

Factors Associated with Providing Complementary Food for ASI (MP-ASI) Too Early in Sifaoroasi Village South Nias Regency in 2022

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ABSTRACT

Complementary Foods for Mother's Milk (MP-ASI) are foods or drinks containing substances that are given to infants or children aged 6-24 months. The provision of MP-ASI has not been achieved which is influenced by several factors such as knowledge, mother's health and occupation, MP-ASI advertising, health workers, culture and socio-economics. This study aims to determine the factors associated with the provision of complementary feeding (MP-ASI) too early in Sifaoroasi Village, South Nias Regency in 2022. This research is a quantitative research with cross sectional approach. This research was conducted from September 12, 2022 to September 24, 2022. The population is 24 people. Sampling using total sampling with a total sample of 24 people. Data processing starts from editing, coding, tabulating, entry and data processing. Data analysis using chi-square test The results showed that the age factor with a value of $p = 0.208 > \alpha = 0.05$, the education factor with a value of $p = 0.839 > \alpha = 0.05$ and the work factor with a value of $p = 0.883 > \alpha = 0.05$. While the parity factor with a value of $p = 0.001 > \alpha = 0.05$, knowledge with a value of $p = 0.004 > \alpha = 0.05$ and the attitude factor with a value of $p = 0.007 > \alpha = 0.05$. So it can be concluded that the parity factor, knowledge and attitude related to the provision of complementary feeding (MP-ASI) too early, while the maternal characteristics factor was not related to the provision of complementary feeding (MP-ASI) too early.

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1. INTRODUCTION

Complementary Food for Mother's Milk (MP-ASI) is food or drink containing substances given to infants or children aged 6-24 months to meet nutritional needs other than breast milk. Giving MP-ASI is a process of transitioning intake from milk (ASI) to semi-solid family food in stages, such as type, amount, frequency, texture and consistency until the baby's needs are met [1].

Some of the causes of mothers giving MP-ASI too early are lack of knowledge about the importance of breastfeeding. The mother's assumption is that if the child is given MP-ASI the baby will be full, the baby's growth will be fast and the mother's activities will not be disturbed. Even though giving MP-ASI too early will result in overweight and obese children (Artini, 2018). In addition, the health effects of giving MP-ASI too early are disrupting the fulfillment of the baby's nutritional needs and the baby's digestion so that they are at risk of developing digestive problems such as diarrhea and dysentery [2].

The target for breastfeeding has not been achieved due to several factors such as knowledge, mother's health and occupation, MP-ASI advertisements, health workers, culture and socio-economic. Mother's knowledge that is still lacking about the benefits of exclusive breastfeeding is very closely related to early complementary breastfeeding[3].

In line with Rashid (2017) states that knowledge about a mother's MP-ASI also has a big influence on changes in attitudes and behavior in choosing food ingredients which in turn affects the growth and development and nutrition of the child concerned[4]. Meanwhile, Mariana (2016) mentioned several factors related to giving MP-ASI too early, namely parity, community habits, knowledge and family support[5].

According to Kurdaningsih's research (2019) entitled factors related to early complementary feeding at the age of 0-6 months, a significant relationship was found between the variables of mother's education ($p=0.041$), mother's knowledge ($p=0.004$), and family income ($p=0.035$) by giving early MP-ASI [6]. Supported by research by Wulandari et al (2018) entitled factors related to early complementary breastfeeding in Boloh Village, Toroh District, Grobogan Regency, it was found that there was a significant relationship between mother's age, employment status, level of education, knowledge, experience, socio-culture, and information [7].

Heryanto's research (2017) entitled Factors Associated with Early Complementary Feeding, found that the results of the analysis showed a correlation between early complementary feeding and knowledge (p value 0.017), breast milk adequacy (p value 0.001), employment (p value 0.001) and family support (p value 0.001) [8]. Supported by Aldriana's research (2015) entitled factors related to early complementary feeding in 2 Dayo Village, working area of the Tandun II Public Health Center, Rokan Hulu Regency in 2013, it was found that there was a relationship between education, work and knowledge with early complementary feeding.

Based on an initial survey conducted in Sifaoroasi Village, South Nias Regency, it was found that the number of babies aged 0-6 months in 2021 was 274 babies. The number of babies aged 0-6 months in April 2022 was 28 babies, in May 2022 there were 24 babies and in June 2022 there were 36 babies. From these data the achievement of exclusive breastfeeding is still relatively low at 68% [8]

Based on the results of interviews with 8 mothers who had babies aged 0-6 months who brought their babies to posyandu in the village, it was found that 6 mothers did not know when to provide complementary feeding (MP-ASI). in babies who are 1 month old given to their babies, and 2 mothers have a negative attitude about giving complementary food for ASI which is marked by the lack of initiative of the mother to get information about giving complementary food for ASI (MP-ASI). Based on the age range of the mothers who were asked, it ranged from 20-30 years with the majority of education being high school and the number of children being 2 people and the mother's occupation was working. Even though giving MP-ASI too early can cause problems such as diarrhea, dysentery and nutritional disorders in infants.

2. METHOD

This research is a quantitative research with descriptive correlation research. The research design used a cross sectional approach. The population in this study were all mothers who had babies aged 0-6 months from September 2022 as many as 24 people. Data collection was carried out using primary data (questionnaire/questionnaire). The data analysis method used in this research was univariate data analysis

3. RESULTS AND DISCUSSION

Research result

Characteristics of Respondents

The characteristics of the respondents examined in this study include: Age/age, occupation and education can be seen in table 1.

Table 1 Characteristics of Mothers in Sifaoroasi Village, South Nias Regency in 2022 The results showed that the distribution of the age frequency of students in SMA Negeri 2 Bayang can be described as follows

No	Characteristics	Frekuensi (f)	Persentase (%)
1	Age/Age		
	20-25 Years	7	29,2
	26-30 Years	11	45,8
	31-35 Years	4	16,7
	>35 Years	2	8,3
Amount		24	100,0
2	Education		
	JUNIOR HIGH SCHOOL	6	25,0
	SENIOR HIGH SCHOOL	15	62,5

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College	3	12,5
Amount	24	100,0
3 Work		
Self-employed	7	29,2
Farmer	9	37,5
Private sector employee	6	25,0
civil servant	2	8,3
Amount	24	100,0

Based on table 1 of the 24 respondents studied, it can be seen that the age of the majority of respondents was 26-30 years old with 11 people (45.8%), mother's education was high school as many as 15 people (62.5%) and the work of mother farmers was 9 people (37.5%).

Mother's Parity, Mother's Knowledge and Mother's Attitude in Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

To see Mother's Parity, Mother's Knowledge and Mother's Attitude in Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022 can be described in Table 2:

Table 2. Mother's Parity, Mother's Knowledge and Mother's Attitude in Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

No	Characteristics	Frekuensi (f)	Persentase (%)
1	Parity		
	1 person	4	16,7
	2 persons	9	37,5
	>2 People	11	45,8
	Amount	24	100
2	Knowledge		
	Not good	4	16,6
	Pretty good	11	45,8
	Good	9	37,5
	Amount	24	100
3	Attitude		
	Negative	6	25,0
	Positive	18	75,0
	Amount	24	100,0

Based on table 2 above, it can be seen that the Mother Parity in Providing Complementary Food (MP-ASI) is too early in Sifaoroasi Village, South Nias Regency in 2022 the majority are > 2 people as many as 11 respondents (45.8%), mother's knowledge in Providing Complementary Food Breastfeeding (MP-ASI) is too early good enough as many as 11 respondents (45.8%) and the mother's attitude in Providing Complementary Food for ASI (MP-ASI) is too early positive as many as 18 people (75%).

Factors of Mother Characteristics related to Giving Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

To see the Mother Characteristic Factors related to the Giving of Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022, it can be described in Table 3:

Table 3 Maternal Characteristic Factors related to Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

No	Characteristics of Mother	Providing Complementary Food for Breast Milk (MP-ASI)						Total		Nilai P
		Not enough		Enough		Good		F	%	
		f	%	f	%	f	%			
1	Mother's age									
	20-25 Years	2	28,6	4	57,1	1	14,3	7	100,0	0,208
	26-30 Years	3	27,3	7	63,6	1	9,1	11	100,0	
	31-35 Years	0	0	1	25,0	3	75,0	4	100,0	
	>35 Years	0	0	1	50,0	1	50,0	2	100,0	
	Total	5	20,8	13	54,2	6	25,0	24	100,0	
2	Education									
	JUNIOR HIGH SCHOOL	1	16,7	3	50,0	2	33,3	6	100,0	0,839
	SENIOR HIGH SCHOOL	4	26,7	8	53,3	3	20,0	15	100,0	
	College	0	0	2	66,7	1	33,3	3	100,0	
	Total	5	20,8	13	54,2	6	25,0	24	100,0	
3	Work									
	Self-employed	1	14,3	4	57,1	2	28,6	7	100,0	0,883
	Private sector employee	1	16,7	4	66,6	1	16,7	6	100,0	
	Farmer	3	33,3	4	44,4	2	22,3	9	100,0	
	civil servant	0	0	1	50,0	1	50,0	2	100,0	
	Total	5	20,8	13	54,2	6	25,0	24	100,0	

Based on table 3 above, it can be seen that the age factor has a value of $p = 0.208 > a = 0.05$, the education factor has a value of $p = 0.839 > a = 0.05$ and the occupational factor has a value of $p = 0.883 > a = 0.05$ so that it can be concluded that the Mother's Characteristic Factors are not related to the Giving of Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022.

Maternal Parity Factors related to Providing Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

To see the Mother Parity Factor related to the Giving of Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022, it can be described in Table 4:

Table 4. Maternal Parity Factors related to Providing Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

No	Mother Parity	Providing Complementary Food for Breast Milk (MP-ASI)						Total		Nilai P
		Not enough		Enough		Good		F	%	
		f	%	f	%	f	%			
1	1 Orang	4	100	0	0	0	0	4	100,0	0,001
2	2 Orang	1	11,1	8	88,9	0	0	9	100,0	
3	>2 Orang	0	0	5	45,5	6	54,4	11	100,0	
	Total	5	20,8	13	54,2	6	25,0	24	100,0	

Based on table 4 above, it can be seen that the mother already has 2 children with the category of providing complementary food for ASI is sufficient, as many as 8 respondents (88.9%). Based on the results of the chisquare test, it was found that the value of $p = 0.001 < 0.05$ means that H_a is rejected so

it can be concluded that the Mother's Parity Factor is related to Too Early Complementary Food (MP-ASI) in Sifaoroasi Village, South Nias Regency in 2022.

Factors of Mother's Knowledge related to Giving Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

To see the Mother's Knowledge Factor related to Giving Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022, it can be described in Table 5:

Table 5 Factors of Mother's Knowledge related to Giving Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

No	Mother Knowledge	Providing Complementary Food for Breast Milk (MP-ASI)						Total	Mark P	
		Not enough		Enough		Good				
		f	%	f	%	f	%	F	%	
1	Kurang	3	75,0	1	25,0	0	0	4	100,0	0,004
2	Cukup	1	9,1	9	81,8	1	9,1	11	100,0	
3	Baik	1	11,1	3	33,3	5	55,6	9	100,0	
Total		5	20,8	13	54,2	6	25,0	24	100,0	

Based on table 6 above, it can be seen that the knowledge of the majority of mothers is quite good with the category of providing complementary feeding (MP-ASI) sufficient for 9 people (81.8%). Based on the results of the chisquare test, it was found that the value of $p = 0.004 < 0.05$ means that H_a was rejected so that it can be concluded that the Mother's Knowledge Factor is related to Too Early Complementary Feeding (MP-ASI) in Sifaoroasi Village, South Nias Regency in 2022.

Mother's Attitude Factors related to Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

To see the Mother's Attitude Factors related to Providing Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022, it can be described in Table 6:

Table 6. Mother's Attitude Factor related to Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

No	Mother's attitude	Providing Complementary Food for Breast Milk (MP-ASI)						Total	Mark P	
		Not enough		Enough		Good				
		f	%	f	%	f	%	F	%	
1	Negatif	4	66,7	2	33,3	0	0	6	100,0	0,005
2	Positif	1	5,6	11	61,1	6	33,3	18	100,0	
Total		5	20,8	13	54,2	6	25,0	24	100,0	

Based on table 6 above, it can be seen that the attitude of the majority of mothers is positive with the category of providing complementary feeding (MP-ASI) sufficient for 11 people (61.1%). Based on the results of the chisquare test, it was found that the value of $p = 0.007 < 0.05$ means that H_a was rejected so that it can be concluded that the mother's attitude factor is related to the provision of complementary food for breastfeeding (MP-ASI) too early in Sifaoroasi Village, South Nias Regency in 2022.

Discussion

Maternal Characteristic Factors related to Giving Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

Characteristics is a characteristic that is inherent in a person or an object. The characteristics that will be examined and discussed in this study are individual characteristics, job characteristics and organizational characteristics [9]. Characteristics of mothers in this study were mother's age, mother's occupation and mother's education.

Based on the results of the study, it was found that the age of the majority of respondents was 26-30 years old. Where at that age mothers tend to be thirsty for information so that they will utilize various information media that are easily obtained from social media so that it allows mothers to easily find out about the right MP-ASI for babies. However, in reality mothers do not use information media on the grounds that they are busy working. Where in this study the majority of the mother's work was as a farmer so that the mother did not have much time to search about giving MP-ASI to babies. Although on the characteristics of the mother it was found that the majority of the mother's education was high school, but that did not guarantee that the mother could find information about the importance of giving MP-ASI. According to Notoadmodjo (2014) states that the higher the level of education, the easier it will be to accept new things and easily adjust to these new things[10].

Based on the results of the chi-square test, it was found that the age factor had a value of $p = 0.208 > \alpha = 0.05$, the education factor had a value of $p = 0.839 > \alpha = 0.05$ and the occupational factor had a value of $p = 0.883 > \alpha = 0.05$ so that it can be concluded that the Mother's Characteristic Factors are not related to the Giving of Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022.

However, this study is in contrast to the research of Arifin et al (2020) entitled the relationship between maternal characteristics and family support with the provision of MP-ASI to toddlers and found that there is a relationship between maternal characteristics and family support with the provision of MP-ASI. and contrary to the research of Swandari et al (2017) which states that there is a significant relationship between mother's education p -value of $0.004 < \alpha (0.05)$, mother's employment status p -value of $0.000 < \alpha (0.05)$, income family p -value of $0.001 < \alpha (0.05)$ to nutritional status, and there is no relationship between maternal age and nutritional status p -value of $0.778 > \alpha (0.05)$.

Maternal Parity Factors related to Providing Complementary Food for Breastfeeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

Parity is the number of living children or the number of pregnancies that produce fetuses that are able to live outside the uterus. Parity is best if ≤ 3 times, and bad if ≥ 3 times (Novianti, 2019). Based on the results of the study, it was found that the parity of mothers in providing complementary food for breast milk (MP-ASI) too early in Sifaoroasi Village, South Nias Regency in 2022, the majority were > 2 people.

Based on the results of the cross table, it was found that the mother already had 2 children with the category of providing complementary food for ASI was sufficient, as many as 8 respondents (88.9%). Based on the results of the chisquare test, it was found that the value of $p = 0.001 < 0.05$ means that H_0 is rejected so it can be concluded that the Mother's Parity Factor is related to Too Early Complementary Food (MP-ASI) in Sifaoroasi Village, South Nias Regency in 2022.

In line with Zaimy's research et al (2021) entitled the relationship between parity and mother's work with early complementary feeding (MP-ASI) to infants aged 0-6 months, the results showed that there was a relationship between mother's parity and mother's work by giving MP- Early breastfeeding in infants aged 0-6 months in the working area of the Tanah Kampung Health Center[11].

Supported by Sugiharti's research (2017) entitled the relationship between parity and mother's age with the provision of early MP-ASI to infants aged < 6 months, the results showed that there was a relationship between maternal parity and the provision of MP-ASI to infants. Mothers with low parity such as nulliparas and primiparas do not have enough experience in caring for babies so mothers will rely more on information from outside to increase good knowledge about foods that are good for babies aged < 6 months or > 6 months[12]. In contrast to mothers who have high parity such as multiparas and grande multiparas who already have experience in caring for children, starting with their first child. So that mothers know more about the foods needed by babies according to their age.

According to the researchers' assumptions, early complementary feeding at low parity (< 2) tends to provide early complementary feeding due to the lack of knowledge and experience in providing complementary feeding. It is necessary to provide correct information about giving MP-ASI in accordance with the proper provisions so that the baby can grow and develop normally.

Mother's Knowledge Factor is related to Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

Knowledge is the result of knowing and this occurs after someone senses a particular object. The majority of human knowledge is obtained through the eyes and ears. Knowledge is needed as support in generating self-confidence as well as attitudes and behavior every day, so that it can be said that knowledge is a very important domain for the formation of one's actions (Notoadmodjo, 2014). Knowledge of Mothers with Giving Complementary Food (MP-ASI) Too Early in Sifaoroasi Village, South Nias District.

Based on the results of the study, it was found that the mother's knowledge in giving complementary food (MP-ASI) too early was quite good with the category of giving complementary food to ASI (MP-ASI) enough for 9 people (81.8%). Based on the results of the chisquare test, it was found that the value of $p = 0.004 < 0.05$ means that H_a was rejected so that it can be concluded that the Mother's Knowledge Factor is related to Too Early Complementary Food (MP-ASI) in Sifaoroasi Village, South Nias Regency in 2022.

In line with Rashid (2017) states that knowledge about a mother's MP-ASI also has a big influence on changes in attitudes and behavior in choosing food ingredients which in turn affects the growth and development and nutrition of the child concerned. Meanwhile, Mariana (2016) mentioned several factors related to giving MP-ASI too early, namely parity, community habits, knowledge and family support.

Supported by Nurhayati et al's research (2021) entitled the relationship between knowledge and attitudes of mothers and giving MP-ASI to infants at the Melati Health Center, Perbaungan District, Serdang Bedagai Regency in 2021 which states that there is a relationship between knowledge and the provision of MP-ASI to infants at the Melati Health Center, Perbaungan District Serdang Bedagai Regency in 2021 [13]. Mother's knowledge about giving MP-ASI can influence mothers in giving MP-ASI. The better the mother's knowledge of giving MP-ASI, the mother will give MP-ASI on time until her baby is six months old and give only breast milk before the baby is six months old. Vice versa, the lower the mother's knowledge about the practice of giving MP-ASI, the more it will encourage mothers to give MP-ASI early to their babies so that they are not exclusively breastfed[14].

This is in line with the results of Ginting et al, (2017) who said that knowledge of MP-ASI was the dominant factor in giving early MP-ASI to infants less than six months old in the working area of the Barusjahe Health Center, Karo Regency[15]. Mothers who have less knowledge of MP-ASI have a 29.8 times risk of giving early MP-ASI to babies less than six months old. Setyaningsih (2015) said that mothers with low MP-ASI knowledge had a risk of 11.6 times giving early MP-ASI to babies less than six months old in Boyolali in 2015.

Mother's Attitude Factors related to Giving Complementary Feeding (MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022

Attitude is a readiness or willingness to act, which predisposes to the action of a behavior, not the implementation of certain motives. Attitude is a readiness to react to certain environmental objects as an appreciation of the object. Attitudes are formed gradually, starting from knowledge and experience of certain attitude objects. Attitudes are not innate but are learned and formed based on experience and practice throughout individual development (Alexander, 2016).

Based on the results of the study, it was found that the attitude of the majority of mothers was positive with the category of providing complementary feeding (MP-ASI) sufficient for 11 people (61.1%). Based on the results of the chisquare test, it was found that the value of $p = 0.007 < 0.05$ means that H_a was rejected so that it can be concluded that the mother's attitude factor is related to the provision of complementary food for breastfeeding (MP-ASI) too early in Sifaoroasi Village, South Nias Regency in 2022.

Supported by Nurhayati et al's research (2021) entitled the relationship between knowledge and attitudes of mothers and giving MP-ASI to infants at the Melati Health Center, Perbaungan District, Serdang Bedagai Regency in 2021, it was found that there is a relationship between knowledge and attitudes of mothers with the provision of MP-ASI to infants at the Puskesmas Melati, Perbaungan District, Serdang Bedagai Regency in 2021. Lack of knowledge and negative attitudes are factors that can encourage mothers to give MP-ASI too early[13].

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The results of this study are in line with the opinion of Marimbi (2019) that attitudes is a person's reaction or response to a stimulus or object and good knowledge will support a good attitude. Thus, health service agencies need to conduct counseling about the importance of providing complementary foods for ASI (MP-ASI) so that good knowledge can also support good attitudes.

4. CONCLUSION

Based on research conducted in Sifaoroasi Village, South Nias Regency in 2022, it was concluded that the mother's characteristic factor is not related to the provision of complementary food for breast milk (MP-ASI) too early in Sifaoroasi village, South Nias district in 2022. The mother's parity factor is related to the provision of complementary food for breast milk (Too Early in Sifaoroasi Village, South Nias Regency in 2022. The mother's knowledge factor is related to the provision of complementary food for breast milk (MP-ASI) in Sifaoroasi Village, South Nias Regency in 2022. MP-ASI) Too Early in Sifaoroasi Village, South Nias Regency in 2022ed on the results of research on the effectiveness of using aloe vera facial soap and aloe vera gel on the degree of acne vulgaris in SMA Negeri 2 Bayang students, it can be concluded that giving aloe vera facial soap and aloe vera gel provides a better improvement on the degree of acne vulgaris than giving facial soap. aloe vera in adolescent acne vulgaris patients.

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