

Correlation between Maternal Culture and Knowledge Towards Complementary Feeding for Breast Milk in Pampang Village, Kayong District

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ABSTRACT

Nutritional problems are one of the main causes of high morbidity and mortality rates in children. The World Health Organization (WHO) estimates that about 54% of infant and child deaths are caused by malnutrition. Nutritional problems in Indonesia result in more than 80% of child deaths. The purpose of this study was to determine the correlation between maternal culture and knowledge with complementary feeding for breast milk. Cross-sectional research method with quantitative method with a population of 147 mothers. The sample of this study was 30 mothers who had infant in Pampang village, Kayong District 2023 with proportional sampling techniques. The data analysis method uses a chi-square test with SPSS. The results showed that there was a significant correlation between culture and complementary feeding with a p-value = 0.031 and a significant correlation between maternal knowledge and complementary feeding with p-value of 0.026.

Keywords: breast milk, culture, complementary feeding, knowledge

INTRODUCTION

Nutritional problems are one of the main causes of high morbidity and mortality rates in children. The World Health Organization (WHO) estimates that around 54% of infant

and child deaths are caused by malnutrition (WHO, 2013). Nutritional problems in Indonesia result in more than 80% of child deaths (Fariqi and Yunika, 2021). Nutritional status is influenced by indirect factors in the form of caregiving, food availability in the family and individual health services. There is a lot of information related to feeding children in the form of myths and cultures that exist in society which if left unchecked will have an impact on eating difficulties to malnutrition (Anggari and Yunita, 2020).

LITERATURE REVIEW

The existence of culture, habits and social systems of the community towards food such as diet, taboos or taboos, lifestyle, prestige in consuming certain types of foodstuffs, or prestige of these foods that often occur among the community if the situation lasts a long time and they also do not understand well about the importance of nutritional factors in consuming food then it may not result in nutritional problems or malnutrition. Knowledge and attitudes support or influence the intervention of maternal diet to children, it is proven that mothers who have high knowledge prefer to reduce fat and cholesterol and increase the intake of fibrous foods. The importance of healthy food for children is very important to prevent malnutrition, slow growth, and acute nutritional problems. In addition,

education level, occupation, parental attitudes, and culture are factors that influence dietary practices in children (Sianturi, Nadhiroh and Rachmah, 2023). The development of each child at the beginning of his life depends largely on parents, especially the mother, who will help with all his needs. In this case, the nutritional intake of children under five is very important as a determinant of their physical development and growth and intellectual development (Fariqi and Yunika, 2021).

The role of parents is very important in meeting the needs of children. Nutritional knowledge obtained by parents through education affects the parenting style of feeding children (Anggari and Yunita, 2020). Feeding is one of the important points in prevention related to these nutritional problems. Where feeding factors greatly affect the quality of growth and development of children under five years old. The toddler period is a period of growth and development which is also called the golden period as well as the critical period. According to research by Abdul Muhith, Nursalam, and Lutfiana Wulandari in Jatigono Kunir Village, Lumajang District with a sample of 184 people taken with cluster sampling techniques that culture has a positive effect on toddler nutrition and according to research by Chege M in Kenya that there is a relationship between culture

and feeding practices in toddlers (Chege, Kimiywe and Ndungu, 2015).

Based on the data and statements above, the author is interested in conducting research on Correlation Maternal Cultural and Knowledge Towards Complementary Feeding for Breast Milk in Pampang Village, Kayong District 2023.

MATERIALS & METHODS

This study is a cross-sectional study with quantitative methods with a population of 147 maternal. The sample of this study was 30 mothers who had an infant or young children in Pampang village, Kayong District with proportional sampling techniques. The data collection technique is through interviews using questionnaires consisting of 8 questions about culture, 10 questions about knowledge about complementary feeding. Questionnaires are distributed to respondents who had an infant or young children aged less than 6 years in Pampang village, Kayong District. After the data was collected, then the questionnaire was checked for completeness and then input into the computer and data processing was carried out. The data analysis method uses a chi-square test with SPSS.

RESULT

Based on the results of the study, maternal characteristics based on age, education, and Occupation can be delivered as follows:

Table 1. Distribution of maternal characteristics by age, education, and occupation in Kayong District

Characteristics of Maternal (n = 30)	Frequency	Percent (%)
Maternal Age		
Risk	4	13.3
No risk	26	86.7
Maternal Education		
High	4	13.3
Middle	14	46.7
Low	12	40.0
Maternal Occupation		
Working	22	73.3
Not Working (housewives)	8	26.7

Based on table 1, from 30 maternal respondents, known that maternal who have a risk age (> 35 years) of 13.3%, and not at risk (20-35 years) of 86.7%. For education,

most of maternal are middle education or high school at 46.7%, while maternal occupation most of them are not working or housewives (73.3%).

Table 2. Analysis correlation of maternal cultural providing complementary feeding for breast milk

Maternal Cultural	Complementary Feeding for Breast Milk				Total		p-value	OR
	Early Complementary Feeding		Complementary Feeding \geq 6 months		f	%		
	f	%	f	%				
Not Good	6	42.90%	8	57.10%	14	100%	0.031	11.25
Good	1	6.30%	15	93.80%	16	100%		
Total	7	23.30%	23	76.70%	30	100%		

Based on table 2, it can be stated that maternal who have a culture are not good in giving complementary feeding \geq 6 months by 57.1%, while maternal who have a culture are good in giving complementary

feeding \geq 6 months by 93.8%. The results of the analysis obtained p-value of 0.031, there is a significant correlation between maternal culture and complementary feeding for breast milk.

Table 3. Analysis correlation of maternal knowledge of providing complementary feeding for breast milk

Maternal Knowledge	Complementary Feeding for Breast Milk				Total		p-value	OR
	Early Complementary Feeding		Complementary Feeding \geq 6 months		f	%		
	f	%	f	%				
Not Good	5	50.00%	5	50.00%	10	100%	0.026	9.000
Good	2	10.00%	18	90.00%	20	100%		
Total	7	23.30%	23	76.70%	30	100%		

Based on table 3, it can be stated that maternal who have not good knowledge in giving complementary feeding \geq 6 months by 50%, while maternal who have good knowledge in giving complementary feeding \geq 6 months by 90%. The results of the analysis obtained p-value of 0.026, there is a significant relationship between maternal knowledge and complementary feeding for breast milk.

feeding (<6 months) had a bad culture, while mothers who provided complementary feeding for \geq 6 months had a good culture, The results of the correlation calculation found that the p-value of 0.031 was smaller than the value of 0.05 meaning that there was a significant correlation between maternal culture and complementary feeding in Kayong district in 2023. In line with Fariqi's research and Yunika, 2021 on the influence of maternal culture and knowledge on infant feeding practices, where the results show a significant correlation between culture and maternal feeding of children (Fariqi and Yunika, 2021).

DISCUSSION

Analysis correlation of maternal cultural providing complementary feeding for breast milk

Based on table 2 shows that most maternal who give complementary feeding \geq 6 months have a good culture as well. Culture is a way of life that develops in the local community and that affects the nutritional status of children. Factors that influence cultural change, among others: individual habits of interacting with others, next generations from ancestors, and the environment. This culture is formed into habits that are repeated and rooted in people's lives, then unwittingly influence the behavior of the individual. Cultural factors also affect the timing of complementary feeding.

The results of this study showed that respondents who gave early complementary

Analysis correlation of maternal knowledge of providing complementary feeding for breast milk

Based on table 3 the results of knowledge research with complementary feeding of breast milk found that mothers who have good knowledge do not provide complementary feeding early (<6 months) while mothers who have good knowledge will provide a complementary feeding \geq 6 months. The results show that the correlation is known that the p-value of 0.026 is smaller than the value of α 0.05, meaning that there is a significant correlation between maternal knowledge

and complementary feeding in Kayong district in 2023.

Knowledge is the result of knowing and this happens after people have sensed a particular object. Knowledge plays a big role in a person to take action. A person's level of knowledge affects the needs of both and others. Mothers with less knowledge will be indifferent to the condition of their children, on the other hand, mothers with a good level of knowledge will be very concerned about the condition of their children for complementary feeding. This is in line with the research of Widiastuti, Marini and Yanuar (2020), which states that there is a significant correlation between knowledge and early breastfeeding complementary feeding (Widiastuti, Marini and Yanuar, 2020).

There are several factors that affect the pattern of complementary feeding such as:

- a) Economic factors where adequate family income will support children's growth and development because parents can provide all children's needs both primary and secondary.
- b) A high birth rate is associated with the incidence of malnutrition, because the amount of food available to a large family may be sufficient for a family that is half the size of the family. However, it is not enough to prevent nutritional disorders in such a large family.
- c) Traditionally, fathers have given top priority over certain amounts and types of food in the family. For infants and young children and women during the weaning year, the additional effect of uneven distribution of food within the family unit, can be disastrous, both for health and life.
- d) Lack of knowledge about nutrition or the ability to apply the information in daily life is an important cause of nutritional disorders (Ignorance of how to feed infants and toddlers is a habit that is detrimental to health, directly and indirectly becomes the main cause of malnutrition problems in children.

Lack of maternal knowledge results in many mothers who give formula milk or early complementary feeding such as water, tea, coconut water, or honey to their babies prematurely and also babies after 3 months have been given crushed bananas (Ranti, 2014). Early breastfeeding in infants is due to the mother's habit of giving hereditary complementary feeding from her parents such as giving rice porridge and banana porridge during the infant ceremony (aqiqah) which has reached the age of three months (Sukandar, 2014 in Widiastuti, Marini and Yanuar, 2020). This is in line with research conducted (Destari, 2015) on socio-cultural relations with the provision of complementary feeding to infants 0-6 months, where the results of the study stated that there is a significant relationship between culture and the provision of complementary feeding. Based on this, it can be said that the culture in the community can affect the provision of complementary feeding due to a hereditary misconception. The existence of this misunderstanding is necessary to provide information by means of health counseling to mothers who have babies in order to provide complementary feeding correctly and nutritionally.

CONCLUSION

Based on the results of the study, it can be concluded that there is a significant correlation between culture and complementary feeding and there is a significant correlation between maternal knowledge and complementary feeding in Pampang Village, Kayong District in 2023.

Declaration by Authors

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