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Workshop on Making MPASI as an Effort to Prevent Stunting in Sukoraharjo Village, Kedamean District, Gresik Regency

Budhi Setianto[1,2], Siti Nur Hasina[3], Difran Nobel Bistara[3], Agus Aan Adriansyah[2], Edza Aria Wikurendra[2], Akas Yekti Pulih Asih[2], Abdul Hakim Fasya[2], Dwi Handayani[2]

[1]*Head of Administration and Human Resources, Rumah Sakit Islam Surabaya, Surabaya, East Java, Indonesia*
[2]*Department of Public Health, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, 60237, Surabaya, East Java, Indonesia*
[3]*Department of Nursing, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, 60237, Surabaya, East Java, Indonesia*

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CORRESPONDENCE

E-mail: budhisetianto@unusa.ac.id

A B S T R A C T

Stunting is a condition in which a child's body fails to grow due to chronic malnutrition so that the child's age is too short. The prevalence of stunting in children under five according to the World Health Organization (WHO) is the country with the third highest prevalence in the Southeast Asia/South-East Asia Regional (SEAR) region, the prevalence of stunting in Indonesia in children under five in 2017 was 36.4% and in 2018 it was 30.8%. One of the stunting preventions can be provided by providing complementary foods from 6-24 months. By holding a workshop related to making complementary foods to prevent stunting, this workshop aims to provide insight to Sidoraharjo residents about the importance of knowledge in compiling complementary foods, and how to make them, as well as preparing the complementary food process. 87.8% and 16.2% increase in knowledge.

INTRODUCTION

Breast milk is the main source of nutrients for babies who cannot consume solid foods (Lestari et al., 2014). Breastfeeding for babies is recommended until the baby is 2 years old. After reaching the age of 6 months, babies are given complementary foods (complementary foods) (Umilasari & A'yun, 2018). However, breastfeeding is recommended to continue until the age of 2 years. There are many reasons why exclusive breastfeeding for 6 months is so important (Amar & Nasrullah, 2020). Milk produced naturally by the mother's body has the nutrients that her beloved baby needs. In addition, exclusive breastfeeding will also provide many benefits for mothers (Shofiyah, 2021).

Stunting is a condition in which a child's body fails to grow due to chronic malnutrition so that the child's age is too short (Lestiarini & Sulistyorini, 2020). The prevalence of stunting in children under five according to the World Health Organization (WHO), the country with the third highest prevalence in the South-East Asia Region (SEAR), the prevalence of stunting in children under five in Indonesia in 2017 was 36.4% and in 2018 was 30.8% (World Health Organization (WHO) at the Ministry of Health of the Republic of Indonesia, 2018. The short-term impact of stunting is an increase in the incidence of morbidity and mortality, suboptimal cognitive, motor, and verbal development in children. children, and

increased health costs. Meanwhile, the long-term impact is suboptimal posture in adulthood (shorter than usual), increased risk of obesity and other diseases, decreased reproductive health, suboptimal learning ability and performance during the length of school, and suboptimal productivity and work capacity (Kemenkes RI, 2018).

Complementary Foods for Breast Milk (MPASI) is a transitional food from breast milk to semi-solid foods containing nutrients, given to children aged 6–24 months to meet their nutritional needs other than breast milk (Shofiyah, 2021). The purpose of providing complementary foods (MPASI) is as a complement to breast milk. The introduction and administration of complementary foods must be carried out gradually, both in form and amount, according to the digestive ability of the baby/child. Short-term risks are reduced breast milk consumption, gastrointestinal obstruction, diarrhea and infection. Meanwhile, the long-term risks are obesity and immune disorders (Mufida et al., 2015).

From a series of existing problems, this community service is by holding a workshop related to making complementary foods to prevent stunting, this workshop aims to provide insight to Sidoraharjo residents regarding the importance of knowledge in compiling complementary foods, how to make, and prepare the complementary food process.

METHOD

The venue took place at the Sidoraharjo Village Hall, Damai District, Gresik Regency on Friday, July 22, 2022, at 08.30. Target Audience. PKK Cadre / Resident of Sidoraharjo Village, Damai District, Gresik Regency. Service Method. Lecture Method, Question and Answer, Discussion and Demonstration of Making MPASI. Success Indicators. Participant Satisfaction is more than 85%, Increase in Pre and Post Test. Evaluation method. Posters and brochures will be made as material to evaluate the level of awareness of residents on the importance of complementary foods.

RESULT AND DISCUSSION

The content of the presentation given by the presenter is related to several things that need to be known, namely the first 6 months of age, give your baby exclusive breast milk (do not give food, or other drinks, even water) (Puspita, 2020), When the baby is 6 months old, give breast milk as often as the baby wants, day and night, breast milk remains the most important food until the baby is 2 years old, After 6 months, children should get Vitamin A capsules twice a year. Consult a health worker (Utari et al., 2021). And finally, give a packet of nutrients ready-to-eat foods for one meal. Sow nutrition is given to toddlers aged 6-12 months, every two days (Arsyati & Rahayu, 2019).

Breast milk is the best food for 6 months, and the right time to give complementary foods (Al Rahmad, 2016) is to give your baby 1-2 teaspoons of soft food, three times a day. Increase the frequency, amount,

concentration and variety of foods gradually, fortify baby porridge with breast milk, softened nuts, fruits and vegetables, and start giving animal foods as early and often as possible (Nuradhiani et al., 2022), Babies need oil/fat (no more than 1⁄2 teaspoon per day), Adding oil is not necessary if the child eats fried foods (Dewi & Arsi, 2020).

In preparing several stages that need to be prepared and stored safely (Putri et al., 2018) as follows: Washing hands with soap before preparing food, Washing all dishes, glasses and cutlery with soap. Keep it covered until use (Rahmawati et al., 2021), Prepare food in a clean and closed place, Serve food immediately after cooking, Heat food that has been stored outside for more than an hour (Nurkomala et al., 2018), Babies slowly learn to eat on their own, adults should encourage children to eat enough and make sure food stays clean, Give food in a clean environment, Feed more as babies grow, Start breastfeeding (a) at 6 months of age, Type of food; fine porridge, mashed food How often: 2-3 times a day Amount: 2-3 teaspoons at a meal (b) For 6-9 months of age Type of food: mashed food, how often: 2-3 times a day and 1- 2 snacks and How much: 2-3 teaspoons per cup (250ml each meal) (c) 9-11 months of age, Type of food: chopped or mashed food and child-held food, How often: 3-4 times per day and 1-2 snacks How much: minimum 250 ml cup at each meal (d) From 12-23 Months of age Type of food: family meals, food that is cut or crushed when needed, How often: 3-4 times daily and 1-2 breaks, How much: to 1 cup at each meal.

Table 1 Characteristics of Participants of the Workshop on Making MPASI

It	Characteristic	Sum	Percentage
Age			
1	Age < 25	6	21.4
2	Age 25-35	12	42.9
3	Age 36-45	5	17.9
4	Age > 45	3	10.7
Work			
1	Wife	24	92.0
2	Worker	2	8.0
Number of Children			
1	Not having children	4	15.0
2	One	12	46.0
3	Two	7	27.0
4	More than two	3	12.0

Table 1 provides information that this activity was attended by Sidoraharjo resident cadres who were dominated by mothers aged 25-35 years, with the profession of housewives who have children.

There are two success rates in this workshop, namely the satisfaction level of more than 85% while the level of increased understanding is 15% as seen in Tables 2 and 3.

Table 2. Level of Satisfaction with the Implementation of the MPASI Workshop

It	Satisfaction Level	Satisfaction
1	Material presentation	81.2%
2	The material presented is clear	83.4%
3	Easy to understand the material	89.2%
4	Teaching aids are used according to the needs	83.8%

5	The time required is enough	87.8%
6	Material Equipment	89.2%
7	How to present	93.2%
8	Interesting complementary food brochure	92.1%
9	Complementary Foods Poster	90.1%
10	Awareness brochures and posters	87.6%
	Average Satisfaction	87.8%

Table 2 provides information that the increase in workshop participant satisfaction is 87.8% > 85% so that this workshop was declared successful.

Table 3. Pre and Post Test Results of MPASI Workshop Participants

It	Question	Grade Point Average	
		Pre-Test	Post Test
1	New knowledge about complementary foods	74.2%	82.2%
2	How to make complementary foods	77.5%	84.6%
3	Types of solid foods	76.3%	81.8%
4	Breastfeeding time and complementary foods	65.0%	89.2%
5	Relationship between Participant and Speaker	66.2%	91.3%
6	Complementary Textures by Age	61.8%	82.1%
7	The Role of Parents in the Importance of Complementary Foods	66.7%	86.1%
8	Ingredients for making complementary foods	62.2%	83.5%
9	Nutritional value of complementary foods	69.4%	86.4%
10	Important nutritional content of complementary foods	67.5%	82.1%
	Average	68.7%	84.9%

CONCLUSION

The workshop on making complementary foods which was attended by 26 PKK women in Sidoraharjo Village as an effort to prevent stunting had a positive impact on the residents who participated in the activity, participant satisfaction was 87.8% and the pre and post test scores increased by 16.8%. This activity produced 3 Intellectual Property Rights in the form of posters, flyers and brochures.

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