

## **EDUCATION ON THE IMPORTANCE OF COMPLEMENTARY FEEDING IN PREVENTING STUNTING IN THE BABY LAHAP COMMUNITY**

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### **ABSTRACT**

Stunting is a nutritional problem that is currently a national priority. Stunting prevention including the providing complementary feeding. The problem that often occurs in giving complementary feeding is that the nutritional content of complementary food is lower than the child's nutritional needs because it is not appropriate in terms of frequency, variety and quantity. This activity aims to provide education about the importance of providing complementary feeding to prevent stunting in the baby lahap community. This activity was carried out online with the partner Baby Lahap, which is one of the complementary feeding catering located in Karawang, West Java. The activity has been carried out in May-June 2023. The participants of this activity are 58 participants from Baby Lahap consumers which is also an educational community. This activity is carried out in several stages consisting of: 1) Identification of Partner Needs, 2) Review of material according to Partner's needs, 3) Creation of Educational Materials, 4) Educational Activities, and 5) Evaluation of Knowledge. The Result showed that there was an increase in the participants' knowledge scores, and based on the different tests that have been carried out, it is known that there is a significant difference with a p value of 0.000 (<0.05). The conclusion of this activities are community service activities to educate on the importance of complementary feeding for preventing stunting are carried out online using interactive educational media and educational videos. Based on the results obtained, this service activity can increase participants' knowledge before and after education.

**Keywords:** Community, Complementary Feeding, Education, Stunting

### **1. INTRODUCTION**

Stunting is a nutritional problem that is currently a national priority. Toddlers are categorized as stunting if the growth condition of the toddler's length or height does not comply with standards. Stunting can occur due to several factors, including lack of nutritional intake and health problems over a long period of time (de Onis & Branca 2016; TNP2K 2017). There are several factors that can cause stunting, including direct factors (nutritional intake and health status) and indirect factors (health services, parenting patterns, food availability and environmental sanitation conditions) (TNP2K 2018, Bappenas 2018). It is necessary to prevent stunting from an early age because stunting can have a negative impact on children's growth and development which tends to be irreversible (Beal et al. 2018; Titaley et al. 2019; Raiten & Bremer 2020). In the long term, this can have an impact on children's cognitive abilities, productivity and health status in the future which will affect the quality of human resources (Vaivada et al, 2020).

Stunting prevention is carried out from before marriage, during pregnancy, during the breastfeeding process and especially during the process of providing complementary complementary feeding (BKKBN. 2021). One of the things that can be done to prevent stunting is by providing nutritious complementary foods to children aged after 6 months. This period is a critical period because the nutritional needs of babies have increased, while the nutritional content of breast milk is not enough to meet all the nutritional needs of babies, so it is necessary to give complementary feeding to children aged after 6 months (Ministry of Health 2020). Currently, activities to accelerate stunting reduction are also a priority in Indonesia, which is manifested in Presidential Regulation (Perpres) No. 72 of 2021 concerning the Acceleration of Stunting Reduction.

Currently, the prevalence of stunting in Indonesia based on the 2022 Indonesian Nutrition Status Survey (SSGI) data shows that stunting still occurs in around 21.6% of children under five in Indonesia. The ages at risk of stunting are 6-12 months and 13-24 months, which is the age period for giving complementary feeding (Ministry of Health of the Republic of Indonesia 2022). Based on this, the Community Service team chose the Baby Lahap community partner which is also an educational community, one of which is about complementary feeding and has complementary foods products. This education is especially needed regarding the type of food and quantity of complementary feeding which needs to be adjusted to the baby's growth and development stages. The problem that often occurs in giving complementary feeding is that the nutritional content of complementary foods is lower than the child's nutritional needs because it is not appropriate in terms of frequency, variety and quantity. PT Baby Lahap Indonesia is an complementary feeding catering that was founded in 2019 and is located in Karawang Regency. This catering has two

branches in Karawang and distributors in various areas in Jabodetabek. This activity aims to provide education about the importance of providing complementary feeding to prevent stunting in the baby lahap community

## 2. METHOD

### Time, Location and Participants

This activity was carried out online with the partner Baby Lahap, which is one of the complementary feeding catering located in Karawang, West Java. This catering has two branches in Karawang and distributors in various areas in Jabodetabek. The activity has been carried out in May-June 2023. The participants of this activity are 58 participants from Baby Lahap consumers which is also an educational community, one of which is about complementary feeding. This activity was carried out by the Community Service team of the Nutrition Study Program, Faculty of Food and Health Technology, Sahid University in collaboration with the Nutrition Study Program, UPN Veteran Jakarta.

### Stages of Activity Implementation

This activity is carried out in several stages consisting of: 1) Identification of Partner Needs, 2) Review of material according to Partner's needs, 3) Creation of Educational Materials, 4) Educational Activities, and 5) Evaluation of Knowledge. This first stage is program preparation which begins with obtaining permits, coordinating with partners including coordinating partner needs and coordinating activities that have been carried out, so that the team makes adjustments according to partner needs. Based on the results of the coordination that has been carried out, it is known that partners need several things, including: 1) The need for education about complementary feeding, 2) The need for educational media that contains complementary feeding.

The second stage is the creation of material that will be used during education and training. This is based on the results of joint discussions between the PKM Team and partners according to the partners' needs. The second stage is the creation of material that has been used during education and training. This is based on the results of joint discussions between the PKM Team and partners according to the partners' needs. The material prepared consists of 2 educational materials, namely in the form of a PPT which contains material about 1) complementary feeding and Nutritious Menu Development to Prevent Stunting and 2) Implementation of complementary feeding Product Development. The next educational material is material in video form which consists of: 1) Complementary feeding and their benefits, 2) Tips for choosing food ingredients for complementary foods and 3) Processing local menus for children.

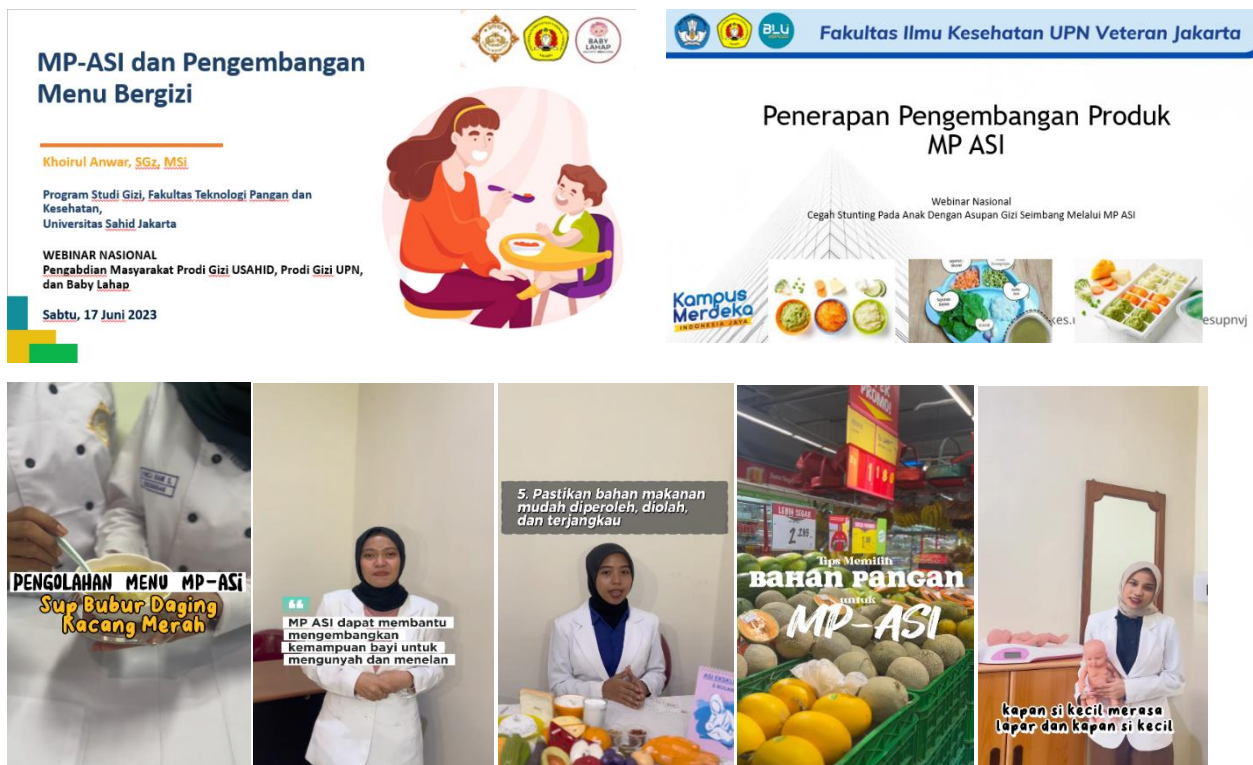


Figure 1. PPT educational materials and videos prepared for educational activities

The third step is educational activities for the community. Educational activities provided to partners use active participation methods that involve partners in discussions. Education is provided using prepared materials and continues with discussion sessions about the materials provided and sharing about what partners have done regarding the topics provided by the PKM team. The education carried out includes 1) complementary feeding and Nutritious Menu Development to Prevent Stunting and 2) Implementation of complementary feeding Product Development. This activity is carried out online using the zoom application and also Live YouTube. Evaluation of knowledge has been carried out using a questionnaire given to partners. The questionnaire covers knowledge before and after education and practice regarding the activities provided.

### 3. RESULTS AND DISCUSSION

#### Partner Profile

Baby Lahap Catering is a catering company that produces complementary foods which was founded in 2019 and is located in Karawang, West Java. Currently, Baby Lahap is actively promoting complementary feeding products online using various platforms to order products. Currently, many types of MPA-ASI products have been produced and have consumers from various regions, especially in the Jabodetabek area. The educational participants in this activity are consumers and the baby lahap community.

#### Education about complementary feeding and product development to prevent stunting

Currently, many efforts have been made to prevent stunting. Stunting prevention can be done before marriage, during pregnancy, during the breastfeeding process and especially during the process of giving breast milk (BKKBN, 2021). One effort that can be made to prevent stunting is to provide nutritious complementary foods to children aged over 6 months. This period is a critical period because the nutritional needs of babies are increasing, while the nutritional content of breast milk is not enough to meet all the nutritional needs of babies, so it is necessary to give complementary feeding to children aged after 6 months (Ministry of Health 2020). Activities to accelerate stunting reduction are also a priority in Indonesia as stated in Presidential Regulation (Perpres) Number 72 of 2021 concerning the Acceleration of Stunting Reduction. Nutrition education is one way to increase the target's knowledge regarding the topic being presented. This activity is one of the important activities to carry out, although its implementation needs to be developed with various interesting media to increase knowledge effectively and more interestingly (Hidayatullah et al., 2021; Rachmah et al., 2022; Rahmawati et al., 2022; Rusilanti and Riska, 2021).

This educational activity on community service was carried out in June 2023 online for participants who are part of the baby lahap community and the public. The educational activities carried out consist of several stages, namely: 1) Pre-test, 2) Showing educational video material, 3) Presentation of educational material by the speaker, 4) Discussion and questions and answers, and 5) Post-test to evaluate knowledge participant. The questions given to participants were questions prepared based on the educational material presented. These questions were arranged in a questionnaire to determine changes in participants' knowledge. Pre-post test data was taken using a questionnaire which was then processed for changes in knowledge that occurred after education was carried out.

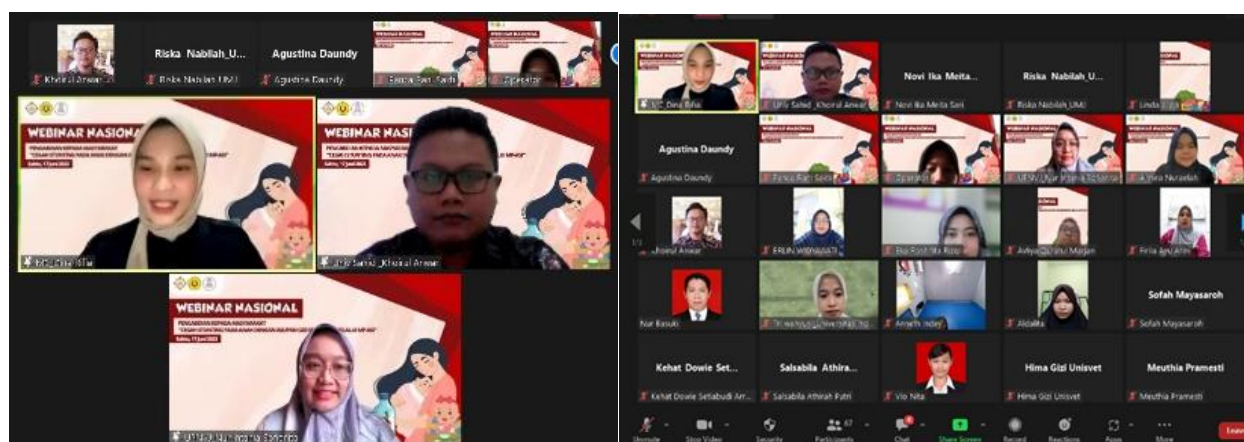


Figure 2. complementary feeding educational activities and product development to prevent stunting

Based on the analysis results obtained, it is known that the number of participants in this educational activity was 58 participants. Participants consisted of 86.2% female participants and 13.8% male participants. Knowledge about fulfilling complementary feeding for children is important not only for mothers, but also for fathers and prospective fathers. Providing complementary feeding is not only about the type and amount of food, but also about the method of giving it, and family support, including husband/father (Martin et al, 2021; Allotei et al., 2022). So education about complementary feeding is important for both male and female participants. The characteristics of the participants in this educational activity are listed in table 1 below:

Table 1. Characteristics of Respondents by Gender

Gender	Frequency (n)	Percentage (%)
Male	8	13,8
Female	50	86,2
Total	58	100,0

Based on the pre-post questionnaire that was given, it was discovered that there was an increase in the participants' knowledge scores, from initially having a knowledge score of  $9.22 \pm 2.009$  during the pre-test, to  $9.48 \pm 2.218$  during the post-test. The questions given in this questionnaire include the benefits of complementary feeding, how to give complementary feeding, prevention of stunting and health services used to prevent stunting, development of complementary feeding products and the nutrients needed by toddlers for their growth and development which can be met through complementary feeding. Based on the different tests that have been carried out, it is known that there is a real difference between knowledge before and after implementing nutrition education with a p value of 0.000 ( $<0.05$ ). This shows that educational activities carried out online and using PPT media, videos and participatory discussions can increase participants' nutritional knowledge, especially about complementary feeding. The knowledge value before and after educational activities can be seen in table 2 as follows:

Table 2. Participants' knowledge value about complementary feeding before and after education

Knowledge	n	Min-Max	Mean±SD
<i>Pre Test</i>	58	5-13	9,22±2,009
<i>Post Test</i>	58	3-14	9,48±2,218

Nutrition education is one method used to help improve participants' knowledge, attitudes and behavior related to the topics presented. Currently, many educational activities are carried out at various ages, starting from school children, teenagers, adults, pregnant women and breastfeeding mothers. Apart from that, currently many educational activities related to stunting prevention have also been carried out, because Indonesia has made stunting prevention a national priority so that a reduction in prevalence can be achieved so as to create good quality human resources (Perdana et al., 2017; Rusilanti and Riska, 2021; Wigati et al., 2022; Prameswari, 2018).

Currently, many interesting nutritional education methods have been developed, so it is hoped that they can help increase participants' knowledge, attitudes and behavior. Some of them are participatory educational methods, methods using interactive games, using the web, using digital animation and also using social media (Rachmah et al, 2022; Prameswari, 2018; Rahmawati et al., 2022; Perdana et al., 2017). Educational activities carried out by the community service team use PPT media which is delivered interactively and is equipped with video educational media which is played during educational activities. Measuring the increase in knowledge is carried out using a different test of the knowledge value before the educational activity is carried out and the knowledge value after the education is carried out. Based on the results obtained, it is known that there was an increase in knowledge among participants before and after educational activities ( $p<0.05$ ). Educational activities are activities that can help increase the knowledge of participants. Several nutritional education activities that have been carried out also have the same impact, with various types of interactive methods, including providing direct practice. Providing interesting media examples can be one thing that can increase participants' knowledge regarding the material presented (Anwar, etl al., 2022; Wulandari et al., 2022; Nuraelah et al, 2023). Tests of different participants' knowledge scores are listed in table 3 as follows:

Table 3. Differential Test of Pre Test and Post Test Data for MP ASI Knowledge

Knowledge	Mean±SD	p value
<i>Pre Test</i>	9,22±2,009	0,000
<i>Post Test</i>	9,48±2,218	

Based on the results obtained, it is known that the educational activities carried out can increase participants' knowledge about complementary feeding. This increase in knowledge is a positive result to help prevent stunting. Apart from that, knowledge about complementary feeding is important not only for women, but also for all family members, both men and women, to ensure successful provision of complementary feeding.

#### **4. CONCLUSION**

Community service activities to educate on the importance of complementary feeding for preventing stunting are carried out online using interactive educational media and educational videos. Based on the results obtained, this service activity can increase participants' knowledge before and after education. This educational activity needs to be continued and the educational media developed as well as wider collaboration with various partners to increase wider reach.

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