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Analysis of the Giving of Mp-Asi Through Food Based on Majene's Local Wisdom for Stunting Prevention

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ABSTRACT

Background: Majene Society own tradition and knowledge typical in selecting, processing, and consuming food. Use food local can maintain diversity food and culture local. Food local has proven effective for growth baby optimally. **Goals:** With do comprehensive analysis to provision of MP-ASI through food-based wisdom local Majene, expected can an effective and sustainable stunting prevention program was developed. **Method:** Method research used is study qualitative with design phenomenology. Informant in study This are 103 Baduta mothers who are exclusively breastfed, and live in rural districts Pamboang and District Tameroddo. Data analyzed use content analysis through N-Vivo 12 app. **Results:** Food tree chief in Tameroddo is rice red Because rice red become plant lots of fields found and easy grows in mountainous areas. Meanwhile in the Coastal Region Pamboang Still consistent with rice white or yams. Typical vegetables is leaf moringa, Langurru ', and Lallere '. Government Regency Majene push planting leaf moringa in each home easy get and help in increase continuity food, savings cost, and independence food in Majene. Besides That, leaf moringa of course known known as " tree magic " because mark high nutrition. Majene Society own access and consumption vegetables langngurru ' and lallere ' are just that found in the area mountains Tameroddo. Usually leaf This used as plant medicine, but in this area made as processed vegetables with add mango sour. Side dish typical Majene known with called " Baupapi ". Habit consumption child given Eat with Fish sauce is considered Already enough , even often this fish sauce considered as replacement vegetables , though very easy found various the main fish species in the coastal area Pamboang . Known Pineapple in local language Majene as "Pandeng" is easiest fruit found Because grow with flourish in the yards House citizen. Findings food local the has content test nutrition and recipe test so that can used as the proper MP-ASI menu for given to baby for optimal growth. **Conclusions and Suggestions:** Important For ensure that kids get too consumption of fish or other protein sources as well as nutrition from vegetables and sources food other. Order child get appropriate nutrition through provision of adequate MP-ASI. Recommended to nanny , power health and government regency Majene to encourage provision of local MP-ASI with still notice mark appropriate nutrition , MP -ASI module as research output This can used as guidelines Proper provision of MP-ASI .

Keywords: MP-ASI, Food based Local, Stunting Prevention.

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INTRODUCTION

Malnutrition including stunting is one challenge health biggest influence about 2 billion people worldwide.[1] Stunts happen consequence lack nutrition chronic , especially at 1000 days First life as vital phase (up to 2 years old).[2] It own negative impact on development future physical and cognitive.[3] Because therefore, prevention of stunting is the main agenda Government Republic of Indonesia. Where is the Vice President who coordinates effort acceleration stunting prevention? As one priority national, expected government province and district can develop relevant programs with effort prevention for lower stunting number.[4]

World Health Organization (WHO) places Indonesia as a third country with case highest in Asia.[5] Height prevalence of stunting and deficiency micronutrients in between children in South Asia have consequence health, education, and the economy lifetime life.[6] Problem nutrition not enough or stunting in Indonesia still become attention government. Prevalence nutrition bad and malnourished less, as much as 3.9% with nutrition bad and 13.8% with nutrition less. Prevalence relate with height, there are 11.5% toddlers very short and 19.3% toddlers short.[7] Based on Indonesian Basic Health Research has the prevalence of stunting is 30.8%.[8,9]

one _ factor reason malnutrition in children 1-2 years old is less provision of MP-ASI adequate. Giving food the right companion for breastfeeding since 6 months old, considered as pattern gift eat the best For growth child. Education and selection the right food very needed For fulfil need nutrition child at this time For prevent stunting.[10] Election type food and method provision of MP-ASI is necessary notice wisdom local each region.[11] including in the District Majene.

Regency Majene is one regions in Indonesia that have wisdom local in processing food. Majene Society own tradition and knowledge typical in selecting, processing, and consuming food that can give sufficient nutrition during the delivery period food companion For growth and development optimal child.[12] Utilization wisdom local in provision of MP-ASI can be an effective strategy in prevention of stunting in the region this. This signify that appetite Eat everyone can different and can also be the same. Food as results concrete activity embodied social in

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form ideas and tastes can describe mark philosophy that underlies its creation.[13]

Addition material food based wisdom local in MP-ASI can increase mark nutrition porridge baby instant like peanut red as source of protein and fiber.[14] Processing and development material food local as source need For overcome problem *stunting* is also carried out in the district area Banyumas.[15] Use food based wisdom local in MP-ASI have a number of profit . First, materials food local generally more affordable in a manner economy and more easy obtained by society local.[16] This possible more access good to source the necessary nutrients for optimal growth of children. Second, use food local can maintain diversity food and culture local, as well support continuity system local food.[17]

However, it's important for do analysis to provision of MP-ASI through food-based wisdom local Majene. Analysis This covers understanding to mark nutrition and content nutrition from food local used in MP-ASI, election material suitable food with need nutrition child, as well proper processing and presentation for maintain quality nutrition food. The Besides In addition , analysis is also necessary consider factor social, cultural, and economic that can affect acceptance and sustainability provision of MP-ASI through food based wisdom local Majene .

With do comprehensive analysis to provision of MP-ASI through food based wisdom local Majene, expected can an effective and sustainable stunting prevention program was developed. This program will involve participation active community, improvement knowledge and understanding about nutrition, as well collaboration between various party related like government, institution health, and society local. With so, expected can achieved decline stunting rate and increase quality life children in the District Majene.

OBJECTIVE

Objective study This is for analyze Providing MP-ASI Through Food based Wisdom Local Majene For Prevention *stunt.*

METHOD STUDY

Method research used is study qualitative with design phenomenology, selection sample through method *purposive sampling.* Informant in study This are 103 Baduta mothers who are exclusively breastfed, and live in rural districts Pamboang and District Tameroddo. Data analyzed use *content analysis* and *root cause analysis* through N-Vivo 12 app.

Location and Time

Study This performed at the locus *stunting* in West Sulawesi Province, Regency Majene, District Pamboang and District Tameroddo. Research time in months March 2022 to May 2023.

RESULTS AND DISCUSSION

Based on results analysis provision of MP-ASI through food based wisdom local Majene For prevention *stunting* so obtained results that Parenting Provision of Local MP-ASI majene obtained from results study in society is food staple, side dishes, vegetables, fish and fruit.

Food Majene's Special Tree

Rice red is one type growing rice with well in mountainous areas. Because growing in an area that has condition suitable climate and soil, rice red become plant lots of fields found in the district Tameroddo. Subdistrict Tameroddo own condition Supported geography growth rice red. Plant This need little temperature more cold and fertile land.[18] Mountain region often fulfil condition such, so rice red can grow with good and productive results bountiful harvest.[19]

Rice red contain level remote nutrition more tall than rice white polish used traditionally.[20] Red Rice retains all its nutrients, including proteins, lipids, carbohydrates, fiber, vitamins, minerals, tocopherols, tocotrienols, γ-oryzanol, and γ-aminobutyric acid (GABA) are packaged to in bran and seed germ.[20] because that's rice red considered more healthy and nutritious.[21] Because of the district Tameroddo is area producer rice abundant red, society local make it as food tree main. Besides that 's rice red too choice main For Food Mother's Milk Companion (MP-ASI). MP-ASI based brown rice[22] give benefit more nutrition good for growth and development of children.[23]

Use food local, like rice red, deep pattern Eat daily and MP-ASI have profit in matter sustainability, fulfillment nutrition, and promote local culture.[20] Besides it supports production and consumption food local too increase economy and independence the community in the region.

Red Rice can processed become Local MP-ASI, for example Peca Barras Mamea. MP-ASI uses food local the has through due diligence content nutrition For become the right MP-ASI recipe For Clown. As for the content nutrition as following :

Nutrient content	
Energy	16.75 kkal
Carbohydrate	2.67 gram
Proteins	0.365 gram
Fat	0.5 gram
Iron	0.07 mg

Majene's Special Vegetables

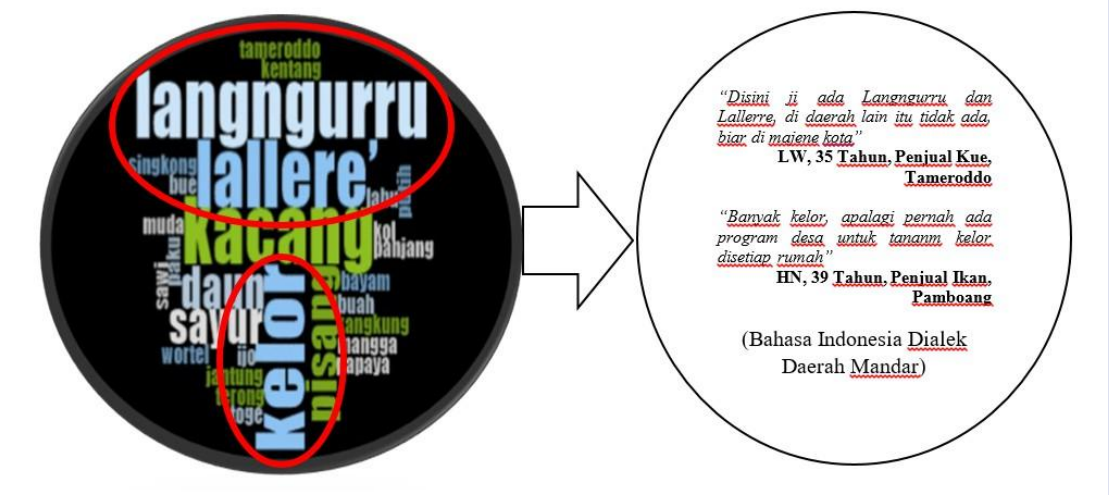
In the mountains, there are a variety of distinctive plants that have adapted to unique and often extreme environmental conditions. Some of the plants commonly found in mountains include:

Moringa

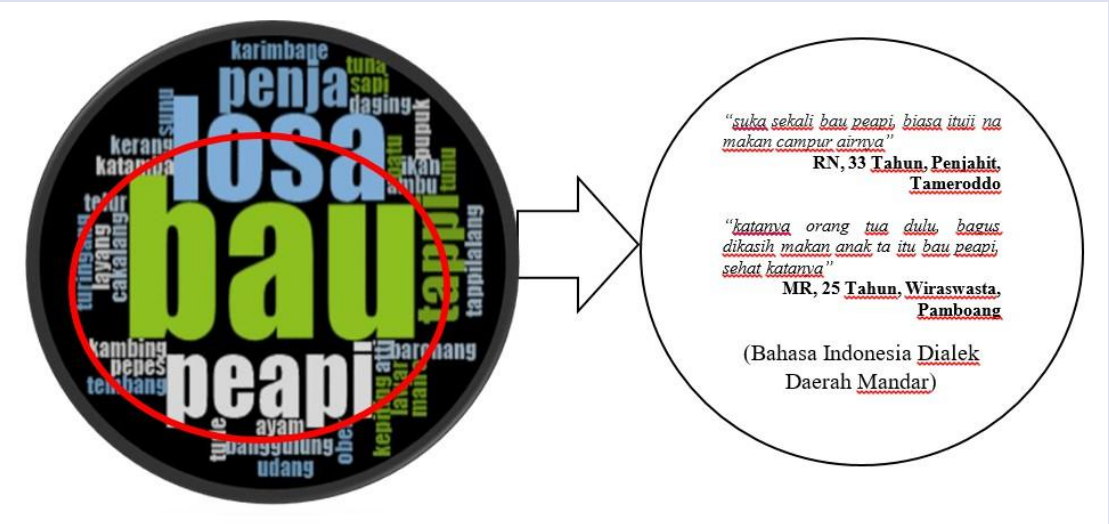
The Majene district government encourages the planting of Moringa leaves in every house. Moringa leaves have many benefits and high nutritional value, including anti-diabetic, antibacterial, anti-cancer and antiinflammatory properties,[24] making them a good vegetable to add to your daily diet.[25] Moringa leaves (Moringa oleifera) have a reputation as a nutrient-rich “superfood” and are associated with multiple health benefits.[26]

Figure 1: N-Vivo analysis results of the Majene Local Food Study

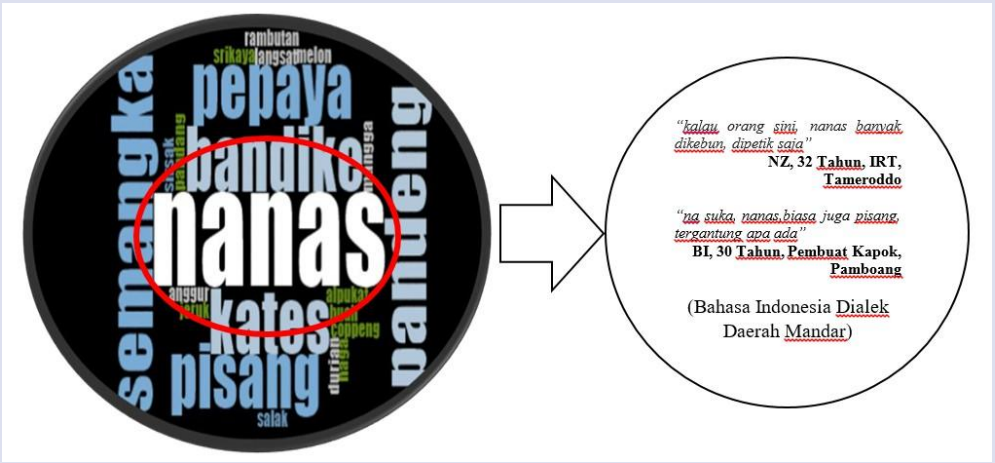
Figure 2: N-Vivo analysis results of Brown Rice Local Food



Gambar 4: Hasil analysis N-Vivo Sayuran Khas Majene



Gambar 5: hasil analisis N-Vivo Lauk Khas Majene



Gambar 5: hasil analisis N-Vivo Buah Khas Majene

Moringa leaves contain a large amount of essential nutrients such as protein, iron, calcium, vitamin A, vitamin C, and antioxidants. It is universally known as the "miracle tree" due to its high nutritional value and unique phytochemical composition such as phenolic acids, flavonoids, carotenoids, alkaloids, tannins, lectins, and terpenoids,[27] Regular consumption of moringa leaves can help increase nutrient intake, strengthen the immune system, and support overall health.[28]

In addition, Moringa leaves also have antimicrobial and anti-inflammatory properties, which can help fight infection and inflammation in the body.[29] Moringa leaves have also been linked to health benefits such as improving digestion, lowering blood sugar levels, maintaining heart health, and reducing the risk of chronic diseases such as diabetes and heart disease.[30]

Encouraging the planting of Moringa leaves in every home not only provides easy access to highly nutritious vegetables,[31] but can also help in increasing food sustainability, cost savings and food self-sufficiency in local communities,[32] Thus, planting Moringa leaves in every house in the initiative of the Majene Regency government can be a positive step in improving community nutrition and supporting overall health.

Moringa leaves are a rich source of nutrients and can be a good alternative as complementary foods. Moringa leaves can be processed into porridge or puree which can be given to babies as complementary food to breast milk. Communities in Majene can take advantage of the abundance of Moringa leaves in the area as a good source of nutrition for their children, especially in the context of complementary feeding.

Langgurru'

"Langngurru'" or known as the gedi leaf plant is a local Majene vegetable which is cooked by boiling and adding tamarind. Gedi leaf vegetables have varying nutritional content depending on the species and how they are processed. Processing by boiling and acidifying the vegetables can help reduce the slime that may be produced by the gedi leaves and give the dish a distinctive taste. The acid used in this process can also provide a fresh taste and balance the taste in cooking. The Majene people who have access to and consume this gedi leaf vegetable can take advantage of the rich nutrition contained in it. These vegetables can be great additions to a daily diet and provide significant health benefits, including being a source of fiber, vitamins, minerals and antioxidants.[33]

Lallere'

The discovery of Lallere' or binahong leaves (Anredera cordifolia) as local food indicates a special use or an interesting local culinary tradition. The binahong plant belongs to *the Baseleaceae* which is a plant that has great potential to be used as medicine to treat various diseases.[34] Binahong leaves are known to contain bioactive compounds, such as flavonoids and saponins, which have antioxidant and anti-inflammatory effects. Usually, binahong leaves are more often used in traditional medicine or herbal ingredients. However, in the Majene Region it turns out to be a typical food that is often served as a vegetable for daily meals. Each region certainly has its culinary treasures and unique plant uses, and these practices may vary from region to region.[35]

By making binahong leaves a vegetable that is rich in benefits, it shows that the local community has found the nutritional value and benefits of this plant in the local culinary context. In MP-ASI, the selection of food ingredients that are rich in nutrients is important to support optimal growth and development in Baduta. Lallere' is a vegetable alternative that has passed due diligence by a team of nutritionists before being intervened in the form of a complementary breastfeeding recipe for Baduta in Majene.

In this context, researchers conducted a study of nutritional content by making a local MP-ASI recipe by combining these three local food ingredients into a complementary breastfeeding recipe that is suitable for Baduta, namely Mixed Vegetables Moringa, Langngurru and Lallere:

Nutrient Content (Kelor, Langngurru, dan Lallere)	
Energy	143 kkal
Carbohydrate	22.94 gram
Proteins	8.84 gram
Fat	1.46 gram
Iron	5.5 mg

Majene Special Side Dishes

Bau Peapi is food typical Mandarin from processed fish origin from Mandar tribe, West Sulawesi. Food This own broth yellow with a distinctive mixture of sour, spicy and savory flavors. In Mandar language, "Bau " means fish and " Peapi " means cooked or boiled. Bau Peapi is processed fresh sea fish cooked in broth typical with spices traditional, spicy, and savory in the broth. Food typical like Bau Peapi is inheritance culinary from Mandar tribe in West Sulawesi.

Research results understood that broth Bau Peapi often considered replacement vegetables and consumed direct with rice, as well that children sometimes more Like consuming fish sauce and rice without eat the fish alone. This give outlook more carry on about habit Eat around food typical. However, it's important for ensure that children get balanced and sufficient nutrition from various food sources.[33]

Although deep fish sauce Bau Peapi Can give a number of nutrition of fish and spices used, important for ensure that kids get too consumption of fish or other protein sources as well as nutrition from vegetables and resources other foods.[36]

As parents or caregiver, recommended for ensure variation in food children, incl introduced and encouraged consumption of fish and vegetables. Merge vegetables and protein from fish or source food other will help fulfil need important nutrients for growth and development child. So that make it MP-ASI recipe via material a lot of fish bottom found in Majene mainly in the area coast subdistrict Pamboang, that is Ober Pais recipe Buriang:

Nutrient Content	
Energy	795.1 kkal
Carbohydrate	32.77 gram
Proteins	17.2 gram
Fat	79.84 gram
Iron	8.01 mg

Majene's Special Fruit

Known Pineapple in local language Majene as “Pandeng” is easiest fruit found Because grow with flourish in the yards House citizen. Because of convenience obtain fruit, so become fruit favorite specialty public Majene. Consumption pineapple or short can give benefit for clown. However, it is necessary noticed also give fruits to baby.

Pineapple contains bromelain enzymes that can help digestion , as well as vitamin C and fiber.[37] However, pineapple can too tall sour and can cause stomach irritation sensitive baby.[38] because that, introduce pineapple in amount small and pay attention reaction baby. If baby show signs inconvenience or irritation, stop giving pineapple and consult with doctor child. Fruit short is one type fruit that has high water content , low calories, and rich in fiber.[39] Pineapple can give benefit in guard healthy digestion in babies. However , like case with fruit other, introduce short in a manner step by step and pay attention reaction baby against him.[40]

Before give fruits new to baby, it's important For ensure that fruit the ripe , fresh, and clean.[40] Always take note signs allergy or intolerance food for babies after give food new. If anything signs no reaction normal, like rash skin, vomit, or diarrhea, preferably stop it giving and consulting with pediatrician.[41]

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