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## Effect of Tradition and Social Economy on Giving Complementary Food for Mother's Milk in Babies

Marniati<sup>1</sup>, Dian Fera<sup>1</sup>, Susy Sriwahyuni<sup>1</sup>, Muhammad Iqbal Fahlevi<sup>1</sup>, Raudhatur Rahmi<sup>1</sup>, Enda Silvia Putri<sup>2</sup>, Jasmi<sup>3</sup>, Uswatun Hasanah<sup>4</sup>, Cokarda Istri Dharmayanti<sup>5</sup>, Nur Nadiah<sup>6</sup>

<sup>1</sup>Public Health Department, Faculty of Public Health, Universitas Teuku Umar

<sup>2</sup>Nutrition Department, Faculty of Public Health, Universitas Teuku Umar

<sup>3</sup>Faculty of Agriculture, Universitas Teuku Umar

<sup>4</sup>Department of Fishery, Faculty of Fishery and Ocean Science, Universitas Teuku Umar

<sup>5</sup>Faculty of Health University Bali Internasional, Indonesia

<sup>6</sup>Faculty Pendidikan Teknikal and Vokasional University Tun Hussein Onn Malaysia

E-mail: marniati@utu.ac.id

**Abstract:** Tradition and socioeconomic have a huge influence on the growth and development of infants aged 0-12 months who need pure mother's milk, breast milk is the most perfect intake and the main source of nutrition for babies. The composition of ASI is perfect according to the needs of the baby before the baby is entitled to get MP-ASI. Problem is that many mothers give MP-ASI to babies even though they are not yet 6 months old, causing various problems to occur in infants due to hereditary culture and economic status. The purpose of this study was to look at the influence of Tradition and Socio-Economy on the Supplementary Feeding of Breast Milk for Infants. Quantitative research methods with a cross-sectional approach. The study was conducted at the PUSKESMAS Kuala Tadu, Nagan Raya at November-December 2018. The sample was a total sample of 44 mothers of infants 0-12 months. Analyzed by Univariate and Bivariate subsequently by Chi-Square Test. The results show that the influence of Tradition and Socio-Economy to the provision of MP-ASI is proven by the value (P-value <  $\alpha$  0.05). Conclusion There is the influence of Tradition and Socio-economic to the Provision of MP-ASI in Infants in the Work Area of the Kuala Tadu Health Center, Nagan Raya Regency. Health related advice should approach the baby's mother so that Tradition and Socioeconomic do not become a barrier for mothers to breastfeed babies.

**Keywords:** Baby, MP-ASI, Tradition, Socio Economic.

### Introduction

The main indicator of the degree of public health is the infant mortality rate, the problem of growth disturbance at an early age that occurs in Indonesia is strongly suspected to be related to the number of babies who have been given MP-ASI since the age of one month, even before. Giving MP-ASI too early will also reduce consumption of ASI, and if late will cause the baby to be malnourished (Marfuah *et al.*, 2019). All newborns must be monitored for growth, hydration status and development. In cases where formula supplementation is needed, it must be carried out under the guidance of a qualified provider taking into account that early recognition of breast milk is a risk factor for early cessation of breastfeeding and breastfeeding (Pérez-Escamilla *et al.*, 2019). It is necessary to explore future targeted health promotion strategies in early life (Regulation of appetite, eating patterns, eating behavior, intestinal dysbiosis, etc). To prevent the growth/outcome of obesity, immune system related diseases or non-communicable diseases later in life (Compoy *et al.*, 2018). Breast milk is closely correlated with the intestinal microbiota of infants and is important for infant development (Li *et al.*, 2020).

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According to Lia Yulianti (2014), based her Mother's milk is the most perfect food and drink for the baby during the first months of life. From the beginning of his birth until the baby is 6 months old. Breast milk is the main source of nutrition for babies. The composition of breast milk is perfect according to the needs of the baby so that even if only get breast milk in a few months of life, the baby can grow optimally. Mother's Milk is very useful for the baby's immunity because in it there are very important substances that have been proven to fight various infections, such as ARI, inflammation of the ear, infection in the blood and so on.

After the baby is 6 months old, it is introduced to the complementary food of breast milk, which is another food besides breast milk. This food can be specially prepared food or modified family food, at the age of 0-6 months the baby does not need food or drinks other than breast milk. Babies only get mother's milk without the addition of other fluids, both formula milk, honey, tea water. Babies are also not given other solid foods such as bananas and mashed rice, porridge, milk, biscuits, team rice and others. MP-ASI should be given when the baby is no longer getting enough energy and nutrients from breast milk. For most babies, additional food starts being given at age 6 months and above. At this age the MP-ASI is very important to increase the energy and nutrients needed. (Lingberg *et al.*, 2017).

In reality on the ground there are still many mothers who provide complementary food for breastfeeding their babies even though they are not yet 6 months old. Even if giving MP-ASI too early, the baby will drink less milk and ASI will produce less, so it will be more difficult to meet the nutritional needs of the baby. In addition, the risk of infection and diarrhea may occur (Lia, 2014). Babies often cry are considered to lack breast milk, even though babies cry can be various causes, for example, which is often caused by babies already starting to feel hungry. They believe that the baby needs to get other intake besides breast milk and formula milk because the baby boy is stronger. One of the factors that can directly affect a baby's health condition is the food that is given. In every society there are rules that determine the quality and type of food that should and should not be consumed by members of a household, according to the provision of MP-ASI that is too early because it will cause the baby to be full and will reduce the release of milk. In addition, infants become lazy to suckle because they have gotten the food or drinks first (Wulan, 2015). The impact if the administration of MP-ASI is too early then the baby will get fewer immune breastmilk substances, so the risk of infection increases. The risk of diarrhea also increases because supplementary foods are not as clean as breast milk. Mothers have a higher risk of getting pregnant again if they rarely breastfeed. Meanwhile, if the MP-ASI is too slow then the child will not get the extra food needed to fill the energy and nutrient gaps. Children stop growing, or grow slowly. In children the risk of malnutrition and micronutrient deficiency increases (Litahayu, 2013).

Based on a survey conducted there are still many mothers who give MP ASI to their babies under age, they say that MP-ASI can be given at any time so that their children do not cry, besides that the mothers also added that the MP-ASI they give at the age of their children enter the age of the first 2-3 months, a tradition handed down from their ancestors so this has been very trusted by these mothers, then some say the reason for giving MP-ASI to children is because it is easy to get and cheap. Based on the problem above, it is necessary to conduct a research on the Influence of Tradition and Socio-Economy on the Provision of MP-ASI to Infants in the Working Area of Kuala Tadu Health Center, Nagan Raya Regency.

## Methods

Quantitative research with cross-sectional design aims to look at the influence of tradition and socio-economic to the provision of MP-ASI in Infants in the work area of the PUSKESMAS Kuala Tadu, Nagan Raya at November-December 2018. Total sample conducted is 44 baby mothers who were analyzed for further univariate and bivariate with *Chi-square* test.

## Result

Table 1. Associated Tradition and Complementary Food

Tradition	Complementary Food			RP (95% CI)	P value
	Yes n(%)	No n(%)	Total n(%)		
Yes	24 (54.5)	3 (6.8)	27 (61.4)	60.000 (8.957-401.932)	0,000
No	2 (4.5)	15 (34.1)	17 (38.6)		
Total	26 (59,0)	18 (41,0)	44 (100)		

Table 2. Associated Sosio-economic and Complementary Food

Sosio-economic	Complementary Food			RP (95% CI)	P value
	Yes n(%)	No n(%)	Total n(%)		
Low	25 (56.8)	7 (15.6)	27 (61.4)	39.286 (4.301-358)	0,000
Hight	1 (2.3)	11 (25.0)	17 (38.6)		
Total	26 (59,0)	18 (41,0)	44 (100)		

## Discussion

### 1. The influence of Mother's Tradition on the Gift of MP-ASI in Infants

The results of this variable study affect the provision of complementary feeding of mother's milk, which is obtained tilapia p-value = 0,000 ( $\alpha = 0.05$ ). The issue of tradition is very important to always pay attention to. The solution to this problem is to provide counseling to respondents about the type of food that is good and not good. Assumption of tradition is very influential on giving MP-ASI to infants, where if mothers are more likely to follow the existing traditions such as giving MP-ASI not yet on time, giving bananas, rice and so on then the tradition will forever develop in the family but vice versa if the baby's mother is people who are good at sorting through information between a good tradition that must be followed and a tradition that is not good that must not be followed, the mother turns towards better for the health of her baby. We can see that there are still many mothers who have a strong tradition of giving MP-ASI to their babies. Even mothers in the working area of the health center inaduated give less nutritious food to their babies and give MP-ASI that is not age-appropriate. Here the very basic problem is the tradition of the mother is still thick they can not leave those who are ingrained and hereditary from their ancestors. According to Notoatmodjo (2013) that tradition is a belief or habit that has been done for a long time and is hereditary, for example the tradition of giving bananas which are often used as complementary foods for MP-ASI by mothers. In line with research (Chatterjee *et al.*, 2020).

Complementary breastfeeding foods are additional food given to babies aged 6 months to 24 months old babies. So in addition to complementary foods, breast milk should still be given to babies at least until the age of 24 months. The role of complementary foods at all is not to

replace breast milk but only to complement breast milk (Waryana, 2014). ASI complementary foods (MP-ASI) are solid foods that contain complete nutrients given to babies from the age of 6 months besides exclusive breastfeeding to achieve optimal growth and development (Lestari *et al.*, 2014). ASI is the best food for babies. Exclusive breastfeeding is given to infants until the age of 0-6 months and continued with supplementary feeding of ASI until children are 2 years old. But in reality there are still many mothers who provide complementary foods for babies before the baby is 6 months old (Setyaningsih, 2010). Malnutrition in babies is not solely caused by food shortages. Some other factors that cause are inadequate MP-ASI and weaning that is too fast. The problem of improperly giving MP-ASI also occurs in Sekarwangi Village, where there are mothers who give MP-ASI to infants with only modest food without taking into account the variations given (Darmawan & Sinta, 2015). The supplementary feeding of ASI is to increase the energy and nutrients needed by the baby because breast milk cannot meet the needs of the baby continuously. Low community knowledge about baby food can lead to malnutrition for babies (Waryana, 2014).

Tradition is a belief or habit that has been done for a long time and has become a hereditary, for example, the tradition of giving bananas which are often used as complementary food for breast milk by mothers. However, bananas should not be given haphazardly. According to the Nutrition Consultant at the Department of Pediatrics, Faculty of Medicine, University of Indonesia (FK UI), Dr. Damayanti R Sjarif SpA (K), bananas may be given when the baby is more than six months old. If bananas are given to babies less than six months old, according to him it can be dangerous. He told me that he often encountered cases of toddlers who were wrongly fed by his mother, such as being fed bananas before his time. Feeding bananas to this baby, according to him is a habit that has been carried out by previous generations. However, the way of feeding is wrong (Marfuah *et al.*, 2019).

## **2. Socio-Economic Effects of Giving MP-ASI in Infants**

This socioeconomic variable many mothers who do not give ASI to babies, so many mothers who give MP-ASI is what they easily get like bananas, improvised rice cakes that do not have to be expensive. Meaning social economy is very influential on giving MP-ASI in infants in the working area of the Kuala Tdi Puskesmas in the Kuala Nagan Raya District. This can be seen from the results of the study, there are still many respondents who have a low socioeconomic in providing MP-ASI to their babies even mothers in the working area of the health center of aduadu give less nutritious food to their babies and provide MP-ASI that is not age appropriate. From these problems, a very basic problem is the respondent's socioeconomic. Because if socioeconomic is low, it is very likely that even the respondent's attitude will be negative and lead to unfavorable actions.

The issue of tradition is very important to always pay attention to. The solution to this problem is to provide counseling to respondents about the type of food that is good and not good. Eating habits deviate from PAHO/WHO recommendations, especially for babies with lower SES. The main concerns are high energy intake and early introduction of cow's milk and complementary foods. This may be important given the metabolic programming and the development of obesity and related diseases later in life). This is mainly due to the high intake of complementary foods and the addition of cow's milk to breast milk. ASI intake was measured using the 'dose-to-mother' deuterium-oxide turnover method. Complementary food intake was assessed using a questionnaire and with 24-hour food weighing. Results. Energy intake from ASI ( $51.1 \pm 26.4$  kcal/kg/day) does not differ between social groups, in line with

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current recommendations. However, energy intake from complementary foods ( $34.5 \pm 22.7$  kcal/kg/day) and from milk, including breast milk, cow's milk and formula milk ( $60.1 \pm 19.6$  kcal/kg/day), significantly higher than recommendations (Romulus-Nieuwelink *et al.*, 2011).

Socio-economic is income earned by one's household in a month. In everyday life we often observe differences in conditions between citizens. Both in the family and community. In the wider community environment differences include various aspects of life, for example there are rich and poor people, there are powerful people and there are people who are not in power, and there are people who are respected and there are people who are not respected. Conditions tend to refer to one's economic and social situation in relation to position (Power), and the role that the person has in society. Status or condition tends to show a person's position in relation to others based on a certain size. The measurement or benchmarks used are based on one combination that includes the level of education, prestige or power. In a large Indonesian dictionary the condition is the condition or position of a person. While social is something related to the community. Economics is a human activity to meet their needs. It can be concluded that the socio-economic condition is the condition, position or position of a person in society in terms of social and economic aspects (Notoatmodjo, 2013). Aceh's provincial minimum wage (UMP) in 2018 will increase to Rp 2.7 million. This amount has increased by RP 200 thousand from 2017 amounting to Rp 2.5 million. Head of the Aceh Government Public Relations and Protocol Bureau Mulyadi Nurdin said Aceh Governor Irwandi Yusuf set a UMP 2018 based on Aceh Governor Regulation No. 67 of 2017. The Governor's Regulation was signed on 7 November 2017. "The salary of Rp 2.7 million per month is the lowest monthly wage with a work time of 40 hours per week.

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### **Conclusion**

There is the influence of Tradition and socio-economic towards the giving of MP-ASI to Infants in the working area of Kuala Tadu PUSKESMAS Nagan Raya Regency where the value (P-value  $< \alpha$  0.05).

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