




# Training in making MP-ASI menus and nutritious meals in Glodogan, Klaten to prevent stunting

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ARTICLE INFO	ABSTRACT
<p><b>Article history</b> Received: 2024-10-31 Revised: 2024-11-15 Accepted: 2025-03-02 Published: 2025-04-09</p> <p><b>Keywords</b> Stunting MP-ASI snack Socialization Training</p>	<p>Stunting in children is still a problem in Klaten. Even though it is not the highest in Central Java, this is still a concern. The first two years of life (0-24 months) are a critical period for a child's growth and development. This period offers the most significant opportunities to optimize intellectual and physical development. The role of parents is very much needed in this case, especially the role of a mother. A mother should possess the skills to select high-quality and appropriate quantities of food and to prepare nutritious and balanced meals that meet the nutritional needs of her toddler. This community service was implemented to target audiences interested in education on fulfilling complementary food for breast milk (MP ASI) daily nutrition for 20 mothers who have 6 – 24 months old baby. This community service was conducted in Glodogan Village, South Klaten District, Klaten. The success of the program is carried out by giving pretests and posttests to participants. These two tests prove that participants understand better after socialization. The results showed that there was increasing average score of questionnaires from 48.75 to 96.25. The contribution of this service is MP-ASI products that are quality, clean, and safe for consumption and marketing because MPASI is made by ourselves. Therefore, we can be sure of its cleanliness from the ingredients used to make it safer for children to consume. This activity will continue in collaboration with PKK mothers through Posyandu activities. This is a form of ongoing assistance and can increase cooperation with partners.</p>
<p><b>Kata Kunci</b> Stunting Kudapan MP-ASI Sosialisasi Pelatihan</p>	<p><b>Pelatihan pembuatan menu MP-ASI dan makanan bernutrisi di Glodogan, Klaten untuk mencegah stunting.</b> <i>Stunting pada anak-anak masih menjadi permasalahan di Kabupaten Klaten. Meskipun bukan menduduki peringkat teratas di Jawa Tengah, hal tersebut tetap menjadi perhatian. Dalam dua tahun pertama kehidupan (0-24 bulan) adalah periode kritis bagi tumbuh kembang anak. Periode ini mempunyai dampak paling berpengaruh untuk mengoptimalkan perkembangan intelektual dan fisik anak. Peran orang tua sangat dibutuhkan dalam hal ini, terutama peran seorang ibu. Seorang ibu harus memiliki ketrampilan untuk memilih makanan yang berkualitas tinggi dan jumlah yang tepat serta menyiapkan makanan bergizi seimbang yang memenuhi gizi balitanya. Pengabdian masyarakat ini dilaksanakan untuk menargetkan peserta yang tertarik dengan edukasi pemenuhan makanan pendamping untuk ASI (MP ASI) bagi ibu yang memiliki bayi berusia 6 – 24 bulan. Lokasi pengabdian ini berada di Desa Glodogan, Kecamatan Klaten Selatan, Kabupaten Klaten. Keberhasilan program dilakukan dengan memberikan pretest dan posttest kepada peserta. Dari tes tersebut terlihat bahwa pemahaman peserta meningkat setelah sosialisasi. Dari hasil tes menunjukkan bahwa ada rata-rata peningkatan skor dari 48,75 menjadi 96,25. Produk dari pengabdian ini adalah MP-ASI yang berkualitas, bersih, dan aman untuk dikonsumsi maupun dipasarkan mengingat produk MP-ASI ini dimasak sendiri. Maka dari itu, kita dapat yakin dengan kebersihan dari bahan – bahan yang digunakan membuat produk ini lebih aman untuk dikonsumsi ana-anak. Kegiatan ini akan terus berlanjut dengan bekerja sama bersama ibu-ibu PKK melalui kegiatan Posyandu. Hal ini merupakan bentuk pendampingan yang berkelanjutan dan upaya peningkatan kerja sama dengan mitra.</i></p> <p>Copyright © 2025, Puyanda, et al This is an open access article under the CC-BY-SA license</p> 

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## INTRODUCTION

According to the World Health Organization, Indonesia is one of 17 countries grappling with the triple burden of malnutrition among children under five: stunting (37.2%), wasting (12.1%), and obesity (11.1%). Consequently, Indonesia faces persistent nutritional challenges, particularly stunting and undernutrition in young children. Despite a 6.4% decline in stunting prevalence between 2007 and 2013, with rates of 11.5% for severe stunting and 19.3% for moderate stunting in 2018 (Risksedas), progress remains insufficient to meet the Indonesian Ministry of Health's target of 14% by 2024 (Bagaray et al., 2020). This highlights the ongoing need for intensified efforts to address malnutrition in Indonesia.

Stunting is a serious health issue in Indonesia, including in Klaten Regency. It is a condition in which children experience stunted growth due to chronic malnutrition, recurrent infections, and inadequate psychosocial stimulation (Ministry of Health of the Republic of Indonesia, 2023). In Klaten Regency, the prevalence of stunting remains a significant challenge that requires special attention from various stakeholders (Marliana et al., 2023).

According to recent data, by 2023, the frequency of stunting in Klaten Regency is expected to reach 14.65%. Although this rate is lower than in prior years, it is still well below the government's goal. By 2024, the Klaten District Government hopes to bring the stunting rate down to 11% (Kominfo Klaten, 2023). This goal is consistent with governmental initiatives to bring Indonesia's stunting prevalence down to less than 14% by 2024 (Sanggalorang et al., 2024). As a result, Klaten should be a priority for intensive counseling efforts.

Nutrition plays a crucial role in the growth and development of children (Mayar & Astuti, 2021). The primary goal of providing adequate nutrition is to ensure optimal growth and development. In infants and children, nutritional deficiencies can lead to impaired growth and development, which, if not addressed early, can have lasting consequences for adulthood (Lestari et al., 2014).

The first two years of life (0-24 months) represent a critical period for child growth and development. This period offers the most significant opportunity for optimizing intellectual and physical development. Achieving optimal growth and development during this crucial window hinges on providing children with adequate nutrition that meets their specific needs (Mirania & Louis, 2021).

According to the World Health Organization (WHO), in 2020, Indonesia's exclusive breastfeeding rates were suboptimal. Only half of infants under six months receive exclusive breastfeeding, and a mere five percent continue breastfeeding until 23 months of age. This indicates that many Indonesian children are not receiving the optimal nutrition required during the crucial first two years of life. Furthermore, over 40 percent of infants are introduced to complementary foods prematurely, before reaching six months old, and these foods often lack the essential nutrients needed for healthy growth and development.

Complementary feeding, or MP-ASI, refers to introducing nutrient-rich foods and beverages to infants older than six months to supplement breast milk and meet their evolving nutritional needs (Apriliani et al., 2023). This practice is crucial because breast milk alone can only satisfy two-thirds of an infant's dietary requirements between 6 and 9 months and only half of their needs between 9 and 12 months. Therefore, complementary feeding is vital in supporting healthy growth and development during this critical period (Lestari et al., 2014).

In general, complementary foods can be categorized into factory-processed complementary foods, often called commercial complementary, home-prepared, or local complementary foods. The provision of local complementary foods in several developing countries has not been able to provide the adequate energy and micronutrient supply required for children's daily needs (Triana et al., 2019). Olivia's research found that infants' most common complementary foods were locally prepared. Among 6- to 24-month-old infants, rice (25.9%), fruits (17.2%), eggs (15.5%), fish (13.8%), vegetables (10.3%), tempeh (8.6%), rice porridge (5.2%), and meat (2%) were the most frequently provided (Mangkat et al., 2016).

Complementary feeding is transitioning from a solely milk-based diet to semi-solid foods. The introduction and provision of complementary foods should be gradual in terms of consistency and quantity to accommodate the infant's digestive capabilities. Appropriate complementary feeding fulfills the infant's nutritional needs, stimulates feeding skills, and fosters self-confidence (Mufida et al., 2015). Widyawati et al. (2016) found that initiating complementary feeding at an inappropriate age increases the risk of wasting by 1.2 times compared to infants who begin complementary feeding at the recommended age.

The successful implementation of complementary feeding (MP-ASI) involves carefully considering several key factors: the appropriate age of introduction, the selection of suitable food types, the frequency and portion size of meals, and the feeding method during the initial stages. Properly managed complementary feeding ensures that infants receive adequate nutrition and plays a crucial role in fostering their eating skills and developing their self-confidence (Lestari et al., 2014). The introduction of complementary foods should prioritize variety, progressing gradually from thin porridges to thicker consistencies, fruit juices, fresh fruits, mashed foods, soft foods, and solid foods. This approach ensures exposure to diverse flavors and textures, promoting acceptance and facilitating the development of eating skills (Nurbaeti & Syaputra, 2020).

Beyond the introduction of complementary feeding, a balanced diet is crucial in preventing stunting (Utami & Suryana, 2022). A balanced diet, essential for child growth and development, refers to daily food intake that contains a variety of nutrients in appropriate amounts, considering food diversity, physical activity, a clean lifestyle, and regular weight monitoring to maintain a healthy weight and prevent nutritional problems (PERMENKES, 2014). The animal-based proteins are important in preventing stunting. Otherwise, toddlers need to consume adequate amounts of high-quality protein snacks, as animal proteins contain more essential amino acids than plant-based sources.

Snacks are light meals consumed between main meals, temporarily alleviating hunger, providing a slight energy boost, and offering a pleasurable eating experience (Putri et al., 2020). Nutritious snacks are light meals that fulfill the body's nutritional needs. These snacks must adhere to specific criteria, including being hygienic, providing sufficient dietary value, and not being limited by cost or taste preferences (Salsabilla, 2017). Nutritious snacks are rich in vitamins, minerals, and dietary fiber, which act as antioxidants that combat harmful substances in the body (Irawati et al., 2024).

Inadequate feeding practices contribute to malnutrition in several developing countries grappling with nutritional deficiencies (Sambo et al., 2020). The feeding patterns provided to infants significantly influence their growth process, as the nutritional intake contains essential nutrients for growth, health, and cognitive development (Noviyanti et al., 2020). Addressing nutritional status in children is a fundamental aspect of fulfilling children's basic needs for care, love, and education (Rachmawati et al., 2016). Improper feeding practices are associated with severe infant wasting (Subarkah et al., 2016).

The mother is the primary caregiver, and most influences an infant's growth and development. A child's dietary patterns are strongly influenced by those of their family. Early establishment of healthy eating habits is crucial for optimal child development (Robert *et al.*, 2022). A mother should possess the skills to select high-quality and appropriate quantities of food and to prepare nutritious and balanced meals that meet the nutritional needs of her toddler. These culinary skills can be acquired through frequent participation in food demonstration activities (Syah et al., 2024). This project supports one of the United Nation programs, i.e Sustainable Development Goals (SDGs) number 3, it is ensuring healthy lives and promoting well-being for all at all ages (sdgs.un.org).

## METHOD

This community service was implemented to target audiences interested in education on fulfilling daily nutrition for 20 mothers who have 6 – 24 months old baby. This activity involved PKK women and Glodogan Village officials, South Klaten District, Klaten. The implementation of this activity is carried out through several stages, namely: 1) Observation and request for willingness to cooperate with partners; 2) Formulation of Solution Steps; 3) Socialization; 4) Focus Group Discussion (FGD); 5) Evaluation (Rahmawati et al., 2024). Evaluation is carried out by giving pretests and posttests to participants. From this test, the difference in participants' understanding of M-PASI before and after the service was carried out. This is done to get feedback from participants.

Community service was conducted in Glodogan Village, South Klaten District, Klaten. The village's location is presented in Figure 1, while Figure 2 is a photo of the village office. Klaten is one of Central Java Province's regencies in the southern part of the province. Klaten district comprises 26 sub-districts, which are further subdivided into 401 villages.

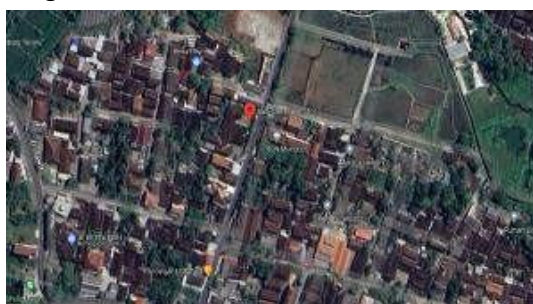


Figure 1. The strategic location of Glodogan Village



Figure 2. Glodogan Village Office

## RESULTS AND DISCUSSION

This service activity was given the theme "Socialization and Practice of MP-ASI Menus and Nutritious Snacks to Prevent Stunting". The following are the details of this activity:

### Observation

In this activity, the Slamet Riyadi University FATIPA service team visited the village office on July 4, 2024, to meet the village head and integrated health post chairman to make observations regarding stunting cases in Glodogan Village, Klaten. This observation activity aims to identify problems, needs, and obstacles experienced by the village. From this observation, the results obtained are that there are still children who experience stunting and mothers who still do not understand the importance of giving MP-ASI to children.

### Socialization

The UNISRI FATIPA Service Team solved this problem by holding outreach activities and practicing making MP-ASI and nutritious snacks to prevent stunting. Apart from that, it also serves as a forum to educate and provide insight to the public about the importance of giving MP-ASI to children.



**Figure 3.** Socialization in Glodogan Village, Klaten: (a) presentation from the community service team; (b) Practice of Making MP-ASI; and (c) Gathering with the Glodogan Village Community

### Socialization and Training

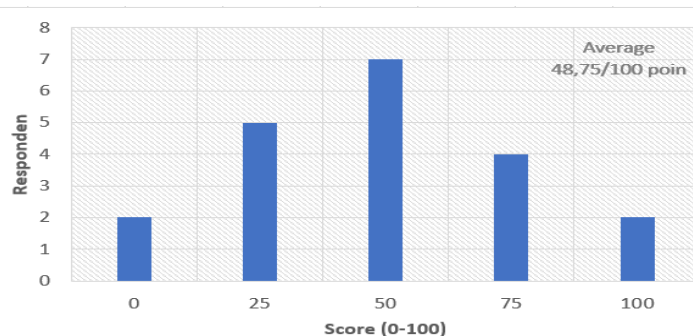
The socialization started with education about the importance of giving additional food to babies after six months. According Fitriarningsih et al (2022), infants or children aged 6-24 months need complementary food for breast milk (MP-ASI) to meet their nutritional needs. In the socialization was provided some videos of making MP ASI to make participants clear about how to make MP ASI menus simple but nutritious. After socialization, the community service continued with training to make Samosa as a MP ASI's snack. Samosa was made with various fillings, in example vegetables, meat, fish, even shrimp and wrapped with thin pastry (Gupta et al, 2024). Before consuming this cuisine, it is fried until the pastry texture crispy. The crispy texture of Samosa sometimes increases the increasing enthusiasm children to eat. In the training, the participants can practice directly to prepare health samosa for their children (Figure 3 (b)).

The implementation of this socialization can be considered very effective. This can be seen from the enthusiasm of service participants in the partner environment, starting from their activeness in asking questions and making products. This activity is hoped to help reduce stunting and malnutrition rates in Glodogan Village, Klaten. Not only for themselves it is hoped that mothers can also share their knowledge with the community so that many people can be known and can educate the wider community. This activity closed with a posttest and continued with a group photo.

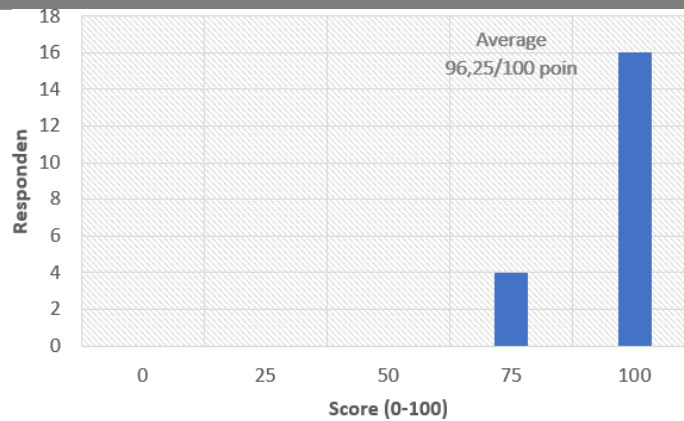
### Evaluation

All the participants in Glodogan Village, Klaten, welcomed this community service activity. From this activity, the following were obtained: (1) Increasing the knowledge of mothers in Glodogan Village, Klaten, regarding the importance of providing MP-ASI to support children's growth. (2) Provide references for MP-ASI recipes and nutritious snacks that children like and have high nutritional value. (3) Increasing public awareness of the dangers of malnutrition and stunting in children. (4) Provide education on using existing food ingredients to make MP-ASI and nutritious snacks. (5) Train participants to make MP-ASI and nutritious snacks independently so that they can pay attention to cleanliness and nutritional content tailored to their children's needs.

The knowledge of the participants in Glodogan Village, Klaten, was measured qualitatively from the discussion and question and answer process that took place after providing material and practice directly. Apart from that, it is also assessed through online tests before and after the event starts. Based on the assessment results show that mothers, as partners in this service event, feel that this activity is beneficial and can be continued.



**Figure 4.** Questionnaire results before service activities are carried out.



**Figure 5.** Questionnaire results after community service activities.

Based on the questions we shared online with mothers in Glodogan Village before the event started, there were still many who did not understand what stunting was or the correct provision of MP-ASI. The average value of correct answers only showed 48.75. This score was small because it did not reach 50% of the perfect score. After this service activity, a posttest was conducted, and it turned out that many of the answers were answered correctly, with an average of 96.25. This value has increased rapidly compared to before this activity was held. As a follow-up to this activity, there will be assistance in providing M-PASI and nutritious snacks for children under five in Glodogan Village, South Klaten District, Klaten in collaboration with PKK mothers through posyandu activities. This is a form of ongoing assistance and can increase cooperation with partners.

## CONCLUSION

The conclusions obtained from the results of this service activity are; (1) The participation of mothers who have 6-24 months old baby in taking part in this community service activity was very enthusiastic; this was proven by the participant attendance level reaching 100% (20 target community participants, namely mothers); (2) This activity can provide information about the importance of giving MPASI to children as a way to meet nutritional needs for children's growth and development. The presence of mothers in Glodogan Village, South Klaten District, Klaten, is the right target for this service. It's hoped that participants can provide the best nutrition for their children through MP-ASI needs to prevent malnutrition and stunting. The contribution of this service is the production of MP-ASI products that are of high quality, clean, and safe for consumption and marketing because the MP-ASI is made by us. We can be sure of its cleanliness and the ingredients used to make it safer for children to consume.

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