Weaning Breast Milk Age As Factor Cause Of Nutritional Status Of Children Aged 0-2 Years In Jeli Posyandu Karangrejo Village District Tulungagung Year 2019

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ABSTRACT

Toddlers are groups of children who are in the process of growth and development that is unique, meaning that it has a pattern of growth and physical development can determine the nutritional status of children. Nutritional status is a state of balance between intake and nutrient requirements needed by the body for growth and development, especially for children under five, which could be affected by weaning is a process cessation of lactation gradually or all at once. Age weaning is done too early can have an impact on the nutritional status of children <1 year. This study aims to determine the age of weaning breastfeeding relationship with status nutrition of children aged 0-2 years in Poyandu Jelly Village, District Karangrejo, Tulungagung in 2019. The study design was analytical research retrospectives approach. The population is all the mothers who have children aged 0-2 years and had weaned him. Subjects were toddlers usi 0-2 years who had been weaned by his mother in Posyandu Jellies, District Karangrejo, Tulungagung in 2019 by 30 respondents with accidental sampling technique. The collection of data by using sheet questioner then analyzed using Spearman Rho. The results showed that the weaned child aged 13-24 months gained as much as 8 normal nutritional status of children (72.7%) and the weaned child aged 0-6 months less nutritional status of 8 children (100%), the results of analysis p value = 0,000 with α = 0.05 means there is a relationship of age of weaning breastfeeding and nutritional status of children aged 0-2 years in Poyandu jelly Village, District Karangrejo, Tulungagung in 2019. With the results of these studies, need to increase information about the importance of proper breastfeeding weaning age that had no impact on the nutritional status of children in the IHC..

PRELIMINARY

Toddlers are groups of children who are in the process of growth and development that is unique, meaning that it has a pattern of growth and physical development, such as fine motor coordination and gross motor skills and intelligence in accordance with the level of growth and development that is traversed by a child. Therefore the first five years of life is a period that is very sensitive to the environment and this period was short-lived and cannot be repeated (MoH RI, 2010).

Infants and children aged 1-2 years is a passive consumer, which means that children receive food from what is provided parents. The rate of growth in infancy is greater than the pre-school age, so it requires a relatively balanced nutritional intake. The

role of nutrition in the toddler stage necessary for the development, intelligence, improve the immune system and the prevention of disease (Fairuz and Prasetyowati, 2011).

The nutritional status is declared as a state of the body as a result of food consumption and utilization of nutrients by 4 classifications, namely the poor nutritional status, less, better and more and can be determined by matching the child's age (in months) weight standard tables WHO-NCHS (National Center for Health Statistics). When the weight is less then the status of under nutrition (Almatseir, 2009). Nutritional status of children is an important thing that should be known by every parent. The need for more attention in the growth and development of infants age based on the fact that the lack of nutrients occurring in the gold, is irreversible (cannot be recovered) (Marimbi, 2010).

One of the factors that affect the nutritional status of children is parenting, which in parenting are feeding practices to children and breastfeeding. Breastfeeding has advantages very much so advisable given to infants up to age 2 years and 6 months of age is recommended for infants exclusively. Among the benefits of breast milk contains substances is complete nutrition with high quality, useful for intelligence, growth and development of children. No less important are other benefits of breast milk are as antibodies that protect the baby's body from allergies and other infectious diseases (Istianti and Rusilanti, 2013).

Stopping breastfeeding to weaning the baby or with the term, is the most critical period in a child's life. Weaning is a process of cessation of lactation gradually or all at once (Ana Fitria, 2007). Meanwhile, early weaning is an attempt to stop breastfeeding before six months or a period of transition between breastfeeding with supplementary feeding (Tara, 2007).

Through the implementation of breastfeeding exclusive, approximately 800,000 children would be saved each year of which 16% of neonatal deaths could be saved if all infants are breastfed in the first day and 22% of neonatal deaths could be saved if breastfeeding begins from the first hour. But the reality is globally less than 40% of infants under 6 months of age are exclusively breastfed (WHO, 2015).

The Indonesian government supports WHO policy on exclusive breastfeeding. Results Riskesdes 2013 stated that the percentage of exclusive breastfeeding in infants 0-6 months in Indonesia in 2013 amounted to 54.3%. Exclusive breastfeeding when compared to 2012 (48.6%) to be increased, but it can be said that only half of babies 0-6 months in Indonesia that is given exclusive breastfeeding (MOH, 2014). Based on the results of the nutritional status report every month Tulungagung District Health Office in 2016 to 62 054 the number of infants under five, explains that the nutritional status of children based index Weight Loss by Age (W / A) obtained good results nutrition 93.7%, 3.9% undernourished , 0.4% and 2.1% severe malnutrition nutrition.

Jelly Village is one of the villages that exist in Puskesmas Jellies, District Karangrejo, Tulungagung. Most young mothers work outside the home, child care or even grandma handed over to another person so that breastfeeding was stopped before the child is 2 years old. Besides parenting on child feeding was less visible. Children who should still breastfed as a nutrient many of whom are weaned too early so that the needs of the nutrients contained in breast milk cannot be obtained.

Weaning breastfeeding less than 6 months can affect nutrition resulted in malnutrition in children can also increase the risk of infections, especially diarrhea. This is because the baby is consuming less milk contains anti-infective factors (Prasetyono, 2012). Infectious diseases are diseases that are associated with malnutrition in developing countries. Infections often occur in children under the upper respiratory disease, diarrhea and skin. The presence of these infectious diseases were factors in the high rate of infant and child mortality in Indonesia (Istiany and Rusilanti, 2013).

Based on the description above, researchers interested in conducting research on the "age of weaning breastfeeding relationship with the nutritional status of children aged 0-2 years in posyandu Jelly Village, District Karangrejo, Tulungagung."

RESEARCH METHODS

The design used in this research is analytic retrospective, the types of research such as observation of the events that have occurred are aimed to explore the relationship of independent and dependent variables and no follow-up (Nursalam, 2015). How sampling using accidental sampling with the determination of inclusion and exclusion criteria and obtained 30 respondents who meet the criteria of the 39 population.

In this study questioner sheet instruments used to determine the age of weaning and Z-score to determine the nutritional status of children.

Data from this study were analyzed with SPSS with Spearman Rho test with a level of 95% with ($\alpha = 0.05$). And after that we conclude with a look at the p value .When p value $<\alpha$ (0.05) is said to be significant, the null hypothesis (H_0) Is rejected, then H_1accepted which means that there is a relationship between the age of weaning breastfeeding and nutritional status of children aged 0-2 years.

RESEARCH RESULT

1. Weaning breast milk age

Table 1 The frequency distribution of weaning age breast milk posyandu Jelly Village, District Karangrejo, Tulungagung 2019

No.	Years	Frequency	Percentage
1	0-6 months	8	26.6
2	7-12 months	11	36.7
3	13-24 months	11	36.7
amount		30	100

Table 1 can be interpreted that from a total of 30 children for nearly half of children aged weaning at the age of 7-12 months and 13-24 months as many as 11 children (36.7%) and a small proportion of children of weaning age 0-6 months are 8 children (26.6%).

2. The nutritional status of children aged 0-2 years posyandu Jelly Village, District Karangrejo, Tulungagung 2019

Table 2 Distribution of the frequency of the nutritional status of children aged 0-2 yearsposyandu Jelly Village, District Karangrejo, Tulungagung 2019

No.	Nutritional status	Frequency	Percentage
1	Bad	0	0
2	Less	9	30
3	Normal	18	60
4	More	3	10
amount		30	100

Table 2 can be interpreted that from a total of 30 children mostly normal nutritional status of children, as many as 18 children (60%), and nearly half of child under nutrition status as many as 9 children (30%).

3. Cross-tabulation between the ages of weaning breastfeeding and nutritional status of children aged 0-2 years posyandu Jelly Village, District Karangrejo, Tulungagung 2019

Table 3 cross tabulation between the age of weaning breastfeeding and nutritional status of children aged 0-2 years posyandu Jelly Village, District Karangrejo, Tulungagung 2019

No.	UmurPenyapihan	Nutritional status						Total	
		Less		Normal		More			
		F	%	F	%	F	%	F	%
1	0-6 months	8	26.7	0	0	0	0	8	26.7
2	7-12 months	1	3.3	10	33.3	0	0	11	36.7
3	13-24 months	0	0	8	26.7	3	10	11	86.7
amount		9	30	18	60	3	10	30	100

Spearman Rho P Value : 0.000 α: 0.05

Table 3 shows that of a total of 30 children of weaning age 13-24 months of normal nutritional status as much as 8 children (26.7%) and malnutrition as much as 0 children, while children of weaning age 0-6 months of normal nutritional status of children from 0 and malnutrition as much as 8 children (26.7%).

Results of statistical analysis obtained Spearman Rho P Value = 0.000 value smaller than the value $\alpha = 0.05$ (0.000 <0.05) so H0 is rejected, which means there is a relationship between the age of weaning breastfeeding and nutritional status of children aged 0-2 years posyandu Jelly Village, District Karangrejo, Tulungagung 2019,

DISCUSSION

1. Weaning age BREAST MILK

Based on Table 1 shows that of a total of 30 children aged weaning at the age of 7-12 months and 13-24 months as many as 11 children (36.7%) and a small portion of children of weaning age 0-6 months are 8 children (26, 6%).

Weaning is the process of cessation of lactation gradually or all at once (Ana Fitria, 2007). There is never a definite time when the child should be weaned from the mother. The period granted exclusively breastfeeding the first 6 months, then it is recommended still be given after 6 months side by side with supplementary food until the age of 2 years or more. There are also mothers who wean their children when aged 1-2 years, some even at the age of 4 years. WHO (World Health Organization) recommends weaning after the baby is 2 years old. At this age children already have a strong foundation for further developments. (Indonesia Health Profile, 2017)

The number of children aged under 2 years of weaning in place showed that children weaned at an inconvenient time, many mothers wean their children under the age of 6 months. Mother's education and employment affect the weaning age. School-educated mothers wean their children under 2 years old and working as a self-employed mother weaned him under the age of 6 months. Weaning should be done gradually began one year old baby by way of gradually reducing and replacing breastfeeding with complementary foods, such as infant formula and solid foods such as porridge specifically for babies. After the baby was 2 years old then carried weaning. However there were also done weaning infants before 6 months. This is not recommended because it can affect the baby's development. The provision of food other than breast milk before 6 months is not recommended because the baby's gut is not ready to digest food other than breast milk.

2. Nutritional Status of Children

Based on Table 2 shows that of a total of 30 children mostly normal nutritional status of children, as many as 18 children (60%), nearly half of child under nutrition status as many as 9 children (30%).

Nutritional status is a state body that is the end result of a balance of nutrients that enter the body and its utilization (Sedinoetama, 2010). Nutritional status is normal or optimal nutritional status occurs when the body gets enough nutrients or substances are used efficiently allowing physical growth, brain development, employability and general health at the highest possible level (Almatseir, 2009).Age of children growing incur breast milk also food needs, in quality and quantity. When children aged 1-2 years should be in god complete diet. Adult diet introduced in toddlers is the pattern of everyday dishes with a balanced diet.

Facts in the study showed that almost entirely normal nutritional status of children, but there are some children whose nutritional status is less. Mother's education and employment status effect on child nutrition. Mothers who had high school children of normal nutritional status while working as self-employed mothers nutritional status of children less. From this fact shows that nutritional status is not normal as under nutrition / nutrition is poor or minority events. The average child has a normal nutritional status. This

suggests that the child's nutritional needs can be fulfilled properly. The nutritional needs of children under 2 years old can be obtained from breast milk or complementary foods consumed by children. The balanced nutritional needs fulfilled infants could affect the normal nutritional status as well.

3. Breastfeeding Weaning Age Relationship With Nutritional Status of Children Aged 0-2 Years posyandu Jelly Village, District Karangrejo, Tulungagung 2019

The results showed that out of a total of 30 weaned child is aged 13-24 months had normal nutritional status as much as 8 children (26.7%) while the weaned child aged 0-6 months had malnutrition as much as 8 children (26.7%) ,

The results of the test data analysis statstic significant Spearman Rho with a 0.05 earned P Value = 0.000 value smaller than the value α = 0.05 (0.000 <0.05) so H0 is rejected, which means there is a relationship between the age of weaning breastfeeding and nutritional status of children aged 0-2 years posyandu Jelly Village, District Karangrejo, Tulungagung 2019,

The period granted exclusively breastfeeding the first 6 months, then it is recommended still be given after 6 months alongside supplementary food to children aged 2 years or more. There are four things that determine the state of health and happiness in life after the baby is weaned, namely: Environment around a baby's life, a sense of security and peace, protected against the possibility of infection, length of children receiving milk from the mother, how to weaning, and the quality and quantity of food sapling. Media Indonesia (2018)

Many factors influence nutritional status. According to IDAI, (2008) weaning age effect on nutritional status. A weaned child exactly 2 years nutritional status is better than a weaned child less than 2 years or more than 2 years.

The results of this study are in accordance with the above theory that some children carried weaning at the age of 13-24 months have a normal nutritional status, while children aged less than 6 months have malnutrition. The facts demonstrate that weaning age greatly affect the nutritional status of children. This is because the needs of the baby before the age of 6 months are necessary for the development and growth of the baby. We recommend that breastfeeding is still given when children aged over 6 months alongside supplementary food such as infant formula and baby specialty pulp. After a 2-year old newly done by stopping breast feeding weaning slowly land. If before the age of 6 months babies are done weaning,

The results support the research conducted by I Wayan Ambartana (2010) with the title "nutritional status based on the pattern of weaning and family characteristics in the Village Gianyar Gianyar regency of Bali Province", where the results showed statistical tests using test Levene's Test in get p value of 0.042 which means that there are differences in the nutritional status of the sample based on the pattern of weaning is done by the mother.

Based on the theory and the results of the study researchers conclude that weaning age associated with nutritional status of children. Referring to the results of these studies are expected for health care providers can further improve in providing information about the appropriate age of weaning in order not to affect the nutritional status of children.

CONCLUSION

Based on data obtained from studies conducted posyandu Jelly Village, District Karangrejo, Tulungagung 2019 carried out can be concluded as follows:

1. BREAST MILK weaning age posyandu Jelly Village, District Karangrejo, Tulungagung 2019 nearly half of children aged weaning at the age of 13-24 months as many as 11 children (36.7%).
2. The nutritional status of children aged 0-2 yearsposyandu Jelly Village, District Karangrejo, Tulungagung 2019 most of the normal nutritional status, as many as 18 children (60%)
3. There is a relationship between the age of weaning breastfeeding and nutritional status of children aged 0-2 yearsposyandu Jelly Village, District Karangrejo, Tulungagung 2019.

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