

THE EFFECT OF ADDITIONAL FOOD PROVISION (PMT) COUNSELING ON THE KNOWLEDGE OF MOTHERS WITH TODDLERS

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ABSTRACT

Nutritional problems among toddlers in Indonesia are still relatively high, one of which is caused by mothers' lack of knowledge regarding supplementary feeding (PMT). Health education is one effort to improve mothers' knowledge in fulfilling toddlers' nutritional needs. This study aims to determine the effect of education on the knowledge of mothers with toddlers regarding supplementary feeding (PMT) at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center (Puskesmas). This study used a pre-experimental design with a one-group pretest-posttest approach. The population in this study was 82 mothers with toddlers, with a sample of 45 respondents taken using a purposive sampling technique. Data were collected using questionnaires before and after the education, then analyzed using a paired sample t-test. The results showed that the average knowledge of mothers before the education was 59.56 (SD=16.09) and increased to 80.33 (SD=15.71) after the education. The statistical test results showed a p-value of 0.000 ($p < 0.05$), indicating a significant effect of counseling on improving mothers' knowledge about supplementary feeding (PMT).

Keywords: Counseling, Maternal Knowledge, Supplemental Feeding (PMT), Toddlers

INTRODUCTION

Nutritional issues in toddlers remain a major challenge in health development in Indonesia. Suboptimal nutritional status in early life can have long-term impacts on physical growth, cognitive development, and the quality of future human resources. The first 1,000 days of life, from pregnancy to two years of age, is a critical phase that determines the quality of a child's growth and development. Therefore, providing adequate and balanced nutrition during this period is crucial.

One effort to improve the nutritional status of toddlers is through supplementary feeding (PMT). Locally-based PMT is a recommended strategy because it utilizes locally available resources, is easily accessible, and is sustainable. However, the success of PMT provision is greatly influenced by the knowledge and understanding of mothers, as the primary caregivers, in meeting children's nutritional needs.

Mothers' low knowledge about providing complementary foods remains a problem in various regions. Lack of food variety, inappropriate preparation methods, and unappealing presentation

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are factors that can impact toddlers' nutritional intake. Furthermore, some mothers still lack understanding of the appropriate timing, type, and frequency of providing complementary foods for their child's age. This contributes to the high prevalence of nutritional problems such as stunting, underweight, and wasting.

Data shows that the prevalence of nutritional problems among toddlers in Indonesia remains quite high. In several regions, including Riau Province and Rokan Hulu Regency, rates of stunting, underweight, and wasting remain a serious concern. This demonstrates the urgent need for effective and sustainable interventions, one of which is through improving maternal knowledge.

Health education is an effective method for increasing knowledge and changing health behaviors. Through education, information about the importance of PMT (Food-Based Nutrition), preparation methods, and the principles of balanced nutrition can be conveyed directly to mothers. Several previous studies have shown that nutrition education can improve mothers' knowledge, attitudes, and practices regarding child feeding.

Based on the results of a preliminary survey at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center (Puskesmas), it was found that most mothers with toddlers lacked adequate knowledge about supplementary feeding. This situation indicates a gap between expected knowledge and actual conditions, necessitating appropriate educational interventions.

Based on this description, this study aims to analyze the effect of counseling on the knowledge of mothers with toddlers about supplementary feeding (PMT) at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center (Puskesmas). This research is expected to contribute to the development of promotive and preventive interventions to improve the nutritional status of toddlers.

RESEARCH METHODOLOGY

This research is a quantitative study with a pre-experimental design (one group pretest-posttest design). The study was conducted at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center (Puskesmas) working area in 2024. The population in this study were all mothers with toddlers (82 people), with a sample of 45 respondents selected using a purposive sampling technique. The research instrument used a questionnaire to measure the level of knowledge of mothers before and after counseling. The intervention was in the form of counseling using leaflets.

RESULTS AND DISCUSSION

Univariate Analysis

Based on the research results and after computerized data processing, the following results were obtained:

Table 4.1 Mothers' knowledge scores regarding supplementary feeding (PMT) before and after counseling (n=45 respondents).

Pengetahuan ibu	Mean	SD	Min	Mak
Sebelum Penyuluhan	59.56	16.09	15	85

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Sesudah Penyuluhan	80.33	15.71	25	100
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Source: Primary Data, 2024

Table 4.1 shows that the minimum knowledge score for mothers before counseling was 15, the maximum knowledge score for mothers before counseling was 85, and the minimum knowledge score for mothers after counseling was 25, and the maximum knowledge score for mothers after counseling was 100. The average score before counseling was 59.56 and after counseling was 80.33.

A. Bivariate Analysis

Table 4.2 Effect of counseling on mothers' knowledge about Supplementary Feeding (PMT) before and after counseling (n=45) using the dependent t-test.

Pengetahuan Ibu	Mean	SD	P-Value
belum Penyuluhan-Sesudah Penyuluhan	20.77	13.01	0.000

Source: Primary Data, 2024

Table 4.2 shows that the average difference in mothers' knowledge before and after counseling was 20.77. A P-value of $0.000 < 0.05$ was obtained. Therefore, H_0 was rejected. It can be concluded that there was an effect of counseling on supplementary feeding (PMT) on the knowledge of mothers with toddlers at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center (Puskesmas) working area.

CONCLUSION

From the results of the research and discussion of the Influence of Counseling on the Knowledge of Mothers with Toddlers Regarding Providing Supplementary Food (PMT) at Three Integrated Health Posts in the Working Area of the Kunto Darussalam Health Center, the following conclusions can be drawn:

1. The average knowledge of mothers before receiving counseling was 59.56, SD 16.09, with a minimum score of 15 and a maximum score of 85.
2. The average knowledge of mothers after receiving counseling was 80.33, SD 15.71, with a minimum score of 25 and a maximum score of 100.
3. The P-value = 0.000, thus, it can be concluded that there is an effect of counseling on the knowledge of mothers with toddlers regarding supplementary feeding (PMT) at three integrated health posts (Posyandu) within the Kunto Darussalam Community Health Center working area.

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