

Relationship between Infant and Young Child Feeding (IYCF) and Maternal Age to the Incidence of Stunting in Sucopangepok Village, Jelbuk District

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ABSTRACT

Stunting is a condition of impaired growth and development experienced by under-five children due to chronic nutritional deficiencies, resulting in height that is disproportionately short for their age. One of the key strategies to address this issue is the Infant and Young Child Feeding (IYCF) practices. Several IYCF indicators, which are also known determinants of stunting, include exclusive breastfeeding, bottle feeding, adherence to Minimum Dietary Diversity (MDD) and Minimum Meal Frequency (MMF). Another contributing factor to stunting among balita is maternal age. This study aimed to examine the correlation between Infant and Young Child Feeding (IYCF) indicator and maternal age with the incidence of stunting in Sucopangepok Village, Jelbuk Subdistrict. An observational analytic study with a cross-sectional design was conducted, involving 69 children aged 6-23 months, selected through simple random sampling. Nutritional status, assessed by height-for-age z-scores, was obtained through anthropometric measurements using an infantometer. Data on MDD and MMF were collected through a Dietary Diversity Questionnaire and 24-hour dietary recall, while information regarding exclusive breastfeeding and bottle feeding practices was obtained through interviews with the children's parents. Statistical analysis was performed using the Chi-Square test and Fisher's Exact test. The findings indicated no significant correlation between exclusive breastfeeding ($p=0.375$), Minimum Dietary Diversity ($p=1.000$), Minimum Meal Frequency ($p=1.000$), and maternal age ($p=0.664$) with the incidence of stunting. However, a significant association was found between bottle feeding practices and stunting incidence ($p=0.42$) among under-two children.

Keywords: stunting, under-two children, Infant and Young Child Feeding (IYCF) and maternal age.