

## The Relationship Between Exclusive Breastfeeding And The Incidence Of Stunting In Children Aged 7 – 60 Months In The Work Of The Padang Laweh Public Health Center In 2022

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### ARTICLE INFO

#### Keywords:

Incidence Of Stunting,  
Exclusive Breastfeeding

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### ABSTRACT

According to the World Health Organization, the prevalence of stunting becomes a public health problem if the prevalence is more than 20%. The number of nutritional status in Indonesia who experienced stunting in 2007 was around 36.8%, in 2013 it increased by about 37.2% and in 2018 it decreased by about 30.8%. Stunting is a condition of failure to thrive in children under five as a result of malnutrition so that children become too short for their age. Malnutrition can occur since the baby is in the womb and in the early days of the child's birth, but only appears after the child is 2 years old, where the nutritional state of the mother and child is an important factor in the child's growth (Rahayu A, 2018). The research method is descriptive analytic with a cross sectional approach (used is an analytical survey with a design objective). The statistical test used was the chi-square test. Through data analysis with statistical tests using the chi-square test with 68 children operating, the results of the study of children who were not exclusively breastfed were almost half of them, namely 28 children (41.2%) with stunting, while according to the data on children who were exclusively breastfed there were 9 children. (13.2%). From the test results, the  $p\text{-value} = 0.083 > 0.005$  means that there is no significant relationship between exclusive breastfeeding and the incidence of stunting in children aged 7-60 months in the Padang Laweh Health Center Working Area in 2022.

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### 1. INTRODUCTION

Stunting is a problem related to the nutritional status of children under five, including the problem of undernutrition and malnutrition where in Indonesia there is still a high incidence of stunting. One of the causes of chronic malnutrition is due to too early provision of additional food that does not match the needs of infants or toddlers in the longterm resulting in undernourishment. Stunting is a benchmark or indicator for undernutrition status. Stunting, in general, is not immediately recognized by toddlers because it is usually only seen after the toddler is two years old, and this usually affects cognitive abilities and productivity for a long time, can also cause death (Sumarni 2020).

According to WHO (World Health Organization) the prevalence of stunting is a public health problem if the prevalence is more than 20 percent. The number of nutritional status in Indonesia who experienced stunting in 2007 was around 36.8%, in 2013 it increased by around 37.2% and in 2018 it decreased by around 30.8% (Saputri 2021). Based on the percentage of undernourished children receiving additional food in Indonesia in 2020, it is 78.5%. The province with the highest percentage of undernourished children receiving additional food is Bali with an achievement of 100% while the lowest percentage is Papua with an achievement of 20.4% (Primadi 2020).

*The Relationship Between Exclusive Breastfeeding And The Incidence Of Stunting In Children Aged 7 – 60 Months In The Work Of The Padang Laweh Public Health Center In 2022. Rati Purwati, et.al*

According to PSG (Dual System Education) data in 2015 in the province of West Sumatra, the prevalence of stunting was recorded at 27.7%, in 2016 the prevalence of stunting increased to 29.0% and in 2017 it rose again to 29.6%. In each City/Regency in West Sumatra Province as follows Pasaman 40.6%, Solok 39.9%, Sijunjung 38.7%, Solok Selatan 36.2%, Padang Pariaman 33.6%, Tanah Datar 33.0 %, West Pasaman 32.1%, Solok City 31.9%, Agam 31.1%, Padang Panjang City 29.6%, Payakumbuh City 28.0%, South Coast 27.5%, Fifty Cities 27.0 %, Dharmasraya 27.0%, City of Sawahlunto 26.3%, City of Pariaman 25.9%, Mentawai Islands 25.7%, City of Bukittinggi 24.5%, City of Padang 22.6% (Saputri 2021).

Based on an initial survey that researchers conducted in the Padang Laweh Health Center Work Area, to be precise in Sopan Jaya Village, on February 12 2022, through interviews conducted with the Head of the Padang Laweh Health Center, it was stated that there were 68 toddlers from the age of 7-60 months who were in the Padang Laweh Health Center Work Area. Laweh

## 2. METHOD

The design of this study is descriptive analytic with a cross-sectional study method, namely collecting data at once (point time approach). Where researchers collect information from mothers who have children aged 7-60 months about the relationship between exclusive breastfeeding and stunting in the Padang Laweh Health Center work area, where stunting is the dependent variable and exclusive breastfeeding is the independent variable.

The population in this study is all mothers who have children aged 7-60 months in Sopan Jaya Village, Padang Laweh Health Center Work Area in 2022. A total of 68 children. In this study, the sample was taken as much as the population, namely as many as 68 children. The sampling technique used in this study was using the Total Sampling technique, which is a sampling technique in which the number of samples is equal to the population. The reason for taking total sampling is because the total population is less than 100 as a research sample (Sugiyono, 2011).

Variables are sizes or characteristics that are owned by members of a group that are different from those of other groups, namely in the group of mothers who give exclusive breastfeeding with stunting incidents.

## 3. RESULTS AND DISCUSSION

Based on the research that has been conducted, it aims to determine the Frequency of Exclusive Breastfeeding in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022 with a total of 68 respondents who are mothers who are breastfeeding their children, the authors can explain the results of the research in the presentation below:

### Characteristics of respondents:

The results of the study show that the distribution of the frequency of exclusive breastfeeding in the Padang Laweh Health Center Work Area in 2022.

Table 1. Frequency of Exclusive Breastfeeding in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022

Breastfeeding	Frekuensi (n)	Presentasi %
ASI Eksklusif	16	23,5
Tidak ASI Eksklusif	52	76,5
<b>Total</b>	<b>68</b>	<b>100</b>

Based on table 1, it is out of 68 respondents there were almost all of them namely 52 (76.5%) mothers who did not give exclusive breastfeeding. Based on the research results as presented in table 1, out of 68 respondents it was found that mothers who had children aged 7-60 months in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022 were almost all mothers who did not provide exclusive breastfeeding, namely 52 (76.5%), and a small proportion of mothers who provide exclusive breastfeeding, namely as many as 16 (23.5%). The results showed that out of 68 respondents

who were exclusively breastfed, 16 (23.5%). This shows that the achievement of exclusive breastfeeding in research sites has not reached the expected national target of 80% (Ministry of Health, Republic of Indonesia, 2015)

Table 2. Frequency of Stunting Incidents in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022

Stunting Incidents	Frekuensi (n)	Presentasi %
<i>Stunting</i>	36	52,9
<i>Tidak Stunting</i>	32	47,1
<b>Total</b>	<b>68</b>	<b>100</b>

Based on table 1, it is of the 68 respondents, the majority, namely 36 (52.9%), were stunted. Based on the research results as presented in table 4.2, out of 68 respondents, it was found that children were experiencing stunting in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022, the majority, namely 36 (52.9%), were stunted and almost half, namely 32 (47.1%) who are not stunted. The results of this study showed that there were 36 children (52.9%) who were stunted with the category of 6 children (8.8%) being short and 30 children (44.1%) being very short. Nutritional status is a manifestation of the state of the body which reflects the results of each food consumed. Intake of food that does not meet the adequacy for a long time will result in malnutrition which affects the growth of children. In this study, nutritional status was measured by the height/age index (Nurfadillah 2018).

#### 4. CONCLUSION

Based on the formulation of the problem and discussion, the following conclusions can be drawn: Almost all children are not given exclusive breastfeeding, most of the children are stunted and there is no relationship between exclusive breastfeeding and stunting in the Padang Laweh Health Center Work Area, Dharmasraya Regency in 2022

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