Literature Review : Overview of Giving Weaning Food to Babies Aged 6-24 Months

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Abstract. A person's nutritional status is a reflection of what they consume. The problem of malnutrition is influenced by several factors, including the provision of WEANING FOOD. You need to pay attention to giving WEANING FOOD starting from food intake, frequency, quantity, and portions. Aim: The aim of providing good nutrition is to achieve adequate child growth and development.Method: This research method uses a literature review. Literature can be obtained from various sources and several journals that have been read and analyzed.Results: The results can be concluded that giving WEANING FOOD to babies greatly affects the baby's nutrition. Maternal knowledge is not the only factor that can influence a child's nutritional status. But there are also appropriate patterns of giving MP-ASI to babies and food intake, as well as the frequency and number of portions of food for babies that can improve the baby's nutritional status.Conclusion: Most respondents are still lacking in determining the texture, frequency, and serving portion and have not implemented a healthy menu.

Keywords: Babies, Weaning Food, Nutrition, MP-ASI

1. Introduction

The problem of malnutrition and malnutrition is still a major problem in Indonesia. This is proven by the continued discovery of cases of malnutrition and malnutrition among children in various regions. One factor that can influence nutritional status is intake. A person's nutritional status is a reflection of what they consume. The aim of providing good nutrition is to achieve adequate child growth and development. In babies and children, malnutrition will cause growth and development disorders which, if not treated early, will continue into adulthood [1].

In Indonesia, based on 2018 Basic Health Research data, as many as 17.7% of children under five years of age (toddlers) still experience nutritional problems consisting of 3.9% malnutrition and 13.8% malnutrition. [2] The problem of malnutrition is influenced by several factors, one of which is the inappropriate provision of complementary foods with breast milk (weaning food). Weaning food is a transitional food from breast milk to family

S. Ichtiarsi Prakasiwi et al. (eds.), *Proceedings of the 2nd Lawang Sewu International Symposium on Health Sciences: Midwifery (LSISHS-M 2023)*, Advances in Health Sciences Research 79,
https://doi.org/10.2991/978-94-6463-461-7_9

food given to children aged 6–24 months in stages, type, frequency of administration, number of portions, and form of food adapted to the baby's age and ability to digest food to meet their nutritional needs.[3]. Quality WEANING FOOD must be filled with energy, protein, and micronutrients in a balanced manner so that it can grow optimally [4] Several things that need to be considered when providing WEANING FOOD are its adequacy, availability, and presentation. The correct pattern of giving MP-ASI to babies not only achieves optimal growth but also prevents malnutrition [5]. Apart from the time of administration, the texture of WEANING FOOD also needs to be considered. The first food given to babies is food with an easily digestible texture. Likewise the frequency of giving WEANING FOOD, where the recommendation for giving WEANING FOOD according to WHO is a frequency of giving 2-3 times a day plus 2 alternate times. [4]

2. Method

This research uses a literature review research method. In this research, a literature search was carried out using Indonesian that was relevant to the topic. The search was carried out using the Google Scholar database. The aim of this article is to analyze the description of giving WEANING FOOD to babies aged 6-24 months. The keywords used are "Giving", "WEANING FOOD", and "babies aged 6-24 months". The articles obtained for review were scientific journals that met the criteria and 5 national articles were obtained from 2019-2023 which will then be reviewed.

3. Discussion and Result

Tabel 1. Summary of Articles Reviewed

Writer	Research title	Research methods	Results
Alfie Ardiana Sari, 2019	The Relationship between Providing Complementary Food Intake (WEANING FOOD) and the Growth of Babies or Children Aged 6-24 Months.	Analytical description with a cross-sectional approach	The statistical test obtained p=0.45 which shows that there is no relationship between giving weaning food and the growth of babies/children aged 6-24 months based on the nutritional status of the BB/U index at the Wirastri Gamping Sleman posyandu.
Putri A, Indria, and Sulistyowati, 2021	The Influence of Mother's Knowledge and Complementary Food Feeding Patterns on the Nutritional Status of	Analytical descriptive research with a cross-sectional approach	The results obtained showed no relationship between knowledge and infant nutritional status. Furthermore, the results

Writer	Research title	Research methods	Results
	Babies Aged 6-12 Months in Pujon District, Malang Regency		obtained showed a relationship between the pattern of giving WEANING FOOD and nutritional status. The p-value is positive so the direction of the correlation is positive, which means that the better the WEANING FOOD feeding pattern, the better the baby's nutritional status.
Purnama and Sulami, 2022	Description of Providing Healthy WEANING FOOD Menus in Efforts to Prevent Stunting in Bima Regency	Descriptive method with a cross-sectional approach	The research results obtained from the accuracy of giving the first WEANING FOOD or according to the time of administration, namely 6 months of age, were 75%, some respondents were still wrong in the accuracy of the texture of WEANING FOOD by 77%, some respondents were inaccurate in the frequency of giving WEANING FOOD by 75%, the accuracy of portions given WEANING FOOD 59% were appropriate. Some respondents providing WEANING FOOD had not applied the healthy 4-star WEANING FOOD menu, 73%.
Rangkuti and Insan, 2022	Description of Mothers' Knowledge About Providing WEANING FOOD in AEK Manis Village, Sibolga City in 2022	Quantitative, cross-sectional	In this study, the majority of respondents' education was junior high school. The low level of maternal education results in a lack of maternal knowledge in dealing with problems, especially in providing WEANING FOOD, while mothers who have higher education are generally open to accepting

Writer	Research title	Research methods	Results
			new changes to maintain health.
Apriani et al. 2021	Relationship between WEANING FOOD Feeding Patterns and Nutritional Status of Children Aged 6-24 Months in Pangkep Regency	*cross-sectional*	The results of this study showed no relationship between the age at which WEANING FOOD was given to toddlers and the nutritional status of toddlers aged 6-24 months. And there is a relationship between WEANING FOOD texture and the nutritional status of toddlers aged 6-24 months.

A literature search through electronic databases resulted in five articles selected for review in this research which were the results of research by the author (Alfie Ardiana Sari, 2019), (Putri A, Indria, and Sulistyowati, 2021)[7], (Purnama and Sulami, 2022)[8], (Rangkuti and Insan, 2022)[9], (Apriani et al. 2021)[6]. Four of the articles used cross-sectional research and one article used quantitative methods.

In the first article, the data collection technique in this research was by measuring the weight and TB of the baby or child and giving a questionnaire to the mother or caregiver. The population of this study was mothers with toddlers aged 6-24 months, totaling 18 respondents. The samples taken using the consecutive sampling method were 18 babies or children. The statistical test obtained p=0.45 which shows that there is no relationship between giving WEANING FOOD and the growth of babies/children aged 6-24 months based on the nutritional status of the BB/U index at the Wirastri Gamping Sleman posyandu. Providing food to a baby/child must pay attention to both adequate quality and quantity at each stage.[10]

In the second article, this research uses analytical descriptions with a cross-sectional approach. The population used was mothers who had babies aged 6-12 months in the villages of Padesari, Madiredo, and Tawang Sari, Pujon subdistrict, Malang district, totaling 95 respondents. The data collection technique uses primary data by filling out a questionnaire. The questionnaire used uses a Likert scale, the questionnaire has 12 items. The research results based on the Spearman correlation test results obtained a p-value of 0.129>0.05 which can be concluded that there is no relationship between knowledge and the nutritional status of babies.

In the third article, this research uses a descriptive method with a cross-sectional approach. The research population was mothers who had toddlers aged 6-24 months with a total of 100 respondents. The research results obtained from the accuracy of giving the first WEANING FOOD or according to the time of administration, namely 6 months of age,

were 75%, some respondents were still wrong in the accuracy of the texture of WEANING FOOD by 77%, some respondents were inaccurate in the frequency of giving WEANING FOOD by 75%, the accuracy of portions given WEANING FOOD 59% were appropriate. Some respondents providing WEANING FOOD had not applied the healthy 4-star WEANING FOOD menu, 73%.

In the fourth article, this research uses quantitative with a descriptive design. The population in this study was 30 people and the instrument used was a questionnaire. Based on the results of research in the Aek Manis sub-district, it shows that of the 42 respondents in the Aek Manis sub-district, the majority were aged 20-35 years, 17 people (40.5%), and the majority of the respondents' education was junior high school, 14 people (33.3%). The majority of respondents' knowledge about WEANING FOOD was less than 19 people (45.2%). Respondents' lack of knowledge was influenced by the lack of health information obtained by respondents, especially regarding giving WEANING FOOD to babies. `

In the fifth article, this research is an analytical survey research with a cross-sectional research design. The population in this study was 60 people who had children aged 6-24 months. The results of the study showed that WEANING FOOD given on time had more good nutritional status compared to early WEANING FOOD (<6 months), as well as WEANING FOOD given not on time had a more malnourished status compared to timely WEANING FOOD. The results of the analysis showed that there was no relationship between the age at which WEANING FOOD was given and nutritional status. The results of research on giving WEANING FOOD with an age-appropriate texture are descriptive of good nutritional status compared to those with an inappropriate texture. The results of the analysis show that there is a relationship between WEANING FOOD texture and nutritional status (ρ value = 0.012 $<\alpha$ = 0.05). This shows that the form of WEANING FOOD can influence the nutritional status of toddlers. The texture of MP-ASI given to toddlers according to the toddler's age can affect the child's nutritional status because the texture of MP-ASI can affect the child's digestion.

The articles obtained show that the majority of respondents are still inadequate in determining the texture, frequency, and portion of food and have not implemented a healthy menu. Giving WEANING FOOD with different textures needs to be adjusted to the child's age and given gradually. Children will need more time to chew when the texture provided is not appropriate for the child's age. This will cause the child's intake to decrease. The age of 6-9 months is a critical period for introducing solid foods gradually to stimulate motor skills. If at the age of over 9 months, you have never been introduced to solid food, then the possibility of experiencing eating problems as a toddler increases. Therefore, the consistency of the food given should be increased with increasing age.

4. Conclusion

From this journal, the author has concluded that most respondents are still lacking in determining the texture, frequency, and serving portion and have not implemented a healthy menu. Apart from that, the low level of maternal education results in a lack of maternal knowledge in dealing with problems, especially in providing WEANING FOOD, while mothers who have higher education are generally open to accepting new changes to maintain health.

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