

Mothers' Knowledge About Giving Complementary Feeding To Babies Aged 6-24 Months In Panji Tourism Village, Sukasada District, Buleleng

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Abstract: To identify mothers' knowledge regarding the provision of Complementary Feeding (MP-ASI) for infants aged 6-24 months in Panji Tourism Village Sukasada District, Buleleng. Stunting is a serious nutritional problem in Indonesia that can negatively impact children's growth and development. Maternal knowledge about MP-ASI plays a crucial role in preventing stunting. This study employed a descriptive approach with accidental sampling technique. A total of 63 mothers with infants aged 6-24 months in Panji Tourism Village Sukasada District, Buleleng participated as research respondents. Data on maternal knowledge about MP-ASI were collected through a questionnaire. The research findings reveal that a significant proportion of mothers (46%) have moderate knowledge about MP-ASI, 33.3% have good knowledge, and 20.6% have poor knowledge. Furthermore, the study analyzed maternal knowledge based on characteristics such as age, education, and maternal parity. The results of this research have significant implications for stunting prevention in Panji Tourism Village Sukasada District, Buleleng. Further education and socialization efforts are needed for mothers with insufficient knowledge about MP-ASI. Health programs focusing on enhancing maternal knowledge about appropriate MP-ASI practices can help reduce the risk of stunting among children in Panji Tourism Village Sukasada District, Buleleng. This study also provides additional insights into nutrition-related issues in tourist areas and the potential influence of the tourism environment on maternal knowledge regarding child nutrition.

Keywords: Parenting, Stunting; Complementary Feeding (MP-ASI); Maternal Knowledge

1. Introduction

Stunting is a condition of growth failure in children that occurs due to a lack of adequate nutritional intake during growth. Stunting can adversely affect a child's physical, cognitive and emotional growth and development, as well as increase the risk of developing chronic diseases later in life. Factors causing nutritional problems in Indonesia, in this case the cause of nutritional problems, especially stunting, one of which is low nutrition and health intake [1]. The high rate of undernutrition in the toddler age group is due to insufficient nutritional intake. One of the factors that increase the risk of low intake in children is feeding that is insufficient to meet their needs [2]. When babies are about 6 months old, their energy and nutrient needs begin to exceed the needs of breast milk, so they need complementary foods (MP-ASI). Complementary feeding is food and drink given to infants in different ways other than breast milk. The quantity of complementary food must be sufficient with good and balanced nutritional quality [3].

According to the results of the Indonesian Nutrition Status Study (SSGI), the prevalence of stunting in Indonesia is still quite high, which is 24.4% in 2021. Currently, the stunting rate

in Bali is at 10.9% with Buleleng Regency ranked 5th in 2021 [4]. In 2021 Buleleng Regency reached 8.9% of the prevalence rate in 2019 of 22.05% [5].

Poor maternal knowledge about complementary feeding may affect the quality and quantity of food given to children, which may contribute to the risk of stunting in children. Several studies have shown that mothers who have good knowledge about appropriate complementary foods tend to provide a more balanced and nutritious diet to their children, resulting in good growth and avoiding the risk of stunting [6] [7] [8]. Conversely, mothers who lack knowledge about proper complementary feeding tend to provide unbalanced and insufficient nutrition to their children, increasing the risk of stunting. In this case, maternal knowledge is very important in preventing stunting in children [9], [10].

A Tourism Village is a village that is developed as a tourist attraction that has cultural, natural, and historical characteristics. In a tourist village, there are many visitors from various regions who come to enjoy the natural beauty, cultural richness, and culinary specialties of the region [11]. Mothers in tourist villages have the potential to be exposed to more information and education about complementary feeding, because tourist villages usually have activities related to culinary and local food. In addition, the presence of visitors from various regions and countries can also enrich information and experiences about complementary feeding. However, based on data obtained during an introspective survey conducted by the D3 Midwifery Study Program of FK Undiksha in January 2023 in Panji Tourism Village, Sukasada District, Buleleng, 25.93% of toddlers were found to be very short [12].

Therefore, research on mothers' knowledge about complementary feeding for infants aged 6- 24 months in Tourism Village needs to be conducted to determine the extent of mothers' knowledge about complementary feeding and whether this knowledge is sufficient to meet the nutritional needs of infants. By knowing the knowledge of mothers, efforts can be made to increase knowledge and education about proper complementary feeding so that it can prevent health and nutrition problems in infants, such as stunting. In addition, this study can also provide useful information for health workers and village governments in planning appropriate and effective health programs in Tourism Village.

2. Methods

This research employs a descriptive study design to assess maternal knowledge regarding Complementary Feeding (MP-ASI) practices for infants aged 6-24 months in Panji Tourism Village, Sukasada District, Buleleng Regency. The study was conducted in Desa Wisata Panji, Sukasada District, Buleleng Regency, Indonesia, during the period from May to July 2023. The study's population comprises all mothers with infants aged 6-24 months residing in Panji Tourism Village. A sample size of 63 participants was determined using the large sampling formula, and accidental sampling implemented to select participants. All eligible mothers encountered during the study period will be included until the desired sample size is reached. Ethical approval for this research will be obtained from the relevant institutional review board or ethics committee. Informed consent will be obtained from each participant, and they will be informed about the study's purpose, procedures, and their right to withdraw at any time without consequences. Data on maternal knowledge regarding MP-ASI practices collected using a structured questionnaire. The questionnaire designed to assess their understanding of appropriate MP-ASI practices, including quantity, quality, and timing of introduction. Qualified research personnel administer the questionnaires to the participating mothers. Data collection be carried out with the utmost respect for privacy and confidentiality. The mothers

will be given the opportunity to ask questions or seek clarification as needed. Data obtained from the questionnaires will be analyzed using appropriate statistical methods. Descriptive statistics will be employed to summarize and present the findings. The knowledge of mothers be categorized into "good," "sufficient," and "poor." The study explore associations between maternal knowledge and characteristics such as age, education, and parity using relevant statistical tests or models.

3. Result and Discussion

Result

Respondent Characteristics

Characteristics are characteristics or distinctive signs inherent in the respondent that distinguish between one respondent and another. The characteristics of respondents in this study consisted of age, education, parity, source of information. The characteristics of respondents can be seen in table 1.

Table 1. Characteristics of Sample/Respondent

Characteristics	Incidence stunting				Total	
	Case		Control			
	n	%	n	%	n	%
Mother Age						
< 20	3	7,0	4	8,1	7	8,1
22 – 35	36	83,7	33	76,7	69	80,2
≥ 35	4	9,3	6	11,6	10	11,6
Total	43	100	43	100	86	100,0
Mothers `Education						
Elementary school	4	9,3	6	14,0	10	11,6
Junior high school	12	27,9	4	9,3	16	18,6
Senior high school	27	62,8	22	51,2	49	57,0
Bachelor	0	0	11	25,6	11	12,8
Total	43	100	43	100	86	100,0
Mother Occupation						
House wife	38	88,4	32	74,4	70	81,4
Farmer	1	2,3	0	0	1	1,2
Self employee	4	9,3	5	11,6	9	10,5
Goverment Employee	0	0	6	14,0	6	6,9
Total	43	100	43	100	86	100,0
Sex						
Male	16	43,2	21	56,8	37	43,0
Female	27	55,1	22	44,9	49	57,0
Total	43	100	43	100	86	100,0
Age (month)						
12 – 17	20	46,5	22	51,2	42	48,8
18 – 23	23	53,5	21	48,8	44	51,2
Total	43	100	43	100	86	100,0

Source:Primary Data 2023

After analyzing the data, it can be seen that the most characteristics are not at risk age (<20 and >35 years) as many as 37 mothers (58.7%), secondary education (SMA equivalent) as many as 32 mothers (50.8%), primiparous parity as many as 25 mothers (39.7%), and haven't heard of information about MP-ASI as many as 28 mothers (44.4%).

The conclusion from the respondents' characteristics was that most mothers were at risk reproductive age (<20 and >35 years old), had secondary education (high school equivalent), were primiparous, and had heard about complementary feeding.

Knowledge of mothers of infants aged 6-24 months about complementary food in Panji Tourism Village Sukasada District, Buleleng

Knowledge about complementary food is the respondent's ability to know and understand a number of questions related to complementary food. Knowledge is categorized into 3, namely good knowledge (if the score is 76-100%), sufficient knowledge (if the score is 56-75%), poor knowledge (if the score is <56%). The results of research on knowledge can be seen in table 2

Table 2. Risk Factors for Eating Parenting and Stunting

Eating Parenting	Stunting Incident				Total		P-value	OR	CI (95%)
	Case		Case						
	n	%	n	%	n	%			
Poor	17	39,5	4	9,3	21	100	0,001	12,184	2,583 – 57,130
Good	26	60,5	39	90,7	65	100			
Total	43	100	43	100	86	100			

Source: Primary Data 2023

The results showed that most mothers of infants aged 6-24 months had sufficient knowledge about complementary foods, as many as 29 respondents (46.0%). Meanwhile, 21 respondents (33.3%) had good knowledge about complementary foods, and 13 respondents (20.6%) had poor knowledge about complementary foods. It can be concluded that the majority of mothers of infants aged 6-24 months have adequate knowledge about complementary feeding, but there are still some who have good knowledge and lack of knowledge.

Knowledge of mothers of infants aged 6-24 months about complementary food based on their age in Panji Tourism Village, Sukasada District, Buleleng

The maternal age category is divided into two categories, namely at risk (<20 and >35 years) and not at risk (20-35 years). The results of research on the knowledge of mothers of infants aged 6-24 months about complementary food based on the age of the mother in the village of Panji Tourism Sukasada Buleleng can be seen in table 3.

Table 3. Risk Factors for Exclusive Breastfeeding and Stunting

Breastfeeding	Case		Control		Total		P-value	OR	CI (95%)
	n	%	n	%	n	%			
Non Breastfeeding	38	88,4		88,4		88,4	0,001	12,184	2,583 – 57,130
Breastfeeding	5	11,6	17	11,6	17	11,6			
Total	43	100	43	100	86	100			

Source: Primary Data 2023

From the results of table 3, it was found that mothers of infants aged 6-24 months, 7.9% of mothers of infants aged 6-24 months in the at-risk age group had good knowledge about complementary foods, 12.7% of mothers in the at-risk age group had sufficient knowledge about complementary foods, 20.6% of mothers in the at-risk age group had insufficient knowledge about complementary foods. It was also found that 25.4% of mothers of infants aged 6-24 months in the non-risk age group had good knowledge about complementary foods, 33.3% of mothers in the non-risk age group had sufficient knowledge about complementary foods, no mothers in the non-risk age group had poor knowledge about complementary foods.

Knowledge of mothers of infants aged 6-24 months about complementary food based on mother's education in Panji Tourism Village, Sukasada District, Buleleng

Knowledge about complementary feeding based on education is the respondent's ability to know and understand a number of questions related to complementary feeding based on the mother's education. Maternal education was categorized into basic (elementary, junior high school), secondary (high school equivalent) and tertiary (Diploma, S1, S2, S3). The results of the study can be seen in table 4.

Table 4. Risk Factors for Early MP-ASI with Stunting

Giving of Early MP ASI	Case		Control		Total		P-value	OR	CI (95%)
	n	%	n	%	n	%			
Early	33	76,7	15	34,9	48	100			
Non Early	10	23,3	28	65,1	38	100	0,00	7,615	2,912 - 19,915
Total	43	100	43	100	86	100			

Source:Primary Data 2023

From the table above, it can be found that there are 2 respondents (3.2%) with good knowledge about complementary foods in the primary education group, there are 6 respondents (9.5%) with sufficient knowledge about complementary foods in the primary education group and there are 10 respondents (15.9%) with poor knowledge about complementary foods in the primary education group. In the secondary education category, there were 10 respondents (15.9%) with good knowledge, 20 respondents (31.7%) with sufficient knowledge, 2 respondents (3.2%) with poor knowledge. While in the higher education category there were 9 respondents (14.3%) with good knowledge, 3 respondents (4.8%) with sufficient knowledge, 1 respondent (1.6%) with insufficient knowledge.

From this table, we can see that mothers' education level has a significant influence on their knowledge of complementary feeding. In general, mothers with secondary education had a higher percentage of good knowledge (15.9%) compared to the primary (3.2%) and higher education groups (14.3%). In addition, the secondary education group also had the highest percentage of moderate knowledge (31.7%).

Knowledge of mothers of infants aged 6-24 months about complementary feeding based on parity in Panji Tourism VillageSukasada Subdistrict, Buleleng

Knowledge of complementary feeding based on parity is the ability of respondents to know and understand a number of questions related to complementary feeding based on maternal parity. Maternal parity was categorized into primipara, multipara, grande multipara. The results of the study can be seen in table 5

Table 5

Distribution of Maternal Knowledge of Infants 6-24 Months of Age About Complementary Feeding Based on Mother's Parity Sukasada Sub-district Buleleng

Parity	Knowledge about complementary feeding						Total	
	Good		Simply		Less		n	%
	n	%	n	%	n	%		
Primiparous	6	9,5	12	19	7	11,1	25	39,7
Multiparous	7	11,1	11	17,5	2	3,2	20	31,7
Grande Multipara	8	12,7	6	9,5	4	6,3	18	28,6
Total	21	33,3	29	46,0	13	20,6	63	100

Source:Primary Data 2023

From the table above, it can be concluded that in the primipara group, 9.5% of respondents had good knowledge about complementary feeding, 19% had sufficient knowledge, and 11.1% had poor knowledge. In the multiparous group, 11.1% had good

knowledge, 17.5% had sufficient knowledge, and only 3.2% had deficient knowledge. The grande multipara group also showed positive results, with 12.7% having good knowledge, 9.5% having fair knowledge, and 6.3% having poor knowledge. From this table, it can be seen that the multiparous and grande multiparous mother groups have a better level of knowledge about complementary feeding compared to primiparous mothers.

Knowledge of mothers of infants aged 6-24 months about complementary food based on source of information in Panji Tourism Village, Sukasada District, Buleleng

Knowledge of complementary foods based on information sources is the ability of respondents to know and understand a number of questions related to complementary foods based on information sources. Information sources were categorized into social and print media, family, health workers, and never heard of. The results can be seen in table 6.

Table 6

Knowledge of mothers of infants aged 6-24 months about complementary feeding based on source of information in Panji Tourism Village, Sukasada Subdistrict Buleleng

Information Source	Knowledge about complementary feeding						Total	
	Good		Simply		Less		n	%
	n	%	n	%	n	%		
Social and print media	6	9,5	8	12,7	1	1,6	15	23,8
Family	4	6,3	7	11,1	1	1,6	12	19,0
Health Workers	6	9,5	1	1,6	1	1,6	8	12,7
Haven't Heard	5	7,9	13	20,6	10	15,9	28	44,4
Total	21	33,3	29	46,0	13	20,6	63	100

In the group of mothers who received information from social media and print, 9.5% had good knowledge about complementary feeding, 12.7% had moderate knowledge, and only 1.6% had poor knowledge. The group of mothers who received information from family showed similar results, with 6.3% having good knowledge, 11.1% having moderate knowledge, and 1.6% having poor knowledge. Mothers who received information from health workers had a better level of knowledge, with 9.5% having good knowledge, 1.6% having sufficient knowledge, and 1.6% having less knowledge.

Discussion

Respondent Characteristics

In this study, the age of respondents varied, but the majority of them (58.7%) were in the non- risk category, aged 20-35 years. This is a good reproductive age and tends not to be high risk and it is important for mothers to have good knowledge about complementary feeding to support infant growth and development. The majority of respondents (50.8%) had secondary education (SMA equivalent). This can be considered a fairly good level of education, but there were still some respondents (28.6%) with basic education (elementary, junior high school). Education may affect mothers' knowledge about complementary feeding, and needs to be considered in further analysis. Parity refers to the number of children a mother has born. The majority of respondents (39.7%) were primiparous, meaning they had one child. However, there were still a number of mothers who were multiparous (31.7%) and grande multiparous (28.6%). Parity may influence mothers' experience in providing complementary foods to their infants.

Sources of information on complementary feeding varied, and most respondents (44.4%) had never heard of complementary feeding. This is an important finding, as it suggests that there is great potential to provide better information to this group. A small proportion received information from social and print media (23.8%), family (19.0%) and health workers

(12.7%). Based on the characteristics of the respondents, it can be concluded that most of the mothers were in the high-risk reproductive age group, had secondary education, were primiparous, and a large number of them had never heard of complementary feeding. Information and education about complementary feeding may need to be focused on this group, especially those who are at risk and have no knowledge about complementary feeding. In further analysis, the association between these characteristics and mothers' knowledge of complementary feeding could be explored to gain deeper insights.

Knowledge of mothers of infants aged 6-24 months about complementary food in Panji Tourism Village, Sukasada District, Buleleng

The results showed that the majority of mothers of infants aged 6-24 months (46.0%) had sufficient knowledge about complementary feeding. Meanwhile, 33.3% of mothers had good knowledge, and 20.6% had poor knowledge about complementary feeding.

The finding that the majority of mothers have sufficient knowledge about complementary feeding is in line with several previous studies [13]–[15] which showed an increase in mothers' awareness and knowledge about complementary feeding in several regions. which showed an increase in mothers' awareness and knowledge about complementary foods in several regions. Factors that may influence maternal knowledge include education level, access to information, and participation in health extension programs. Therefore, these results are consistent with studies highlighting the role of education and information in improving mothers' knowledge on complementary feeding. This finding has important implications for improving the quality of health services for mothers and infants. Although the majority of mothers have sufficient knowledge about complementary foods, there are still some who have insufficient knowledge. Therefore, further efforts need to be made in providing information and counseling on complementary feeding to mothers of infants aged 6-24 months. The health counseling program in Panji tourism village, Sukasada sub-district, Buleleng can be more focused on identifying groups of mothers who have insufficient knowledge and providing a special approach to them. In addition, utilizing social media and print media as effective sources of information should also be considered. In the long run, improving mothers' knowledge on complementary feeding can have a positive impact on children's growth and development. Mothers who are more informed about complementary feeding are better able to provide appropriate complementary feeding, which can reduce the risk of nutritional problems such as stunting and malnutrition in children. Therefore, improving mothers' knowledge on complementary feeding should be a priority in efforts to improve children's health and nutrition in Panji Tourism Village and surrounding areas.

Knowledge of mothers of 6-24 month old babies about complementary food based on the age of the mother in Panji Tourism Village, Sukasada District, Buleleng

This result shows that there is a significant difference in the level of knowledge of mothers of infants aged 6-24 months about complementary feeding based on the age of the mother. This result can be interpreted by considering factors that may influence maternal knowledge. The at-risk age group may be more likely to have less knowledge as they may be less exposed to information, have less experience, or may have less access to sources of information. On the other hand, mothers in the non-risk age group may have had more opportunities to gain knowledge about complementary feeding. This finding is in line with previous research [16] which showed that mothers' age can be an important factor influencing their knowledge on child nutrition and complementary feeding. Older age often means more experience, which can improve mothers' knowledge on infant care and child nutrition. These results suggest the importance of health education and counseling programs that can be tailored to the age group of the mother. Mothers in at-risk age groups may require special attention and more efforts to improve their knowledge on complementary feeding. This can be done through various

methods, including direct training by health workers, easy-to-understand educational materials, and utilization of social media where relevant. In addition, the findings also highlight the importance of raising public awareness on the importance of good complementary foods and infant nutrition. In addition to individual efforts, there needs to be a role for local governments, health institutions, and communities in providing reliable sources of information on complementary feeding. Providing mothers with better knowledge in the early stages of pregnancy or birth can help improve their understanding of complementary foods and child nutrition, which in turn can contribute to better growth and development for children in the future.

Knowledge of mothers of infants aged 6-24 months about complementary food based on mother's education in Panji Tourism Village, Sukasada District, Buleleng

These results indicate a significant difference in the level of knowledge of mothers of infants aged 6-24 months about complementary feeding based on maternal education. This finding is in line with previous research [16] which showed that mothers' education level affects their knowledge about complementary foods.

This finding is consistent with previous studies that show that mothers' education level can influence their understanding of complementary foods and child nutrition. The higher the mother's education level, the better her knowledge on this subject. The implication of this finding is the need for different approaches in providing complementary food education to mothers of infants aged 6-24 months according to their level of education. Mothers with primary education require special attention and a simpler approach. Meanwhile, mothers with secondary (senior high school) and higher education (diploma, bachelor's degree, master's degree, doctoral degree) can receive more in-depth information. Extension programs should consider differences in mothers' education levels to ensure that messages about complementary feeding are delivered effectively and at their level of understanding.

Knowledge of mothers of infants aged 6-24 months about complementary feeding based on maternal parity in Panji Tourism Village, Sukasada District, Buleleng

From the table, it can be seen that the multiparous and grande multiparous mother groups have a better level of knowledge on complementary feeding compared to primiparous mothers. Quantitatively, there is a significant difference in the level of knowledge between these groups. These results suggest that mothers' experience in childbearing, reflected in their parity, affects their knowledge on complementary feeding. This finding is in line with the literature [17] which states that mothers with more childbirth experience (multipara and grande multipara) tend to have better knowledge about infant care, including complementary feeding. The implication of this finding is the need for different approaches in providing complementary feeding education to mothers of infants aged 6-24 months according to their childbirth experience. Primiparous mothers require special attention and a more in-depth approach in providing information on complementary feeding. Meanwhile, multiparous and grande multiparous mothers need additional information to improve their knowledge on complementary feeding. Health education programs should consider differences in mothers' level of birth experience to ensure that messages about complementary feeding are delivered effectively and at their level of understanding. This can help improve mothers' knowledge on complementary feeding and, ultimately, ensure good nutrition for children in Panji Tourism Village, Sukasada Sub-district, Buleleng.

Knowledge of mothers of infants aged 6-24 months about complementary food based on source of information in Panji Tourism Village, Sukasada Sub-district, Buleleng

From the data, it can be seen that mothers who get information from health workers tend to have a better level of knowledge about complementary feeding compared to other sources of information. Mothers who had never heard of complementary foods had a fairly high level

of knowledge, which may indicate that they had obtained information about complementary foods from other sources. These results suggest that the source of information used by mothers of infants aged 6- 24 months may influence their level of knowledge about complementary foods. Mothers who get information from more reliable sources such as health workers tend to have better knowledge. This is in line with the results of research [18] in Bekasi City in 2019 found that the factors that influence the knowledge of mothers about complementary foods and have a significant influence are the relationship with the source of information. On the other hand, mothers who get information from family or have never heard of complementary foods tend to have less knowledge. The implication of these findings is the need for different approaches in disseminating information on complementary feeding to mothers of infants aged 6-24 months. Health education programs led by health workers can help improve mothers' knowledge about complementary foods. Reliable sources of information, such as health workers, should continue to be used to provide accurate information on complementary feeding to new mothers so that they can provide proper nutrition to their infants. Through the right approach, mothers' knowledge about complementary feeding can be improved, which in turn will have a positive impact on infant health and nutrition in Panji Tourism Village, Sukasada Sub-district, Buleleng

4. Conclusion

In conclusion, this study highlights key findings on mothers' knowledge of complementary feeding for infants aged 6-24 months in Panji Tourism Village, Sukasada District, Buleleng: A substantial number of mothers possess varying levels of knowledge about complementary feeding, with most having sufficient knowledge. However, there is room for improvement, as some exhibit either good or poor knowledge; Maternal knowledge is influenced by factors like age, education, parity, and information sources, significantly impacting their knowledge levels; Mothers below 20 or above 35 years of age tend to have lower knowledge compared to those aged 20-35 years; Maternal education plays a pivotal role, with those educated at the basic level having lower knowledge compared to those with higher education; Maternal parity also influences knowledge, with primiparous mothers having lower knowledge than multiparous or grande multiparous mothers; Information sources matter. Mothers receiving information from health workers show better knowledge compared to those relying on family or limited information exposure. Recommendation for future research: Explore longitudinal changes in maternal knowledge of complementary feeding; Employ qualitative research to understand underlying factors; Evaluate the impact of targeted health education programs; Investigate community-based initiatives and the role of health workers; Study the direct relationship between maternal knowledge and infant health outcomes; Assess the effectiveness of existing policies and recommend improvements; These research areas will advance our understanding of complementary feeding and inform interventions for infant health and nutrition.

Conflicting Interest

All authors declare no conflict of interest.

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