



## The Role of Nutrition Education and Access to Digital Information for Working Parents in the Success of Providing Complementary Foods in Indonesia

Salsabila Dwi Fitri<sup>1</sup>, Yorasaki Ananta<sup>2</sup>

<sup>1</sup>Universitas Jambi, Jambi, Indonesia, [dwifitrisalsabila@gmail.com](mailto:dwifitrisalsabila@gmail.com)

<sup>2</sup>Universitas Andalas, Padang, Sumatera Barat, Indonesia, [yorasakhiananta27@gmail.com](mailto:yorasakhiananta27@gmail.com)

Corresponding Author: [dwifitrisalsabila@gmail.com](mailto:dwifitrisalsabila@gmail.com)<sup>1</sup>

**Abstract:** Giving Food Complementary breast milk (MPASI) is crucial in growth and development of a child. However, in working parents' context, success Providing complementary food often faces problems various challenges, especially limitations time and access information. This article aiming For to study role education nutrition and access digital information on success giving complementary food to parents working in Indonesia. The method used is study library with approach *Systematic Literature Review* (SLR), with source article from Google Scholar, Mendeley, and journals academic relevant others. Study results show that education nutrition plays an important role in increasing parental knowledge and skills in preparing appropriate MPASI standard. While accessing digital information becomes tool help strategic for parents Work in to obtain information in a way flexible and efficient. This article formulates two main hypotheses for study next: (1) education nutrition plays a positive role to success provision of complementary foods, and (2) access to digital information also has a positive role to success of MPASI. Findings This emphasize importance integration between educational strategies and utilization technology information in intervention health child age early in Indonesia.

**Keywords:** MPASI, Education Nutrition, Access Digital Information, Parents Work, Health Child.

### INTRODUCTION

Giving Food Breast Milk Complementary Food (MPASI) is phase crucial in grow flower children, especially at the age of 6–24 months. In Indonesia, the number of toddlers with nutrition not enough Still become attention serious. Riskesdas data 2018 shows that prevalence toddler with nutritional status not enough reached 17.7%, while stunting reached 30.8%. One of the main things is inaccuracy in provision of complementary feeding, both from aspect time, type, and method presentation.

In the middle, an increasing number of parents work, especially mothers, challenges in providing appropriate complementary feeding the more complex. The Central Statistics Agency (BPS) noted that in 2022, the level participation force Work Woman reached 54.2%, where

most of it big is at in age productive which is also age Mother breastfeeding. In condition this, education nutrition and access digital information becomes two factor important that can help parents Work in provide quality complementary feeding.

Education nutrition gives base strong understanding about the need for nutrition children, while accessing digital information—through parenting apps, social media, and health websites—enable parents to obtain fast and relevant knowledge, even though their own time limitations. Articles previously show that literacy good nutrition and utilization technology information play a role big in practice proper provision of complementary feeding (Utami et al., 2021; Nurfajriani et al., 2022).

Therefore the article discusses role education nutrition and access digital information to success provision of complementary feeding to parents as a literature review study in field knowledge health society and pharmacy (nutrition child).

Based on background behind said, the purpose of writing article This is build hypothesis for research next, namely for formulate: 1) Role education nutrition to success provision of complementary feeding; and 2) The role of access digital information on success provision of complementary feeding.

## **METHOD**

Method writing this literature review article uses approach Literature Review (library research) And Systematic Literature Review (SLR). Analysis is done in a qualitative way, with source main originate from online applications such as Google Scholar, Mendeley, and various other online academic platforms which are relevant.

Systematic Literature Review (SLR) is defined as a process of identifying, assessing, and interpreting all proof available research with objective for providing answer to question study in a specific way (Kitchenham et al., 2009).

Approach This allow writer to do systematic search to literature relevant academic with education nutrition, access digital information, and practices giving complementary food to parents working in Indonesia.

In context analysis qualitative, study library is used in a way consistent with assumption underlying methodology approach explorative. One of the reasons use analysis qualitative is Because study This nature explorative, that is aiming dig in a way deep role education and digitalization information in support success giving MPASI in the middle challenges faced by parents Work (Ali, H., & Limakrisna, 2013).

## **RESULTS AND DISCUSSION**

### **Results**

Based on the background, objectives and methods of this research, the results of this literature article are:

#### **Success provision of complementary feeding**

Success giving complementary food is fulfillment need nutrition babies and toddlers in accordance with age, texture, frequency, and quality material food used (WHO, 2003). Successful provision of complementary feeding impact directly on nutritional status, growth, and development children (Ministry of Health of the Republic of Indonesia, 2020). According to Rachmawati et al. (2021), the success of MPASI is determined by the accuracy time provision (starting at 6 months of age), adequacy quantity and frequency eat, and diversity food. Dimensions and indicators that influence success Providing complementary foods includes:

1. MPASI start time
2. Frequency eat per day
3. Type and texture food in accordance age
4. Reception child to food
5. Nutritional status child

Success provision of complementary feeding has been investigated in various research, including by Yuliana (2017), Astuti (2018), and Handayani (2020).

**Education Nutrition**

Education nutrition is the process of giving information and understanding to individual or group For increase awareness and skills in choose as well as manage healthy and nutritious food (Gibney et al., 2018). According to Kurniawan et al. (2019), education effective nutrition covers information about need nutrition child, way presentation hygienic food, and its importance variation food.

Dimensions and indicators education relevant nutrition with Providing complementary foods includes:

1. Knowledge base nutrition
2. Understanding need nutrition baby
3. Skills prepare MPASI
4. Access to source education (class) nutrition, books, applications

Education nutrition has Lots studied by researchers previously, such as by Lestari (2017), Rahayu (2018), and Putri (2020).

**Access Digital Information**

Access digital information in context health is ability individual for acquire, understand, and use information available health through digital platforms such as social media, applications health, and official websites (Norman & Skinner, 2006). According to Widya & Sari (2019), the use of digital media is an effective strategy for parents Work For still get information nutrition and practice proper provision of MPASI.

Dimensions and indicators from access digital information includes:

1. Access to source trusted (application) health, Ministry of Health, WHO
2. Digital literacy skills
3. Frequency use of digital media
4. Level of confidence to digital information

Access digital information has been studied by Wahyuni (2017), Yuliawati (2018), and Prasetyo (2020).

Success provision of complementary feeding is influenced by the parents' abilities to understand basic nutrition (through education) and get information in a way efficient through digital media. The right model in article This use theory *Health Belief Model* (HBM) and *Technology Acceptance Model* (TAM), because both of them explain How knowledge and acceptance technology influence behavior health (Rosenstock, 1974; Davis, 1989).

**Relevant Article Review**

**Table 1 Previous Research**

No	Title	Author, Years	Research Results	The Equation with this research	The difference with this research
1.	Influence Knowledge Nutrition Success Providing complementary food	( Handayani to , 2020)	Study show that knowledge nutrition Mother own influence significant to proper provision of complementary feeding .	own influence significant to proper provision of complementary feeding . You're welcome discuss factor success provision of complementary feeding.	No discuss access digital information or parents Work .
2.	The Role of Social Media Education	( Prasetyo , 2020)	Social media become means education effective nutrition for Mother	You're welcome emphasize importance access	No in a way specific discuss parent context Work .

No	Title	Author, Years	Research Results	The Equation with this research	The difference with this research
	Nutrition for Young Mothers		young For to obtain information related to MPASI.	digital information in education nutrition .	
3.	Education Nutrition On Working Mothers and Its Impact on the Quality of Children's MPASI	( Grace , 2018)	Education nutrition proven increase the quality of MPASI prepared by the mother Work .	Discuss relatedness education nutrition and mother Work in MPASI context .	No involving variable digital access as support education .
4.	Literacy and Behavior Consumption Information Nutrition in the Elderly	( Wahyuni , 2017)	Digital literacy of parents play a role in improvement quality consumption information nutrition used in MPASI practices .	You're welcome evaluate importance digital access to information nutrition .	No researching the impact in a way directly to the success of MPASI.
5.	Practice Provision of MPASI among Parents Working in a Big City	(Princess, 2020)	The majority of parents Work experience constraint time and lack of information in MPASI practices .	Discuss parent Work in provision of complementary feeding.	No to hook in a way direct with education nutrition and also technology information .
6.	Digital Health Application as MPASI Education Media	( Widya & Sari, 2019)	Proven digital applications helping parents to obtain information accurate and precise time about MPASI.	You're welcome evaluate contribution technology in provision of complementary feeding.	technology in provision of complementary feeding. No separate between education formal and informal nutrition , as well as No focus on parents Work .

**Discussion**

By analyzing the contribution of user experience personalization and interface design to Spotify's success in dominating the global music streaming industry.

**Role Education Nutrition to Success Providing complementary food**

Education nutrition is a strategic process for forming parental understanding about importance nutrition balanced in the early days life child. Principle education nutrition covers personal approach and community in give accurate information, easy understandable, and practical for applied.

Education nutrition play a role important to success provision of complementary feeding. If parents, especially those who work, have good understanding about nutritional needs for children, they tend to be more ready and skilled in preparing food nutritious although they limited time. On the contrary, the lack of education can cause mismatches in texture, frequency, or content complementary feeding nutrition.

Factors that play a role in education nutrition covers access to service health, engagement in class or nutrition seminars, as well as participation in community parenting. For increase success provision of complementary feeding through education nutrition, then party management health like Health center, home sick, and organization community need provides

educational media based on time flexible—such as e-learning, interactive videos, and parenting apps.

The role of education nutrition to the success of MPASI has reinforced in research by Lestari (2017), Rahayu (2018), and Putri (2020).

### **Role Access Digital Information on Success Providing complementary food**

Access digital information includes parent 's ability for utilise digital technology for use to obtain information health child. Concept This important in the middle mobility height of parent’s work, because information can be accessed anywhere and anytime.

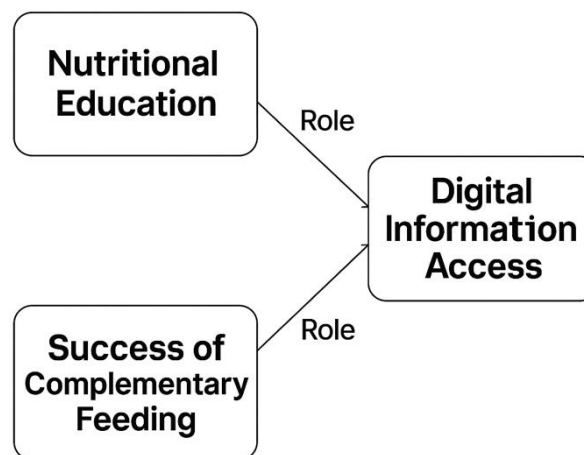
If access to digital information is perceived okay then practice provision of complementary feeding also tends to be precise and effective. Parents who routinely access information from trusted platforms will own reference richer in adjust MPASI accordingly age child. However, if access information is low or information obtained No credible, then Can happen error provision of complementary feeding.

Factors that play a role in accessing digital information include, among others: availability digital devices, parents' digital literacy, and abilities sorting valid information from source that is not can trusted. For maximize success provision of complementary feeding through track this, agency related need develop digital content-based proof interesting and easy scientific accessed.

Role access digital information on success provision of complementary feeding has been reinforced by the results study from Wahyuni (2017), Yuliawati (2018), and Prasetyo (2020).

### **Conceptual framework of the research**

Based on formulation problems, discussions and relevant research, then the conceptual framework of this article was obtained like Figure 1 below



**Figure 1. Framework Conceptual.**

Education Nutrition: provides parental understanding and skills Work in preparing MPASI according to need child.

Access Digital Information: helping parents Work to obtain knowledge in a fast and flexible way regarding MPASI.

Success Providing complementary feeding: results from combination knowledge and access accurate information, reflected from adequacy nutrition, time provision, and quality of MPASI.

### **CONCLUSION**

The success of MPASI is greatly influenced by understanding nutrition that parents have as well as convenience in accessing relevant and reliable information.

Through Systematic Literature Review (SLR) approach and qualitative analysis, found that nutrition education has an important influence in increasing parenting skills in preparing MPASI according to standard nutrition children. On the other hand, access digital information plays a role as Supporter main for parents who have limitations time, with give information flexible and easy accessed.

With Thus, the article recommends existence improvement effort educative from sector health and development of friendly digital platforms user as well as based on proof scientific, especially for parents work. The hypothesis that is built from article This can become base study quantitative next .

## REFERENCE

- Astuti , R. (2018). *Factor affecting Success Provision of MPASI at Health Center X*. Journal Indonesian Nutrition, 6(1), 34–42.
- Davis, FD (1989). *Perceived Usefulness, Perceived Ease of Use, and User Acceptance of Information Technology* . MIS Quarterly, 13(3), 319–340.
- Gibney, M.J., Lanham-New, S.A., Cassidy, A., & Vorster, H.H. (2018). *Introduction to Human Nutrition* (3rd ed.). Wiley-Blackwell.
- Handayani , N. (2020). *Influence Knowledge Maternal nutrition for MPASI Quality in Urban Areas* . Journal of Public Health, 15(2), 121–130.
- Ministry of Health of the Republic of Indonesia. (2020). *Indonesia Health Profile 2019*. Jakarta: Ministry of Health of the Republic of Indonesia.
- Kitchenham , B., et al. (2009). *Systematic Literature Reviews in Software Engineering – A Systematic Literature Review* . Information and Software Technology, 51(1), 7–15.
- Kurniawan, D., & Rahmawati , L. (2019). *Effectiveness Education Nutrition to Practice Providing Complementary Foods to Working Mothers* . Journal of Reproductive Health , 10(2), 85–91.
- Lestari, S. (2017). *The Role of Extension Nutrition in Improvement Knowledge of MPASI in Mothers of Toddlers* . Journal Knowledge Nutrition , 12(3), 154–160.
- Norman, C. D., & Skinner, H. A. (2006). *eHealth Literacy: Essential Skills for Consumer Health in a Networked World* . Journal of Medical Internet Research, 8(2), e9.
- Prasetyo , A. (2020). *Utilization of Social Media as Source Information Nutrition by Young Mothers in Bandung City* . Journal Health Communication , 9(1), 21–30.
- Putri, DA (2020). *Connection Education Nutrition with Success of MPASI in Coastal Areas* . Journal of Health and Nutrition , 5(1), 44–50.
- Rachmawati , E., et al. (2021). *Quality MPASI : Nutritional Studies and Practices Giving Baby Food* . Journal Nutrition and Food , 16(1), 67–74.
- Rahayu , I. (2018). *Nutrition Education for Working Mothers and Their Influence on MPASI for Children Aged 6–12 Months* . Indonesian Nutrition Media , 12(1), 33–39.
- Rosenstock, IM (1974). *Historical Origins of the Health Belief Model* . Health Education Monographs, 2(4), 328–335.
- Wahyuni , D. (2017). *Digital Literacy and Practice Providing MPASI to Young Mothers* . Journal Knowledge Information and Libraries , 19(2), 99–106.
- Widya , R., & Sari, N. (2019). *The Role of Digital Health Applications in MPASI Education for Working Mothers* . eHealth Journal , 4(2), 56–62.
- Yuliawati , T. (2018). *Social Media As Source Information Nutrition : Study The Case of Urban Mothers in Jakarta* . Komunika : Journal Communication , 12(1), 88–97.
- Yuliana, F. (2017). *Analysis Factors That Influence The Success of MPASI in Urban Environments* . Journal Indonesian Nutrition and Dietetics , 5(2), 98–106.