

# An Examination of the Impact of Mothers' Breast Milk and MP ASI on Toddlers' Nutritional Status

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## ABSTRACT

In Indonesia, malnutrition remains a serious public health issue and a leading cause of death among infants and toddlers. If untreated, undernutrition can hinder physical growth, cognitive development, and weaken immune resistance, increasing morbidity and mortality in children under five. This condition is reflected in the KMS (Card Towards Healthy) growth chart, which shows a decline in undernourished children and an upward trend in children with normal nutritional status. This study aims to identify the role of mothers in breastfeeding and complementary feeding, assess the nutritional status of toddlers, and analyze the influence of maternal roles on toddler nutrition. A literature review was conducted using three databases: Google Scholar, PubMed, and Springer Link, with publication years ranging from 2015 to 2021. Nine relevant journals were selected based on inclusion and exclusion criteria, using keywords such as “the role of mothers in breastfeeding and complementary feeding on the nutritional status of toddlers” and “the role of breastfeeding OR the nutritional status of children under five.” Data analysis from the reviewed studies used statistical methods including Chi-square and Spearman Rho tests. The findings show a significant relationship between maternal roles in breastfeeding and complementary feeding and the nutritional status of toddlers. Key influencing factors include maternal education, employment status, and age. Improving toddler nutritional status requires collaborative efforts across communities, households, and individual levels.

**Keywords:** breastfeeding, mother's role, nutrition for toddlers

## BACKGROUND

In Indonesia, malnutrition is still a public health problem which can be the main cause of death among infants and toddlers. The impact of malnutrition, if not treated, can cause obstacles to physical growth, intelligence development and reduce body resistance which can result in increased morbidity and mortality rates in children under five. The impact of malnutrition will also be seen in the KMS (Card for Healthy) graph which has decreased, whereas children with normal nutritional status show an increase as indicated by the KMS graph which always rises and their growth and development will be better (Bappenas, 2017). Nutritional status is a condition of the body resulting from a balance between nutritional intake and needs. Good nutritional status to build quality resources must essentially start as early as possible, namely when humans are still in the womb. Breastfeeding is very important for optimal growth and development, both physically and mentally, and for baby's intelligence. Therefore, breastfeeding needs to receive attention from mothers and health workers so that the breastfeeding process can be carried out properly, apart from that, MP-ASI also needs to receive important attention because it affects the nutritional status of children (Almatsier, Sunita, 2013).

Malnutrition among toddlers is a fundamental problem in the world. According to the World Health Organization (WHO), it is estimated that one third of under-five deaths worldwide are caused by malnutrition. South Asia is the region that has the largest prevalence of undernutrition in the world, namely 46%, sub-Saharan Africa 28%, Latin America 7% and the lowest is in Central, Eastern Europe and the Commonwealth of Independent States (CEE/CIE) at 5%. (Unicef, 2015).

Indonesia is one of the countries that has problems with disease due to malnutrition to this day. The results of Basic Health Research (Riskesdas) in 2018 explained that the prevalence of under-nourished children under five had decreased from 14.43% in 2016 to 14.00% in 2017 and had met the target set by the government in accordance with the MDG's 2015 Millennium Development Goals agreement, namely 15.50% (Ministry of Health of the Republic of Indonesia, 2018).

According to WHO MP-ASI should be given after the child is 6 months old and continued until the age of 24 months, because at that time breast milk production decreases so that the supply of nutrients from breast milk no longer meets the child's increasing nutritional needs (WHO, 2003). According to the Indonesian Ministry of Health (2017), giving MP-ASI itself has special rules, including babies aged 0-6 months only drinking breast milk, babies aged 6-9 months drinking breast milk and are allowed to consume crushed food, babies aged 9-12 months, apart from breast milk, are also allowed to consume crushed food and soft food and babies aged 12-24 are allowed to consume breast milk, crushed food, soft food as well as solid food. Perception is an experience produced through the senses of sight, hearing and smell. With the correct perception of breastfeeding mothers in providing complementary breast milk to babies aged 6-24 months (Setiawati and Dermawan, 2018).

Providing inappropriate MP-ASI not only disrupts the nutritional intake that the baby should get, but also disrupts the baby's digestion because the digestive system is not yet able to digest or break down the food. Meanwhile, disrupted baby digestion not only makes the baby unable to digest food properly, but also causes the nutritional intake that should be obtained from food to be good, but also causes the nutritional intake that the baby should get to be wasted because it cannot be absorbed according to the Indonesian Ministry of Health (2017).

With the important role played by nutrition in improving the quality of human resources, the government has designed a conceptual framework for solving nutritional problems by creating interventions, one of which is sensitive intervention. One component of the intervention is maternal education. From previous research, the biggest cause of inaccurate giving of MP-ASI in society is the mother's knowledge, because knowledge is what will determine the mother's attitude and behavior in caring for the baby, including giving MP-ASI to the baby.

## **METHODS**

The process carried out in this Literature Review is by reviewing and searching for several research journal articles published through electronic databases. The databases used to conduct the search are: Google Scholar, Pubmed, and Springer link. The keywords used to conduct the search are "the role of mothers in providing breast milk and complementary foods to the nutritional status of toddlers" for international articles used to conduct the search are "the role of breastfeeding OR the nutritional status of children under five", Reference searches are limited to articles available in full text that can be accessed by researchers, using Indonesian or English and publication years between 2015-2021. The types of studies analyzed are all types of research that use the role of mothers in providing breast milk and complementary foods to the nutritional status of toddlers.

## RESULTS

Based on the literature review search, 8 search articles were obtained with research results stating that there is an influence of the mother's role in providing breast milk and complementary feeding on the nutritional status of toddlers.

According to research conducted by Ratna Puspitasari., SST (2016) on the Relationship Between the Role of Mothers in Providing Complementary Foods for Breast Milk and the Nutritional Status of Toddlers Aged  $6 \pm 24$  Months, the results of the study showed that 9 mothers of toddlers (25.7%) played a lesser role in providing Complementary Foods for Breast Milk and 3 toddlers (8.6%) experienced malnutrition. From the results of the bivariate analysis, a significant value of 0.029 was obtained and the correlation coefficient value was 0.369. The results of the analysis showed that there was a relationship between the role of mothers in providing Complementary Foods for Breast Milk and the nutritional status of toddlers at the Cermee Health Center, Bondowoso Regency in 2016 with the strength of the relationship between the two variables being classified as sufficient.

According to research conducted by Erwin Kurniasih (2018) on the relationship between the role of mothers of toddlers in providing nutritious food with nutritional status in toddlers, the results of the study showed that most of the respondents had a positive role with good nutritional status of 15 (17.6%), a small part had a negative role with poor nutritional status of toddlers of 5 (5.8%). Based on the tabulation results and the results of the chi-square test, the P value = 0.000 or  $\alpha < 0.05$  was obtained, meaning that there is a relationship between the role of mothers in providing nutritious food with the nutritional status of toddlers with a contingency coefficient = 0.420 and a rather low level relationship was obtained. Discussion: From the results of the study, it was concluded that there is a relationship between the role of mothers in providing nutritious food with nutritional status in toddlers. The role of mothers of toddlers must be increased in providing nutritious food to their toddlers. With the positive role of mothers of toddlers, the nutritional status of toddlers will improve so that toddlers will grow optimally.

According to research conducted by Nanda devi kusumaningrum (2018) The relationship between complementary feeding behavior and nutritional status of infants aged 6-24 months at the posyandu in Bandung Mojokerto village, the results of the study showed that out of 67 respondents with inappropriate complementary feeding behavior, 11 respondents had poor nutritional status of 2 infants (18.2%), undernourished 4 infants (36.4%), good nutrition 3 infants (27.3%), and overnourished 2 infants (18.2%). Then respondents with inappropriate complementary feeding behavior totaled 36 infants with undernourished nutritional status of 1 child (2.8%), good nutrition 35 children (97.2%), and none had overnourished nutritional status (0%). Meanwhile, respondents with appropriate complementary feeding behavior had good nutritional status of 20 infants (100%) and did not have poor nutritional status, undernourished nutritional status, and overnourished nutritional status (0%).

According to a study conducted by Etiak desi yogi (2018) on the Influence of breastfeeding patterns and complementary feeding patterns on the nutritional status of infants aged 6-12 months, the results of the study showed that there was an influence of breastfeeding patterns on the nutritional status of infants aged 6-12 months, although statistically not significant. Infants with exclusive breastfeeding patterns were 2.86 times more likely to have normal nutritional status than those with non-exclusive breastfeeding patterns (OR = 2.86; 95% CI 0.72 to 11.40;  $p = 0.138$ ). There was an influence between complementary feeding patterns and the nutritional status of infants aged 6-12 months, although statistically not significant. Infants with complementary feeding patterns  $>3$  times/day were 2.72 times more likely to have good nutritional status than those with complementary feeding patterns  $<3$  times/day (OR = 2.72; 95% CI 0.74 to 9.99;  $p = 0.132$ ).

According to research conducted by Riance Mardiana Ujung (2018) on the Relationship between Breast Milk and Complementary Food with the Nutritional Status of Infants (aged 6-11 months) in the Siborong-Borong Health Center working area in 2017, the results of the study showed that Based on the results of the bivariate test, there was a significant relationship between the type of baby food with the BB/U index ( $p = 0.008$ ) and PB/U ( $p = 0.017$ ). However, based on the multivariate test, the BB/U index ( $p = 0.039$ ), PB/U ( $p = 0.032$ ) were related to the type of baby food. This study is in line with Rohmani (2010) which stated that there was a significant relationship between the type of MP ASI given with nutritional status (with BB/U and PB/U indices)  $p = 0.001$  and  $p = 0.004$  ( $p < 0.05$ ). The ability of breast milk to meet the needs of macro and micro nutrients becomes limited as the child gets older. Therefore, other energy sources are needed to meet these needs, namely by consuming complementary breast milk foods (MP-ASI).

According to research conducted by Kadek Dwi Ariesthi (2020) on the Relationship between the Influence of Exclusive Breastfeeding and Mother's Knowledge About Providing Additional Food to Babies Before Six Months of Age on the Status of Toddlers in Noelbaki Village, Kupang Regency, the results of the study showed that there was an influence of exclusive breastfeeding on the nutritional status of toddlers that was not significant, this was indicated by the Sig. (2-tailed) value of  $0.076 < 0.05$ , which means that there is no relationship between the independent variable and the dependent variable; and the correlation coefficient value is  $0.167$ , which means that there is a relationship but the relationship is very weak.

## DISCUSSION

### **Mother's Role in Providing Breast Milk and MP-ASI**

According to research conducted by Ratna Puspitasari., SST (2016) regarding the relationship between the mother's role in providing complementary foods for breast milk and the nutritional status of toddlers aged  $6 \pm 24$  months, the results of the research explain that the nutritional status of toddlers is greatly influenced by the food consumed. If mothers don't know or don't understand what food is good for their toddlers, mothers can consult midwives, cadres, health workers or can look for information from books, the internet, and others. Mothers must also weigh their toddlers every month at the posyandu to find out their growth. Mothers should also be able to look after their toddlers to avoid infectious diseases. As is known, one of the causes of poor nutrition is infectious diseases suffered by toddlers. Providing healthy food, protecting the surrounding environment, maintaining the cleanliness of food, eating utensils for toddlers and maintaining the mother's own personal hygiene is one way to prevent toddlers from diseases that will attack toddlers. Therefore, the role of mothers is very large in improving the nutritional status of their toddlers.

Meanwhile, according to research conducted by Erwin Kurniasih (2018) regarding the relationship between the role of mothers of toddlers in providing nutritious food and the nutritional status of toddlers, the results of the research explain that respondents who have a negative role with good nutritional status are 5. This situation is influenced by respondents aged 26 - 30, 30 of whom are still productive young adults where it is easier for someone to socialize and receive information. A person's IQ can function well in young adulthood and will decrease with increasing age, especially in old age where memory and perception can decrease. Mothers of toddlers who work daily as farmers in the rice fields, their knowledge and experience will not develop so that it will affect the mother's role in providing nutritious food. Because the nutritional status of toddlers, apart from being influenced by the mother's role, can also be influenced by social status that is less supportive. The work environment can enable a person to gain experience and knowledge both directly and indirectly.

According to research conducted by Nanda Devi Kusumaningrum (2018), the relationship between complementary feeding behavior and the nutritional status of babies aged 6-24 months at Posyandu in Bandung Mojokerto village, the results of the research explain that the main cause of malnutrition and growth retardation in children aged 3-15 months is related to low levels of breastfeeding and poor practice of providing complementary foods. The mother's role in providing MP-ASI itself can be influenced by community culture and the surrounding environment. This is because there are still many families who live with other families or in other words, there are several heads of families in one house, so culture and environment play a big role in child care behavior, including providing MP-ASI. This is in accordance with research from Utami (2010), the results of his research stated that one of the factors that influences the provision of MPASI before the age of 6 months is culture or traditions passed down from the family or neighbors around the house.

The mother's role is the behavior that a mother carries out towards her family to care for her husband and children. The mother's role is defined as the ability to care for, educate and determine the value of her child's personality. The role of the mother in the family is very important, it can even be said that the success and happiness of the family is largely determined by the role of the mother. It can be said that if a mother is good, her family will also be good, if the mother is not good, her family will be destroyed. Mothers have an important role and position and are central to the growth and development of their children, especially daughters, especially when it comes to menstruation. Mothers can provide simple information to daughters who experience menstruation, for example what menstruation is, how often menstruation occurs, how long menstruation lasts, how much blood comes out and how to use sanitary napkins, the importance of maintaining cleanliness and how to keep the vulva clean during menstruation, what not to do during menstruation (Karim, 2016).

So researchers can assume that the role of breastfeeding mothers is very important. Not only for the baby's growth and development, but also for his own health. The various benefits of breastfeeding, from preventing disease infections to reducing depression, are worth considering if mothers are still unsure about breastfeeding. The mother's role has a big influence on the practice of breastfeeding, because mothers who have a good role will find it easier to carry out their work and provide breast milk for their babies. Mothers with a good role who do not provide exclusive breast milk, based on observations that mothers have the opinion that giving breast milk alone to the baby will not meet the baby's needs and the baby often cries because he is hungry. This reason is the basis for mothers choosing to provide other additional foods such as crushed bananas, milk porridge and baby biscuits. The mother's opinion regarding the baby's weight gain is that giving breast milk alone is not enough. Naturally, in the first week after birth, the baby's weight will decrease and within 1 week to 10 days his weight will increase from birth weight. Breast milk is an ideal source of nutrition with a balanced composition and adapted to the baby's developmental needs.

### **Nutritional status of toddlers**

According to research conducted by Erwin Kurniasih (2018) regarding the relationship between the role of mothers of toddlers in providing nutritious food and the nutritional status of toddlers, the results of the research explain that the deficient nutritional status of 59 toddlers could be caused by 49 respondents working as farmers. Mothers of toddlers who work as farmers usually spend more time in the fields working, they tend not to care about their toddlers so their role is less in caring for and providing nutritious food for children, the family's ability to meet food needs both in quantity and nutritional quality greatly influences nutritional status. A high level of family income is closely related to the availability and sufficiency of food to fulfill the family's nutrition. Families who have a high income will be able to meet all their family needs.

Meanwhile, according to research conducted by Nanda Devi Kusumaningrum (2018), the relationship between the behavior of giving MP-ASI and the nutritional status of babies 6-24 months at the Posyandu in Bandung Village, Mojokerto, the results of the research explain that the nutritional status of babies is influenced by family income. Income is a form of real income or receipt from all family members to meet household needs. Mother thinks that her child likes to eat and eat snacks, mother likes her child to be big. Excessive nutrition is very risky for children's growth and development and children's motor movements, which results in children's movements becoming less flexible. And also excessive income, if it is not paid attention to when giving it to babies, then their children's growth and development will be disrupted due to an imbalance of the nutrients they need with the nutrients they receive.

According to research conducted by Etiak desi yogi (2018) on the influence of breastfeeding patterns and complementary feeding patterns on the nutritional status of babies aged 6-12 months, the results of the research explain that the incidence of nutritional disorders is not only found in families with low incomes but also in families with sufficient incomes. This situation shows that ignorance of the benefits of food for body health is the cause of the poor nutritional quality of family food, especially food for toddlers. Nutritional problems due to a lack of knowledge and skills in the field of cooking will reduce children's food consumption, the diversity of ingredients and the diversity of types of food which affects the psyche, for example freedom. This can be caused by factors that often cause nutritional disorders, either directly or indirectly. The direct cause of nutritional disorders, especially nutritional disorders in infants and toddlers, is that the amount of nutrition they get from food does not match their body's needs.

Nutritional condition is a condition resulting from a balance between consumption and absorption of nutrients and the use of these nutrients, or a physiological condition resulting from the availability of nutrients in the body's cells (Supariasa, 2015). Nutritional status is the condition of the body as a result of the use, absorption and use of food. Foods that fulfill the body's nutrition generally lead to satisfactory nutritional status. If there is a lack or excess of essential nutrients in food for a long period of time it is called malnutrition. Manifestations of malnutrition can include undernutrition and overnutrition (Supariasa, 2015).

So researchers can assume that children's nutritional status is influenced by many factors ranging from the characteristics of the community/community, household, as well as individual characteristics. Individual characteristics include maternal education, whether the mother is working or not, and the mother's age. Therefore, efforts to improve the nutritional status of toddlers must be through collaboration between various parties. The program rolled out should also be cross-sectoral. These programs include providing education and education regarding nutrition to mothers, efforts to improve environmental sanitation, increasing the capacity of health services, increasing the education level of parents, especially mothers because mothers are the first educators in the family. Maternal education is one of the individual characteristics that causes stunting and wasting.

## **DISCUSSION**

The results of the literature review and journal discussions show that there is a very significant relationship between the role of mothers in providing breast milk and complementary feeding on the nutritional status of toddlers because children's nutritional status is influenced by many factors, starting from the characteristics of society/community, household, as well as individual characteristics. Individual characteristics include maternal education, whether the mother is working or not, and the mother's age. Therefore, efforts to improve the nutritional status of toddlers must be through collaboration between various parties. Thus, it can be said that there is an influence between the mother's role in providing

breast milk and breast milk on the nutritional status of toddlers. Because from the results of the journal discussion, it was found that there is a very close influence.

## CONCLUSION

Malnutrition continues to be a critical public health concern in Indonesia, particularly among infants and toddlers. This literature review highlights the significant role mothers play in determining the nutritional status of children under five through breastfeeding and complementary feeding practices. The analysis of nine selected studies demonstrates a strong correlation between maternal involvement and child nutrition outcomes. Key factors influencing this relationship include the mother's education level, employment status, and age. To effectively improve toddler nutritional status, a comprehensive approach involving individual, household, and community-level efforts is essential. These findings underscore the importance of empowering mothers with knowledge and support to optimize feeding practices for better child health outcomes.

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