ABSTRACT

Background: The nutritional needs of children under two years old (Baduta) can be completed by consuming complementary feeding because nutritional needs cannot be completed only from breast milk. The impact of early complementary feeding can cause diarrhea and can cause death in infants. Mothers must have good knowledge. Emo demo is an intervention method that can increase knowledge related to complementary feeding.

Aim: The aim of this study is to determine the effect of the Emotional Demonstration (Emo demo) method of complementary feeding on the knowledge of mothers with children under two years old (Baduta).

Methods: This research is descriptive analytical research with a quasi-experimental research design One Group Pre Test and Post Test Design. The number of subjects in this study was 33 mothers who had children under two years old. The variables analyzed included family characteristic (respondent, age, mothers education, mothers occupation, fathers occupation, family income, and number of children). Results: the results of the analysis showed that there is effect of the emo demo intervention method with changes in knowledge with p-value <0.05.

Conclusion: increased knowledge can affect mothers ability to give complementary feeding.

Keywords: Children Under Two Years Old, Complementary Feeding, Emo Demo Method

INTRODUCTION

The majority of children under the age of two (Badutas) are in the 9-16 month age group. During this period, Baduta experienced a transitional period in eating, caring for, and growing in environmental interactions (Anizah, 2021). Malnourished children who experience malnutrition are not only at risk for growth stuntting but also brain development problems related to intelligence, stunted height growth, vulnerability to communicable and non-communicable diseases and decreased productivity in adulthood (Majors et al., 2021). Globally, according to data (Alihar, 2018) the prevalence of stunting in Southeast Asia is as much as (8.2%) and Indonesia is one of the countries in Southeast Asia belonging to the high prevalence of stunting (24.4%). Based on the Indonesian Nutritional Status Data (SSGI) for 2021 in Indonesia (13.6%) underweight, (20.8%) stunted, (7.8%) wasted and (3.4%) overweight. The number of underweight children in South Sumatra Province in 2021 (15.7%), stunted (24.8%) wasted (7.6%) and overweight (4.9%). For the prevalence of Underweight in the city of Palembang (16.1%), stunting (16.1%), wasted (9.6%). Based on BKKBN data for South Sumatra Province, Kuto Batu Village is a stunting locus with a prevalence of potential families risk stunting the highest was in Palembang City, namely (124 toddlers) and (1,338 families) who were at risk of stunting. Data showed that in Kuto Batu Village, especially RT 04, as many as 106 families did not consume a variety of foods, this could be (BKKBN South Sumatra, 2022). This location is a locus of stunting because...
the place is classified as slum so it will cause infectious diseases in children. Mothers are the main target of nutrition interventions because they have an important role in determining family eating habits (Ningtyas et al., 2019). Especially the role of mothers in selecting, preparing, processing and serving food, mothers must have good knowledge, attitudes and behaviors related to nutrition so that they can provide nutritious food for their family members, especially children, which will affect nutritional status (Cartwright and Latifah, 2017). Emo demo is an interactive method that has a short message so it’s easy to remember and understand because it will touch the mother’s feelings directly due to the demonstration.

**MATERIALS AND METHODS**

The type of research used is descriptive analytic with a quasi-experimental design with the one group pre-test and post-test design where the examination is carried out before and after the treatment is given to the research sample. Using the Wilcoxon test. Research respondents were first given an initial test (pre-test) to find out the extent of knowledge of mothers who have baduta about complementary feeding (MP-ASI) before being given emo demo practices, after being given the initial test they continued to provide treatment, namely emo demo practices. Furthermore, mothers who have children under two years old are given a final test (post test) to find out how far the practice of MP-ASI emo demonstrations influences changes in knowledge. Respondents in this study were 33 mothers who had baduta using saturated sampling.

**RESULTS**

Most of the respondents were aged 21-40 years (51.5%), had the same junior and senior high school education (36.4%), mother's occupation (84.8%) was housewife and father's occupation was mostly laborers/traders (66.7%), family income ranged from IDR 1000,000-1,500,000 Rp.1000.000-1.500.000 (48.5%) and the number of children is 1-3 people (75.8%). The average pre-test value of respondents' knowledge was (76.36) while the post-test value of respondents' knowledge increased to (98.18) with a difference of (21.82 points). Wilcoxon statistical test of the effect of Emo Demo giving complementary feeding (MP-ASI) to the knowledge of under-aged mothers increased by (16.50) as many as (32) respondents had positive ranks and ties (1) and had a p-value <0.05.

**DISCUSSION**

Based on the results of this study, there is an effect of the practice of Emotional Demonstration (Emo Demo) regarding the provision of complementary feeding (MP-ASI) to changes in the knowledge of mothers of children under two years of age (Baduta). The average difference between the pre-test and post-test knowledge values (21.82) points with a p-value <0.05. This is because when conducting research the atmosphere is very conducive, the respondents are active and communicative and pay attention to every game. During the discussion and question and answer session, many respondents asked questions regarding giving MP-ASI, and answered the facilitator’s questions correctly. This is what supports the increase in respondents' knowledge during the post test. Emo Demo activities a lot using practical and simple modules so that the message conveyed is easily accepted by respondents.

The Emotional Demonstration Method (Emo Demo) is a very effective method for attracting the attention of mothers with children under two years old (Baduta) in disseminating health education in the field of providing good and correct complementary feeding (MP-ASI) (FKM UI, 2019). This is in line with Silfia's 2021 study showing that of the three treatment groups, the intervention that had the most effect on the control group was the Emo Demo method, because it has a p-value <0.05 which can be concluded that there is a relationship between Emo Demo and
giving complementary feeding which is good and right and increases respondents' knowledge (Silfia et al., 2021). The aspect that determines a person's knowledge is seen from the level of education, the average mother has junior and senior high school education as many as 12 people, this is also in line with Fauzi's 2018 research that the level of education affects a person in receiving information and the way someone does something good (Ghosh et al., 2009). Good and increased mother's knowledge will affect the mother in giving good and correct MP-ASI.

CONCLUSIONS AND SUGGESTIONS

Conclusions: There is an influence of the Emotional Demonstration (Emo Demo) method of complementary feeding (MP-ASI) on the knowledge of mothers of children under two years old (Baduta) with a p-Value <0.05.

Suggestions: This research can be used as input and material for consideration for other researchers, especially regarding the provision of complementary feeding (MP-ASI) to children under two years old (Baduta) to be used as educational material so that knowledge increases, changes in attitudes and behavior of mothers are better. In addition, for future researchers, it is necessary to practice other MP-ASI emo demo modules to get the results of increasing knowledge, changing attitudes and behavior for the better.

BIBLIOGRAPHY

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