



THE RELATIONSHIP OF MOTHER'S ATTITUDES AND LEVEL OF KNOWLEDGE REGARDING MP-ASI TO MP-ASI PRACTICES AT THE RUSSEL BABY SPA CLINIC

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Abstract

Background Knowledge is obtained when someone understands something through the senses of hearing, sight, or smell of a particular object. The knowledge that humans acquire is mostly obtained through their ability to see and hear. Knowledge can encourage someone to act positively or negatively. Giving MP-ASI by a mother to a child is a form of positive action to fulfill the baby's nutrition and support the baby's growth and development. In 2023, Indonesia will be one of the 36 countries with the highest number of stunted children, with a stunting rate of 37%. The aim of providing complementary foods and breast milk support to children aged six months and over is to reduce the rate of malnutrition and childhood diseases. MP-ASI is a form of positive action that requires knowledge. Purpose This research aims to find out how mothers' attitudes and knowledge about MP-ASI influence the practice of giving MP-ASI to babies. Method In this research, analytical observational research methods were used with a cross-sectional approach. The sample size consisted of 81 people who were respondents and had babies during the MP-ASI period. To analyze the collected data, the Chisquare statistical test and person correlation were used. The results The research results show that there is a relationship or correlation between mother's knowledge regarding MP-ASI and the practice of giving MP-ASI, $p\text{-value}=0.00<0.05$. The correlation value between knowledge of MP-ASI and giving MP-ASI is 62%, showing a positive correlation value, meaning that the better the knowledge regarding MP-ASI, the more appropriate the practice of giving MP-ASI, as well as the relationship between the mother's attitude regarding MP-ASI and the practice of giving MP-ASI, shows a significance value of $p\text{-value}=0.00<0.05$, This means that there is a relationship between the two variables, and the correlation value between attitude and practice of giving MP-ASI is 79%, showing a positive correlation value, meaning that the higher the attitude a mother has regarding MP-ASI, the better it is, the more appropriate the practice in the field. A mother's attitude regarding MP-ASI is closely related to a mother's level of knowledge, with a correlation value of 68%. Conclusions and suggestions It is hoped that health workers can play a role in providing equitable literacy to the community regarding MP-ASI, because there are 32% of mothers who have poor knowledge regarding MP-ASI, mothers' knowledge and attitudes regarding MP-ASI have a strong correlation with the practice of giving MP-ASI, A mother's knowledge regarding MP-ASI also has a strong correlation with a mother's attitude, so an even knowledge insight regarding MP-ASI is needed, so that practice in the field becomes better.

Keywords: Correlation, MP-ASI Knowledge, MP-ASI Practice, MP-ASI

Introduction

Providing complementary foods beyond the recommended age limit can have a negative impact on the baby's nutrition, because breast milk alone can only meet their needs in the first six months. Providing solid food beyond this time period can result in the baby's nutritional intake being insufficient (Anwar & Ulfa, 2018). Knowledge-based actions are more stable than actions that are not knowledge-based (Anwar & Ulfa, 2018). The mother's understanding of breast milk and the introduction of solid foods can influence the mother's decision regarding what solid foods to give to her baby. If the mother has more knowledge about the benefits of solid food, then it is likely that the mother will provide solid food that is appropriate for her baby's age. Often, mothers do not realize the importance of providing sufficient and quality solid food to their six month old babies (Ni'mah & Sukendra, 2023).

Supplemental breastfeeding, according to the World Health Organization, is when a child begins to need additional food and nutrition because breast milk alone is no longer enough. This process involves gradually introducing solid foods to the whole family while continuing to breastfeed. WHO recommends exclusive breastfeeding for babies for the first 6 months of life and then introducing safe and nutritious complementary foods while still breastfeeding until the child is 2 years old (Anwar, et al., 2021).

The Global Strategy for Infant and Young Child Feeding, endorsed by WHO/UNICEF, provides four key recommendations for optimal growth and development. First, babies should be given breast milk within 30 minutes after birth. Second, exclusive breastfeeding is recommended for the first 6 months of a baby's life. Third, complementary foods should be introduced along with breast milk at the age of 6 to 24 months. Finally, breast milk must continue to be given until the child is at least 24 months old. The recommendations also emphasize the importance of considering social and cultural factors when introducing complementary foods, and suggest prioritizing locally available and affordable options (WHO, 2020). In 2004, an organization known as WHO, implemented a set of guidelines outlining a code of ethics. The code emphasizes the importance of exclusively breastfeeding babies for the first six months of life, followed by a continuous breastfeeding journey accompanied by the introduction of additional solid foods until they reach the age of two years (Kemenkes RI, 2018).

According to the World Health Organization (WHO), the Southeast Asian continent is grappling with a significant problem regarding the prevalence of malnourished children under the age of five. Worryingly, 2017 statistics reveal that the incidence of malnutrition among this vulnerable group ranges from 6 to 13% (WHO, 2020). The prevalence of malnutrition in 2018 based on RISKESDAS results was recorded at 17.7%. This shows that the majority of the population was affected by malnutrition that year. As an illustration, data from the Ministry of Health in 2017 shows that there were 4,716 children under five who suffered from malnutrition. These alarming figures emphasize the severity of the problem and the need for urgent intervention. Furthermore, specifically in Jember Regency, in 2018 it was reported that 263 children under five were identified as experiencing malnutrition. This localized data highlights pressing concerns in the region and requires targeted efforts to address these issues effectively (Kemenkes RI, 2018).

In Indonesia, a small percentage of toddlers, namely 3.8%, have poor nutritional status, while a slightly larger percentage, namely 14%, have insufficient nutritional intake. In terms of height, the majority of toddlers, namely around 9.85%, are classified as very short, while the majority of toddlers, namely 19.8%, are classified as short. Likewise, in terms of body weight, a small proportion of toddlers, namely 2.8%, are classified as very thin, while 6.7% are classified as thin. It is important to know that the nutritional status of toddlers plays an important role in their overall growth and development. Toddlers who experience poor or inadequate nutrition tend to show stunted growth and thin physique. Thus, it is clear that the prevalence of toddlers with poor nutritional status is an urgent concern (Kementerian Kesehatan RI, 2018).

Inappropriate parenting patterns, especially inadequate provision of complementary breast milk (MP-ASI), directly contribute to malnutrition in children, especially at the age of 6 to 23 months. This is demonstrated by the fact that malnutrition and poor MP-ASI practices at this critical developmental stage can lead to impaired growth and increased risk of stunting. A number of studies have highlighted the relationship between poor nutrition in infants and children and inappropriate MP-ASI practices, often caused by the mother's lack of knowledge regarding the benefits and appropriate method of providing MP-ASI. Therefore, it is important to emphasize the importance of correct MP-ASI practices, because this not only impacts the child's nutritional status but also influences the mother's attitude and approach towards providing MP-ASI (Ahmad, et al., 2019). Introducing complementary breast milk (MP-ASI) to babies before the recommended age can cause various negative impacts, including diarrhea, vomiting and defecation disorders (Srimiati & Melinda, 2020). There are various elements that play a role in determining whether a mother gives MP-ASI (Complementary Food for Breast Milk) to her baby. These factors include the mother's level of knowledge and education, the social culture or traditions she adheres to, the economic situation of her family, her attitude and motivation towards feeding practices, and her husband's support and involvement (Nurhastuti & Purwiyanti, 2023).

Knowledge is the result that arises from the act of understanding, which is only possible when the individual has observed or experienced a particular entity. Quantification of knowledge can be done through the use of interviews or questionnaires, which ask about the substance of the information you want to evaluate from individuals participating in research or respondents (Notoatmojo, 2018). Knowledge is essentially the result of understanding that arises when individuals perceive a particular object using the five human senses, namely sight, hearing, smell, taste and touch. The acquisition of knowledge is facilitated through the use of our eyes and ears. Apart from that, knowledge also plays an important role in shaping health behavior as a predisposing factor. If someone has a deep understanding of complementary foods, it is hoped that their subsequent behavior towards these foods will also be good (Parandari, et al., 2021). Various studies show that inadequate complementary feeding (MP-ASI) practices and mothers' lack of understanding about the benefits and appropriate techniques for breastfeeding contribute to malnutrition in infants and children. This in turn has an impact on the implementation of MP-ASI. The knowledge needed by mothers can be obtained through formal channels such as education obtained from schools, as well as non-formal sources such as posyandu (integrated health service post), PKK (Family Welfare Movement), and community health education activities.

The government has recognized the importance of addressing malnutrition and has implemented various efforts to improve nutrition. This includes providing education through health workers and mass media, as well as direct education to mothers. In addition, the government has developed a strategy to prevent stunting, which involves targeted and sensitive interventions, this can be done by offering educational programs for the elderly on how to be good parents and providing information about nutrition to the public. The main goal is to improve the overall nutrition of society, paying special attention to vulnerable groups including infants, children of all ages, adolescents, pregnant and breastfeeding women, and the elderly. Encouraging breastfeeding has many benefits, including reducing infant mortality and improving the overall nutrition of children under five. This, in turn, contributes to better nutrition and overall societal development, creating a well-nourished and skilled workforce (Anwar & Ulfa, 2018). This program also aims to increase parents' understanding and ability in effective childcare practices, especially in terms of feeding.

The government addresses this problem by implementing policies that regulate the practice of exclusive breastfeeding and the introduction of complementary foods. Including the publication of various documents such as the Pre-Minister of Health PP no. 237/1997 and Decree of the Minister of

Health Number 224/Menkes/SK/II/2007 which provides guidelines and specifications for complementary foods for breast milk (Kementerian Kesehatan RI, 2018).

Based on the description above, giving MP-ASI is greatly influenced by various factors. So the author is interested in research related to the relationship between mothers' attitudes and level of knowledge regarding MP-ASI and the practice of giving MP-ASI at the Russel Baby SPA Clinic.

Research Methods

This study used a cross-sectional research design with a retrospective approach, specifically an analytical survey. This type of research focuses on examining the relationship between risk factors and their impact by collecting data at a single point in time. The cross-sectional approach involves measuring and observing the independent and dependent variables only once. The aim of this research is to establish relationships between different variables and assess their relationships (Notoatmodjo, 2018).

The research population is all the research subjects studied (Notoatmodjo, 2018). Research population refers to a specific group of individuals or subjects selected by researchers based on certain criteria and characteristics that are considered relevant to the research. This population serves as a representative sample for the purposes of conducting research, allowing researchers to draw meaningful conclusions and insights from their findings (Sugiyono, 2017). The population in this study was mothers who had babies in the MP-ASI period at the Russell Baby SPA Serang Banten Clinic in 2023, totaling 121 respondents.

A sample is a portion of the entire population selected using a certain sampling method in order to accurately represent the entire population (Notoatmodjo, 2018).

The sampling technique in this research uses a non-probability sampling technique with a purposive sampling method, namely a technique for taking sample characteristics with certain considerations according to the criteria desired by the researcher. Data analysis was carried out univariately and bivariately, the objects of this research were all mothers at the Russell Baby Spa Serang Banten Clinic, who had babies in the MP-ASI period. The total sample selected was 81 respondents.

Knowledge related to MP-ASI and attitudes regarding MP-ASI are measured using a questionnaire sheet. The questionnaire is first subjected to validation and reliability tests, with the aim that the questionnaire used is valid and the conclusions drawn from the questionnaire results are not biased. According to (Hastono, 2020) To determine reliability, this is done by carrying out the Crombach Alpha test. Test Results:

H₀: if Crombach Alpha ≤ 0.6 , then it is not reliable.

H₁ : if Crombach Alpha > 0.6 , then the variable is reliable.

According to (Hastono, 2020) To determine the validity of a questionnaire, a validity test is carried out, as follows:

H₀: If $r_{hitung} > r_{tabel}$ or *signifikansi(Sig.) value* < 0.05 , then the questionnaire is valid.

H₁: If $r_{hitung} < r_{tabel}$ or *signifikansi(Sig.) value* > 0.05 , then the questionnaire is not valid.

Validity and reliability testing was carried out on 40 respondents outside the sample members. Attitude and knowledge questionnaire, results of *sig.(2 – tailed) value* < 0.05 and *Crombach Alpha value* > 0.6 , meaning the questionnaire is valid and reliable.

Data processing is carried out with the help of a computerized system through the stages of Editing, Coding, Entry and cleaning. Data analysis uses univariate and bivariate analysis with the Chisquare statistical test and person correlation test.

Research Result

1. Univariate Analysis of Respondent Characteristics

Univariate analysis in this research consists of respondents' descriptions of the variables on the questionnaire form filled in by the respondent.

The characteristics of the respondents in the sample can be seen in Table 1.1 below:

Table 1.1 Frequency Distribution of Respondent Characteristics

Respondent Characteristics	Frequency	%
Mother's Age		
20-24	24	29,6%
25-29	28	34,6%
30-34	17	21,0%
35-39	12	14,8%
Education		
College	55	67,9%
Senior High School	26	32,1%
Baby's Age when First Given MP-ASI		
4	17	21%
5	2	2%
6	62	77%

Based on Table 1.1, it shows that the age of the respondents in the sample was 20-39 years old, the majority of respondents were 25-29 years old, namely 28 respondents or 34.6% of the total sample, and a small portion of respondents were 35-39 years old, namely 12 respondents or 14.8% of the total sample. It can be concluded that the patients who come to the Russell Baby SPA clinic are dominated by mothers aged 25-29 years.

Based on the level of education in Table 1.1, it shows that the majority of respondents were educated at universities, 67.9% of the total sample, and 32.1% at the high school level. Of the 81 samples, 77% of babies were given MP-ASI at the age of 6 months, 62 respondents, and 23% received MP-ASI early or 19 respondents.

From a sample of 81 respondents, in the analysis of the level of knowledge of respondents regarding the Knowledge and Attitudes of respondents regarding MP-ASI using univariate analysis, the following results were shown in Table 1.2,

Table 1.2 Distribution of Respondent Characteristics Regarding Respondents' Attitudes and Knowledge towards MP-ASI

Respondent Characteristics	Frequency	%
Knowledge Level		
Good	55	68%
Not Good	26	32%
Attitude		
Good	62	76,54%
Not Good	19	23,46%

Based on Table 1.2, of the 81 respondents, 55 respondents had good knowledge regarding MP-ASI or 67.90% had good knowledge, and the remaining 32.10% had poor knowledge, and of the 81 respondents there were 62 respondents who had good attitudes regarding MP-ASI, or 76.54%. Meanwhile, 19 respondents had poor knowledge regarding MP-ASI or 23.46%.

2. Bivariate analysis of the relationship between knowledge and provision of MP-ASI

In this section, we will discuss the relationship between the dependent variable and the independent variable, namely the relationship between the mother's attitude regarding MP-ASI and giving MP-ASI.

The relationship between two variables between mother's knowledge regarding MP-ASI and provision of MP-ASI can be seen in the results of the correlation analysis in Table 2.1

Table 2.1 Relationship between Mother's Knowledge Regarding MP-ASI and Giving MP-ASI

MP-ASI knowledge	Giving MP-ASI				Sub Total		Correlation Sig.(p)=0.00
	Appropriate		Not Appropriate		N	%	
	N	%	N	%			
Good	52	95%	3	5%	55	100%	62%
Not Good	10	38%	16	62%	26	100%	
Total	62	77%	19	23%	81	100%	

Based on Table 5.8, of the 81 respondents, there were 55 respondents with good knowledge, and 26 respondents with poor knowledge. 95% of the 55 respondents with good knowledge gave their babies MP-ASI correctly when the baby was 6 months old, of the mothers who had good knowledge, only 5% did not give MP-ASI when the baby was 6 months old. Meanwhile, 62% of 26 respondents with poor knowledge gave MP-ASI when the baby was less than 6 months old.

Based on the results of bivariate analysis using Pearson Correlation analysis. The resulting significance value is $0.000 < 0.05$, meaning that the mother's knowledge regarding MP-ASI is related to the practice of giving MP-ASI, while the correlation value between knowledge and giving MP-ASI has a positive correlation with a correlation value of 62%, this can be interpreted as the mother's level of knowledge with There is a strong relationship with giving MP-ASI, and is directly proportional, so the higher the mother's knowledge regarding MP-ASI, the higher the possibility that the mother will practice giving MP-ASI.

3. Bivariate analysis of the relationship between attitudes and giving MP-ASI

The relationship between the two variables between the mother's attitude regarding MP-ASI and the provision of MP-ASI can be seen in the results of the correlation analysis in Table 3.1 below:

Table 3.1 The Relationship between Maternal Attitudes Regarding MP-ASI and Giving MP-ASI

Attitude	Giving MP-ASI				Sub Total		Correlation Sig.(p)=0.00
	Appropriate		Not Appropriate		N	%	
	N	%	N	%			
Good	59	95%	3	5%	62	100%	79%
Not Good	3	16%	16	84%	19	100%	
Total	62	77%	19	23%	81	100%	

Based on Table 5.9, out of 81 respondents, 62 respondents had a good attitude towards MP-ASI and 19 respondents had a poor attitude. As many as 95% of the 62 respondents with good attitudes had their babies given MP-ASI correctly when the baby was 6 months old, only 5% of mothers who had good attitudes gave MP-ASI incorrectly. Meanwhile, 84% of 19 respondents with poor knowledge were not appropriate in giving MP-ASI.

Based on the results of bivariate analysis using Pearson Correlation analysis. The resulting significance value is $0.000 < 0.05$, meaning that the mother's attitude regarding MP-ASI is related to the practice of giving MP-ASI, while the correlation value between attitude and giving MP-ASI has a positive correlation with a correlation value of 79%, this can be interpreted as the mother's attitude regarding giving MP-ASI has a strong relationship, and is directly proportional, so the better the mother's attitude regarding MP-ASI, the higher the possibility that the mother will practice giving MP-ASI.

4. Bivariate analysis of the relationship between maternal knowledge and maternal attitude towards MP-ASI

The relationship between the two variables between Knowledge and Mother's Attitude regarding MP-ASI, the results of the correlation analysis can be seen in Table 4.1 below:

Table 4.1 Relationship between Knowledge and Attitudes Regarding Giving MP-ASI

Knowledge	Attitude				Sub Total		Correlation Sig.(p)=0.00
	Good		Not Good		N	%	
	N	%	N	%			
Good	53	96%	2	4%	55	100%	68%
Not Good	9	35%	17	65%	26	100%	
Total	62	77%	19	23%	81	100%	

Based on Table 4.1, out of 81 respondents, 55 respondents had good knowledge of MP-ASI and 26 respondents had poor attitudes. As many as 96% of the 55 respondents had good knowledge, had good attitudes regarding MP-ASI, of the mothers who had good knowledge, only 4% had poor attitudes. Meanwhile, 65% of the 26 respondents with poor knowledge also had poor attitudes regarding MP-ASI.

Based on the results of bivariate analysis using Pearson Correlation analysis. The resulting significance value is $0.00 < 0.05$, meaning there is a significant relationship between the mother's

knowledge and attitude regarding MP-ASI, with a correlation value of 68%, meaning there is a strong relationship, so the higher the mother's knowledge regarding MP-ASI, the higher the mother's knowledge regarding MP-ASI. What a mother has regarding MP-ASI will also be good or positive.

Discussion

1. Characteristics of Mother's Knowledge and Attitudes

Based on Table 1.1, a total of 81 mothers were respondents in this study. Respondents were dominated by mothers aged 20-24 years and 25-29 years, 29.6% and 34.6%. Based on Table 1.1, 77% of respondents have implemented MP-ASI since the baby was 6 months old. This practice is in accordance with Government Regulation No. 33 of 2012 that provides appropriate complementary foods for breast milk from the age of 6 months and in Table 1.2, it is dominated by knowledgeable respondents. good regarding MP-ASI as much as 68%. However, if you look at Table 1.1, there are 21% of mothers who give early MP-ASI when the baby is 4 months old, and 2% of mothers give MP-ASI when the baby is 5 months old. Of course, this is a concern, if giving MP-ASI without a doctor's direction or not based on knowledge will have a bad impact, according to research conducted by (Qoadriyah et al 2023) that is, giving MP-ASI not on time can affect digestion and have an impact on the child's nutritional status. Providing early MP - breast milk if given at less than 6 months of age which can be in the form of solid or liquid food, which must be given gradually according to digestive ability and age (Nurritzka, R.H., 2019). According to (Qoadriyah, et al., 2023) One of the factors that causes mothers to provide MP-ASI early or not on time is the mother's knowledge.

2. Providing MP-ASI at Russel Baby SPA

Based on Table 1.2, 68% of mothers have good knowledge regarding MP-ASI and 32% of mothers have poor knowledge regarding MP-ASI, this is linear with the results in Table 1.1, namely at Russel Baby SPA dominated by respondents who provide appropriate MP-ASI time in babies. Apart from that, the level of education at the Russel Baby SPA Clinic is dominated by mothers who have studied at universities as much as 67.9%. This is in line with research results (Sari, et al., 2019) There are several factors that influence the provision of early MP-ASI, namely the mother's level of knowledge regarding the provision of MP-ASI, socio-cultural factors, maternal education, family income, and family support. – Breastfeeding too early (< 6 months), whereas 77% of well-informed mothers give MP-ASI when their child is 6 months old.

3. The Relationship between the Level of Mother's Knowledge and Giving MP-ASI to Babies at the Russel Baby SPA Clinic, Serang Banten

Researchers conducted a bivariate Person Correlation analysis to check the truth of the hypothesis that mothers' knowledge regarding MP-ASI and the practice of giving MP-ASI are interconnected. Based on Table 2.1, the sig.(p)=0.000 ($p < 0.005$) and the correlation value is 62%, so it can be concluded that there is a fairly strong and linear positive relationship between mothers' knowledge regarding MP-ASI and practice in providing MP-ASI. The positive linear relationship referred to is that the higher the level of knowledge regarding MP-ASI, the more appropriate it is in practice. This research is in line with research conducted by (Aliyadani & Muhsin, 2022), with a focus on investigating the impact of mothers' knowledge and attitudes towards providing Complementary Breast Milk (MP-ASI) in the context of Arongan Village which is located in the Pesisir Kuala sub-district. - Nagan Raya district sub-district. Furthermore, the findings of other research conducted by (Putri, et al., 2023) increasingly supports the relationship between knowledge and attitudes of mothers towards providing complementary breast milk to babies aged 6-12 months. This research specifically focused on mothers who lived in Sicanang Village, Medan Belawan District in 2015. The research

results showed that quite a lot of respondents did not introduce complementary foods along with breast milk. It has been observed that those who do not provide complementary foods show inadequate knowledge and unfavorable attitudes towards this practice. So the researchers concluded that there was a positive and significant linear relationship between mothers' knowledge about giving complementary foods to breast milk and the use of MP-ASI (Mixed Rice and Vegetable Porridge) at the Russel Baby SPA Clinic.

4. The Relationship between Mothers' Attitudes towards Giving MP-ASI to Babies at the Russel Baby SPA Clinic, Serang Banten

Researchers conducted bivariate analysis using Person Correlation to find out the truth of the hypothesis that mothers' attitudes regarding MP-ASI and practices in giving MP-ASI are interconnected. Based on Table 3.1, the sig.(p)=0.000 ($p < 0.005$) value is obtained, so it can be concluded that the test hypothesis result is that H_0 is rejected, meaning that there is a relationship between the mother's attitude regarding MP-ASI and the practice of giving MP-ASI. Based on table 3.1, the correlation value between the mother's attitude and the practice of giving MP-ASI is 79% and the value is positive, this means that the relationship between these two variables is very strong, the better the mother's attitude regarding MP-ASI, the more appropriate it is in practice.

This finding is in line with research conducted by (Azizah, et al., 2022), which states that individuals with positive attitudes are significantly more likely to provide complementary breast milk (MP-ASI) at the right time compared to individuals with negative attitudes. In fact, research shows that the likelihood of adhering to recommended complementary feeding times is 37 times higher among individuals who have a positive attitude towards complementary feeding. This is also in line with research (Srimiati & Melinda, 2020) Based on research findings, it was found that the majority of participants, especially 83.9%, had a positive view of MP-ASI and were successful in providing MP-ASI correctly. Furthermore, statistical analysis carried out on the two variables produced a p-value of less than 0.05, which shows that there is a significant relationship between participants' attitudes and the provision of MP-ASI in Lubang Buaya Village, Cipayung District, East Jakarta. This research is in line with (Parandari, et al., 2021), The correlation between mothers' attitudes towards MP-ASI and the practice of feeding toddlers aged 6-24 months with MP-ASI was statistically significant ($p=0.028$). These findings indicate that a mother's knowledge and attitudes play an important role in determining her child's eating habits. The way a mother views MP-ASI has an impact on her deviation from the recommended guidelines. His attitude towards MP-ASI is influenced by various factors such as the choice of ingredients, the age at which the MP-ASI program is introduced to his children, and the way the menu is prepared. Research that has been carried out (Siregar, 2020) Overall, this study highlights the need for further education and support regarding the appropriate introduction of complementary foods to infants. Despite positive attitudes, there is still a lack of knowledge among some respondents, which may lead to inappropriate feeding practices. By addressing these gaps and providing the necessary resources, health workers and other stakeholders can help ensure that mothers in the community have a better understanding of complementary foods and are able to implement them effectively for the benefit of their babies' nutrition and development. The positive attitude shown by respondents cannot be separated from the knowledge and support obtained from various sources. These factors encourage them to give MP-ASI to their babies appropriately, after a period of exclusive breastfeeding. However, it should be noted that even mothers with a positive attitude do not always translate their beliefs into action. This gap can be influenced by external factors such as work commitments or support received from health workers, family and other individuals in their social environment. The results of research conducted at the Binjai Estate Community Health Center show that the majority of mothers in the area have a positive attitude towards the introduction of complementary foods for breast milk or MP-ASI to their babies aged 6-12 months. Of the total

respondents, 71.4% showed a positive attitude, while 28.6% had a negative attitude. This shows that most mothers in the community are aware of the importance of introducing solid foods along with breastfeeding.

Based on Table 4.1, a mother's attitude regarding MP-ASI is greatly influenced by a mother's knowledge regarding MP-ASI. If a mother has good knowledge regarding MP-ASI, then a mother will implement a good attitude in practicing MP-ASI.

Conclusion

As many as 67.9% of respondents had studied at university, and 32.1% of respondents had only studied at high school level. Respondents at the Rusel Baby SPA clinic predominantly have good knowledge regarding the practice of giving MP-ASI which is represented by 77% of respondents giving MP-ASI on time at the age of 6 months, 21% of respondents giving MP-ASI at 4 months of age, and 2% of respondents gave MP-ASI to babies aged 5 months.

The level of knowledge of mothers regarding MP-ASI is dominated by mothers with good knowledge, with 68% of mothers having good knowledge and 32% of mothers having poor knowledge regarding MP-ASI.

The level of knowledge and provision of MP-ASI has a correlation of 62% and $\text{sig}=0.000$ ($\text{sig}<0.05$), meaning that the mother's level of knowledge regarding MP-ASI has a positive relationship or correlation with the provision of MP-ASI, and the higher the mother's level of knowledge regarding MP-ASI, MP-ASI is more appropriate in practice. The mother's attitude regarding MP-ASI has a positive correlation of 79% and $\text{sig.}=0.000$ ($\text{sig.}<0.05$), meaning that the mother's attitude regarding MP-ASI has a positive relationship with giving MP-ASI, and the better the mother's attitude regarding MP-ASI, the better the mother's attitude regarding MP-ASI. more precise in practice. So a mother's attitude and knowledge regarding MP-ASI is very influential in her practice. Additional analysis carried out by researchers showed that the two variables of mother's knowledge and attitude regarding MP-ASI had a significant relationship. Good knowledge regarding MP-ASI is needed for a mother to be able to reflect a good attitude in practicing MP-ASI.

Suggestion

For further research, other factors can be added that influence the provision of MP-ASI, such as education, social, family support, external information and others.

For the Russell Baby SPA Clinic, it is hoped that this research will provide education regarding good and appropriate MP-ASI.

For intuition, education can be used as information or input for the development of knowledge, especially regarding the influence of health education related to MP-ASI.

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