at the age of five will grow short and experience impaired growth and brain development which affects the low level of intelligence of children under five. It is feared that children with low intelligence will become a burden in the future. In addition, nutrition also has a close relationship with the death of children under 5 years.

One of the degrees of public health is determined by the overall level of human welfare including bio-psycho-socio-spiritual, both in the elderly, adults, adolescents, children, toddlers, infants. One of these levels of well-being is the reduction in the infant mortality rate (IMR) (Purwani et al, 2014).

According to Moersintowati B. Narendra, et al, 2002, Nutritional disorders occur in the transition period caused by a lack of knowledge about the needs of babies and nutritious additional food, Ignorance in preparing additional food from nutritious local ingredients, and Poverty, so that they are unable to provide nutritious food.

WHO (World Health Organization) recommendsto breastfeed until 6 months of age. Based on these reasons, it is appropriate that breast milk should always be given to babies. Only under certain circumstances can breast milk be replaced with formula milk (Purwani et al, 2014).

According to the research results of Ririendwie, (2011) that working mothers tend to wean faster. Meanwhile, mothers who do not work tend to wean longer. Expected Weaning is a situation where the baby does not get breast milk as a food source and is replaced with additional feeding other than breast milk. According to the research results of Rita Ratna (1998) stated that the ideal age for weaning a baby is 1 year old, this is due to limited time for working mothers, babies do not want to be weaned or milk production is not smooth (Ririendwie, 2011).

Breastfeeding is closely related to the nutritional status of children because it can increase the baby's immunity against disease as shown in a number of studies when breastfeeding is accompanied by a decrease in the frequency of diarrhea, chronic

constipation and infections. In addition to breastfeeding, complementary foods are also given to babies when they are 6 months old, if they are given too early will damage the baby's nutritional status such as babies susceptible to diarrhea, allergies and malnourishment occur. Coupled with weaning that is too early will result in disrupted baby development due to nutritional status that is not met.

### **RESEARCH METHOD**

The type of research used in this study was cross-sectional which aims to determine the factors related to the nutritional status of infants aged 0-24 months in Huta Koje Village, District of Southeast Padangsidimpuan City, Padangsidimpuan City in 2022. The research was conducted in September and October 2022 The subjects of this study were 32 infants aged 0-24 months. The tools used included questionnaires on respondent characteristics, weight scales, measuring height. The data were analyzed statistically and then presented in the form of tables and narratives.

### **RESULTS AND DISCUSSION**

#### **a. Overview of Nutritional Status**

#### **Distribution of the Nutritional Status categories of babies based on weight/age in Huta Koje Village, Padangsidimpuan Tenggara District in 2022**

o	Nutrit ion status category	A mount	%
	Good	14	43.75
	Curre ntly	4	12.5
	More	5	15.62
	Not enough	2	6.25
	Bad	7	21.87
	Amo unt	32	100%

From the table above, the majority of babies with good nutritional status are 14 people (43.75), while the minority of babies with undernourished status are 2 people (6.25).

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From the results of the study, the nutritional status of infants in Huta Koje village consisted of good nutritional status, namely good 14 people (43.75), moderate 4 people (12.5), more than 5 people (15.62), less 2 people (6, 25), bad 7 people (21.87).

Children who have poor nutritional status and poor nutritional status are caused by the fact that breastfeeding is rarely given, complementary breastfeeding is given too early, weaning is too early and the baby is sick. This is also caused by low family income, knowledge about nutrition, and habits/ mother's belief.

Most of the mothers' education is junior high school graduates, so they don't know the right time to give complementary foods and weaning for babies. So there are mothers who believe that if the child is fed quickly, the child will quickly grow big, strong and immune. A low level of mother's knowledge will maintain traditions related to food, making it difficult to receive new information in the field of nutrition. The level of education also determines whether or not it is easy for someone to receive knowledge.

**b. Relationship between duration of breastfeeding and nutritional status**

Distribusi Status Gizi Bayi menurut Lamanya Bayi Menyusui

Lama menyusui	Status Gizi										Jumlah	X <sup>2</sup> Hitung	X <sup>2</sup> Tabel	
	Buruk		Kurang		Sedang		Baik		Lebih					
	N	%	n	%	n	%	n	%	N	%				
< 8 x/hari	6	75	2	25	0	0	0	0	0	0	8	100%	25,5	15,5
8 - 12 x/hari	1	4,3	0	1	4	12,5	13	56,5	5	15,6	23	100%		
>12 x/ hari	0	0	0	0	0	0	1	100	0	0	1	100%		
Total	7	100	2	100	4	100	14	100	5	100	32	100%		

From the table above, it can be grouped into groups of infants who breastfeed <8 hours with the category of poor nutritional status: 2 people (25), 6 people (75) bad, while babies who breastfeed 8-12 hours with good nutritional status category 13 people (56, 52), moderate 4 (12.5), more than 5 people (15.62), 1 person bad (4.3), and babies who breastfeed for > 12 hours, namely 1 person (100) in the category of good nutritional status.

From the analysis of the chi-square test it is known that the test X2 Count > X2 Table is Ha accepted. Namely that there is a relationship between the length of time the baby breastfeeds with the nutritional status of the baby. From the examination of the hypothesis Ha is accepted if X2 Count > X2 Table, it turns out that in this study X 2 count > X2 Table, namely 28.54 > 15.507 it can be concluded that Ha is accepted that there is a relationship between the duration of the baby breastfeeding and the nutritional status of the baby.

From the results of Paramita's research, 2010 which showed that there was a significant relationship between the frequency of breastfeeding and the weight gain of infants aged 1-6 months. in Soetjningsih's study, 1997 that babies who get enough breast milk have an average weight gain of 500 grams per month when breastfeeding frequently, every 2-3 hours or 8-12 times a day. This can happen because almost all respondents are in the category of good nutritional status and their growth is also good (Purwani, 2014).

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In the initial survey conducted in Huta Koje Village, there was still a lack of nutritional status of infants, this could not be known the causative factors and after the research was carried out, it could be concluded that the length of time a baby was breastfed greatly influenced the nutritional status of the baby, especially in the process of its growth and development. In this village there are very many mothers who breastfeed their babies very rarely because some of the mothers work outside the home such as farmers so that babies are rarely given milk.

**C. Correlation between the timing of complementary feeding and nutritional status**

Distribusi Status Gizi Bayi menurut Waktu Pemberian MP-ASI

Waktu MP-ASI	Status Gizi										Jumlah	X <sup>2</sup> Hitung	X <sup>2</sup> Tabel	
	Buruk		Kurang		Sedang		Baik		Lebih					
	N	%	n	%	n	%	n	%	n	%				
< 6 bulan	3	50	2	33,3	0	0	1	16,6	0	0	6	100	25,5	15,5
> 6 bulan	0	0	2	10,2	4	21,0	8	42,1	5	26,5	14	100		
Belum Diberi	4	57,1	0	0	0	0	3	42,8	0	0	7	100		
Total	7	21,8	4	12,5	4	12,5	12	37,5	5	15,6	32	100		

From the table above it can be concluded that the nutritional status of infants who were given MP-ASI <6 months, namely 1 person (16.66) was good, 2 people were lacking (33.33), 3 people were bad (50), while MP-ASI given > 6 months with good nutritional status as many as 8 people (42.10), while 4 people (21.50), more 5 people (26.31), less 2 people (10.25) and the nutritional status of babies who have not been given MP- ASI is good for 3 people (42.85) and bad for 4 people (57.14).

From the analysis of the chi-square test it is known that the test X2 Count > X2 Table is Ha accepted. Namely that there is a relationship between the provision of MP-ASI with the nutritional status of the baby. From the examination of the hypothesis Ha is accepted if X2 Count > X2 Table, it turns out that in this study X 2 count > X2 Table, namely 16.17 > 15.507 it can be concluded that Ha is accepted that there is a relationship between the time of giving MP-ASI and the baby's nutritional status.

The reason the mother gave complementary food for less than 6 months was due to the busyness of the mother, both working at home and in the fields where the work of the respondents was mostly farmers. fed, the child is no longer fussy and grows up quickly.

From the results of research conducted by Sinaga, 2010 explaining that there is a difference in the weight of babies aged 0-6 who are breastfed and those who are given MP-ASI, it shows that the average weight growth for babies who are breastfed without additional food weighs 4 .1 and babies who were given MP-ASI at the age of 0-6 months with a body weight of 3.4 kg. it is clear that there is a relationship between the early provision of MP-ASI and the nutritional status of infants (Purnawati, 2014).

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From the results of the preliminary service that was carried out at the beginning in Huta Koje Village there were still infants who were undernourished, it was not yet possible to identify the causal factors and after the research was carried out one of the contributing factors was the time of giving MP-ASI which greatly affected the status baby nutrition, especially in the process of growth and development. Because the early introduction of MP-ASI to infants can pose a risk to the baby's nutritional status in Huta Koje Village, there are still many babies who are given MP-ASI too early so it is very risky for the baby.

**d. Correlation between weaning time and nutritional status**

Distribusi Status Gizi Bayi menurut Waktu Penyapihan

Waktu Penyapihan	Status Gizi										Jumlah	X <sup>2</sup> Hitung	X <sup>2</sup> Tabel	
	Buruk		Kurang		Sedang		Baik		Lebih					
	N	%	N	%	n	%	n	%	n	%				
< 6 bulan	2	33,3	2	33,3	1	16,6	1	16,6	0	0	6	100%	25,5	15,5
> 6 bulan	0	0	0	0	2	20	7	70	1	10	10	100%		
Belum disapih	5	31,2	0	0	1	6,25	7	43,7	3	18,7	16	100%		
Total	7	21,8	2	6,25	4	12,5	15	46,8	4	12,5	32	100%		

From the table above it can be seen that the nutritional status of infants with weaning <6 months is good 1 person (16.66), moderate 1 person (16.66), less 2 people (33.33), bad 2 people (33.33) ) while weaning > 6 with good nutritional status 7 people (70), moderate 2 people (20), more 1 person (10). And the nutritional status of infants who have not been breastfed with good category 7 people (43.75), moderate 1 person (6.25), more 3 (18.75), and bad 5 people (31.25).

From the analysis of the chi-square test it is known that the test X2 Count < X2 Table is Ha rejected. Namely that there is no relationship between weaning and the nutritional status of the baby. From the examination of the hypothesis Ha is accepted if X2 Count > X2 Table, it turns out that in this study X 2 count < X2 Table, namely 15.95 < 15.507 it can be concluded that Ha is rejected that there is no relationship between weaning and the baby's nutritional status.

The reason the baby is weaned too early is because the mother's work outside the home (farming) requires the mother to leave the child at home. As the mother leaves the child at home for a long time it causes the child to get used to not drinking breast milk anymore and early complementary feeding accelerates the child's dependence on breast milk, this further speeds up the child's weaning in an easy way.

From the results of a preliminary survey conducted on August 10 2012 at the posyandu padian, Sidodadi Village, Mejayan District, Madium District, out of 45 toddlers aged 0-3 years, 30 toddlers have been weaned because the children are ready to wean, the condition of the mother is working and the condition mother does not allow (Rohmah, 2014).

From the results of the study, it can be seen that there is a significant relationship between weaning time in infants and the nutritional status of infants. The results of the research show that the majority of babies > 6 in weaning tend to have good nutritional status.

Weaning that is carried out too early can cause the closeness of the child and mother's relationship to decrease because the bounding attachment process is disrupted, the incidence of infectious diseases, especially diarrhea, increases, the effects of nutrition resulting in malnutrition in infants, and allergic reactions that cause nausea, vomiting, rashes, and itching due to reaction from the immune system. In the initial survey conducted in Huta Koje Village, there was still a lack of nutritional status of the baby, it was not possible to identify the causal factors and after the research was carried out, it was found that one of the factors was the right time to wean the baby.

### **CONCLUSION**

Based on the research results obtained, several conclusions can be drawn, namely there is a relationship between the length of time the baby is breastfeeding and the nutritional status of the baby, there is a relationship between complementary feeding and the nutritional status of the baby, there is a relationship between weaning and the nutritional status of the baby.

### **SUGGESTIONS**

Health workers need to provide counseling to mothers about the right time to give ASI and MP-ASI. Weigh the baby regularly every month to find out the nutritional status/growth of the baby. Health workers need to provide counseling to pregnant women about good breastfeeding patterns and how to wean and the right time to wean the baby, the frequency of breastfeeding the baby should be 8-12 x/day or more, it is better to give MP-ASI when the baby is > 6 months old, weaning can be done when the baby is > 6 months old or at 2 years old.

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**Factors related to the nutritional status of infants aged 0-24 months in Huta Koje Village, District of Southeast Padangsidempuan City, Padangsidempuan City.  
Adelina fitri Tanjung**

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