EXCLUSIVE BREASTFEEDING, COMPLEMENTARY FEEDING, AND THE RISK OF STUNTING IN CHILDREN UNDER FIVE IN PINRANG REGENCY, SOUTH SULAWESI

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ABSTRACT

Background: Breast milk is an essential nutrition for child growth. Exclusive breastfeeding is followed of provision appropriate complementary feeding may affect linear growth in children. This study aimed to determine the effects of exclusive breastfeeding and complementary feeding on the incidence of stunting in children under five in Pinrang Regency, South Sulawesi, Indonesia.

Subjects and Method: This was an analytic observational study with a cross sectional design. The study was conducted in Pinrang Regency, South Sulawesi, Indonesia, from January to March, 2021. A sample of 200 children under five was selected randomly. The dependent variable was stunting. The independent variables were exclusive breastfeeding, complementary feeding, worm infection, maternal education, maternal height, family income, number of family member, birth weight, and birth length. The data were collected by questionnaire and analyzed by a multiple logistic regression run on Stata 13.

Results: The risk of stunting in children under five increased with non exclusive breastfeeding (OR= 2.57; 95% CI= 1.04 to 6.38; p= 0.041), inappropriate complementary feeding (OR= 3.02; 95% CI= 1.15 to 7.87; p= 0.024), had worm infection (OR= 7.55; 95% CI= 2.96 to 19.23; p <0.001), maternal education <Senior high school (OR= 2.73; 95% CI= 1.13 to 6.63; p= 0.026), low family income (OR= 2.73; 95% CI= 1.06 to 7.03; p= 0.038), family member ≥ 5 (OR= 7.88; 95% CI= 3.04 to 20.42; p< 0.030), maternal height <150 cm (OR= 2.66; 95% CI= 1.10 to 6.43; p= 0.030), low birth weight (OR= 3.75; 95% CI= 1.42 to 9.88; p= 0.008), and birth length <48 cm (OR= 6.28; 95% CI= 2.56 to 15.40; p<0.001).

Conclusion: The risk of stunting in children under five increases with non exclusive breastfeeding, inappropriate complementary feeding, has worm infection, maternal education <Senior high school, low family income, family member ≥ 5 , maternal height <150 cm, low birth weight, and birth length <48 cm.

Keywords: stunting, exclusive breastfeeding, complementary feeding.

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