RELATIONSHIP BETWEEN EDUCATION, KNOWLEDGE, AND MOTHER'S DIET WITH THE STATUS AND NUTRITION ADEQUACY OF INFANTS AGED 0-6 MONTHS AT THE HADIJAH PRIMARY OUTPATIENT CLINIC

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Abstract

Nutritional status is an event that describes the health of a baby and is the result of the interaction between the food consumed and its use by the body. Parental education is one of the factors for the success of providing Exclusive Breastfeeding. However, knowledge can also influence the success of Exclusive Breastfeeding. While the mother's diet affects the nutritional status of her baby. The purpose of this study was to determine whether there is a Relationship between Education, Knowledge, and Mother's Diet with the Status and Nutritional Adequacy of Infants 0-6 Months at the Hadijah Outpatient Clinic 2024. This type of research is Quantitative research with analytical surveys. The design of this study uses Cross Sectional. The population in this study were mothers who had babies aged 0-6 months as many as 80 respondents. The sampling technique was Simple Random Sampling consisting of 67 respondents. Data collection techniques using questionnaires and observations. Data analysis using Chi-Square. The results of this study were mothers who had high school education as many as 49 people (73.1%), and mothers who had junior high school education as many as 1 person (1.5%). Mothers who have high knowledge are 49 people (73.1%), and low knowledge is 7 people (10.4%). Mothers who have good eating patterns are 33 people (49.3%) and mothers who have poor eating patterns are 12 people (17.9%). The conclusion of this study shows that there is no relationship between education and the status and nutritional adequacy of infants 0-6 months, but there is a relationship between knowledge and eating patterns with the status and nutritional adequacy of infants 0-6 months.

Keywords: *Education; Knowledge; Diet; Infant Nutritional Status*

INTRODUCTION

Nutritional status is an event that describes the health of a baby and is the result of the interaction between the food consumed and its use by the body. Nutritional status can be determined using anthropometric methods which are divided into two categories, namely; tubular size (growth) and tubular composition (Fitriani et al., 2022)

If the mother's level of knowledge is good, it is expected that the nutritional status of the mother and her baby will be good, because the lack of knowledge of the mother about nutrition can cause nutritional disorders in babies. Mothers who have sufficient knowledge about nutrition will pay more attention to their baby's nutritional needs so that they can grow and develop as well as possible so that mothers will continue to try to have types of food that suit their baby's needs (Mufida et al., 2022)

However, knowledge can also affect the success of exclusive breastfeeding. One of the main causes of exclusive breastfeeding in infants is the lack of understanding of mothers about the benefits and objectives of exclusive breastfeeding (Friska Margareth Parapat et al., 2022). Mothers who are knowledgeable will find it easier to get information about how they care for their babies every day, especially about meeting their nutritional needs with only breast milk. Mothers who are knowledgeable also tend to have healthy babies (Fianasari et al., 2021)

Parental education is one of the factors for the success of exclusive breastfeeding. Mothers who are less educated will find it more difficult to understand the messages or information given. On the other hand, mothers who are sufficiently educated and knowledgeable will find it easier to obtain new information and follow developments in health science, especially regarding exclusive breastfeeding (Pendidikan et al., 2023)

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Mothers with higher levels of education tend to provide exclusive breastfeeding to their babies more often because they are more skilled in accessing and understanding information and knowledge that supports maternal and child health. Even though the mother does not work outside the home, the education factor still influences exclusive breastfeeding. Higher education helps someone obtain information and knowledge more easily (Masyarakat et al., 2023)

The initial study conducted by researchers at the Hadijah Outpatient Clinic found that many mothers had insufficient knowledge about the nutritional status of their babies, where mothers continued to give formula milk to babies aged 0-6 months, even though the average education of the mothers was high. From the temporary data obtained from 15 mothers who brought babies aged 0-6 months to the Hadijah Outpatient Clinic, 10 mothers did not understand about nutritional knowledge for babies, while 5 mothers understood about nutritional knowledge for babies. Based on the information and initial research conducted by the researcher, the researcher wants to know whether there is a relationship between education, knowledge and maternal eating patterns with the nutritional adequacy status of infants aged 0-6 months at the Hadijah Outpatient Pratama Clinic in 2024.

METHOD
Types and Design of Research
This type of research is a quantitative research with an analytical survey. This study aims to determine the relationship between education, knowledge, and maternal eating patterns with the status and nutritional adequacy of infants aged 0-6 months. The design of this study is Cross Sectional, which is collecting data from respondents at a certain point in time (Irmawati & Sabir, 2023)

Place and Time of Research Place of Research
This research was conducted at the Hadijah Outpatient Clinic, Jl. Batu Putih, Pahlawan, Medan Perjuangan District, Medan City, North Sumatra. The reason for choosing the Hadijah Outpatient Clinic is because this clinic has a sufficient population and sample size to be used as respondents, making it easier to conduct the research.

Data Collection Methods
The method of data collection is using the Primary Method. Primary Data is data obtained or collected directly by researchers from sources without intermediaries. The data collection technique is by using questionnaires and observations.

Measurement Aspects

NL O	Variables	Definition	Parameter	Measuring instrument	Measuring Scale	Score
1.	Mother's Education	Level of educationformal nlg that has been completed anl	Last level of education	Questionnaire	ORDERNLALAL	WithCategory: 1. SD 2. JUNIOR HIGH SCHOOL 3. SENIOR HIGH SCHOOL 4. BACHELOR
2.	Knowledge Mother's Day	Understandingmother's day to day nutrition	Understanding of needsbaby nutrition	Questionnaire	ORDERNL	The answers are categorizednl: 1. Low 2. In progress

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					A L	3. Height
3.	PatternMother's Food	Types and frequency of balanced food consumption	Type of food consumed by mother, how many times mother eats in a day, mother consumes vitamins/ supplement	Question naire	O R D E R N L A L	The answers are categorizednl: 1. Less 2. Enough 3. Good
4.	Infant Nutritional Status and Infant Nutritional Adequacy	Conditionsphysical for the level of compliance with infant nutrition	The baby has received sufficient intake of nutrients from breast milk or formula.	Question naire	I N L T E R V A L	The answers are categorizednl: 1. Not Enough 2. Enough

Data Processing Techniques and Data Analysis Data Processing Techniques

a. Editing

The results of the questionnaire from the field must be published first. formerly.

b. Codinlg

After editing is done, you have to create the code.

c. Scoring (Assessment)

The highest and lowest score for each question is determined by the researcher. After being filled in correctly, the researcher will then process the questionnaire sheets from 80 respondents.

d. Tabulation (Tabulation)

Data Analysis

Data analysis using Multivariate Analysis. Multivariate Analysis is one type of statistical analysis used to analyze data consisting of many variables, both independent variables (Independent Variables) and many dependent variables (Dependent Variables). Data analysis using Chi-Square by processing data using SPSS.

RESULTS AND DISCUSSION

Research Results

Based on the results of research conducted at the Hadijah Outpatient Clinic regarding the Relationship between Education, Knowledge and Eating Patterns with the Nutritional Status and Adequacy of Infants Aged 0-6 months, the following results were obtained:

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Univariate Analysis

Table 3.1 Frequency Distribution of Respondent Characteristics of Mothers with Babies Aged 0-6 Months at the Hadijah N Love Outpatient Primary Clinic, November - December 2024

No	Respondent Characteristics	Frequencysi (f)	Percentage (%)
1.	**Mother's Age**		
	20-30 years old	50	74.6
	31-35 years old	12	17.9
	36-45 years old	5	7.5
	Total	**67**	**100**
2.	**Job**		
	Doesn't work	54	80.6
	Work	13	19.4
	Total	**67**	**100**

Based on table 3.1, it can be seen that the average age of the respondents' mothers is 20-30 years old, 50 people (74.6%), and the number of mothers aged 36-45 years is 5 people (7.5%). The average occupation of the mothers is 13 working mothers (19.4%), and 54 unemployed mothers (80.6%).

Table 3.2 Frequency Distribution of Characteristics of Infants Aged 0-6 Months at the Hadijah N Lovember Outpatient Clinic - December 2024

NLo	Respondent Characteristics	Frequency (f)	Percentage (%)
1.	**Gender**		
	Man	34	50.7
	Women	33	49.3
	Total	**67**	**100**
2.	**Baby Age**		
	0 months	1	1.5
	1 month	8	11.9
	2 months	12	17.9
	3 months	11	16.4
	4 months	11	16.4
	5 months	13	19.4
	6 months	11	16.4
	Total	**67**	**100**

Based on table 3.2, it can be seen that the average number of respondents of male babies is 34 people (50.7%), and the number of respondents of female babies is 33 people (49.3%). The age of babies aged 5 months is 13 people (19.4%) and the age of babies aged 0 months is 1 person (1.5%).

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Table 3.3 Response Frequency Distribution Based on Mother's Educational Level at Pratama Outpatient Clinic Hadijah NLovember - December 2024

NLo	Education	Frequency (f)	Percentage (%)
1.	Junior	1	1.5
	r	49	73.1
	High	17	25.4
	School		
	Senio		
	r		
	High		
	School		
	PT		
	Total	**67**	**100**

Based on table 3.3, it can be seen that the average level of mother's education is junior high school education for 1 person (1.5%) and the level of mother's education is high school for 49 people (73.1%).

Table 3.4 Response Frequency Distribution Based on Mother's Level of Knowledge at Pratama Outpatient Clinic Hadijah Nlovember – December 2024

NLo	Knowledge	Frequency (f)	Percentage (%)
1.	Low	7	10.4
	Medium	11	16.4
	High	49	73.1
	Total	**67**	**100**

Based on table 3.4, it can be seen that the average level of knowledge of mothers shows that those with high knowledge are 49 people (73.1%) and mothers with low knowledge are 7 people (10.4%).

Table 3.5 Frequency Distribution of Respondents Based on Mothers' Eating Patterns at the Hadijah N Lovember Outpatient Clinic - December 2024

NLo	Eating Pattern	Frequency (f)	Percentage (%)
1.	Less	12	17.9
	Pretty	22	32.8
	good	33	49.3
	Total	**67**	**100**

Based on table 3.5, it can be seen that the average maternal eating pattern shows a good maternal eating pattern of 33 people (49.3%) and a poor maternal eating pattern of 12 people (17.9%).

Table 3.6 Frequency Distribution of Respondents Based on the Status and Adequacy of Nutrition of Infants Aged 0-6 Months at the Hadijah N Lovember Outpatient Clinic - December 2024

NLo	Nutritional Status and Adequacy	Frequency (f)	Percentage (%)

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1.	Not enough	12	17.9
	Enough	55	82.1
	Total	**67**	**100**

Based on table 3.6, it can be seen that the average nutritional status and adequacy of infants aged 0-6 months with adequate nutrition is 55 people (82.1%) and inadequate nutrition is 12 people (17.9%).

Bivariate Analysis

The results of the study on the Relationship between Education, Knowledge and Eating Patterns with the Status and Adequacy of Nutrition in Infants Aged 0-6 Months at the Hadijah Outpatient Primary Clinic obtained data from 67 respondents and the following data were produced:

Table 3.7 Relationship of Education with the Status and Adequacy of Nutrition of Infants Aged 0-6 Months at the Hadijah Outpatient Primary Clinic in November – December 2024

NLo	Education	Danl status Sufficiency				Total	*P-value*
		Yes		No		NL%	
		NL	%	NL	%		
1.	JUNIOR HIGH SCHOOL	1	100	0	0.0	1	
	SENIOR HIGH SCHOOL	37	75.5	12	24.5	49	**0.068**
	PT	17	100	0	0.0	17	

Based on table 3.7, the results of the chi-square test of the relationship between education and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient clinic in November - December 2024 obtained a p-value of 0.068 so that H0 was accepted and Ha was rejected, which showed that there was no relationship between education and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient clinic.

Table 3.8 Relationship between Knowledge and Nutritional Status and Adequacy of Infants Aged 0-6 Months at the Hadijah Outpatient Primary Clinic in November - December 2024

NLo	Knowledge	Danl status Sufficiency				Total	*P-value*
		Yes		No		NL%	
		NL	%	NL	%		
1.	Low	2	28.6	5	71.4	7	
	In the meantime	6	54.5	5	45.5	11	**0.00**
	High	47	95.9	2	4.1	49	

Based on table 3.8, the results of the chi-square test of the relationship between knowledge and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient primary clinic in November - December 2024 obtained a p-value of 0.000 so that H0 was accepted and Ha was rejected, which showed that there was a relationship between knowledge and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient primary clinic.

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Table 3.9 Relationship of Eating Patterns with Nutritional Status and Adequacy of Infants Aged 0-6 Months at the Hadijah Outpatient Clinic in November - December 2024

NLo	Pattern Eat	Danl status Sufficiency				Total	P-value
		Yes		No		NL%	
		NL	%	NL	%		
1.	Less	10	83.3	2	16.7	12	
	Enough	13	59.1	9	40.9	22	**0.02**
	Good	32	97.0	1	3.0	33	

Based on table 3.9, the results of the chi-square test of the relationship between eating patterns and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient clinic in November - December 2024 obtained a p-value of 0.002 so that H0 was accepted and Ha was rejected, which showed that there was a relationship between eating patterns and the status and nutritional adequacy of infants aged 0-6 months at the Hadijah outpatient clinic.

Multivariate Analysis
Table 3.10 Research Results that Have a Relationship or Influence on the Nutritional Status and Adequacy of Infants Aged 0-6 Months at the Hadijah Outpatient Primary Clinic

NLo	Variables	B	S.E.	Wald	df	Sig.	Exp (B)
1.	Knowledge	2,442	.664	13,532	1	.000	11,500
2.	Eating pattern	1,333	.643	4.303	1	.023	3,794
	Constanlt	-7.107	2.423	8,600	1	.003	.001

In this research, it shows the sequence of independent variables which have a dominant influence on the dependent variable.

❖ The Knowledge variable has a Sig. (P-value) of 0.000 (<0.05) concluding that knowledge has a comprehensive effect on the status and nutritional adequacy of infants aged 0-6 months with an Exp(B)/odd ratio of 11,500.
❖ The Eating Pattern variable has a Sig. (P-value) of 0.023 (<0.05) which concludes that eating patterns have a comprehensive effect on the nutritional status and adequacy of infants aged 0-6 months with an Exp(B)/odd ratio of 3.794.

DISCUSSION

The results of the study based on the relationship between education, knowledge and maternal eating patterns with the nutritional status and adequacy of infants aged 0-6 months at the Hadijah Outpatient Primary Clinic in November - December 2024 obtained 67 respondents who were entered into the test table.

From the data on the characteristics of the mother respondents, it can be seen that the average age of the mother respondents is 20-30 years old, 50 people (74.6%), and the number of mothers aged 36-45 years is 5 people (7.5%). The average occupation of the mother is 13 working mothers (19.4%), and 54 unemployed mothers (80.6%). From the data on the characteristics of the baby, it can be seen that the average number of male baby respondents is 34 people (50.7%), and the number of female baby respondents is 33 people (49.3%). The number of babies aged 5 months was 13 people (19.4%) and the number of babies aged 0 months was 1 person (1.5%).

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Overall, from the 67 respondents obtained from the research results, it can be seen that the average level of mother's education is junior high school education for 1 person (1.5%) and high school education for 49 people (73.1%), furthermore, it can be seen that the average level of knowledge of mothers shows that those with high knowledge are 49 people (73.1%) and mothers with low knowledge are 7 people (10.4%), then it can be seen that the average mother's eating pattern shows a good mother's eating pattern for 33 people (49.3%) and a good mother's eating pattern which is less than 12 people (17.9%), and furthermore it can be seen that the average status and nutritional adequacy of infants aged 0-6 months with adequate nutrition is 55 people (82.1%) and inadequate nutrition is 12 people (17.9%).

The Relationship between Education and the Status and Adequacy of Nutrition in Infants Aged 0-6 Months

The results of the study based on the relationship between education and the status and nutritional adequacy of infants aged 0-6 months which have been obtained in table 3.7 using the chi-square test obtained a p-value of 0.068 (> 0.05) so that the level of parental education does not have a significant relationship with the status and nutritional adequacy of infants aged 0-6 months.

The results of this study are in line with the study of Devy Aulia Junliar, et al., whose study found no relationship between maternal education and infant nutritional status. The results of this study differ from the study conducted by Hitchcock, which stated that mothers with low education have children with a high risk of malnutrition compared to mothers who have education above the middle level. Mothers with low education do not value nutrition in food and do not implement good hygiene and sanitation, which will have an impact on the nutritional status of infants (Junliar; et al., 2019).

Relationship between Knowledge and Nutritional Status and Adequacy of Infants Aged 0-6 Months

The results of the study are based on the relationship between knowledge and the status and nutritional adequacy of infants aged 0-6 months which has been obtained in table 3.8 using the chi-square test, a p-value of 0.00 (<0.05) was obtained, so that parental knowledge has a significant relationship with the status and nutritional adequacy of infants aged 0-6 months.

The results of this study are in line with the study of Dita Ardianti, et al., whose study obtained results showing a significant relationship between maternal knowledge and the nutritional status of infants aged 0-6 months. Based on several definitions of knowledge, it can be concluded that knowledge is a collection of information obtained from experience or since birth that makes someone have an understanding of something. Based on the Pearson correlation test, a p-value of 0.00 (p <0.05) was obtained. This finding shows that there is a relationship between maternal knowledge and infant nutritional status (Bulanl et al., 2020).

Relationship between eating patterns and status and nutritional adequacy of babies 0-6 months

The results of the study based on the relationship between eating patterns and the status and nutritional adequacy of infants aged 0-6 months which have been obtained in table 3.9 using the chi-square test obtained a p-value of 0.02 (<0.05) so that eating patterns have a significant relationship to the status and nutritional adequacy of infants aged 0-6 months. The results of this study are in line with Rizki Maulidiya, et al. whose study discussed the relationship between breastfeeding mothers' eating patterns and the nutritional status of infants aged 0-6 months, then it was found that there was a relationship between mothers' eating patterns and the nutritional status of infants aged 0-6 months with a p-value = 0.016 <0.05.

According to Sulistyonlinlsih, eating patterns can be interpreted as a way for individuals or groups to choose and consume food that is influenced by physiological, psychological, cultural and social reactions. Meanwhile, according to Suhardjo, eating patterns reflect the behavior of individuals or groups in meeting food needs that include attitudes, beliefs, and food choices. Eating patterns according to Sulastri are a combination of types and amounts of food consumed by individuals or groups at certain times, which include meal frequency, meal variations, and portion sizes (Maulidiya, 2023).

CONCLUSION

Based on the research conducted on the Relationship between Education, Knowledge, and Mother's Eating Pattern with the Status and Adequacy of Nutrition of Infants Aged 0-6 Months at the Hadijah Outpatient Clinic, it was found that 67 respondents found that there was no relationship between education and the status and adequacy of nutrition of infants aged 0-6 months, but there was a relationship between knowledge and the status and adequacy

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of nutrition of infants aged 0-6 months and there was a relationship between eating patterns and the status and adequacy of nutrition of infants aged 0-6 months.

Suggestion

Based on the results of this research, the researcher provides several suggestions, namely:

1. For Respondents
   For mothers who have babies aged 0-6 months with adequate nutritional status, it is hoped that they will expand their knowledge about infant nutrition and pay more attention to their eating patterns.
2. For Educational Institutions
   It is hoped that this research can be a useful guide and reference for students in increasing sources of information regarding the status and adequacy of infant nutrition.
3. For Further Researchers
   It is hoped that researchers will continue and study this research further, especially in the context of education with regard to the status and adequacy of infant nutrition.
4. For Research Places
   To further remind us of the importance of providing exclusive breastfeeding to babies aged 0-6 months without giving them formula milk.

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