Relationship between History of Exclusive Breastfeeding and Timeliness of Complementary Feeding with Nutritional Status (Study on Toddlers Age 12-24 Months in Desa Plalangan, Kec. Kalisat, Kab. Jember)

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ABSTRACT

Toddlers are a period when children experience a process of rapid growth, thus requiring relatively more nutrients and higher quality. If the nutritional needs of children under five are not met, it will lead to malnutrition, risk of infection, and delays in growth and development. In general, malnutrition is caused by an unbalanced diet, including undernutrition, excess nutrition, and micronutrient deficiencies. Nutritional status in toddlers is caused by direct factors, indirect factors and fundamental factors. Of these three causes, exclusive breastfeeding and the practice of providing complementary feeding (MP-ASI) can affect the nutritional status of children under five. This research uses a quantitative analytic approach with a cross-sectional study. This research was conducted on March 6 - March 12 2023 in Plalangan Village. Retrieval of data using interviews and questionnaires given by researchers to respondents. This study involved 60 respondents with the sampling technique used was purposive sampling. Based on the bivariate analysis that has been tested by Spearman-rank statistics on the correlation test of history of exclusive breastfeeding with the nutritional status of toddlers, namely, there is no significant relationship based on the indicators of weight/age (p-value 0.531), PB/age (p-value 0.631), and BB/TB (p-value 0.852). In the correlation test of the timeliness of giving MP-ASI with the nutritional status of toddlers, there is no significant relationship based on the indicators of BB/U (p-value 0.823), PB/U (p-value 0.415), and BB/TB (p-value 0.498).

Keywords : Exclusive breastfeeding, Complementary feeding, Nutritional Status of Toddlers