

# THE EFFECTS OF NUTRITION STATUS AND BREASTFEEDING ON CHILD DEVELOPMENT AGED 3-6 YEARS: EVIDENCE FROM TANJUNG JABUNG TIMUR, JAMBI

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## ABSTRACT

**Background:** Good nutrition and adequate stimulation for early learning are estimated as essential components for child development. The purpose of this study was to determine nutritional factors associated with child development aged 3-6 years.

**Subjects and Method:** A cross sectional study was carried out at 25 preschools in Tanjung Jabung Timur, Jambi, Indonesia, from September to October 2019. A sample of 200 children aged 3-6 years was selected by stratified random sampling. The dependent variable was child development. The independent variables were child nutritional status, dietary pattern, exclusive breastfeeding, maternal education, maternal employment, and family income. Child development was measured by early childhood developmental screening. The other variables were collected by questionnaire. The data were analyzed by a multiple logistic regression.

**Results:** Child development improved with good nutritional status (b= 1.86; 95% CI= 0.54 to 3.19; p= 0.006), exclusive breastfeeding (b= 0.58; 95% CI= -0.67 to 1.84; p= 0.363), good dietary pattern (b= 1.55; 95% CI= 0.31 to 2.79; p= 0.014), maternal education ≥Senior high school (b= 2.27; 95% CI= 0.98 to 3.55; p= 0.001), and family income ≥Rp 2,840,000 (b= 1.84; 95% CI= 0.34 to 3.33; p= 0.016). Child development decreased with mother working outside the house (b= -1.31; 95% CI= -2.42 to -0.19; p=0.021).

**Conclusion:** Child development improves with good nutritional status, exclusive breastfeeding, good dietary pattern, maternal education ≥Senior high school, and family income ≥Rp 2,840,000. Child development decreases with mother working outside the house

**Keywords:** child development, nutritional status, exclusive breastfeeding

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