

The Implementation of Traditional Minangkabau Makan Bajamba to Improve the Nutritional Status of Malnourished Toddlers in a PHC at Padang, Indonesia

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ABSTRACT

INTRODUCTION: Malnutrition is a major health problem in Indonesia, especially in toddlers. In 2015, 6.3% of toddlers in Lumbung Bukit, West Sumatera, were malnourished. Makan bajamba, a practice that derives from the culture of the Minangkabau, is proposed as a solution to this problem. The purpose of this study is to evaluate the impact of Makan Bajamba in improving the nutritional status of malnourished toddlers. **METHODS:** The study was conducted at a PHC with a Pos Gizi program where children were fed using the Makan Bajamba. **METHODS:** accompanied by parental counseling and instruction about nutrition and parenting practices for 12 days. The sample population consisted of 12 toddlers who met the inclusion and exclusion criteria. Toddlers who gained ≥ 400 grams and had improved nutritional status were determined to have completed the program, while those that did not were assigned to the next Pos Gizi. **RESULTS:** Of 12 participants, four dropped out, and six completed the program. The mothers' knowledge increased between 51% and 68.1%. Their parenting skills increased between 62.4% and 72.9%. **DISCUSSION:** Implementation of Makan Bajamba is effective in improving the nutritional status of malnourished toddlers. As an adjunct to this activity, mother's knowledge about nutrition and parenting skills increased significantly.

KEYWORDS: Makan bajamba, Malnutrition, Pos Gizi

The Importance of Maternal Mental Health for Children

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ABSTRACT

INTRODUCTION: Several studies suggested that household income was not the most important factor in determining the quality of their children. It seems that family income did not affect directly to the quality of the children but by means of behavioural parenting of the parents based on their psychological condition. Several studies found that parental depression could affect both positive and negative impact on the quality of the children. This research aims to know the influence of mother depression and father depression against cognitive score of children in Indonesia. **METHODS:** This study used the data from IFLS 2014 with the unit of analysis of children aged 7 to 14 years old who still have both parents. The number of samples in this study amounted to 5,474 children. This study used a regression model of OLS analysis methods with the children's cognitive score as the dependent variable and father depression score and mother depression score as the main variables. **RESULTS:** Mother depression had a significant effect on children's cognitive score ($\beta = -0,004874$, $p = 0,043$) in which the higher mother depression associated with the lower child cognitive score. It means that the nurturing which the mother gave to her children was an important factor to determine the quality of the children compared to the nurturing the father gave. Hopefully this research could be contributed to the policy makers and families in order to pay attention to the mental wellbeing of the mother so that the quality of children would increase.

KEYWORDS: parental depression, mental health, cognitive