
ANALYSIS OF MPASI MENU 4 BINTANG AS AN INNOVATION TO FULFILL NUTRITION FOR STUNTING CHILDREN 6 – 24 MONTHS IN THE WORKING AREA OF THE JOHAN PAHLAWAN PUSKESMAS WEST ACEH DISTRICT IN 2023

Dian Febriani¹, Suci Eka Putri², Sufyan Anwar², Itza Mulyani*

Student of Nutrition Study Program, Faculty of Public Health, Universitas Teuku Umar

Lecturer in the Nutrition Study Program, Faculty of Public Health, Universitas Teuku Umar

Corresponding Email: itzamulyani@utu.ac.id, Dianfebriani130@gmail.com

Abstract

Nutritional problems can occur in the life cycle starting from the womb until old age. Currently, Indonesia is facing multiple nutritional problems that must receive serious attention in handling. Malnutrition problems can cause health problems throughout the life cycle. One of the nutritional problems that occurs, especially in West Aceh Regency, is stunting. thus causing many children to have their growth and development hampered. The 4 star food menu is one way to provide nutrition for stunting toddlers. The aim of this research was to determine the knowledge, education, employment of mothers and eating patterns by providing MPASI with a 4 star menu as an innovation to fulfill nutrition for stunted children in the Johan Pahlawan Health Center working area, West Aceh Regency. The method used in This research uses a qualitative method with a descriptive research type with an exploratory approach, namely conducting in-depth interviews. In general, not many people in the Johan Pahlawan Community Health Center work area are aware of the existence of the 4 star MPASI menu innovation for handling stunting. The relatively low level of education causes the mother's lack of knowledge in fulfilling nutrition according to the MPASI 4 Bintang Baduta menu. In handling stunting clowns, although there are those who know how to make the menu, they do not provide a 4 star MPASI menu due to low economic factors.

Keywords: *MPASI MENU 4 STAR*

INTRODUCTION

Nutritional problems can occur in the life cycle starting from the womb until old age. Currently, Indonesia is facing multiple nutritional problems that must receive serious attention in handling. Malnutrition problems can cause health problems throughout the life cycle (KEMENKES, 2018). The lives of children under five years of age are a very important part. This age is the foundation that shapes the future health, happiness, growth, development and learning outcomes of children in school, family, society and life in general. The beginning of pregnancy until the child is two years old is a critical period for growth disorders, including short stature/stunting. (MINISTRY OF HEALTH, 2018). Stunting is a short toddler based on PB/U or TB/U measurements on anthropometric standards for assessing children's nutritional status (Rahmadhita, 2020). Data on the prevalence of stunted children under five according to the World Health Organization (WHO) in 2020. Indonesia is the second highest in Southeast Asia reaching 31.8%, the first highest prevalence of stunting is Timor Leste at 48.8%, Laos is third with 30.2% then Cambodia is in fourth position with 29.9% and the lowest children suffering from stunting come from Singapore with 2.8%. (UNICEF; WHO; World Bank Group, 2020).

The number of toddlers in Aceh in 2020 was 160,247, with the number of toddlers stunting in the short category being 12,987 and toddlers in the very short category being 8,428, so the number of stunting was 13.4%. The number of children under five in Aceh in 2021 is 273,612, with the number of stunted children under five being 90,839, so the number of stunting is 33.2% (Aceh Health Office, 2021). The results of the Indonesian Nutritional Status Study (SSGI) in 2021 show

that the prevalence of stunting in Aceh Province in 2021 is 33.2%. Based on data from the 2022 National Nutrition Status Survey (SSGI), the decline in the prevalence of stunting in Indonesia is 21.6%. From the results of the Indonesian Nutrition Status Survey (SSGI, 2022), the prevalence of stunting in West Aceh Regency is currently 27.4%. The number of toddlers at the Johan Pahlawan Health Center is 1567 toddlers with the number of stunted toddlers in the short category being 8.9% and toddlers in the short category. very short as much as 3.3% (Johan Pahlawan Health Center, 2022). In 2023, from January to August, the number of toddlers will be 1941 with the number of stunted toddlers in the short category being 9.6% and toddlers in the very short category being 3.3% of toddlers (Puskesmas Johan Pahlawan, 2023).

According to (WHO, 2014) To deal with cases of stunting, there is an innovative 4 star MPASI menu consisting of carbohydrates, animal protein, vegetable protein and vegetables. 4 star MPASI is a common term in society to describe the term balanced MPASI menu. This menu is given to babies when they are 6 months old. When they are 6 months old, babies need additional nutrients such as iron and zinc which are not found in breast milk. MPASI is an introductory and transitional period for babies before they can finally eat the same food they eat. If your baby is used to the texture and taste, you can start combining foods that contain the various nutrients your little one needs. The menu and composition of the 4 star menu according to (WHO, 2014) is as follows: 30% Star 1: Carbohydrates, can be rice, bread, sweet potatoes, cassava, potatoes, corn, taro, kombucha, etc., 10% Star 2: Vegetable Protein, such as beans, tofu, tempeh, even mushrooms, 30% Star 3: Animal Protein, can use eggs, chicken, fish, beef, liver, etc., 25% Star 4: Vegetables and fruit, such as mustard greens, spinach, kale, carrots, oranges, bananas, papaya, avocado, and so on.

LITERATURE REVIEW

1. Stunting

Stunting is a condition where a person's height is shorter than the height of other people in general (of the same age). Stunting is malnutrition in babies in the first 1000 days of life that lasts a long time and causes delays in brain development and child growth and development (BKKBN, 2021). Due to chronic malnutrition, babies grow shorter than the standard height for toddlers their age. Stunting is also called short toddlers based on PB/U or TB/U measurements on anthropometric standards for assessing children's nutritional status, from these measurements the Z-Score results <- 2 SD to -3 SD are called stunted and <-3 SD are called very short. / severely stunted (Rahmadhita, 2020). Stunting is a condition of failure to thrive in children under five which is caused by chronic malnutrition so that the child is too short for his age. Malnutrition occurs when the baby is still in the womb and in the early days after the child is born, but only appears after the child is 2 years old. year. Stunting has an impact on children's intelligence levels, susceptibility to disease, reduces productivity and then hinders economic growth and increases poverty (Budget Director for Human Development and Culture, 2018).

2. Factors that cause stunting

1. Employment

Mother's Employment Status Work is a source of income which is the basis of life, something that is done to earn a living. The length of time a person works daily is generally 6-8 hours (the remaining 16-18 hours) are used for life in the family, community, rest, sleep, and so on. In a week, a person is able to work well for 40-50 hours, where in this case a person is able to work for 5-6 working days in 1 week. This is in accordance with article 12 paragraph 1 of the Manpower Law no. 14 of 1986. Maternal employment is related to child rearing patterns and family economic status. Mothers who work outside the home can cause children to be neglected, because children under five are very dependent on their caregivers or other family members, but on the other hand, mothers who work can help the family income, because work is an important factor in determining the quality and quantity of food (Mugianti & et al, 2018).

2. Parents' height

Parents' height is related to children's physical growth and development. Short maternal height is one of the factors associated with the incidence of stunting. Maternal height is the mother's body size which is measured using a microtoise from toe to head. The category of short mothers is if their height is <150 cm and normal is ≥ 150 cm (Ratu, et al., 2018). Children's growth is influenced by the height of their parents. The gene in the chromosome carrying the short trait causes the parents to be short in height and then pass on this short trait to their children. Generally, a child's height is inherited from the mother because if the mother has a short height, it can increase the risk of intrauterine growth failure resulting in a decrease in the child's growth and development. Mothers who have a short height ≤ 150 cm have a 30.8% higher risk of giving birth to children who experience stunting (Ramadhan, et al., 2020).

3. LBW

Low Birth Weight (LBW) babies are newborns with a birth weight of less than 2,500 grams. LBW can not only occur in premature babies, but also in full-term babies who experience growth restriction during pregnancy. In 1961, by WHO, all newborn babies with a birth weight of less than 2500 grams were called low birth weight babies (WHO, 2018). According to (Itza Mulyani, et al., 2020) the results of bivariate analysis show that the factor associated with stunting is low birth weight with ($p < 0.05$). Children aged 2 years with a history of LBW are at risk of experiencing growth disorders and this will continue in the first 5 years of life if this is not balanced by providing more stimulation. Premature and LBW babies who survive the first 2 years of life are at risk of malnutrition and stunting (Dewi & Widari, 2018).

4. Education

One of the factors that is most dominantly related to the incidence of stunting in children is the mother's education. In the health sector, education level is also important because it has an influence on nutritional status. Someone who has a high level of education seems to know more about healthy living habits and how to maintain a healthy body which can be seen from practicing healthy living habits such as consuming a nutritious diet (Setiawan, et al., 2018). Based on the characteristics, low education levels have a high frequency of stunting incidents compared to middle education levels. The lowest incidence of stunting is owned by mothers with secondary education. In mothers who have low education, this shows that mothers with low education have an influence on the occurrence of stunting. The mother's education level below high school is very worrying because it is related to knowledge, attitudes and behavior of the mother's parenting towards her child in providing nutrition and inadequate nutrition to her child which can cause stunting (Fauzi, Wahyudin, & Aliyah, 2020).

5. Exclusive breastfeeding

According to the Republic of Indonesia Government Regulation Number 33 of 2012 concerning Exclusive Breast Milk Provision is the provision of breast milk (ASI) without adding or replacing it with other food or drinks given to babies from birth for 6 months. Mothers' low awareness of the importance of giving breast milk to their toddlers is also a factor causing stunting. This is supported by research by Sampe, et al (2020) that exclusive breastfeeding can reduce the risk of stunting. The Indonesian Pediatrician Association 12 (IDAI) recommends exclusive breastfeeding for the first 6 months to achieve optimal growth and development (Pakpaham, 2021).

3. Fulfillment of nutrition

Fulfillment of nutrition for children begins when the child is in the womb, namely when the mother is pregnant, then when the child is born, Early Breastfeeding Initiation (IMD) must be carried out, exclusive breastfeeding at the age of 0-6 months and complementary foods for breast milk (MPASI) that are appropriate at that age. 6-12 months. Providing food that is not appropriate

to the time, quantity and needs of toddlers will have an impact on poor health in the future (Anggryni, Mardiah Hermayanti, Rakhmawati, Ramdhanie, & Mediani, 2021). According to the nutritional needs of babies aged 6 months, only breast milk is given, so babies aged more than 6 months can immediately be given additional food. On the other hand, delaying giving MP-ASI (not giving MP-ASI on time) will cause the baby not to get the nutrition it needs. Providing inadequate nutrition can affect the growth and development of toddlers. So efforts are needed to overcome this problem (UKAID, 2011).

1. MP-ASI

MP ASI is food or drink containing nutrients that is given to babies or children aged 6-24 months to meet nutritional needs other than breast milk. MP-ASI is nutritious food given to accompany breast milk to babies aged 6 months and over until children aged 24 months to achieve nutritional adequacy (DepkesRI, 2016). Giving MP ASI should actually be given to babies aged 6 months and over, if MP ASI is given too early it will trigger a decrease in breast milk consumption and production and the baby can experience digestive disorders such as diarrhea and dehydration. Intake of food and drinks other than breast milk given to babies before the age of 6 months can also cause babies to get sick frequently and trigger allergies due to decreased child immunity (Ministry of Health of the Republic of Indonesia, 2011).

2. 4 Star Menu

4 star food is food made by including staple food categories, vegetables and fruit, nuts and animal foods (Saputri & Kusumastuti, 2019). The 4 star MPASI menu is food that contains four nutritional elements. Firstly, carbohydrates, which can be obtained from brown rice, white rice, corn and sweet potatoes. Second, animal protein which can be obtained from chicken, beef, eggs or fish. The three vegetable proteins can be obtained from nuts such as tempeh, tofu, red beans or peas. And four vegetables such as spinach, pumpkin, broccoli, carrots and others (WHO, 2014). The menu and composition of the 4 elements are as follows:

- 30% Star 1: Carbohydrates, can be rice, bread, sweet potatoes, cassava, potatoes, corn, taro, kombucha, etc.
- 10% Star 2: Vegetable Protein, such as beans, tofu, tempeh, and mushrooms.
- 30% Star 3: Animal Protein, can use eggs, chicken, fish, beef, liver, and so on.
- 25% Star 4: Vegetables and fruit, such as mustard greens, spinach, kale, carrots, oranges, bananas, papaya, avocado, and so on.

Giving The 4 star MPASI menu aims to meet the nutritional needs of babies, especially iron, so that baby mothers avoid malnutrition, low body weight or stunting in the future (WHO, 2014). According to Rony AP, adding a four star menu is a method of meeting children's needs. In principle, fulfilling children's needs is meeting macro and micro needs which aim to increase the child's body weight. An increase in a child's weight means that the child's growth parameters are met.

The following is an explanation of the four star menu according to Rony:

- The first star is carbohydrates which are useful as a source of energy.
- The second star is animal protein which is useful for building cells and body tissue, and helps maintain the immune system
- The third star is vegetable protein which is useful for building cells and body tissue, and helps maintain the immune system
- The fourth star is vitamins and minerals which are useful for helping the body's metabolism.
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3. 4 Star Principle

Providing MPASI with a 4 star menu aims to meet the nutritional needs of babies, especially iron, so that baby mothers avoid malnutrition, low body weight or stunting in the future (WHO, 2014). How to give food The 4 star menu in one meal must be classified as a 4 star menu. Giving

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MP-ASI by paying attention to certain methods such as paying attention to the cleanliness of the food and the containers used will have a big impact on the baby's health. If the food given to the baby and the container used when giving the food are not clean, then the main effect that can arise in the baby is diarrhea, this is caused by bacteria and viruses which may be carried on the food and food container used (Dewi, 2016). This 4 star complementary food for breast milk or MPASI consists of 4 elements, namely carbohydrates, vegetable protein, animal protein, as well as vegetables and fruit. These four elements are put together in porridge form, except for the fruit which is served separately.

4 Diet Patterns

1 Understanding Dietary Patterns

Eating patterns are eating habits that are formed from repeated eating behavior over a long period of time (Adriani, 2014). The food menu pattern is a way of choosing dishes consisting of processed food ingredients for consumption. The choice of food menu includes all food groups that are in accordance with the need for a balance of nutrients contained therein (Wachdani, et al. 2012).

2. Feeding Patterns

Each child's nutritional needs are different. This is influenced by age and body composition, activity patterns and growth rate. Eating patterns support normal growth in children's height and weight. The feeding schedule is 3 main meals (morning, afternoon and evening) and 2 snacks (between 2 main meals) (Almatsir, et al, 2011).

3. Food Intake

Food intake describes the consumption of nutrients, low intake of nutrients consumed is a very complex factor causing stunting in toddlers (Akmal et al., 2019). Choosing the type of food ingredients supports the growth and development of toddlers in achieving nutritional needs. Needs for macro and micro nutrients. The macro nutrients needed include carbohydrates, protein, fat, while the micro nutrients are minerals, vitamins and water (Sari, 2016; Yunianto et al., 2020). Food intake is a direct factor causing stunting. Food intake is used in the form of energy and other nutrients which function to support all body activities (Sari, 2016). Lack of energy and protein intake causes the body to experience nutritional deficiencies, so that to overcome the deficit experienced, the stored energy and protein is used by the body. Energy and protein stores will run out when this condition occurs for a long time, tissue damage will occur which can then cause stunting in children (Maharani et al., 2018). Good food intake will greatly influence a person's body condition and resilience. Good food intake means fulfilling the substances the body needs. A regular diet and balanced nutrition will create an ideal body condition and strong physical condition, so that it will greatly influence the nutritional status of toddlers (Puspasari & Andriani. 2017).

5. Definition of Knowledge

According to Notoatmodjo, knowledge is the result of knowing and occurs after people sense certain objects and certain things. Sensing occurs through the five human senses, namely sight, hearing, smell and touch. Knowledge is the totality of ideas that humans have about the whole world, including humans and their lives. Knowledge itself is usually obtained from information either obtained from formal education or other information such as TV, internet, newspapers, magazines, radio, counseling, etc. The level of education influences a person's ability to receive information. People with a better level of education will find it easier to receive information than people with less education. This information is used as a provision for mothers to care for their toddlers in everyday life. Perception itself can be interpreted as a person's way of viewing something after gaining knowledge, either directly or indirectly.

Knowledge is the result of knowing, and this occurs after people sense a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and

touch. Most human knowledge is obtained through the eyes and ears (Notoatmodjo, 2014). Knowledge about nutrition in older people is influenced by several factors, including the older one is, the older a person is, the better the mental development process, intelligence or the ability to learn and think abstractly, in order to adapt to a new environment where a person learns both good and bad things. depending on the attitude of the group, culture which holds importance in knowledge, and experience which is the best teacher in honing knowledge (Notoatmodjo, 2010).

RESEARCH METHODS

The type of research used is qualitative research with a descriptive type of research with an exploratory approach, namely conducting in-depth interviews (indept interviews) which aim to find out the mother's knowledge about the MPASI 4 Bintang menu, the mother's latest education, occupation and eating patterns about the MPASI 4 Bintang menu using Ricall. 24 hours for stunted children 6 – 24 months in the working area of the Johan Pahlawan Health Center, West Aceh Regency in 2023. This research was carried out in the working area of the Johan Pahlawan Health Center, West Aceh Regency. When the research was conducted in October 2023. The key informants, supporting informants and main informants in this research include:

1. Deputy Head of the Johan Pahlawan Community Health Center Working Area
2. Responsible for Nutrition in the Johan Pahlawan Community Health Center Work Area
3. One of the Cadres in the Gampong Community
4. 8 Gampong Community

RESULTS AND DISCUSSION

Contents Results and Discussion

1 Education

Table.1.Mother's Last Education

No	Last education	Frequency	Percentage
1.	S1/D3	3	25 (%)
2.	SMA/SMK	7	58 (%)
3.	JUNIOR HIGH SCHOOL	2	17 (%)

Based on the table above, it can be seen that >50 percent of respondents have low education. The results of this study are in line with research (Hizni, 2010) which states that mothers with low education are at risk of having stunted children 2.22 times greater than mothers with higher education (Hizni A, et al, 2010). Based on interviews, the respondent's education influences the provision of food menus for stunting clowns, where the menu is not in accordance with the 4 star menu. If a mother's education is high, she can provide good nutrition to the toddler. In the health sector, education level is also important because it has an influence on nutritional status. Someone who has a high level of education seems to know more about healthy living habits and how to maintain a healthy body which can be seen from practicing healthy living habits such as consuming a nutritious diet (Setiawan, et al., 2018). Apart from that, mothers who have a high level of education serve healthy and varied food which includes a 4 star menu. According to Astari (2008) in Mustamin (2018), mothers who have good nutrition are expected to be able to provide the right type and amount of food so that children can grow and develop optimally.

However, on the other hand, if the mother's education level is low, it can affect the provision of unbalanced nutrition, or in other words, the mother does not have sufficient knowledge and skills in providing adequate nutrition for toddlers. Impact resulting from a lack of/inadequate nutrition, can affect the growth of toddlers and become stunted, which in the long term can lead to

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the risk of stunting in toddlers who are deficient nutrition. According to Dekkar LH (2010) in Rahayu A and Khairiyati L (2014) states that food consumption for everyone, especially children aged 1-2 years, must always meet their needs. Consuming insufficient food can cause an imbalance in metabolic processes in the body. If this happens continuously, growth and development disorders such as stunting will occur (Rahayu A, and Khairiyati L, 2014). The level of education influences a person's ability to receive information. people with a better level of education will find it easier to receive information than people with a lower level of education. This information is used as a provision for mothers to care for their toddlers in everyday life.

2 Knowledge

It can be concluded that the knowledge of baduta mothers about stunting is still lacking because they only know about stunting but don't know what stunting means. Apart from that, baduta mothers still assume that stunting is a hereditary factor. Respondents who are rich in knowledge can know the best way to process healthy food with a 4 star menu, respondents who lack knowledge are unable to maintain healthy food patterns for toddlers. The knowledge that mothers have is also very influential in giving MPASI to toddlers, so MPASI is given at the age of 6-24 months. Maternal knowledge regarding nutrition is the mother's ability to understand all information related to food ingredients that contain nutrients for toddlers (Rohmatun, 2014). Basically, knowledge is obtained from a certain level of education, but education does not necessarily promise that someone will have high knowledge. In today's era, knowledge can be obtained through technological media which can present thousands or even billions of information on a website or Google. This is comparable to the results of research interviews that some respondents obtained information through gadgets, especially information regarding providing good nutrition to toddlers. However, this does not promise that all respondents have the ability to dig up information on their gadgets. Knowledge itself is usually obtained from good information obtained from TV, internet, newspapers, magazines, radio, counseling, etc. (According to Notoatmodjo, 2014).

Mothers with low knowledge often give MPASI to babies under the specified age. Not only that, sometimes mothers give food to babies under 6 months old because the child is crying, the mother thinks the baby is hungry. This is an inappropriate action caused by the mother's low knowledge and the impact can be detrimental to the baby. Good nutritional knowledge in mothers is able to provide the right food and quantities according to the needs of the child's growing age so that the child can grow optimally and not experience problems during his growth period (Rohmatun, 2014). The importance of the knowledge that a mother of a stunting toddler must have about toddler nutrition is the basis of the parents' ability to prepare the 4 star food menu that the toddler needs. The lack of knowledge of parents of toddlers causes poor quality nutritional intake in children which will result in stunting (Wellen et al., 2014).

3 Jobs

So it can be concluded that work is an activity carried out by a person where the work involves the process and time to do the work. Children with mothers who do not work are more likely to be stunted because mothers who do not work will pay more attention to the quality and quantity of food consumed by their children and will also have more time to care for and care for their children. However, for mothers who are only housekeepers, they have a lot of free time to provide nutritious food, but this is hampered by limited economic factors and making the 4 star menu too much so there is no time. Working mothers have less time to serve nutritious food to stunted toddlers. A mother who works and opens a business will find it difficult to have free time to provide food rich in nutrition with a 4 star menu to stunted toddlers. Apart from that, based on the results of the interview, it was said that the mother who had a job actually had a nanny for the toddler but the tasks given to the nanny were not carried out according to the mother's instructions regarding providing food with a 4 star menu to the toddler. Mothers who work outside the home

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can cause children to be neglected, because children under five are very dependent on their caregivers or other family members, but on the other hand, mothers who work can help the family's income, because work is an important factor in determining the quality and quantity of food (Mugianti & et al, 2018).

4. Dietary habit

1. Type

Based on the 24-hour Ricall conducted by researchers with the Main Informant (IU), it can be concluded that some of the baduta are used to consuming rice with eggs and soy sauce alone, then there are the baduta who like to eat porridge because they have difficulty eating. as well as less varied food processing from baduta mothers who prefer to buy more practical food.

Types of food are variations of food ingredients that, when eaten, digested and absorbed, produce a healthy and balanced menu. The type of food consumed must be varied and rich in nutrients. These include carbohydrates, protein, vegetables and fruit (Oetoro 2012).

2. Amount

Table 2.number of meals in 1 week 3 days

Respondent	Carbohydrate (%)	Animal protein (%)	Vegetable protein (%)	Vegetables and fruit (%)
1	58.3	9.4	6	26.3
2	70	5.7	8.9	15.2
3	76.9	5.2	8.8	8.9
4	71.8	5,6	4.2	18.2
5	62.3	8.4	4.8	24.4
6	47	8.3	4.9	39.6
7	55.3	5.8	9.8	29
8	40.4	7.3	31.8	20.3

Based on the table above, clowns consume too much carbohydrate, more than 30%. in animal protein children who consume fish < 30%. The amount of vegetable protein that must be consumed by toddlers is 10%, while one of the respondents exceeded the limit for vegetable protein consumption, reaching 31.8%, while for vegetables and fruit, one respondent consumed very little vegetables and fruit, namely only 8. 9%, the vegetables and fruit that should be consumed by toddlers is 25%. The number of portions is a measure or measure consumed at each meal (Pratiwi 2013). Consuming daily food must contain nutrients in the type and amount (portion) that suit the needs of each person or age group (Ministry of Health of the Republic of Indonesia 2014). A deficiency or excess of one nutritional element will cause disease (Sebayar 2012).

3. Meal Schedule

Based on the 24-hour Ricall results, most respondents did not give the clowns their meals on time and did not have a specific time to give the clowns their meals. The ideal feeding schedule is three main meals and two nutritious snacks to complete the 4 star menu composition in a day which is not yet fulfilled in main meals and snacks. Meals a day consist of three main meals and 2 snacks. The daily meal schedule is divided into breakfast (before 09.00), lunch (12 – 13.00), and dinner (18.00 – 19.00). in the morning interlude (10.00) and afternoon interlude (14.00) (Oktaviani 2011)

CLOSING

Conclusion

Based on the research results, it can be concluded that:

1. There is still a lack of stunting mothers who have knowledge about the MPASI 4 star menu as an innovation to provide nutrition for stunted children in the working area of Johan Pahlawan Community Health Center.

2. The education of stunting mothers is mostly junior high school with a percentage of (17%) and high school with a percentage of (58%), which affects knowledge.
3. The work of stunting mothers. Most of them are housewives and have a low economic level so they are unable to fulfill the nutrition according to the 4 star menu.
4. The diet consists of a type of diet that the mother still lacks in providing a variety of food to the toddler, while the number of portions of food in carbohydrates exceeds the predetermined percentage and the eating schedule for the toddler lacks the awareness of the mother to provide food on time.

Suggestions

1. Agencies should be more active in socializing the importance of the MPASI 4 star menu.
2. Nutrition officers are expected to work together with midwives, posyandu cadres in telling mothers of stunting toddlers how the MPASI 4 star menu is and what is contained in the MPASI 4 star menu.
3. The community is advised that stunted toddler children be given nutritional intake according to the 4 star MPASI menu and can allocate their income to meet the nutritional needs of the toddlers.
4. Future researchers are expected to be able to design a cohort study related to MPASI 4 star menu.

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