



## **Assesing The Role Of Family Support In Complementary Feeding For Infants In Central Sulawesi**

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### **ABSTRACT**

Giving appropriate food to infants aged 6 - 24 months is highly desirable because it is a moment of rapid growth and development of infants, it often termed a golden period as well as a critical period. This study aimed to assesing the role of family support in complementary feeding for infants in Central Sulawesi. Data were analyzed by using descriptive statistics with univariate analysis. 61 mothers who had children aged 6-24 months was selected by a simple random sampling technique. Data were collected using Family support instrument refers to Friedman's theory with modifications using the Guttman scale consisting of 10 statements with yes and no answer choices. The results showed that those who received full support were 62.3% and those who received less full support were 37.7%. From the results obtained, it can be seen for family support in the category of good support (63.2%), because families especially husbands have more time for their wives, so they can support in providing complementary foods. In terms of age, most of the mothers were in the productive age category (55.7%) which easier to understand information about giving good complementary feeding. In terms of the level of education, most of them have higher education and secondary education (67.3%). Education can affect the respondent's ability to accept and understand complementary feeding. Most of the mothers who have jobs as housewife are 72.1%. The maximum MP-ASI is given to their children because mothers have a lot of time at home for their children. In terms of parity, it was found that mothers who thought of a second child received more family support, especially their husbands. Family support for complementary feeding for infants plays a very important role, especially the husband as the best supporter for the mother during the period of providing complementary foods.

**Keywords:** Family Support, Complementary Food, Mother, Infant, Health

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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent



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## INTRODUCTION

Giving appropriate food to infants aged 6-24 months is highly desirable, because it is a moment of rapid growth and development of the infant; this time is called the golden period, as well as a critical period.(Bhutta et al., 2013)

Family is a social environment which close to someone. In the family, a person is raised, lives together, interacts with one another, values, thought patterns, and habits are formed, and serves as a witness to all outside cultures, and mediates children's relationships with their environment.(Heryanto, 2017)(Feriani et al., 2024)(Irdawati et al., 2024) Family support, especially support from the husband, it needed to decision-making by mothers in giving complementary feeding, because the closest environment of family is mother, especially the husband. The phenomenon that occurs is still many families support to allow of complementary foods for early, this is due to insufficient or no breast milk coming out, and the reasons for mothers who have occupation. For this reason, the family supports early complementary breastfeeding. High family support for early breastfeeding complementary feeding hurts infant health.(Mufida et al., 2015)(Larson & Story, 2011)(Schwarzenberg & Georgieff, 2018)(Widyaningrum et al., 2024)

Several previous studies have shown that family support and infant feeding habits have an effect on complementary feeding. As well as the role of the family in the provision of complementary foods for breastfeeding at the age in 6 months is needed, particularly culture of Indonesian society which is still collective, where is family plays a role in the pattern of child handling, especially in the management of infants in terms of provide complementary feeding. The study was in line with the results of research showing that early breastfeeding complementary feeding is influenced by external factors, namely family support, and some research study showed that there was a relationship between family support and early breastfeeding.(Abeshu et al., 2016)(Astuti, 2015)(Lisnaeni & Nurhidayati, 2014)(Purba et al., 2020)(Gray, 1981) Based on the problems and previous research, the researcher was interested in conducting research about assessing the role of family support in complementary feeding for infants in Central Sulawesi.

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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent



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## **METHOD**

The population in this study were mothers who had children aged 6-24 months in the working area of the Kamonji Health Care Centers in 2024, totaling 156 people. The sample is 61 people by using simple random sampling technique. This type of research is descriptive and uses univariate analysis with the research variable being family support in fulfilling complementary foods for breastfeeding. The variables of family support in this case are emotional support, appreciation support, material support, and information support in the provision of complementary feeding. Family support instrument refers to Friedman's theory

The components of family support according to Friedman (2013) consist of appreciation support, tangible support, information support and emotional support. Appreciation support includes helping individuals to understand events well and also sources of information. Material support includes the provision of physical support such as services, as well as financial and material assistance. Information support includes communication networks and shared responsibilities, including providing solutions to problems, providing advice, direction, suggestions, or feedback on what someone is doing. Emotional support gives individuals a sense of comfort, assistance in the form of enthusiasm, empathy, trust, attention so that individuals who receive it feel valuable. In the family support instrument using the Guttman scale consisting of 10 statements with yes and no answer options. In positive statements if the respondent answers yes, they get a score of 1 and if the respondent answers no, they get a score of 0. In negative statements if the respondent answers yes, they get a score of 0 and if the respondent answers no, they get a score of 1.



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## RESULTS

Table I shows the result of age, level of education, occupation, and parity (the number of babies who have been born by a mother). Table 1 indicates that 61 participants, in terms of age, most of the mothers were in the productive age category (55.7%), which at this age was productive and it was easier to understand information about giving good complementary feeding to their children. According to Notoatmodjo, the mostly good to the level of maturity and strength of a person will be more mature in thinking and working. In terms of the level of education, most of them have higher education and secondary education (67.3%). Education can affect the respondent's ability to accept and understand complementary feeding. Most of the mothers who have jobs as housewife are 72.1%. The maximum MP-ASI is given to their children because mothers have a lot of time at home for their children. In terms of parity, it was found that mothers who thought of a second child received more family support, especially their husbands. Mothers with two children can use their previous experience of complementary feeding and can share responsibilities with their husbands.

Table I. Characteristics of participant

Characteristics	Frequency	%
<b>Age</b>		
17-25 year old	20	32.7
26-35 year old	34	55.7
36-45 year old	7	11.6
<b>Level of Education</b>		
Basic Education	20	32.7
Middle Education	30	49.2
High Education	11	18.1
<b>Occupation</b>		

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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent

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Housewife		
Government Employees	8	13.1
Entrepreneur	9	14.8
Parity		
The First Child	22	36.1
The Second Child	26	42.6
The Third Child	13	21.3

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Table II shows the result of family support regarding the provision of complementary breastfeeding. The family supports category were divided into 2 based on the median value, if the respondent's answer score with a median value  $< 6$  then it is included in the less category and the respondent's answer score with a median value  $\geq 6$  is included in the supportive category. In the table II, the results showed that those who received full support were 62.3% and those who received less full support were 37.7%. In this case, the support provided in the form of informational support, appreciation support, material support and emotional support from the husband.

Table II. Variable of Family Support

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Family Support	Frequency	%
Full support	38	62.3
Less support	23	37.7

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## DISCUSSION

The results shows that the analysis of the data obtained regarding family support, in this case husband support in the form of time given to the wife during the provision of complementary breastfeeding (MP-ASI). The research variable in the form of material support in this case is the fulfillment of food needs during MP-ASI. Emotional support in the form of enthusiasm and

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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent



**INTERNASIONAL CONFERENCE ON  
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attention. Appreciation support in the form of giving praise to the mother after each meal is finished and eaten by the child, and the husband gives freedom to the mother for the MP-ASI menu variant. Information support in the form of joint discussions about the importance of giving MP-ASI, and how to serve it, as well as the nutrients contained in the food provided. The family plays an active role as an actor in modifying and adapting the communication that occurs in the family so that personal relationships are created to achieve the desired state. Support from within the family includes the ability to provide reinforcement to one another.

The role of the family in providing complementary food for breastfeeding at the age of 6 months is urgently needed, especially in the culture of Indonesian society which is still collective in nature, namely the family plays a role in the pattern of caring for children, especially in caring for babies in terms of providing complementary food for breastfeeding. Providing MP-ASI with sufficient quality and quantity is important for the physical growth and development of children's intelligence which is very rapid in the period of 6 months and above. At that age, breast milk production decreases, so it requires additional nutrition as a companion to breast milk. A study on the development and acceptability testing of ready-to-use food additives made from locally available food ingredients in Bangladesh stated that local food ingredients can be used as food additives with good nutritional value as a complement to breast milk. An important factor for child nutrition also comes from healthy daily menu habits in the home food environment. There are still some people think that the provision of complementary food for breastfeeding is only the business of the mother and her baby, therefore family support is needed for providing complementary food for breastfeeding. In this case the husband's emotional support, appreciation support, material support, and information support in the provision of complementary feeding. Some articles states that family support is external factor that has the biggest impact to success of complementary feeding.(Fulkerson et al., 2018)(Rahmat & Isa, 2020)(Ahmed et al., 2014) The existence of family support, especially husbands, will have an impact on increasing the mother's self-confidence or motivation in providing complementary feeding.(Salim, 2011)(Stiller et al., 2020) The results of the study are in line with previous research by Oktalina (Oktalina et al., 2015) and Aryati (Aryati, 2018) that family support and infant feeding habits affect breastfeeding complementary

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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent



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feeding.(Kristjansson, 2016)(Mohammed et al., 2019) Complementary feeding is an important feeding transition that has been linked to eating habits.(Lindsay et al., 2018)(Akinyinka, 2016)(Saranz, 2016). Based on the result of study, it can be concluded that the implications are family and especially husbands provide significant involvement in MP-ASI practices, Family support is an important influencing factor in complementary feeding.

These data strengthen the general conclusion that full of family support will help the development and growth of children. However, this study has limitation, where the sample size for descriptive research is in the category it is not large enough to be generalized.

## **CONCLUSION (S)**

Family support for infant nutrition plays a very important role, especially the husband as the best supporter for the mother during the period of providing complementary foods for breast milk. For further research, it should add research variables on counseling and support for health workers, also increase the number of respondents.

### **Conflict of Interest**

The author(s) declare that they have no conflict of interest regarding the publication of this article.

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I Wayan Sali and Ida Ayu Putri Genta Widyasari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent



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I Wayan Sali and Ida Ayu Putri Genta Widysari: Effectiveness Of Aromatherapy Candle With Citronella Essential Oil Extract As Mosquito Repellent