EFFECT OF EXCLUSIVE BREASTFEEDING ON STUNTING IN CHILDREN UNDER FIVE AT PEDAN HEALTH CENTER, KLATEN, CENTRAL JAVA, INDONESIA

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ABSTRACT

Background: Stunting has been associated with increased child morbidity and mortality, lower educational performance during childhood, and later-life reduced socioeconomic status, and increased metabolic diseases. Nutrition is one of the key factors to achieve adequate child growth and development along with additional individual, household, and contextual factors. In particular, breastfeeding has been associated with multiple maternal and child health benefits. The purpose of this study was to examine the effect of exclusive breastfeeding on stunting in children under five in Pedan health center, Central Java.

Subjects and Method: This was a case control study conducted at Pedan health center, Klaten, Central Java, Indonesia. A sample of 82 children under five was selected by purposive sampling. The dependent variable was stunting. The independent variable was exclusive breastfeeding. The data were collected by questionnaire and analyzed by Chi-square.

Results: Children with non exclusive breastfeeding were at risk for stunting than those with exclusive breastfeeding (OR= 3.61; 95% CI= 1.50 to 8.64; p= 0.003).

Conclusion: non exclusive breastfeeding were at risk for stunting

Keywords: exclusive breastfeeding, stunting, children under five