



The Influence Of Children's Mother Class With Improving Mother's Knowledge About Balanced Nutrition In Toddlers At Posyandu Mawar X Kelurahan Adiarsa Barat Working Area Puskesmas Nagasari District Karawang

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Abstract:

Background : Toddlers are one of the groups that are prone to health problems, problems with malnutrition or malnutrition. During the toddler period this will occur a phase of growth and development which is very rapid. As for malnutrition in toddlers it doesn't happen suddenly, but begins with an increase in toddlers' body weight which is not enough. One of the government's programs to deal with nutritional problems in toddlers that have been going on until now, namely by breastfeeding mothers of toddlers. In toddlerhood this will occur a very rapid growth and development phase. Malnutrition in toddlers does not occur suddenly, but begins with an insufficient toddler's weight gain. One of the government programs for overcoming nutritional problems in toddlers that has been running until now is the toddler mother class.

Research Objectives : To find out the effect of breastfeeding on toddler mothers by increasing mothers' knowledge about balanced nutrition for toddlers at Posyandu Mawar X Kelurahan Adiarsa Barat Work Area at Nagasari Community Health Center, Karawang Regency. To determine the effect of toddler mothers' classes on increasing mothers' knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency.

Research Methods : The type of research used in this study. quasi-experimental quasi-experimental with the design used was the pre and posttest approach two group design. The population in this study was 68 mothers of toddlers. Bivariate analysis using dependent tests. The type of research used in this research is quasi-experimental quasi-experimental with the design used is the pre and posttest two group design approach. The population in this study were 68 mothers under five. The sample in this study were 30 mothers under five divided into two groups, namely 15 interventions and 15 controls. Bivariate analysis using the dependent test.

Research results : Knowledge of mothers about balanced nutrition in toddlers before classation mothers of toddlers in mothers in the intervention group mostly reduced by reducing by 11 people (73.3%) with an average score of 10.60, knowledge of mothers about balanced nutrition in toddlers before classiating mothers under five in the control group was mostly reduced by reducing by 8 people (53.3%) with an average score of 11.33. Mothers' knowledge of balanced nutrition in toddlers after classation of mothers of toddlers in mothers in the intervention group mostly improved by 9 people (60.0%) with an average average score of 15.60, knowledge of mothers about balanced nutrition in toddlers after classation mothers of toddlers in control groups mostly adequate by 8 people (53.3%) with a mean score of 13.53.

Conclusion : It can be concluded that there is an influence on mother's toddlers by increasing mother's knowledge about balanced nutrition for toddlers in Posyandu Mawar X Kelurahan Adiarsa Barat Work Area at Nagasari Community Health Center, Karawang Regency.

Keywords : Toddler Mother Class, Knowledge, Balanced Nutrition

Introduction (Introduction)

Fundamentally, he is concerned with the development of community health in Indonesia, namely to increase the standard of living expectancy, to improve the quality of resources so that the quality of life increases for the sake of family welfare which can achieve optimal levels of Indonesian public health (Sangelorang, Rumat en Siwu, 2018). Indonesia in 2016. According to the report, Indonesia's Human Development Index (IPM) is ranked 113

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out of 188 countries. Several parties have compared it with Indonesia's ranking in 2015, where there has been a downgrade from 110 to 113 (UNDP, 2020).

The World Health Organization (WHO) has placed Indonesia as the third country with the highest prevalence rate of malnutrition in Asia in 2021. The results of the Indonesian Toddler Nutrition Status Study (SSGBI) in 2021 show that there has been a decrease in the prevalence of malnutrition from 30.8% in 2020 to 27.67% in 2021. Even though it has decreased, this figure is still considered high, because the WHO tolerance for malnutrition is 20% (Kemenkes RI, 2021).

The Directorate of Community Nutrition, Ministry of Health RI 2021 shows the results of Nutrition Status Monitoring (PSG) 2020 the prevalence of malnutrition in toddlers in Jawa Barat is 29.6%, namely 9.8% have very short nutritional status and 19.8% are short (Kemenkes, 2021). From the data Karawang District Health Office i In 2021i the number of under-fives under five has reached 9,567 or 8.93% of the 107,189 under-fives who have been measured and the incidence is highest at ages 24-59 months compared to 2018 data, the percentage of under-nourished children is still at 7.56%. 6.53% (Kemenkes RI, 2021).

One of the government's programs to deal with nutritional problems in toddlers that until now has been going through is training mothers with toddlers. By the facilitator using the KIAi book as a learning tool. The participation of mothers in toddler learning activities is expected to increase knowledge, attitude and behavior of mothers by using the KIA book in realizing optimal growth and development of toddlers (Kemenkes RI, 2021).

The participation of toddler mothers is an act that is carried out by toddler mothers who receive invitations to toddler mothers to witness directly the activity of delivering material to toddler mothers together (Kemenkes RI, 2021).

However, in reality, there are many mothers with toddlers who do not regularly attend toddler mothers' classes so that it will affect the mother's knowledge about balanced nutrition for toddlers. Knowledge of toddler mothers about nutritional intake for children can be a trigger for the emergence of malnutrition. So far, many parents think that if their children are only given rice food with soy sauce or with a side dish of crackers or just fish without vegetables, then the parents think that this is correct, because their child is free from hunger, but actually giving it continuously will have an impact on the child's body resistance so that he is susceptible to disease.

The Toddler Mother Class is a class where mothers who have children aged 0 to 5 years jointly discuss, exchange opinions, share experiences regarding the provision of health, nutrition and stimulation of their growth and development guided by the facilitator, in this case

the MCH Handbook is used. In general, the MCH Handbook has shown significant results in increasing mothers' understanding of children's health. To increase the utilization of the MCH Handbook, it is necessary to hold an activity called the Toddler Mother Class. The contents of this MCH Handbook include a discussion of information regarding nutrition, nutritional intake according to age at that time, parenting patterns, interpretation of nutritional status for weight/U indicator and other matters (Kemenkes RI, 2021). In practice, mothers are encouraged to learn from the experiences of other mothers of toddlers. The facilitator acts as a guide, not a teacher or lecturer teaching, but can be a source of learning.

The right parenting style can be pursued by giving full attention and affection to children, giving them enough time to enjoy being together with all family members. In order for a child's lifestyle to be in accordance with health standards, besides having to arrange the right parenting style, it is equally important to regulate the right eating pattern as well (Alamsyah, 2018). Eating problems in children in general are wrong feeding patterns and feeding difficulties. This is important to note because it can inhibit optimal growth and development in children. Good intake and diet are based on good mother's knowledge (Santoso, 2017).

Parents' knowledge about nutritional intake for children can be a trigger for the emergence of malnutrition. So far, many parents think that if their children are only given rice food with soy sauce or with a side dish of crackers or just fish without vegetables, then the parents think that this is correct, because their child is free from hunger, but actually giving it continuously will have an impact on the child's body resistance so that he is susceptible to disease.

In the 2022 UPTD Nagasari Health Center annual report, the percentage of malnutrition was 1.35% in March and decreased in September by 0.97%. Classes for mothers of toddlers have been around since 2015 but have not been effectively implemented. It can be seen that the number of mothers of toddlers who attended 7 toddler classes in the period January to March 2023 was 23 toddlers (1.41%) in January, 25 toddlers (1.53%) in February, i 28 toddlers (1.72%) in March, 28 toddlers (1.72%).

Looking at these data, we can conclude that only a small proportion of toddlers attend toddler mother classes. The results of the interviews with 10 mothers under five at the Nagasari Health Center obtained data from 9 mothers who did not know the benefits of attending the mother under five class and 1 mother who knew the benefits of attending the mother class under five. In addition, the Nagasari Health Center is included in the Focus Health Center, because the percentage of malnutrition, very thin, maternal and infant mortality rates are still high

among other Health Centers in the Karawang Regency. Meanwhile, in the Nagasari Health Center area, no one has conducted research on the influence of toddler mothers' classes on increasing mothers' knowledge about balanced nutrition in toddlers.

Based on the background above, the authors conducted a study entitled "the effect of toddler mothers' classes on increasing mothers' knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency".

Methods

(Research methods)

The type of research used in this research is quantitative with an experimental design. In this study, the research design used the Quasi Experimental method with the design used was the post test only design one group. The population in this study were 68 mothers under five. The sample in this study were 30 mothers under five divided into two groups, namely 15 interventions and 15 controls.

Bivariate analysis was carried out with the aim of seeing whether there was any influence between the independent variable and the dependent variable that appeared in the conceptual framework. The reason for the bivariate examination is to see whether or not there is an influence between the two factors, especially the dependent variable and the independent factor. To examine the effect of the two variables in this study, the researcher used a statistical test, namely the dependent.

Results

(Results)

RESULTS

Table 1. Frequency Distribution of the Characteristics of Mothers Who Have Toddlers at Posyandu Mawar X, West Adiarsa Sub-District, Working Area of the Nagasari Health Center, Karawang Regency

Characteristics	Frequency	Percentage (%)
Age		
< 20 Age	9	30.0
20-35 Age	18	60.0
> 35 Age	3	10.0
Education		
SD	5	16.7
SMP	17	56.7

SMA	6	20.0
PT	2	6.7
Work		
Work	8	26.7
Not Working	22	73.3
Parity		
Primipara	10	33.3
Multipara	17	56.7
Grande Multipara	3	10.0
Total	30	100.0

Table 1 shows that 18 people (60.0%) have more age characteristics aged 20-35 years, 17 people (56.7%) have more junior high school education, 22 people (73.3%) do more jobs, 17 people (56.7%) have more parity.

Table 2. Frequency distribution of mother's knowledge about balanced nutrition in toddlers before class mothers of toddlers in mothers of the intervention group at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency.

Knowledge before intervention	Frequency	Percentage (%)
Good	1	6.7
Enough	3	20.0
Less	11	73.3
Total	15	100.0

From table 2. shows that the mother's knowledge about balanced nutrition in toddlers before the toddler mother class in the intervention group mothers was mostly lacking as many as 11 people (73.3%).

Table 3. Frequency distribution of mother's knowledge about balanced nutrition in toddlers before class mothers of toddlers in control group mothers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency.

Knowledge before control	Frequency	Percentage (%)
Good	2	13.3
Enough	5	33.3
Less	8	53.3
Total	15	100.0

From table 3. it shows that the mother's knowledge about balanced nutrition in toddlers before control is mostly lacking as many as 8 people (53.3%).

Table 4. Frequency distribution of mother's knowledge about balanced nutrition in toddlers after class of mothers of toddlers to mothers in the intervention group at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency

Knowledge after intervention	Frequency	Percentage (%)
Good	9	60.0
Enough	4	26.7
Less	2	13.3
Total	15	100.0

From table 4. shows that the mother's knowledge about balanced nutrition in toddlers after toddler mother class in the intervention group mothers is mostly good as many as 9 people (60.0%).

Table 5. Frequency distribution of mother's knowledge about balanced nutrition in toddlers after class of mothers of toddlers in control group mothers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency

Knowledge after control	Frequency	Percentage (%)
Good	4	26.7
Enough	8	53.3
Enough	3	20.0
Total	15	100.0

From table 5. shows that the description of mother's knowledge about balanced nutrition in toddlers after control is mostly sufficient as many as 8 people (53.3%).

Table 6. Normality test for the results of the respondent's score before and after conducting the mother-to-five class

Method	<i>P value</i>
Before intervention	0,126
After intervention	0,200
Before control	0,200
After control	0,061

Table 6 shows that the results of the data normality test obtained results before intervention 0.126, after intervention 0.200, before control 0.200, after control 0.261 meaning

that the data is normally distributed because > 0.05 . This means that the data can be continued using the dependent T test.

Table 7. The influence of toddler mothers' classes on increasing mothers' knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency

Knowledge	N	Mean	Standard Deviation	P Value
Intervention				
Before	15	10.60	2.473	0,000
After	15	15.60	3.135	
Control				
Before	15	11.33	2.820	0,004
After	15	13.53	2.475	

From table 7, it is known that the average mother's knowledge about balanced nutrition in toddlers before toddler mother class in the intervention group mothers is 10.60 and the SD value is 2.473, the mother's knowledge about balanced nutrition in toddlers after toddler mother class in the intervention group mothers is 15.60 and the SD value is 3.135. From the results of the dependent t test that there is an effect with the p value ($0.000 < 0.05$). This concludes that H_0 is rejected and H_a is accepted, so it can be concluded that statistically there is an influence on the respondents' mother class with an increase in mother's knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency.

The average mother's knowledge about balanced nutrition in toddlers before control was 11.33 and the SD value was 2.820, the mother's knowledge about balanced nutrition in toddlers after control was 13.53 and the SD value was 2.475. From the results of the dependent t test that there is an effect with a p value ($0.004 < 0.05$). This concludes that H_0 is rejected and H_a is accepted, so it can be concluded that statistically there is an influence on the respondents' mother class with an increase in mother's knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency.

Discussion

(Discussion)

Class counseling for toddler mothers (intervention) at Mawar X Posyandu, Adiarsa Barat Village, Working Area, Nagasar Health Center, Karawang Regency

Based on the results of the study, the description of mother's knowledge about balanced nutrition in toddlers before breastfeeding mothers of toddlers in mothers in the intervention group mostly reduced by 11 people (73.3%) and the description of mother's knowledge about balanced nutrition in toddlers after class cation of mothers with toddlers in the intervention group mothers mostly improved by 9 people (60.0%).

Toddler mother sailors are sailors where mothers who have children between the ages of 0 and 5 years together discuss, exchange opinions, share experiences in fulfilling health services, nutrition and stimulation of growth and development, guided by a facilitator, in this case use the MCH Book. carried out by mothers of toddlers who received invitations to mothers of toddlers' classes to witness directly the activity of delivering material to sailors mothers of toddlers together {Formatting Citation}.

The aim of teaching mothers of toddlers is to improve knowledge, attitude and behavior of mothers in realizing optimal growth and development of toddlers.

The learning process that is applied using participatory methods, the learning process for adults. There are four stages of empathy in the cycle, namely : experience and feel, express and tell experience, discuss experiences, and conclude the results of the discussion as new knowledge. parenting. Generating new knowledge will result in new, better behavior.

One of the materials presented to toddler mothers is about balanced nutrition. By providing this material, it is hoped that mothers will be able to increase their knowledge and experience in providing complementary feeding during the transitional period after exclusive breastfeeding, so that mothers' behavior in maintaining toddler nutritional status can improve. Good nutritional status can support the realization of optimal growth and development of toddlers.

The findings in this study related to the influence of mother's lactation on toddlers by increasing mother's knowledge about balanced nutrition in toddlers,i are supported by (Wardle, 2015), who stated that knowledge is an important factor in determining nutritional intake of food. These results support that the provision of nutritional knowledge through health education which aims to promote healthy eating can improve behavior to fulfill needs nutrition. (Spronk, 2014) also stated the same thing that a person must have good knowledge about fulfilling nutrition, because this can guide a person in fulfilling his nutritional intake. Good

knowledge is effective in increasing clinical skills, in this case it is behavior in fulfilling nutrition.

Not receiving counseling for toddler mothers (control) at Posyandu Mawar X Kelurahan Adiarsa Barat Work Area Nagasarii Health Center Karawang Regency

Based on the results of the study, the description of mother's knowledge about balanced nutrition in toddlers before control was mostly reduced by 8% of people (53.3%) and the description of mother's knowledge about balanced nutrition in toddlers after control was mostly sufficient by 8% of people (53.3%).

There is an increase in previous knowledge, which reduces it to sufficient, or there are several factors that increase knowledge in terms of age, education, employment and parity. If we look at the results of the research, most of the respondents' jobs are not working. This shows that respondents who are not working do not guarantee that they have plenty of time and have the opportunity to know about balanced nutrition.

Knowledge can be obtained either from direct experience or from other people. The better the knowledge a person has, the more he will influence himself to use it. This is based on the information he receives, the more information he receives, the more information influences a person in making decisions, the judgments that are made, this is what can ultimately affect a person, in this case, information from health workers is very important. health, the higher the likelihood that the community will receive information and make decisions.

These results are supported by (Notoatmodjo, 2018) that without knowledge a person does not have the basis for making decisions and determining actions on the problems faced. Knowledge or cognitive is a domain that is very important in shaping a person's actions (over behavior), because from experience and research it is proven that behavior based on knowledge will be more lasting than on behavior that is not based on knowledge.

Differences in counseling outcomes between the intervention group and the control group at Posyandu Mawar X Kelurahan Adiarsa Barat Working Areas at the Nagasari Community Health Center, Karawang Regency

Based on the results of the study, the average mother's knowledge about balanced nutrition in toddlers before classing mothers in toddlers in the intervention group was 10.60 and the value of SD was 2.473, depended test that there is an effect on p value ($0.000 < 0.05$). This concludes that H_0 is rejected and H_a is accepted, so it can be concluded that the respondent statistically has an effect on the mother's training with toddlers by increasing the mother's

knowledge about nutrition in balance with toddlers in Posyandu Mawar X Kelurahan Adiarsa Barat Working Area of Puskesmas Nagasari Karawang Regency.

The average mother's knowledge about balanced nutrition in toddlers before cotrolling was 11.33 and the SD value was 2.820, from the results of the dependent nutrition test that there was influence with p value ($0.004 < 0.05$). This concludes that H_0 is rejected and H_a is accepted, so it can be concluded that the respondent statistically has an influence on the mother's toddler's training by increasing the mother's knowledge about balanced nutrition for the toddler at Posyandu Mawar X Kelurahan Adiarsa Barat in the Working Area of the Nagasari Public Health Center, Karawang Regency.

From these results there is a difference between the intervention group and the control group at Posyandu Mawari X Kelurahan Adiarsa Barat in the Working Area of the Nagasari Community Health Center, Karawang Regency.

The results of this study are in accordance with the government's expectations in terms of the purpose of implementing toddler mother training by attending toddler mother training as a means for learning together about health for toddlers aims to increase knowledge, change attitudes and behavior of mothers so they understand about growth and carry out developmental stimulation and detect growth and development in toddlers (Kemenkes RI, 2021). Any information obtained by toddler mothers will be useful for detecting growth and development disorders.

The results of this study are in line with the results of the study (Ningtyas, 2019) that there is a correlation effect of mothers of toddlers 0 - 59 months on knowledge of the use of MCH books, they are also in line with the results of research (Sulistyawati en Mistyca, 2016) that there is a meaningful relationship between knowledge and attitudes of mothers in stimulating growth and development Malnourished toddlers in Banaran Village Working Area of Galur III Health Center in Kulon Progo Yogyakarta, am in line with the research conducted by Kartikawati, et al stated that toddler mothers' attitudes have an influence on increasing knowledge, attitudes and skills of toddler mothers in caring for toddlers. 2016), showed that increasing knowledge, attitude and behavior of mothers in carrying out parenting in the SMS Bundai Program was more effective than the Toddler Mother Classification Program.

The difference in knowledge of mothers of toddlers before and after training is caused by several factors including the characteristics of mothers of toddlers which include age, education, and other factors, namely the process factors in training. I have been conveyed by the tutor and deepen this knowledge means I can recall some information, material or material from the stimulus I received (Notoatmodjo, 2018).

This happened possibly because during the training the mothers of toddlers received information, they interacted with each other and shared experiences between the participants (mothers of toddlers and mothers of toddlers) or with tutors/midwives regarding the detection of toddler growth and development. I am a mother of a toddler.

Increasing knowledge in this research is one of the benchmarks for measuring the success of training sailors for mothers of toddlers, which includes teaching and learning activities (learning) from a cognitive perspective, through transformation successive information to the respondent.

According to Atkinson and Shiffrin, Bloom, Santrock, Notoatmodjo, in terms of cognitive aspects, it is proven that they are interrelated in forming a person's perception of the information received as the basis for the formation of new behavior. This is confirmed by (Notoatmodjo, 2018) who states that behavior based on knowledge will be more lasting than behavior without based on knowledge.

Conclusion (Conclusion)

1. Description of mother's knowledge about balanced nutrition in toddlers before toddler mothers in the intervention group mothers were mostly lacking as many as 11 people (73.3%) with an average score of 10.60, mother's knowledge about balanced nutrition in toddlers before toddler mothers in the control group mothers were mostly lacking as many as 8 people (53.3%) with an average score of 11.33.
2. Description of mother's knowledge about balanced nutrition in toddlers after toddler mothers in the intervention group mothers were mostly good as many as 9 people (60.0%) with an average score of 15.60, mother's knowledge about balanced nutrition in toddlers after toddler mothers in the control group mothers were mostly sufficient as many as 8 people (53.3%) with an average score of 13.53.
3. The results of the dependent t test show that there is an effect with a p value <0.05 . This concludes that H_0 is rejected and H_a is accepted, so it can be concluded that statistically there is an influence on the respondents' mother class with an increase in mother's knowledge about balanced nutrition in toddlers at Posyandu Mawar X, West Adiarsa Village, Working Area of Nagasari Health Center, Karawang Regency

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