

RELATIONSHIP BETWEEN CFBM PATTERN BY MOTHERS AND CHILD GROWTH AGED 6–24 MONTHS

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ABSTRACT

Introduction: Nutritional problems are crucial in human life. Malnutrition affects health by increasing morbidity, mortality, and disability while also reducing a country's human resource quality. **Objective:** This study analyzes the relationship between maternal complementary feeding patterns and child growth among children aged 6 to 24 months in Bago Village. **Methods:** This research employs an observational analytic method with a cross-sectional approach. A total of 80 respondents were selected using accidental sampling. The independent variable is maternal knowledge about complementary feeding, while the dependent variable is child growth. Data analysis was conducted using the Spearman Rho test to examine the relationship between the two variables. **Result:** Findings indicate that 43 mothers (53.8%) demonstrated good complementary feeding practices, while 71 children (88.8%) exhibited good growth. The Spearman Rho test yielded a p-value of 0.000 (<0.05), leading to the rejection of H₀ and acceptance of H₁. This confirms a significant correlation between maternal complementary feeding patterns and child growth. **Conclusion:** proper complementary feeding is essential for meeting toddlers' nutritional needs. Adequate nutrition supports optimal growth and development, while growth barriers may manifest as weight discrepancies relative to age.

Keywords : Growth of Children; Pattern of Giving Complementary Food; Mothers

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INTRODUCTION

Child growth is an indicator in determining the level of child health. Nutrition during childhood greatly influences growth and development; even though still in the womb, nutrition plays an important role. (Setiadi et al., 2020) On the other hand, If infants and young children do not receive adequate nutrition during this crucial time, the optimal growth phase can turn into a critical stage, potentially hindering their physical and mental development. This disruption can have lasting effects, impacting them not only during this period but also later in life. If infants and young children do not receive adequate nutrition during this crucial time, the optimal growth phase

can turn into a critical stage, potentially hindering their physical and mental development. This disruption can have lasting effects, impacting them not only during this period but also later in life.. (Rimbawati & Wulandari, 2021)

Issues related to nutrition are crucial and foundational to human existence. Poor nutrition not only leads to various health challenges, such as illness, death, and physical disabilities, but also diminishes the quality of a country's human resources. On a broader level, inadequate nutrition can pose significant risks to the strength and sustainability of an entire nation. (Subardiah et al., 2020)

The Department of Health identifies malnutrition as one of the leading causes of mortality among children under five years old. Unseen or undocumented malnutrition is believed to be responsible for over half of all child fatalities. (Herawati et al., 2023) The transition period (6-12 months) is a vulnerable period for child growth because this is the period when malnutrition is prone to continue and contributes to the high prevalence of malnutrition. Proper feeding practices for infants and toddlers can play a role in reducing the infant mortality rate. A significant number of infant mortality cases are linked to malnutrition or inadequate nutrition, often resulting from improper feeding habits during early childhood. This includes introducing complementary foods either prematurely or too late, as well as offering complementary foods that fail to meet the necessary nutritional standards in terms of quality, quantity, or hygiene. (Rismayani et al., 2023)

Conditions that affect early growth and development are nutrition. The baby's need for nutrition increases as the baby gets older. Thus, when infants reach the age of six months, they are gradually introduced to additional nutritional sources in the form of Complementary Foods for Breast Milk (CFBM). These supplementary foods are intended to meet the nutritional requirements of the infant beyond what breast milk can provide. CFBM refers to food or drink items containing essential nutrients, specifically designed for children aged between six and twenty-four months. The introduction of CFBM involves a gradual shift from a milk-based diet to semi-solid family foods, taking into account factors such as the type, quantity, frequency, texture, and

consistency of the food, ensuring that the child's nutritional needs are fully satisfied. (Juairia et al., 2022)

The World Health Organization (WHO) and UNICEF state that more than 50% of infant deaths are caused by malnutrition, and two-thirds are related to inappropriate feeding behavior in infants and children. (Organization, 2021) Indonesia ranks fifth in the world in cases of malnutrition, with around 3.8% of the total 87 national children. (Subardiah et al., 2020) The results of the 2021 Indonesian Health Survey showed that the prevalence of malnutrition and undernutrition in toddlers based on body weight/age in 2020 was 17.3%, consisting of 3.7% malnutrition and 13.6% malnutrition. In 2021, this figure decreased to 16.9%, with 3.5% malnutrition and 13.4% malnutrition. This data shows a downward trend since 2020. However, the figure of 16.9% in 2021 still has not yet achieved the targets set out in the National Medium-Term Development Plan (RPJMN) set to meet the 2024 Sustainable Development Goals (TPB) standard of 15.5%. In East Java Province in 2021, the percentage of toddlers with malnutrition and undernutrition reached 14.8%, with severe malnutrition at 2.3%, bringing the total to 17.1%. One of the areas of concern in the problem of malnutrition is Mojokerto Regency. Based on a report published by Chariris (2021) in Radar Mojokerto, the Mojokerto Regency Health Office recorded 85 cases of toddlers with malnutrition throughout 2020. (Dinkes Jatim, 2022)

To address these issues, the WHO and UNICEF suggest that infants between the ages of 6 and 24 months receive complementary feeding at the appropriate time, which is after they reach 6 months of age, fulfilling the

principles of balanced and adequate nutrition, be it protein, carbohydrates, vitamins, minerals, or fat, and ensuring its safety because at this age children are in a period of rapid growth and development, starting to be exposed to infections and becoming physically active, so that the need for nutrients must be met by taking into account the activities of the infant/child and the condition of the infection. (Shobah, 2021)

Providing complementary foods that are either unsuitable or not age-appropriate can interfere with meeting the nutritional requirements of infants and may also lead to digestive issues. The digestive system of babies under 6 months old is not ready to receive semi-solid foods and is at risk of issues related to digestion, including diarrhea and stools containing blood. Inappropriate provision of complementary foods will result in unmet child growth, and provision of complementary foods that exceed the provision will result in overweight and obesity in children. (Novianti et al., 2021)

Good nutrition is very important for the growth of infants and toddlers because it can affect the development of organs and their functions, nerve function, and the immune system, while malnutrition and poor nutrition in infants and toddlers may lead to permanent disorders in physical, mental, social, and intellectual growth and development, which can persist and remain throughout the child's life into adulthood. More specifically, malnutrition and poor nutrition can cause delayed body growth, delayed brain development, a decrease or low resistance to infectious diseases, a decrease in Intelligence Quotient (IQ) of up to 10%, and the worst impact is death at a very early age. (Ertiana & Zain, 2023)

The government is committed to reducing the number of nutritional problems in Indonesia. One of the government programs is the fulfillment of nutrition for 1000 FDB (First Day of Birth), beginning from the pregnancy phase, which lasts approximately 270 days, and continuing until the child reaches the age of two. Parents need to know correctly about fulfilling nutrition during pregnancy and the next 1000 days, to ensure the child's growth is properly supported, parents need to focus on meeting their early nutritional requirements and regularly scheduling health check-ups for their babies at the local integrated health post or community health services.

Providing complementary foods will contribute to a child's optimal development if done properly. As a guide to providing complementary foods, the World Health Organization (WHO) requires the following four things: timeliness, adequacy (sufficient), cleanliness, and safety. (Meliyana, 2024) Therefore, the role of a mother in the family is very important in implementing the provision of complementary feeding. Good handling carried out by the mother in providing complementary feeding to her baby has the potential to achieve a healthy baby in both growth and development. However, in reality, there are still many problems in providing complementary feeding to babies, and this is based on many factors, especially the mother's behavioral factors. (Imani, 2020)

Based on the results of research conducted by Ibrahim (2016) at the Patuk I Gunung Kidul Yogyakarta Health Center with a sample of 42 respondents, it was found that the behavior of providing Complementary Foods for Breast Milk (CFBM) affects the development of infants aged 6 to 24 months was

examined in this study. The findings are consistent with Nugraha's research (2016), which was conducted in the Penjarangan District Health Center's working area, North Jakarta with a sample of 62 respondents, it was found that the behavior of providing CFBM affects the growth of infants aged 6 to 24 months.

Based on a preliminary study of interviews conducted on January 19, 2020, data on the provision of Complementary Foods for Breast Milk (CFBM) based on information from cadres found that there are still many mothers of toddlers who only provide food in the form of rice porridge without being supplemented with other nutritious food ingredients, such as animal and vegetable side dishes. There are also still mothers of toddlers who only provide food to their babies in the form of vegetable soup without protein sources. In addition, it was also found that there was an opinion from the community that nutrient-dense CFBM can only be made from relatively expensive animal sources. Meanwhile, data on the growth of children aged 6 to 24 months in the Tulungagung Health Center work area obtained data in 2020 showed that there were 12 cases of malnutrition. (Dinkes Jatim, 2022). The aimed of this research was to explore the connection between maternal complementary feeding practices and the growth of children within the age range of 6 to 24 months in Bago Village, Tulungagung Health Center UPTD, Tulungagung District, Tulungagung Regency.

METHODS

This study is an analytical observational research that employs a cross-sectional design. The population under investigation included 392 mothers

who have children aged 6 to 24 months residing in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, and Tulungagung Regency. The study involved a sample of 80 mothers who satisfied the specified research criteria. Accidental sampling was employed as the method for selecting participants.

The variable that stands independently in this study is the mother's understanding of providing complementary feeding, while the dependent variable is the growth of children within the age range of 6 to 24 months. The tools utilized for data collection in this research include questionnaires and KMS.

The selection of the statistical test method is determined by the objective of the analysis, which in this case involves examining relationships (correlation/association), and the behavioral data is measured on an ordinal scale, while the scale of child growth is ordinal. Based on this reference, the Spearman rho statistical test technique is used, and the calculation uses the SPSS program. (Notoatmodjo, 2022) The hypothesis is drawn as follows: if the P value $< \alpha$, H_0 is rejected, indicating that there is a relationship between the pattern of providing CFBM by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, and Tulungagung Regency; conversely, if the P value $> \alpha$, the acceptance of H_0 suggests that there is no meaningful association between the pattern of provision Complementary Foods for Breast Milk (CFBM) by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, and Tulungagung Regency.

RESULTS

Table 1. Breakdown of Participant Attributes According to Age Group

Age	Frequency (f)	Percent (%)
≤ 20 years old	3	3,8
21-35 years old	61	76,3
> 35 years old	16	20
Total	80	100
Educational Level	Frequency (f)	Percent (%)
Elementary School	0	0
Junior High School	13	16,3
Senior High School	50	62,5
College	17	21,3
Total	80	100
Type of work	Frequency (f)	Percent (%)
Housewife	41	51,3
Self-employed	23	28,8
Private Government employees	12	15
Total	80	100
Income	Frequency (f)	Percent (%)
Rp. 500 rb up to Rp. 1,5 jt	47	58,8
Rp. 1,5 jt up to Rp. 2,5 jt	18	22,5
> Rp. 2,5 jt	5	18,8
Total	80	100

Source: primary research data

The table above illustrates the demographic profile of 80 respondents from Bago Village, Tulungagung District, Tulungagung Regency, highlighting that the majority fall within specific categories: 61 respondents (76.3%) are aged 21-35 years, 50 respondents (62.5%) have a high school education, 41 respondents (51.3%) are housewives, and 47 respondents (58.8%) earn an income

ranging from Rp. 500 thousand to Rp. 1.5 million.

Table 2. The frequency distribution of variables related to the patterns of complementary feeding practices by mothers for children aged 6 to 24 months

Behavior	Frequency (f)	Percent (%)
Not enough	3	3,8
Enough	34	42,5
Good	43	53,8
Total	80	100

Source: primary research data

The table above shows that out of 80 respondents in Bago Village, Tulungagung District, Tulungagung Regency, the majority, 43 respondents (53.8%), behaved well in providing complementary feeding to children aged 6 to 24 months.

Table 3: Frequency distribution of the variable Growth of children aged 6 to 24 months

Child Growth	Frequency (f)	Percent (%)
Malnutrition	0	0
Undernourished	2	2,5
Good Nutrition	71	88,8
More Nutrition	7	8,8
Total	80	100

Source: primary research data

The table above shows that out of 80 toddlers aged 6 to 24 months in Bago Village, Tulungagung District, Tulungagung Regency, the majority, namely 71 respondents (88.8%), had good child growth.

Table 4. The relationship between the pattern of providing complementary feeding by mothers and the growth of children aged 6 to 24 months

		nutritional status			Total	
		not enough	good	more		
behavior	not enough	Count	2	1	0	3
		% within behavior	66.7%	33.3%	0%	100.0%
		% of total	2.5%	1.3%	0%	3.8%
	enough	Count	0	34	0	34
		% within behavior	.0%	100.0%	0%	100.0%
		% of total	.0%	45.0%	8.8%	53.8%
	good	Count	0	36	7	43
		% within behavior	.0%	83.7%	16.3%	100.0%
		% of total	.0%	45.0%	8.8%	53.8%
	total	Count	2	71	7	80
		% within behavior	2.5%	88.8%	8.8%	100.0%
		% of total	2.5%	88.8%	8.8%	100.0%

Source: primary research data

Based on the table above, it indicates that there are 36 respondents (45%) who have behavior-giving Complementary Foods for Breast Milk (CFBM) in the good category, and the growth of children aged 6 to 24 months is in the good category, and as many as 34 respondents (42.5%) have behavior in giving Complementary Foods for Breast Milk (CFBM) in the adequate category, and the growth of children aged 6 to 24 months is in the good category.

Table 5. Analysis of Research Statistical Test Results

		behavior	nutritional status	
Spearman's rho	behavior	Correlation coefficient	1.000	.384**
		Sig. (2-tailed)		.000

		tailed)		
		N	80	80
nutritional status	Correlation coefficient		.384**	1.000
	Sig. (2-tailed)		.000	
		N	80	80

Source: primary research data

The results of the research analysis on the relationship between the pattern of giving complementary feeding by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, Tulungagung Regency based on statistical tests using Spearman's rho obtained The outcome of the statistical test, with a p-value of 0.000 being less than 0.05, leads to the rejection of the null hypothesis (H0) and the acceptance of the alternative hypothesis (H1). This indicates that there is a significant association between the method of providing complementary feeding by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, Tulungagung Regency. The level of correlation is 0.384, where the closeness of the correlation is in the low category.

DISCUSSION

According to the research findings, it was revealed that among 80 participants from Bago Village, located in the Tulungagung District of Tulungagung Regency, the majority, namely 43 respondents (53.8%), had good behavior in providing complementary feeding to children aged 6 to 24 months. Behavior represents an individual's psychological response to their surroundings. This response can take on various forms, which are fundamentally grouped into two categories: passive (without tangible or

concrete action) and active (involving concrete action). Behavior can be observed through visible attitudes and actions, but this does not imply that behavior is limited to these outward expressions. It can also exist in a latent or potential form, such as knowledge, motivation, and perception, which may not always be immediately apparent. (Notoatmodjo, 2022)

Based on research findings, a significant number of mothers demonstrate positive practices when introducing complementary foods to infants between the ages of 6 and 24 months indicates that mothers already understand the right time to give complementary foods and the good nutritional composition of complementary foods for their toddlers. The provision of complementary foods has stages according to existing regulations. If complementary foods are given appropriately according to the nutritional needs of toddlers, it will be able to support the growth and development of toddlers.

One of the factors that influence the good behavior of mothers of toddlers is age. The results of the study indicated that most of them, namely 61 respondents (76.3%), were aged 21-35 years. Respondents aged 20-35 years are mature in thinking. With these characteristics of respondents, it is possible for respondents to have good behavior in providing Complementary Foods for Breast Milk (CFBM) to their babies.

In addition, it is supported by the education of mothers of toddlers where the results of the study found that most of them, namely 50 respondents (62.5%) had a high school education. Respondents with a high school education background will certainly also have better knowledge than those with

lower education so that it will support good respondent behavior in providing Complementary Foods for Breast Milk (CFBM) to their babies.

Judging from the respondents' occupations, it was found that most of them, namely 41 respondents (51.3%), were housewives, and most of them, namely 47 respondents (58.8%), earned between Rp. 500 thousand and Rp. 1.5 million. Housewives with sufficient income in their families will be able to provide good Complementary Foods for Breast Milk (CFBM) for their toddlers. So in this study, it was found that most of the respondents had good behavior in providing Complementary Foods for Breast Milk (CFBM) for their toddlers.

Based on the research results, it was shown that out of 80 toddlers aged 6 to 24 months in Bago Village, Tulungagung District, Tulungagung Regency, the majority, namely 71 respondents (88.8%), had good child growth.

The development of a child serves as an indicator of successful nutrition fulfillment, typically reflected through the child's weight and height. This growth is further described as a health outcome that arises from the equilibrium between nutritional requirements and intake. Studies on child growth involve assessments based on anthropometric and biochemical measurements, along with dietary history. (Jamil et al., 2021) The development of a child is a condition of the body that reflects the equilibrium between the nutrients consumed and their utilization. This growth represents the body's state as an outcome of both food intake and the effective use of these nutrients. (Ginting et al., 2022)

According to researchers, the number of babies who have good child growth indicates that babies have normal

child growth according to their age. Good child growth can be met by fulfilling the nutritional needs of babies, which can be obtained from breast milk and complementary foods. Babies in their development must be monitored and controlled using KMS, which can be done at Posyandu every month. With this supervision, the condition of the child's growth can be known. If there is a decrease or increase in abnormal child growth, control and anticipation of the growth disorder can be carried out so that the child's growth can proceed normally according to their age.

Based on the research results, indicate that there are 36 respondents (45%) who have behavior in giving Complementary Foods for Breast Milk (CFBM) in the good category, and the growth of children aged 6 to 24 months is in the good category, and as many as 34 respondents (42.5%) have behavior in giving Complementary Foods for Breast Milk (CFBM) in the adequate category, and the growth of children aged 6 to 24 months is in the good category.

The results of the research analysis on the relationship between the pattern of giving complementary feeding by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, and Tulungagung Regency based on statistical tests using Spearman's rho obtained the result $p = 0.000 < 0.05$, then H_0 is rejected and H_1 is accepted, which means there is a relationship between the pattern of giving complementary feeding by mothers and the growth of children aged 6 to 24 months in Bago Village, UPTD Tulungagung Health Center, Tulungagung District, and Tulungagung Regency. The level of correlation is 0.384, where the

closeness of the correlation is in the low category.

According to researchers, the provision of complementary feeding must be done correctly according to the nutritional needs of toddlers. Fulfillment of a child's nutritional needs will determine the rate of growth and development of a child's body. The manifestation of growth retardation is that the child's weight does not match his age. By comparing the child's weight when weighed with the weight of the same age on the KMS, it can be seen whether or not there is a growth disorder. The results of the study showed that babies who are given complementary feeding properly and correctly will affect their child's growth, which tends to be normal, and some toddlers are more nutritious. The provision of inadequate complementary feeding can have an impact on the growth of toddlers to be lacking.

The growth of infants over time is greatly influenced by a balanced diet, both breast milk and complementary foods. The risk of providing complementary foods at the age of fewer than six months is dangerous because they do not need additional food at this age; if additional food is given, it can replace breast milk, where the baby will drink less breast milk and the mother will produce less so that the baby's nutritional needs are not met and the protective factors of breast milk become few so that the possibility of infection increases.

The implications of the results of this study indicate the importance of proper education for mothers about complementary feeding patterns (MP-ASI) to support optimal growth of children aged 6-24 months, so that health workers need to be more active in providing counseling to mothers in the community. However, this study has several limitations, namely

that it was only conducted in one village with an accidental sampling method that may not be able to represent the population as a whole, and used a cross-sectional design that could not show a definitive cause-and-effect relationship between the pattern of MP-ASI provision by mothers and child growth.

CONCLUSION

There is a correlation between the method of providing complementary feeding by mothers and the growth of children aged 6 to 24 months. a significant relationship between mothers' patterns of providing complementary foods and the growth of children aged 6–24 months, it is recommended that health workers, especially midwives, be more intensive in providing counseling and education to mothers about the importance of providing appropriate complementary foods. In addition, health institutions are expected to increase cooperation with various parties to provide broader information to the community, especially mothers, regarding the principles of providing good and correct complementary foods to support optimal child growth.

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