**QUALITATIVE STUDY
MOM'S KNOWLEDGE AND PERCEPTIONS ABOUT THE USE OF MUSHROOM BROTH AS A SUBSTITUTE OF MSG**

**Adevia Maulidya Chikmah, Evi Zulfiana**

**Politeknik Harapan Bersama**

depheeya@gmail.com

**ABSTRACT**

Monosodium glutamate has developed into one of the most popular food additives in the world. When added to food, MSG gives food its delicious taste. However, consuming too much MSG is also not good for health. For example, it can increase heart rate and suffer from headaches and can cause hyperactivity and attention deficit disorders in children. One way to replace artificial flavoring is to use local plants as natural flavoring agents. The use of mushrooms as an alternative to natural seasonings in addition to providing a savory and delicious taste in cooking also provides various health benefits so that mushrooms are often referred to as functional foods.
The purpose of this study was to identify the knowledge and perceptions of mothers about mushroom broth as a substitute for MSG as the first step in optimizing child growth and development. The method that will be used in this research is qualitative with phenomenological design, to obtain depth of data through collecting the deepest data from respondents to determine Mother's Knowledge and Perceptions About Using Mushroom Broth as a Substitute for MSG. The sample of this research is 4 mothers who have children.
The conclusion of this study is that respondents do not know much information about mushroom broth as a substitute for MSG. Respondents know the health hazards of using too much MSG, but respondents still use MSG in every dish. Respondents thought that mushroom broth was not as good as MSG.
Keywords: Knowledge, Perception, Mushroom Broth, MSG

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