

The Relationship between Family Socioeconomic Factors and the Accuracy of Complementary Feeding at the Jelbuk Health Center

Wulan Novi Antika

Clinical Nutrition Study Program

Department of Health

ABSTRACT

The First 1000 Days of Life (1000 HPK) period is a time when the growth of children's brain cells during this period is very rapid, so that if there is a disturbance in this period it will have a long-term effect. Optimal feeding until the age of two is one of the important efforts to improve the nutritional status of infants in 1000 HPK. One of the efforts to improve the nutritional status of children is proper Infant and Young Child Feeding (IYCF). The best feeding model for infants and children from birth to 23 months of age is Early Breastfeeding Initiation (EBI), breastfeeding infants with exclusive breast milk (EBM), providing complementary foods (MP-EBM), and continuing to breastfeed until the child is 23 months old. The accuracy of complementary feeding can be influenced by many factors, one of which is family socioeconomic factors. The purpose of this study was to determine the relationship between family socioeconomic factors and the accuracy of complementary feeding at Jelbuk Health Center. This type of research is analytic observational research with a cross sectional approach with a population of 88 mothers in the Jelbuk Health Center working area. The sampling technique used simple random sampling. The instrument used was a questionnaire. Data analysis using chi-square test. The sampling technique used simple random sampling. The instrument used was a questionnaire. Data analysis using chi-square test. The results of the analysis of the mother's education level with a p value = 0.000, analysis of the type of work p value = 0.018 and family type with a p value = 0.000 which means that there is a relationship between the mother's education level, the type of work of the highest contributor of funds in the family, and family type with the provision of complementary foods in the Jelbuk Health Center working area. As an effort to improve the accuracy of complementary feeding, the community can increase literacy through active participation in posyandu, attending counseling and pregnant women's classes. In addition, the community can also utilize nutritious and affordable local food ingredients such as papaya fruit and catfish, especially for families with low income.

Keywords : Family economy, complementary feeding, mother's education, occupation, family type.