POSTNATAL FACTORS RELATED TO STUNTING IN CHILDREN UNDER FIVE, NGANJUK, EAST JAVA

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ABSTRACT

Background: Stunting is a chronic nutritional issue with height or age indicator and Z score less than -2 SD. In order not to cause problems, WHO (World Health Organization) recommends a stunting target of less than 20%. Nganjuk Regency is a district with a stunting prevalence of over 20%. Stunting is related to the postnatal incidence that children under 5 experience. This study had the purpose of determining the effect of postnatal factors on the incidence of stunting in Nganjuk Regency, East Java.

Subjects and Method: A case control was conducted in Nganjuk Regency, East Java, from May 15 to June 15, 2020. A sample of 450 children under five was selected using fixed sampling of disease, including 150 stunted children (case) and 300 normal children (control). The dependent variable was stunting. The independent variables were birth length, breastfeeding, and history of infectious diseases. The data were collected by questionnaires and analysed by a multiple logistic regression.

Results: Stunting increased with short birth length (OR= 3.14; 95% CI= 2.42 to 3.86; $p < 0.0001$), no exclusive breastfeeding (OR= 2.31; 95% CI= 1.69 to 2.93; $p < 0.001$), and infectious disease history (OR= 2.26; 95% CI= 1.61 to 2.91; $p < 0.001$).

Conclusion: Stunting increases with short birth length, no exclusive breastfeeding, and infectious disease history.

Keyword: stunting, birth length, breastfeeding, history of infectious disease

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