KNOWLEDGE AND STUNTING PREVENTION BEHAVIOR IN MOTHER WHO HAD CHILDREN AGED 7 TO 23 MONTHS

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ABSTRACT

Background: There is a strong scientific case that intervention strategies designed to improve child nutrition should be implemented during the first 1,000 days of life. Many of those suggested interventions require some level of behavior change by the maternal caregiver and other household members. Whether that means going to the health center for supplementation (e.g., vitamin A, iron, zinc, multiple micronutrients) or adhering to health promotions and education (e.g., exclusively breastfeeding from 0 to 5 months, complementary feeding from 6 to 23 months, hygiene promotion). This study aimed to investigate maternal knowledge and stunting prevention behavior in mother who had children aged 7 to 23 months.

Subjects and Method: A cross sectional study was conducted at Sentolo 2 health center, Kulon Progo, Yogyakarta, in February 2019. A sample of 40 mothers with children aged 7 to 23 months was selected by total sampling. The dependent variable was stunting prevention behavior. The independent variable was knowledge. The data were collected by questionnaire and analyzed by a simple linear regression.

Results: High knowledge improved stunting prevention behavior in children aged 7 to 23 months ($b = 0.27$; $p < 0.001$).

Conclusion: High knowledge improves stunting prevention behavior in children aged 7 to 23 months.

Keywords: knowledge, prevention behavior, stunting

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