



The Effect of Providing Exclusive Breastfeeding and Complementary food for breastfeeding on The Incident Of Stunting in Toddler in The Kalisari Area Pasar Rebo District

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ABSTRACT

Children are sometimes faced with problems of satisfaction with Exclusive Breastfeeding and MP Breastfeeding, which involves problems of development and progress. One of the health problems experienced by children is obstacles. The obstacles are a condition of failure to grow and develop in children under five (babies under five years) which is caused by a continuous lack of healthy food intake so that the child is too short for his age. Malnutrition happens when the baby is within the womb and within the early days after the child is born, be that as it may, hindering as it were shows up after the infant is 2 a long time ancient by measuring body length and stature. This research uses correlation analytics with a cross sectional approach, namely a type of research that emphasizes measuring/observing the independent variable and dependent variable data only once. The population in this study were all toddlers in Kalisari District. Pasar Rebo, Samples taken from toddlers in Kalisari District. Rebo Market as many as 30 toddlers. Sampling techniques are divided into two large groups, namely random techniques (probability sampling) and non-random techniques (nonprobability sampling). In this research, random sampling is used, which is the simplest type of probability. The research results are processed through (Editing, Coding, Scoring, Tabulating, Interpreting). The results are presented in the form of tables and narratives. The results showed that all toddlers with a history of good MP-ASI had a height in the normal category of 20 people (66.7%). All toddlers with adequate MP-ASI are in the short category as many as 7 people (23.3%). All toddlers with a history of insufficient MP-ASI were in the very short category, as many as 3 people (10%). Conclusion There is an influence between the history of exclusive breastfeeding and MP-ASI on the incidence of stunting in toddlers in Kalisari Village, Pasar Rebo District

INTRODUCTION

All children have the same rights to get ideal sustenance for their survival, particularly for development and improvement. The primary five

a long time of life will decide the child's quality of life within the future. Amid this period the development and improvement prepare runs rapidly, both physically, cognitively, abilities,

social, passionate, counting identity advancement (Nova & Afriyanti, 2018). Children now and then confront issues satisfying nourishment so they involvement development and advancement issues. One of the nutritional problems experienced by children is hindering. Hindering may be a condition of disappointment to flourish in children beneath five a long time ancient (babies beneath five a long time) coming about from constant lack of healthy sustenance so that the child is too short for his age. Lack of healthy sustenance happens when the infant is within the womb and within the early days after the child is born, in any case, hindering as it were shows up after the child is 2 a long time ancient by measuring body length and tallness. A little child is said to be hindered in case the z-score esteem is less than -2 standard deviations (SD), categorized as brief (hindered), exceptionally brief (seriously hindered) in the event that the z-score esteem is less than -3 standard deviations (SD) (Wati, Kusyuni & Fitriyah, 2021).

According to the World Health Organization (WHO) (2017), the highest prevalence of stunting occurs in East Leste, reaching 50.2%. The lowest prevalence of stunting occurred in Sri Lanka, reaching 14.7%. Stunting data in Indonesia is 36.4% for children under 5 years of age. Based on the regional average according to WHO, it is 33.8%, meaning that the incidence of stunting in Indonesia is still above average. Based on survey data, the incidence of stunting for the DKI Jakarta region consists of 3 categories, namely, very high 30-39.9%, medium 20-29.9%, low 20%, while the incidence of stunting for the East Jakarta region is 13.4%. Stunting is an indicator of growth and development failure in toddlers due to chronic lack of nutritional intake in the first 1,000 days of life, namely from the child in the form of a fetus to 23 months old, (SSGI, 2021). Results from government survey data from the Department of Communication, Informatics and Statistics, the incidence of stunting in January 2022 was 8.9%, this has decreased much more if you look at it from previous years, namely 2021 data of 28.2%, which means there was a decrease of 68% (Statistical Data, 2022).

Stunting is caused by several factors, including the mother's nutritional status and knowledge, inadequate food intake, infectious diseases and water, hygiene and sanitation (WASH), as well as socio-economic status and family food security (Helmyati, 2019). Short-term impacts incorporate an increment within the rate of horribleness and passing, cognitive, engine and verbal development in children isn't ideal, and expanded health costs. Long-term impacts incorporate body pose that's not ideal as an grown-up (shorter than in common), expanded hazard of corpulence and other illnesses, diminished regenerative wellbeing, less than ideal learning capacity and execution amid school, less than ideal efficiency and work capacity. Based on Serve of Wellbeing Direction Number 39 of 2016 concerning Rules for Actualizing the Sound Indonesia Program with a Family Approach, endeavors are being made to decrease the predominance of hindering by a few parties, specifically: to pregnant and giving birth moms, specifically by interceding within the to begin with 1,000 days of life by executing a high-calorie nourishment program protein and micronutrients, as well as giving Early Breastfeeding Start (IMD) and elite breastfeeding counseling.

The interventions carried out for toddlers include monitoring toddler growth, organizing MP-ASI feeding activities, and organizing early stimulation of child. to know the effectiveness and development of infant and toddler growth through the exclusive asi and mp asi program. To school-aged children by organizing school children's nutrition programs. And to teenagers and young adults which includes increasing education on balanced nutrition programs. Because the quality of a child's growth starts from the mother's pregnancy, stunting must be treated from pregnancy preparation in teenagers and young adults by giving blood-boosting tablets (Cahniago, 2019).

RESEARCH METHODS

This research uses correlation analytics with a cross-sectional approach, namely a type of research that emphasizes measuring/observing the independent variable and dependent variable

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data only once. The population in this study were all toddlers in Kalisari District. Pasar Rebo, Samples taken from toddlers in Kalisari District. Rebo Market has as many as 30 toddlers. Sampling techniques are divided into two large groups, namely random techniques (probability sampling) and non-random techniques (nonprobability sampling). In this research, random sampling is used, which is the simplest type of probability. The research results are processed through (Editing, Coding, Scoring, Tabulating, Interpreting). The results are presented in the form of tables and narratives.

RESULTS AND DISCUSSION

Univariate analysis in this study describes the characteristics of the respondents (gender, age, education and occupation), the variables of exclusive breastfeeding and MP-ASI with the incidence of stunting in toddlers with the incidence of stunting in Kalisari District. Rebo Market. The information sort is categorical, so clear comes about are displayed within the frame of a recurrence dispersion with rate estimations, Table 1 Frequency Distribution of Respondents based on age, aducation and mother's occupation in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

No	Mother's Age	Frequency	Percentage %
1	20-30 years	9	30,0
2	31-40 years	21	70,0
No	Mother's Education	Frequency	Percentage %
1	SMP	15	50,0
2	SMA	15	50,0
No	Mother's Job	Frequency	Percentage %
1	IRT	29	96,7
2	PNS	1	3,3
Total		30	100.0

Source: Primary Data 2022

Table 2 Frequency Distribution of Respondents Based on Age, Gender, and Order of Children in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

No	Toddler Age	Frequency	Percentage %
1	24-35 Month	6	20,0
2	36-45 Month	16	53,3
3	46-55 Month	4	13,3
4	>55 Month	4	13,4
No	Toddler Gender	Frequency	Percentage %
1	Man	18	60,0
2	Woman	12	40,0
No	Order of Children	Frequency	Percentage %
1	1st child	6	20,0
2	2st child	19	63,3
3	3st child	4	13,3
4	4st child	1	3,4
Total		30	100.0

Source: Primary Data 2022

Table 3 Frequency Distribution of Respondents Based on Weight and Height of Toddlers in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

No	Weight	Frequency	Percentage %
1	8 kg	1	3,3
2	9 kg	1	3,3
3	10 kg	4	13,3
4	11 kg	4	13,3
5	12 kg	8	26,7
6	13 kg	5	16,7
7	14 kg	2	6,7
8	15 kg	3	10,0
9	16 kg	1	3,3
10	17 kg	1	3,3
Total		30	100.0
No	Height	Frequency	Percentag %
1	70 cm	1	3,3
2	77 cm	2	6,7
3	84 cm	1	3,3
4	88 cm	3	10,0
5	89 cm	2	6,7
6	90 cm	6	20,0
7	91 cm	2	6,7
8	92 cm	1	3,3
9	93 cm	2	6,7
10	95 cm	2	6,7
11	97 cm	5	16,7
12	98 cm	2	6,7
13	99 cm	1	3,3
Total		30	100.0

Source: Primary Data 2022

Table 4 Frequency Distribution of Respondents Based on History of Exclusive Breastfeeding,

History of MP-ASI, Stunting Incidents in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

No	History of exclusive breastfeeding	Frequency	Percentage %
1	exclusive breastfeeding	20	66,7
2	Not exclusive breastfeeding	10	33,3
Total		30	100.0
No	MP-ASI	Frequency	Percentage %
1	Good	20	66,7
2	Enough	7	23,3
3	Not enough	3	10,0
Total		30	100.0
No	Stunting incidents	Frequency	Percentage %
1	Short	7	23,3
2	Very short	3	10,0
3	Normal	20	66,7
Total		30	100.0

Source: Primary Data 2022

Table 5 Cross Tabulation and Analysis of the Relationship Between History of Exclusive Breastfeeding and Stunting Incidents in Toddlers in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

History of Exclusive Breastfeeding	Stunting events						Total	
	Short		Very Short		Normal		F	%
	F	%	F	%	F	%	F	%
Exclusive breastfeeding	0	0	0	0	20	66,7	20	66,7
Not exclusive breastfeeding	7	33,3	3	10,0	10	33,3	10	33,3
Total	7	23,3	3	10,0	20	66,7	30	100,0

Nilai P
 Alpha Value
 Spearman Rank Test <0,05

Source: Primary Data 2022

Table 6 Cross Tabulation and Analysis of the Relationship Between MP-ASI History and

Stunting Incidents in Toddlers in Kalisari Village, Pasar Rebo District, September 2022 (n=30)

History of Exclusive Breastfeeding	Stunting incidents						Total	
	Short		Very Short		Normal		F	%
	F	%	F	%	F	%	F	%
Good	0	0	0	0	20	66,7	20	66,7
Enough	7	33,3	3	10,0	10	33,3	10	33,3
Not enough	0	0	3	10,0	3	10,0	3	10,0
Total	7	23,3	3	10,0	20	66,7	30	100,0

Nilai P
 Alpha Value
 Spearman Rank Test <0,05

Source: Primary Data 2022

DISCUSSION

Based on the investigate comes about, it appears that the larger part of moms have given select breast drain to little children as numerous as 20 individuals (66.7%). Inquire about that's in line with this investigate was conducted by Yuliana, Murdiningsih, and Indriani (2022) who expressed that the lion's share of moms succeeded in giving select breastfeeding, 46 moms (64.8%). This investigate is additionally in line with investigate conducted by Polwandari & Wulandari (2021) which states that the larger part of moms who give elite breastfeeding have great information almost elite breastfeeding and get full bolster from their spouses who act as "breastfeeding fathers" and the part of wellbeing laborers. to supply select breastfeeding. Moms who do not work too impact great select breastfeeding. Moms who do not work have free time and can have coordinate contact with their babies whereas breastfeeding so that breast drain efficiency increments.

Select breast drain is the foremost important baby nourishment, particularly within the to begin with months of a baby's life. Breast drain is the most excellent normal nourishment for babies since it contains the vitality and substances

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required amid the primary six months of a baby's life (Sulistyawati, 2012). Select breastfeeding is affected by instruction, work, age, and arrange of children. 20 people who provide exclusive breastfeeding to toddlers with middle and high school education status. The mother's education will influence her thinking, the mother's thinking will be more open when health workers inform her about exclusive breastfeeding, including the benefits of colostrum for her baby. Maternal employment also influences exclusive breastfeeding, mothers who do not work (housewives) will have more time a lot with the baby, so that the baby's nutrition from exclusive breast milk will be fulfilled. The 20 people who give exclusive breast milk to their toddlers mostly don't work or are just housewives (housewives). Breast milk is the best food for newborn babies. Breast milk also has advantages in terms of nutrition, immune power, psychology, economics and so on. The first breast milk given to a baby is called colostrum which contains fat, protein and can maintain the immune system so that the child has resistance to disease. Exclusive breastfeeding will help maintain the child's nutritional balance so that normal and optimal child growth is achieved.

MP-ASI history. Based on the comes about of this ponder, it appears that the history of MP-ASI in little children appears that the larger part of little children have a history of giving MP-ASI within the great category, as numerous as 20 people (66.7%). Investigate that's in line with this inquire about was conducted by (Septiana, dkk, 2017) who expressed that the majority of little children had been given MP-ASI within the great category, 68 toddlers (91.89%). 20 individuals who had a history of giving MP-ASI within the great category had center and tall school instruction status. Giving good MP-ASI is impacted by the mother's formal instruction, where the level of formal instruction could be a figure that decides whether it is simple for the mother to retain and get it the dietary data gotten from the MP-ASI give (Septiana, Djannah, and Djamil 2017). This inquire about is additionally in line with inquire about conducted by Budiman & Riyanto (2017) which states that the mother's learning

process in giving great MP-ASI is impacted by instruction, where the higher the mother's instruction, the simpler it'll be to get data, and she tends to induce data. from other individuals or from social media and mass The more information that is captured, the more knowledge the mother will have, especially regarding providing MP-ASI that has good nutrition.

Complementary food for breast milk (MP-ASI) is giving food or drinks containing nutrients to children to meet their nutritional needs. MP-ASI is a transition process from milk intake to semi-solid food. In this stage, the child's muscle movements are needed, so that they can develop spontaneously from sucking to swallowing non-liquid food by bringing food from the front of the tongue to the back of the tongue (Cahniago, 2020). Maternal parity influences the provision of MP-ASI, because mothers with multiparous parity already have experience regarding providing good MP-ASI for their children. Maternal education is also a factor in providing good and appropriate MP-ASI because the higher the mother's education, the broader her knowledge will be. Ideally giving MP-ASI should start when the baby is 6 months old. When the baby is 6 months old, the baby can be introduced to complementary breast milk (MP-ASI) to complete the nutritional needs for growth. However, breast milk must still be given to babies until they are 2 years old. MP-ASI itself must have 4 requirements, including being on time, adequate, safe, and given in the right way.

Stunting events. Based on the results of this study, it shows that the majority of toddlers do not experience stunting or are normal as many as 20 people (66.7%). Research that is in line with this research was conducted by Indrawati (2017) who stated that the majority of toddlers were in the normal category, 95 toddlers (73.1%) out of 130 toddlers. Normal toddler height can be influenced by several factors such as the toddler's nutritional adequacy. Children's nutritional adequacy is greatly influenced by the mother's knowledge, mothers who have good knowledge about nutrition so that it can be applied in everyday life. This research is also in line with research conducted by Istiono et al (2019) which states

that maternal behavior and maternal knowledge influence the normal nutritional status of toddlers. Mothers who are well informed will also have good thoughts, which will influence the mother's behavior in terms of providing exclusive breastfeeding and MP-ASI to produce well-nourished toddlers. The majority of toddlers in the normal category are influenced by maternal education, maternal employment, and maternal parity. Educated mothers will care more and follow the advice of midwives during pregnancy until delivery to prevent stunting, working mothers are also usually more exposed to outside information regarding stunting, and maternal parity also plays a role in this. Multiparous mothers are usually more experienced in prevent their children from experiencing stunting because they have experience in pregnancy and giving birth to previous children.

The Relationship Between a History of Select Breastfeeding and Hindering. The comes about of measurable tests appear that there's a relationship between a history of select breastfeeding and the rate of hindering in little children in Kalisari, Pasar Rebo Area with a esteem of 0.000 or p-value < 0.05. Investigate that's in line with this inquire about conducted by Lestari & Dwihesti (2020) appeared that the comes about of the chi-square test p-value = 0.000 (p-value < 0.05), this appears that there's a relationship between select breastfeeding and the rate of hindering in little children. The comes about of this investigate appear that one of the variables within the frequency of hindering isn't giving select breast drain (nourishing breast drain for less than 6 months). Babies who don't get select breast drain are more susceptible to illness and tend to have destitute wholesome admissions and will be malnourished which causes hindering. This can be in understanding with Zomratun et al (2018) where one of the benefits of select breastfeeding is that it can bolster infant development, particularly stature, which comes from the calcium substance of breast drain. If a baby does not receive exclusive breast milk, it will experience problems with its physical health and brain intelligence. One of them will occur weight faltering (failure to grow). Exclusive breastfeeding

is one of the factors in the incidence of stunting if it does not comply with the recommendation, namely 6 months. Babies who do not receive exclusive breast milk are more susceptible to disease and tend to have poor nutritional intake and will be malnourished which causes stunting. One of the benefits of exclusive breastfeeding is that it can support the baby's growth, especially height, which comes from the calcium content of breast milk. If a baby does not receive exclusive breast milk, it will experience problems with its physical health and brain intelligence. One of them will occur weight faltering (failure to grow). Failure to thrive is characterized by the child's weight not increasing, so that the body is not too thin, height growth will be very slow and stunting will occur.

The Relationship Between MP-ASI History and Stunting Events. The results of statistical tests show that there is a relationship between the history of MP-ASI and the incidence of stunting in toddlers in Kalisari Village, Pasar Rebo District, September 2022 (n=30) with a value of 0.000 or p-value <0.05. Research that is in line with this research conducted by Fitri & Ernita (2019) found that there was a relationship between giving MP-ASI and the incidence of stunting (p-value =) 0.001. The results of this research show that one of the factors in the incidence of stunting is the provision of MP-ASI. Providing good MP-ASI is very important for children's growth and development, which is a learning process to introduce children to various types of food. Giving MP-ASI too early will have an impact on the high incidence of infections such as diarrhea, respiratory tract infections, allergies and growth disorders because the baby's digestive system is not yet functioning perfectly. This is by research conducted by Angkat (2018), which showed research results (OR=9, 15, 95% CI:) showed that MP-ASI affected the incidence of stunting. The results of this research indicate that feeding (MP-ASI) to toddlers should be adjusted to their development. On the off chance that at this age the child does not get satisfactory sums of nourishment and, it'll result in a need of nourishment required amid the development

period so that the child encounters development delays.

Select breastfeeding given for as well long will delay the arrangement of MP-ASI. As a result, children will experience delays in their development and advancement.

CONCLUSION

Most toddlers are given exclusive breast milk and have a history of giving MP-ASI and the size of toddlers is normal in Kalisari, Pasar District. There is a relationship between the history of breastfeeding and giving exclusive MP-ASI and the incidence of stunting in toddlers in Kalisari, Pasar District.

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