

***Relationship of Mother's Knowledge about Breast Milk Supplementary Foods
and the Application of Basic Feeding Rules to Stunting Events***

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ABSTRACT

Stunting is a chronic malnutrition problem caused by a long-term lack of nutrient intake. Factors that cause stunting can be caused by direct or indirect factors. The direct causes of stunting are nutritional intake and the presence of infectious diseases, while the indirect causes are parenting, health services, food availability, cultural and economic factors. Mother's knowledge about complementary feeding can affect the nutritional status of children under two. Basic feeding rules are guidelines or basic rules for correct feeding practices to overcome the problem of eating difficulties. The purpose of this study was to analyze the relationship between mother's knowledge of complementary foods and the application of basic feeding rules to the incidence of stunting in children aged 6-24 months in Panduman Village. This type of research is quantitative with a cross sectional research design. The number of samples in this study were 70 women under the age of five using a simple random sampling technique. Data collection in this study is by using questionnaires and observation checklists. Statistical analysis using SPSS with chi-square test. The results showed that the mother's knowledge of complementary feeding ($p=0.004$) meant that there was a relationship between mother's knowledge of complementary feeding and the incidence of stunting, the application of basic feeding rules ($p=0.014$) meant that there was a relationship between the application of basic feeding rules and the incidence of stunting.

Keywords: Stunting, Mother's Knowledge of Complementary Foods for Breastfeeding, Basic Feeding rules