

THE RELATIONSHIP BETWEEN
FEEDING PATTERNS AND
MATERNAL KNOWLEDGE
ABOUT NUTRITION WITH THE
INCIDENCE OF STUNTING IN
CHILDREN AGE 0-5 YEARS IN
THE WORKING AREA OF THE
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THE RELATIONSHIP BETWEEN FEEDING PATTERNS AND MATERNAL KNOWLEDGE ABOUT NUTRITION WITH THE INCIDENCE OF STUNTING IN CHILDREN AGE 0-5 YEARS IN THE WORKING AREA OF THE GEDONGAN HEALTH CENTER MOJOKERTO CITY

Abstract

Stunting is a prolonged state of chronic malnutrition. This disorder is characterized by having a PB/U or TB/U measurement that falls below the -2 standard deviation established by the World Health Organization (WHO). The etiology of stunting is multifaceted, encompassing factors such as nutrition, feeding practices, infectious illnesses, and household income.

Maternal understanding of nutrition, including dietary factors, is also associated with the occurrence of stunting. The objective of this study was to establish the correlation between feeding habits and maternal knowledge of nutrition with the prevalence of stunting in the operational region of the Gedongan Health Center, Mojokerto City.

This study is an observational analytical study employing a cross-sectional design. The study's population consisted of all women with children residing in the working area of the Gedongan Health Center, located in Mojokerto City. This study encompassed 144 participants who completed the CFQ Questionnaire (Child eating Questionnaire) regarding eating practices, as well as a questionnaire assessing maternal knowledge of nutrition. The objective was to examine the correlation between these factors and height in relation to age. The chi-square test results indicate a statistically significant association between feeding practices and stunting ($P=0.0001$), as well as between maternal knowledge about nutrition and stunting ($P=0.0001$).

The survey revealed that the majority of children had been provided with appropriate feeding patterns, and most moms possessed a commendable level of nutritional understanding. The study's findings indicate a noteworthy correlation between feeding behaviors and mother understanding regarding nutrition.

Keywords: *Stunting*, Feeding Patterns, Maternal Knowledge of Nutrition

INTRODUCTION

Stunting, as defined by WHO, is a condition in children characterized by impaired growth and development due to insufficient nutrition, frequent illnesses, or insufficient psychosocial stimulation. Stunted children are characterized by a height that is expected to be ²¹ more than two standard deviations below the median of the WHO Growth Standard 2006. UNICEF defines stunting as the inability to achieve full development potential due to inadequate nutrition and frequent illness (Gunardi et al., 2021). Based on the 2018 Riskesdas statistics, the prevalence of stunting among Indonesian toddlers was 30.8%. The World Health Organization reported a global prevalence rate of 22% for stunting in toddlers in 2018. (Candra, 2020). ¹⁷ The Indonesian Toddler Nutrition Status Survey (SSGBI) has revealed that the prevalence of stunting in Indonesia, particularly in 2019, has declined to 27.67%. Nevertheless, this score above the stunting threshold established by the World Health Organization. The President of Indonesia has established a goal of achieving a 14% decrease in stunting by the year 2024, in order to expedite the process of reducing stunting rates. This information is sourced from the Ministry of Health in 2023.

Stunting arises from immediate factors such as inadequate nutrient intake, suboptimal feeding practices, limited access to healthcare services, and insufficient provision of environmental sanitation facilities and clean water, impacting the nutritional well-being of both mothers and children. Concurrently, there exist indirect determinants encompassing the health system, economic inequalities, and familial characteristics. The economic challenges associated with lower socioeconomic status pose impediments to securing optimal nutrition (National Planning and Development Agency, 2018). In the short term, stunting manifests as disruptions in intelligence, impaired brain development, metabolic disorders, and physical growth anomalies. In the long term, it contributes to diminished cognitive abilities, compromised learning ³⁴ achievements, weakened immunity, heightened susceptibility to illnesses, and an elevated risk of chronic conditions such as diabetes, cancer, obesity, stroke, heart disease, and age-related disabilities (Ministry of Rural Development, Underdeveloped Regions and Transmigration, 2017).

Parents' knowledge concerning proper nutrition and their level of education significantly influence the mindset and prevalence of stunting in toddlers (Mugianti et al., 2018). Maternal understanding of nutrition plays a pivotal role in shaping attitudes and behaviors related to food choices. A robust knowledge base in nutrition enhances a mother's ability to consistently provide nutritious meals for her children (Alfiana et al., 2017). Murti's research reveals that a substantial proportion of respondents, 68.3%, lacked adequate insight into optimal toddler nutrition, while 30.8% demonstrated a ¹¹ commendable understanding. Notably, mothers with limited knowledge about toddler nutrition face a 4.8 times higher risk of stunting compared to those with comprehensive insights (Murti et al., 2020). Additionally, factors like parents' feeding habits exert an influence on the nutritional status of children (Aramico et al., 2016).

Recognizing the critical role of diet in children's growth, proper feeding practices are emphasized as pivotal contributors to optimal nutrition. The decisive role of nutrition in the growth process is closely tied to intelligence and overall health. Malnutrition poses risks of infection susceptibility, and inadequate dietary fulfillment may disrupt the child's growth trajectory, leading to conditions like malnutrition, thin physique, and potentially stunting. Therefore, a comprehensive approach to addressing nutrient deficiencies should encompass a focus on ensuring a well-balanced diet (Purwarni et al., 2013).

The aforementioned explanation illustrates that numerous influential factors contribute to the occurrence of stunting. Attention should be given to feeding practices and maternal knowledge on nutrition. Researchers are interested in studying dietary trends and parental nutritional expertise. This study aims to enhance comprehension of the correlation between dietary patterns and mother nutritional awareness in connection to the prevalence of stunting.

16 MATERIALS AND METHODS

Research design

This study employed a quantitative approach through a cross-sectional survey. The choice of this strategy aligns with the study's objectives, which aim to establish a correlation between feeding practices, maternal knowledge of nutrition, and the occurrence of stunting.

Respondents

The data collection took place in the operational zone of the Gedongan Health Center, located in Mojokerto City, during August 2023. The purposive sampling technique was employed, since the sample process was tailored to meet the specific requirements of the research. The total number of participants who were willing to fully complete the questionnaire and satisfy the specified inclusion and exclusion criteria amounted to 144 responses. Furthermore, the participants had already consented to the informed consent provided by the researcher. Researchers have provided respondents with information about their rights regarding data confidentiality through the process of informed consent, and have obtained agreement that their participation is voluntary.

Measurement

In this research, the assessment of feeding patterns employed the Child Feeding Questionnaire (CFQ) developed by Prakhasita in 2018. Maternal knowledge of nutrition was gauged using the 2021 Zega questionnaire. The evaluation of stunting involved precise measurements using Microtaise for height and a baby scale for weight. Subsequently, height and weight measurements were correlated with

z scores, as per the standards outlined by the World Health Organization (WHO), with a z score value below -2 SD indicating stunting.

The Child Feeding Questionnaire (CFQ) utilizes an ordinal scale, attributing scores as follows: very often (4), frequent (3), rarely (2), and never (1), with a total of 15 questions. Each question is scored from 1 to 4. Post-questionnaire completion, the percentage is calculated, and the feeding pattern is categorized as inappropriate (<55%) or appropriate (55%-100%).

The maternal knowledge questionnaire on nutrition comprises 21 questions, with correct responses earning a score of 1 and incorrect responses receiving a score of 0. The assessment is categorized as follows: good (76-100%), sufficient (56-75%), and less (<55%). The study has received a research ethical feasibility statement from the health research ethics commission of the Faculty of Medicine, Hang Tuah University, with letter number No. I/148/UHT.KEPK.03/X/2023.

RESULTS AND DISCUSSION

The findings of this study gathered information from a total of 144 participants. Out of the respondents, 78 (54.2%) were boys. The majority of respondents, specifically 95 (66%), had a high school education as their highest degree of schooling.

Table 1. Cross tabulation between feeding patterns dan the incidence of stunting

Feeding Patterns	Stunting					
	No		Yes		Total	
	n	%	n	%	n total	%
Appropriate	130	90,3%	5	3,5%	135	93,8%
Inappropriate	0	0,0%	9	6,3%	9	6,3%
Total	130	90,3%	14	9,8%	144	100%
<i>Chi square test</i>	<i>p=0,0001</i>					

A grand total of 130 children exhibit no signs of stunting and adhere to a proper dietary regimen. Out of the total of 14 children that are experiencing stunting, 9 of them are receiving an inadequate diet whereas 5 children are receiving a suitable diet. The chi-square test analysis with a p-value of 0.0001 indicates that the null hypothesis (H0) is rejected and the alternative hypothesis (H1) is accepted. This implies that there is a significant association between eating habits and the incidence of stunting in children aged 0-5 years in the working area of the Gedongan Health Center, Mojokerto City.

Certain respondents exhibit inaccuracies in providing nutrition for their children, occasionally offering solely vegetables, tofu, and tempeh or providing chicken and rice without accompanying vegetables. Moreover, deviations in the frequency and quantity of meals provided to children, not

aligning with their respective ages, result in suboptimal nutritional intake. To ensure adequate nutrition, it is imperative to adhere to proper feeding patterns, encompassing considerations of food type, quantity, and meal scheduling.

² The nutritional status of children is intricately linked to the type of food they consume, particularly given the nutritional vulnerability of toddlers. Consequently, the dietary choices must align with the child's physiological and digestive capacities. Emphasizing a diverse diet with sufficient nutritional value is paramount in averting malnutrition, as underscored by Mouliza et al. (2022).¹

The adequacy of nutrition significantly influences the comprehensive development and growth of children. The nutrients consumed play a pivotal role in shaping the nutritional status of children, with varying impacts on individual developmental trajectories. Rosidah et al. (2017) posit that disparities in nutritional status can lead to diverse effects on children's growth and development. Failing to meet balanced nutritional requirements adequately may impede the optimal growth and development of children.²⁹

¹⁴ The study conducted by Sari et al. (2022) at the Sedau health center revealed that the primary factors contributing to stunting in the region were inadequate child feeding practices and insufficient mother awareness. This dietary pattern is associated with an imbalanced selection of food and an inadequate quantity of food consumption that does not meet the child's nutritional requirements. The child's diet significantly influences their growth process as it provides essential nutrients. Nutrition exerts an impact on both physical well-being and cognitive abilities. Inaccurate eating habits might disrupt a child's growth process, leading to underweight, stunted growth, or even malnutrition (Dewi Cynthia, 2015).⁶

Adequate nutrient intake serves as a fundamental pillar in supporting the comprehensive growth and development of children, encompassing physical, psychological, and motor dimensions. The present optimal consumption of nutrients is indicative of favorable conditions for future growth and development. The dietary choices of children under the age of five are intricately linked to their overall health. The manner in which children are fed significantly influences their nutrient intake, and deviations from proper feeding patterns can lead to insufficient nutrient consumption, even when food ingredients are readily available in ample quantities. Therefore, it is imperative for mothers to conscientiously attend to the feeding patterns of their children, employing creative and diverse approaches to ensure the fulfillment of nutritional requirements (Loya, 2017).

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Table 2. Cross tabulation between mother knowledge of nutrition and the incidence of stunting

Mother Knowledge	Stunting					
	No		Yes		Total	
	n	%	n	%	n total	%
Enough	1	0,7%	4	2,8%	5	3,5%
Good	129	89,6%	10	6,9%	139	96,5%
Total	130	90,3%	14	9,7%	144	100%
<i>Chi Square test</i>	<i>p=0,0001</i>					

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Table 2 presents the outcomes of the crosstabulations test examining maternal knowledge about nutrition in relation to the occurrence of stunting. Notably, the majority of non-stunted children, amounting to 129, have mothers with commendable nutritional knowledge. Additionally, one non-stunted child is associated with a mother possessing sufficient nutritional knowledge. Conversely, among stunted children, four have mothers with sufficient knowledge, and ten have mothers with robust nutritional knowledge.

Regarding the distribution of respondents based on maternal education characteristics, the most prevalent education level identified in this study was high school. Rukmana et al. (2016) observed that more education increases the chances of securing improved work, hence influencing the family's income and availability to food. 30 These results are consistent with the findings of Harikatang's study, which showed that the majority of participants (55.9%) demonstrated a high or good level of understanding of stunting, with a total of 33 respondents. This observation highlights the connection between a mother's knowledge and her level of education. It emphasizes that mothers with higher education, especially those with DIII/S1/S2 qualifications, are more likely to have advanced knowledge. This is because they have been exposed to research methodology during their education, which helps them better understand and handle information.

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Maternal nutritional knowledge, encompassing understanding about nutrition, significantly influences the growth of children. The comprehension of toddler nutrition by mothers holds a crucial role in the intricate process of child growth and development. Mothers, as primary caregivers, wield substantial influence over proper childcare practices and the establishment of well-balanced nutritional intake patterns. Demonstrating good parental knowledge regarding nutrition emerges as a key factor in enhancing the nutritional status of children, as emphasized by 36 Murti et al. (2020).

The minimal knowledge required for mothers includes awareness of diverse food types catering to optimal nutritional needs during pregnancy and postpartum periods. Furthermore, providing age-

appropriate nutrition ensures steady and optimal growth and development of the child, as highlighted by Puspasari et al. (2017).

The obtained chi-square test results, with a p-value of 0.0001 ($p < 0.05$), reveal a noteworthy correlation between maternal nutritional knowledge and the incidence of stunting. This correlation is consistent with the findings of Fadlah's 2021 research, where a p-value of 0.004 ($p < 0.05$) underscores a distinct link between maternal knowledge levels and the prevalence of stunting in toddlers from Caturharjo village, Sleman Regency.

Several factors exert influence over maternal knowledge, including age, education, and information sources. Age is positively correlated with experience, and increased experience contributes to heightened knowledge. Maternal education is intricately connected to nutritional knowledge, as higher educational attainment is associated with a broader knowledge base. Siregar's 2015 research affirms this relationship, emphasizing that education significantly influences knowledge, with higher education levels correlating with enhanced nutritional awareness. The acquisition of information during the education period contributes to this effect. Moreover, the source of information is a critical determinant of maternal knowledge, with reliable sources, including other individuals' experiences and various mass media such as newspapers, books, posters, and electronic media like television, phones, and radio, playing a crucial role in shaping maternal understanding (Siregar, 2015).

The study recognizes several limitations, including its narrow emphasis on a particular population and the possibility of recall bias due to self-reported data. However, its importance lies in elucidating the complex connection between mother understanding of nutrition and the occurrence of stunted growth in toddlers. The chi-square test has demonstrated a statistically significant connection, highlighting the crucial influence of mother knowledge on infant nutritional outcomes. This observation can guide specific interventions, acknowledging that education and information sources play a crucial role in shaping mother comprehension. Despite these limitations, the study's importance is underscored by its contribution to comprehending factors affecting child growth. The identified correlation emphasizes the need for strategic interventions, particularly educational programs, to empower mothers with essential knowledge for fostering optimal child nutrition. By addressing these limitations and building on the findings, this research offers a foundation for more effective public health strategies, aiming to enhance child nutritional outcomes and ultimately improve the overall well-being of children.

CONCLUSION

The predominant characteristics of respondents in the working region of the Gedongan Health Center include mothers with a high school education and a majority of male children. The majority of children have been provided with appropriate feeding habits and have mothers who possess a strong understanding of nutrition. The data from table 1 and table 2 indicate a correlation between feeding patterns and maternal knowledge about nutrition and the prevalence of stunting in the working area of

the Gedongan Health Center, Mojokerto City. In conclusion, the study highlights a significant association between maternal comprehension of nutrition and the incidence of stunted growth in young children. Despite these constraints, the results underscore the need of targeted interventions. Further studies could explore diverse demographics. Essential point: Providing mothers with nutritional knowledge is crucial for ensuring the best possible growth of infants.

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