

The Effect Of Giving Mp-A SI Using The *Baby Led Weaning* Method On Baby's Weight Babies Aged 9-12 Months In The Patingalloang Community Health Center Working Area

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Abstract Nutritional intake plays an important role in optimizing baby's growth and development. The amount of nutritional intake consumed is also influenced by the process of eating activities. The aim of this research is to determine the effect of the Baby Led Weaning Method on baby weight in the Patingalloang Community Health Center Working Area. Quantitative research method with experimental design with a one group pretest-posttest design approach. The research population was toddlers experiencing stunting who met the inclusion and exclusion criteria using purposive sampling techniques. Research results: The intervention group with a sample size of 20 children experienced an average weight gain of 0.85 kg. The control group also experienced an average increase of 0.65 kg with a test value of p value = 0.000, where it was concluded that there was an effect of giving MP-ASI using the Baby Led Weaning Method on the weight of babies aged 9-12 months in the working area of the Patingalloang Community Health Center.

Keywords: Baby Led Weaning Method, Nutritional Status, Toddlers 9-12 Months

INTRODUCTION

The age of 0-24 months is a period of rapid growth and development, so it is often termed the golden period as well as the critical period. The golden period can be realized if during this period babies and children receive appropriate nutritional intake for optimal growth and development.

On period This, Toddlers are very vulnerable to problems about with nutrition. According to WHO (2019), around 52 million children under five (8%) experience wasting (thin), 115 million children under five (23%) experience stunting (short), and 4 million children under five are overweight throughout the world. UNICEF (2021) estimates that in 2020, around 45 million children under the age of five worldwide experienced nutritional problems. Many children who experience nutritional problems live in areas affected by humanitarian conflict, have low economic status, have difficulty accessing nutritional health services, and live in areas with a high prevalence of nutritional problems, such as in South Asia with the highest number at 14.7%. followed by West and Central Africa with a percentage of 7.2%. The Middle East and North Africa have a percentage of 6.3%, while in East and South Africa there are 5.3% of children under five who experience acute malnutrition.

The stunting rate in Indonesia is still a serious concern because based on the 2018 RISKESDAS, the prevalence of stunting, although it has reached the expected target in the 2019 RPJMN, namely 32%, has not yet reached the target set by WHO of 20%. So the stunting rate from province to city/district is still high.

Nutritional intake plays an important role in optimizing baby growth and development (Nelson, Behrman, Kliegman & Arvin, 2000). This nutritional intake can come from breast milk, complementary foods and family food (Carruth, Ziegler, Gordon & Barr, 2004). The amount of nutritional intake consumed is influenced by the process of eating activities. The activity of eating itself is one of the most complex physical activities (Manno et al, 2005). This activity utilizes all the body's organ systems, namely the brain and cranial nerves, heart and blood vessels, respiratory system, endocrine and metabolic systems, body muscles and the entire digestive tract. When giving baby food, you need to pay attention to the time of administration, frequency, type, amount of food ingredients, and how it is prepared. There are habits of giving babies food that is not appropriate, including: giving food too early or too late, not enough food given and not enough frequency (Maseko & Owaga, 2012).

Feeding methods that can be given by parents to babies to increase nutritional adequacy in babies include the baby lead weaning (BLW) method. BLW is a method of introducing and carrying out independent weaning with a feeling of liking for babies aged 6 months and over. BLW is a good way to provide nutritional adequacy with psychological strengthening because BLW can feel the shape and texture of different foods from an early age, not foods that are all consistent (Raphley. G & Murkett. T, 2012) .

Brown and Lee (2011) said that mothers who apply the baby-led weaning method to their babies have a positive eating experience for both mother and baby and eating activities become more enjoyable. Apart from that, baby led weaning will also develop better and faster chewing ability, manual dexterity and hand and eye coordination compared to babies who are used to being fed (Rapley & Murkett, 2011)

Based on the problems found, the reasons why the author feels it is necessary to carry out research on "The Effect of Giving Mp-A SI Using the *Baby Led Weaning* Method on the Body Weight of Babies Aged 9-12 Months in the Working Area of the Patingalloang Community Health Center " are illustrated.

METHOD

Study _ This uses the Quasy Experiment method designed " *One Group Pre - Posttest Design* " (William, 2019). In this study, respondents will first be given a pretest to find out the nutritional status of toddlers before the baby-led weaning method is carried out. After being given an initial test, the next respondent was given intervention regarding the baby-led weaning (BLW) method in the intervention group. After completion, respondents were then given *post tests to find out the extent of the influence of the Baby Led Weaning (BLW)*

method on the baby 's weight . 9-12 months old . This research design was used to determine the effect of giving the MP-ASI method Weaning Infants L ED Regarding Eating Patterns of Infants Aged 9-12 Months in the Tamamaung Community Health Center Working Area .

RESULTS

Table 1. Effect of Giving Mp-A SI Using the *Baby Led Weaning* Method on the Body Weight of Babies Aged 9-12 Months in the Patingalloang Community Health Center Working Area

Weight	N	Pre	Post	Std. Deviation	PV value
Intervention	20	7,5500	8,4000	0.24170 _	0,000
Control	20	7.5200	8.1700	.17321	0,000

Based on table on obtained group average weight results _ intervention with amount sample of 20 children experience increase body weight from 7.55 kg to 8.40 kg while in group control also experienced enhancement although No as high as group intervention that is from 7.52kg to 8.17kg. This matter show exists influence The Effect of Giving Mp-A SI Using *the Baby Led Weaning* Method on the Body Weight of Babies Aged 9-12 Months in the Working Area of the Patingalloang Community Health Center .

DISCUSSION

The results of this research are in accordance with the previous theory, Baby-led weaning (BLW) is a food policy to replace breast milk carried out by toddlers independently with parental supervision. MP - ASI is an additional food that can only be given to babies after they enter the age of six months until the age of 24. year. month. Feeding methods that can be given by parents to babies to increase nutritional adequacy in babies include the baby lead weaning (BLW) method. BLW is a method of introducing and carrying out independent weaning with a feeling of liking for babies aged 6 months and over. BLW is a good way to provide nutritional adequacy with psychological strengthening because BLW can feel the shape and texture of different foods from an early age, not food that is all consistent .

According to the results of research conducted by Jannah and her colleagues in 2016 with the title "The Impact of Giving MPASI Using the BLW (Baby Led Weaning) Approach on Food Consumption in Babies at the Wine Posyandu in Umbulsari Village, Umbulsari District, Jember Regency", carried out using a value test $p = 0.000$. These results prove that the first hypothesis is proven, namely that giving MP-ASI using the BLW (Baby Led

Weaning) approach affects the baby's eating patterns. Based on research supported by previous research from Cameron, Health, and Taylor (2012) in "How Feasible Is Baby-Led Weaning as an Approach to Infant Feeding", it was found that the use of the BLW (Baby Led Weaning) method provides greater opportunities for babies to take part in eating activities with the family. The results are very profitable.

Implementing the baby-led weaning method can have a good impact on the growth and development of toddlers. Benefits that toddlers can get from the baby led weaning method, helps support and support motor development in toddlers, such as practicing chewing food smoothly, making toddlers enjoy the food they eat, and preventing obesity in childhood (Rapley & Murkett, 2012).

Opinion This in line with research , conducted by Desy Nur Setiowati entitled Application of the Blw (Baby Led Weaning) Method on Picky Eater Behavior in Babies Aged 6-12 Months at Taman Posyandu Anggrek, Purwodadi Village, Kras District, Kediri Regency, the results were $\alpha 0.000 < 0.05$ so that H1 was accepted which was This means that there is an influence of implementing BLW (Baby Led Weaning) on picky eater behavior in babies aged 6-12 months at Taman Posyandu Anggrek, Purwodadi Village, Kras District, Kediri Regency.

Implementing the Baby Led Weaning Method can have a good impact on the growth and development of toddlers. Benefits that toddlers can get from the baby led weaning method helps and supports motor development in toddlers, such as practicing chewing food smoothly, making toddlers enjoy the food they eat, and preventing obesity in childhood .

CONCLUSION

Group intervention with amount sample of 20 children experience increase the average body weight is 0.85 kg. Group control also experienced enhancement an average of 0.65 kg with mark test p value = 0.000 where it is concluded There is The Effect of Giving Mp-A SI Using *the Baby Led Weaning* Method on the Body Weight of Babies Aged 9-12 Months in the Working Area of the Patingalloang Community Health Center .

SUGGESTION

1. For other researchers, future researchers are expected to consider confounding variables more when conducting research related to the application of BLW.
2. For health workers, it can be used as input in implementing health promotion by providing health education to mothers at posyandu, especially regarding the BLW method in providing infant nutrition.

3. For educational institutions, it can be used as an example of developing knowledge and literature references regarding alternative complementary foods - breast milk in dealing with Picky Eater eating behavior problems.
4. For parents, they can always combine their child's growth and development, especially in terms of nutritional adequacy, by giving toddlers the opportunity to explore the food they will eat themselves in order to increase the toddler's social adaptation/independence abilities from an early age.

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