THE RELATIONSHIP OF EARLY BREASTFEEDING INITIATION AND EXCLUSIVE ASI ON THE INCIDENT OF STUNTING TODDLER AGES (6-59 MONTHS) IN OGAN ILIR DISTRICT

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ABSTRAK : HUBUNGAN INISIASI MENYUSUI DINI (IMD) DAN ASI EKSKLUSIF TERHADAP KEJADIAN STUNTING BALITA USIA (6-59 BULAN) DI KABUPATEN OGAN ILIR

Latar Belakang: Berdasarkan data dari hasil Studi Status Gizi Indonesia (SSGI, 2022), prevalensi kejadian balita yang mengalami stunting pada tahun 2022 adalah 21.6%, dimana hasil tersebut telah mengalami penurunan sebesar 2.8% dari tahun sebelumnya sebesar 24,4%. Sementara itu, target penurunan stunting yang harus dicapai pada tahun 2024 sebesar 14%.

Tujuan: Untuk mengetahui Hubungan antara Inisiasi Menyusu Dini (IMD) dan ASI Eksklusif terhadap kejadian stunting pada balita usia 6-59 bulan di Kabupaten Ogan Ilir.

Metode: Penelitian kuantitatif dengan menggunakan pendekatan *Case Control.* Populasi pada penelitian ini adalah semua Ibu yang memiliki balita usia 6-59 bulan di Kabupaten Ogan Ilir. Jumlah sampel yaitu 67 kasus dan 134 kontrol perbandingan 1:2, dengan teknik pengambilan sampel yaitu *Purposive Sampling*.

Hasil: Berdasarkan hasil uji analisis antara Inisiasi Menyusu Dini (*p-value*=0,695,OR=0.752), ASI Eksklusif (*p-value*=0,647>0,05, OR=0.829), Pendidikan (*p-value*=0,878>0,05, OR=1.099), Pengetahuan (*p-value*=1.000>0,05, OR=1.031), dan Pendapatan (*p-value*=0,719>0,05, OR=1.294). Hal ini menunjukkan bahwa tidak ada hubungan antara Inisiasi Menyusu Dini, ASI Eksklusif, Pendidikan, Pengetahuan, dan Pendapatan dengan kejadian stunting di Kabupaten Ogan Ilir.

Kesimpulan: Tidak ada hubungan antara Inisiasi Menyusu Dini, ASI Eksklusif, Pendidikan, Pengetahuan, dan Pendapatan terhadap kejadian stunting pada balita usia 6-59 bulan di Kabupaten Ogan Ilir.

Saran: Tetap melaksanakan intervensi spesifik dan sensitif, melibatkan beberapa pihak seperti dinas kesehatan, dinas lingkungan hidup, serta melaksanakan monitoring dan evaluasi secara berkelanjutan.

Kata kunci: ASI Eksklusif, Inisiasi Menyusui Dini, dan Stunting.

ABSTRACT

Background: Based on data from the Indonesian Nurtrition Status Study (SSGI 2022), the prevalence of stunting among under-fives in 2022 was 21.6%, which has decreased by 2.8% from previous year of 24.4%. Meanwhile, the stunting reduction target that must be achieved by 2024 is 14%.

Objective: To determine that relationship between Early Breastfeeding Initiation (IMD) aand Exclusive Breastfeeding on the incidence of stunting in toddlers aged 6-59 months in Ogan Ilir Regency.

Methods: Quantitative research using a Case Control approach. The population in this study were all mothers who had toddlers aged 6-59 months in Ogan Ilir Regency. The number of samples was 67 cases and 134 controls in a ratio of 1:2, with the sampling technique being Purposive Sampling.

Result: based on the results of the analysis test between Early Breastfeeding Initiation (p-value=0.695>0.05, OR=752), Exclusive Breastfeeding (p-value=0.647>0.05, OR=0.829), Education (p-value=0.878>0.05, OR=1.099), Knowledge (p-value=1.000>0.05, OR=1.031), and Income (p-value=0.719>0.05, OR=1.294). This shows that there is no association between Early Breasfeeding Initiation, Exclusive Breasfeeding, Education, Knowledge, and Income with the incidence of stunting in Ogan Ilir District.

Conclusion: There is no association between Early Breasfeeding Initiation, Exclusive Breasfeeding, Education, Knowledge, and Income on the incidence of stunting among children under 6-59 months of age in Ogan Ilir Regency.

Suggestion: Continue to implement specific and sensitive interventions, involve several parties such as the health department, the environmental department, and carry out continuous monitoring and evaluation.

Keywords: Exclusive Breastfeeding, Early Breastfeeding Initiation, and Stunting.

INTRODUCTION

Stunting is a disorder characterized by impaired growth of children under the age of 5, mainly due to chronic malnutrition. This condition is most prevalent during the first 1,000 days of life (HPK), from fetal development until the child reaches 24 months of age. Stunting can impair the cognitive and physical development of children's brains, increasing their vulnerability to chronic diseases in adulthood (Adriani et al., 2022).

Stunting as defined by the World Health Organization (WHO) is a condition of stunted child development due to malnutrition and frequent infections. A PB/U or TB/U index z score of less than -2 SD (standard deviation) indicates that the length or height is below the specified standard. In addition, inadequate psychosocial stimulation is also a contributing factor. Therefore, factors such as environmental hygiene, maternal nutritional status, diet, and the prevalence of childhood diseases are significant contributors to the occurrence of stunting in children (Sendra & Indriani, 2022).

For children under five years of age, Indonesia had the second highest stunting rate in Southeast Asia in 2020, at 31.8% (ADB, 2021). This is higher than the 20% threshold set by the World Health Organization. Based on the statistics of the Study on the Status of Nutrition in Indonesia (SSGI, 2022), the proportion of under-fives suffering from stunting in 2022 is 21.6%. This figure shows a decrease of 2.8% compared to the previous year of 24.4%. The stunting reduction target that must be achieved by 2024 is 14%. To reduce the prevalence of stunting in Indonesia, the government has implemented Presidential Regulation Number 72 of 2021. This regulation aims to accelerate stunting reduction through a holistic, interactive and quality approach. It emphasizes coordination, synergy, and synchronization between stakeholders, in line with the National Strategy to Accelerate Stunting Reduction. The main goal is to achieve the sustainable development goals by 2030 (Perpres, 2021).

In 2022, based on SSGI (2022), the incidence of stunting in children under five in South Sumatra was 18.6%. South Sumatra itself has 13 district governments and four city governments, where one of the districts is Ogan Ilir Regency. The prevalence of stunting in Ogan Ilir Regency is 24.9%, which is the second highest prevalence of stunting in children under five in South Sumatra. (Kementerian Kesehatan Republik Indonesia, 2022).

According to the WHO, improper implementation of IMD and inadequate availability of breast milk contribute to stunting. Breast milk, also known as human milk or lactation, is a biological fluid that results from the exocrine secretion of the mammary glands in the mother's breast. Infants aged 0-6 months should consume only breast milk, without any addition or substitution with other foods or drinks (Hamzah, 2022). The initiation of breastfeeding in infancy is very important to meet the nutritional needs of the child, which includes important components such as antibody hormones, immunological factors, and antioxidants (Chairunnisa et al., 2020).

Based on Kementerian Kesehatan Republik Indonesia (2021), According to the Ministry of Health of the Republic of Indonesia (2021), the proportion of toddlers who received exclusive breastfeeding in Indonesia in 2020 was 66.1%. However, this figure decreased by 9.2% in 2021 to 56.9%. Meanwhile, exclusive breastfeeding coverage in South Sumatra is 45.4%. Meanwhile, in Ogan Ilir Regency, the achievement of exclusive breastfeeding reached 59.1% (Ilir, 2021). he value is still far from the national target of exclusive breastfeeding rate of 80%.

For breastfeeding to be successful, it is important to initiate breastfeeding as soon as possible after delivery. Early initiation of breastfeeding (IMD) refers to the practice of initiating breastfeeding immediately after delivery through direct skin-to-skin contact between the mother and her baby, lasting a minimum of one hour. IMD offers several benefits, including the potential to reduce newborn mortality, improve respiratory function, stabilize the baby's heart rate, increase the baby's immune system, support the continuation of exclusive breastfeeding and prolonged breastfeeding (Kemenkes RI, 2022).

The incidence of infectious and parasitic diseases (IMD) in South Sumatra is 84% according to the Kementrian Kesehatan RI pada Tahun 2022. According to the Central Bureau of Statistics in 2022 the coverage of Early Breastfeeding Initiation (IMD) in Ogan Ilir Regency was 22.91%. This shows that the goal of providing IMD has not been achieved. Research findings Salamah dan Prasetya (2019), showed a strong correlation between successful IMD and exclusive breastfeeding, with an odds ratio (OR) of 5.907. Thus, compared to mothers who did not perform IMD, mothers who performed IMD were five times more likely to provide exclusive breastfeeding.

In an effort to reduce infant mortality and morbidity, UNICEF and WHO recommend exclusive breastfeeding for at least six months. Subsequent introduction of solid foods occurs after the child reaches 6 months of age, but breastfeeding continues until the child reaches two years of age. Exclusive breastfeeding is essential for optimal growth, development and well-being of the child. In

addition to reducing the likelihood of disease later in life, breast milk can also boost a child's immune system. Consistently providing exclusive breastfeeding to children will improve the baby's immune system, reducing the risk of contracting certain diseases (Upik *et al*., 2023).

Breast milk consists of about 88% water. Water plays an important role in regulating body temperature, as babies lose 25% of their body heat through water removal through the kidneys and skin. The main energy sources in breast milk are carbohydrates and lipids, while carbohydrates are mostly represented by lactose. In addition, breast milk contains glucose, galactose and glucosamine, which have significant contributions to brain development and suppress the growth of pathogenic bacteria. 10% of the total comes from protein, specifically casein, serum albumin and other glycoproteins. In addition, breast milk is rich in amino acids that play an important role in promoting brain development, supporting retinal formation, and facilitating bilirubin conjugation (Susu & Asi, 2020)

Pramulya *et al.* 2021 conducted a study that showed that most toddlers who were exclusively breastfed did not suffer from stunting, namely 33 toddlers (84%). Conversely, toddlers who are not exclusively breastfed, the majority experience stunting, as many as 38 toddlers are affected. The percentage was 71.7%. Lestari & Dwihestie (2020), showed that 37.1% of the 26 children studied were stunted, a higher percentage than toddlers who were not stunted and exclusively breastfed, which was 34.3%.

Children who are not exclusively breastfed are more likely to experience malnutrition and stunted growth due to the absence of essential elements contained in breast milk. Researchers want to know the relationship between the implementation of IMD and Exclusive Breastfeeding with the occurrence of stunting in children aged 6-59 months in Ogan Ilir District, South Sumatra, in 2023.

RESEARCH METHODS

This study used a quantitative methodology based on a case-control design. The participants were mothers who lived in Ogan Ilir District and had children aged 6-59 months. There were 67 cases and 134 controls in the sample, with a ratio of 1:2. Purposive sampling is a method for the sampling process. The study used a questionnaire instrument that had undergone rigorous testing to ensure validity and reliability. Data collection was conducted over seven days. Researchers administered questionnaires and conducted face-to-face interviews regarding exclusive breastfeeding and early breastfeeding initiation. Chi-Square test was used for data analysis.

RESEARCH RESULTS

Univariate Analysis

Based on table 1, it is known that of the 201 respondents, the average age is 32 years old with the oldest age being 45 years old and the youngest age being 18 years old. It is known that the average monthly parental income is IDR 2,531,069 with the highest income is IDR 25,000,000 and the lowest income is IDR 2,000,000. It is known that the average PB/TB is 81 cm with the maximum PB/TB is 101 cm and the minimum PB/TB is 47 cm.

Table 1
Frequency Distribution Based on Respondent Characteristics

Variables	Max Value	Min Value	Average
Age	45 Tahun	18 Tahun	31.52
Revenue	25.000.000	2.000.000	2.531.069
PB/TB	101 cm	47 cm	81 cm

Table 2
Frequency distribution based on respondent characteristics

Variables	Frequency	Percentage (%)
Education		
<SMA	123	61.2
≥SMA	78	38.8
Jobs		
Housewife	175	87.1
Working Mom	26	12.9

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Revenue		
<Rp3.404.177	173	86.1
≥Rp3.404.177	28	13.9
Gender		
Male	102	50.7
Female	99	49.3
Stunting		
Stunting	67	33.3
Normal	134	66.7
Early Breastfeeding Initiation		
No IMD	180	89.6
IMD	21	10.4
Exclusive Breastfeeding		
Not exclusively breastfed	28	37.8
Exclusive breastfeeding	46	62.2

Based on table 2, it is known that out of 201 respondents, the majority of respondents have an education <SMA as many as 123 respondents (61.2%). It is known that 175 respondents (87.1%) work as housewives. It is known that 173 respondents (86.1%) have an income of <Rp3.404.177. it is known that 102 (50.7%) respondents are male and 99 (49.3%) are female. It is known that there are 134 toddlers who do not experience stunting (33.3%). It is known that most toddlers do not early breastfeeding Initiation as many as 180 (89.6%). And it is known that 46 toddlers are given exclusive breastfeeding (37,8%).

Bivariate Analysis

Table 3
Relationship between IMD, exclusive breastfeeding, education, knowledge, and income on the incidence of stunting in toddlers aged 6-59 months in Ogan Ilir Regency in 2023

Variables	Incidence of Stunting						OR	P-value
	Stunting		Normal		Total			
	f	%	f	%	f	%		
IMD								
No IMD	58	86.6	120	89.6	178	88.6		
IMD	9	13.4	14	10.4	23	11.4	0.752	0.695
Total	67	100	100	100	201	100		
Exclusive breastfeeding								
Not exclusively breastfed	25	37.3	56	41.8	81	40.3	0.829	0.647
Exclusive breastfeeding	42	62.7	78	58.2	120	59.7		
Education								
<SMA	42	62.7	81	60.4	123	61.2	1.099	0.878
≥SMA	25	37.3	53	39.6	78	38.8		
Knowledge								
Low	36	53.7	73	54.5	109	54.2	1.031	1.000
High	31	46.3	61	45.5	92	45.8		
Revenue								
<Rp3.404.177	59	88.1	114	85.1	173	86.1	1.294	0.719
≥Rp3.404.177	8	11.9	20	14.9	28	13.9		

Table 3 shows that out of a total of 134 control respondents and 67 case respondents, 86.6% of children whose parents did not apply IMD experienced stunting, while 10.4% of children whose parents applied IMD experienced normal development. Exclusive breastfeeding variables by not providing exclusive breastfeeding in toddlers with stunting cases 25 respondents (37.3%) and toddlers who are given exclusive breastfeeding do not experience stunting 78 respondents (58.2%).

Mother's education variable with mother's education <SMA who had stunted toddlers 42 respondents (62.7%) and mother's education ≥SMA who did not have stunted toddlers 53 respondents (39.6%), and knowledge variables with low knowledge who had stunted toddlers 36 respondents (53.7%) and high knowledge with those who did not have stunted toddlers 61 (45.5%), and parental income variables with income <IDR 3,404,177 who had stunted toddlers 59 respondents (88.1%) and income IDR 3,404,177 who did not have stunted toddlers 20 respondents (14.9%).

The p-value on the variables of Early Breastfeeding Initiation (0.695), Exclusive Breastfeeding (0.647), Education (0.878), Knowledge (0.970), and Income (0.773) based on Chi-Square statistical test. Early breastfeeding initiation, exclusive breastfeeding, education, knowledge, and income did not have a significant relationship with the incidence of stunting in children aged 6-59 months in Ogan Ilir District (p-value greater than 0.05).

DISCUSSION

The relationship between IMD and the incidence of stunting

Research in Ogan Ilir District showed that 86.6% of children under five did not receive timely initiation of breastfeeding, resulting in stunting. Of the children who were given IMD, 13.4% experienced stunting. The p-value of 0.695 shows that there is no significant relationship between IMD and the incidence of stunting in toddlers aged 6-59 months in Ogan Ilir Regency. Research conducted in the Gambus 1 Health Center Working Area on toddlers aged 24-59 months did not reveal any relationship between IMD history and the occurrence of stunting (Mentari & Artikel, 2020). This relationship is not statistically significant, because the p-value of 0.494 is greater than 0.05.

Sunartiningsih et al (2021), said there was a significant relationship between early breastfeeding initiation and the occurrence of stunting in toddlers aged 12-24 months, with a p-value of 0.000 <0.05. Government Regulation of the Republic of Indonesia Number 33 of 2012 mandates the implementation of early breastfeeding initiation. Based on this regulation, mothers are required to breastfeed their newborn babies for at least one hour (Government Regulation of the Republic of Indonesia Number 33 of 2012 concerning Exclusive Breastfeeding, 2012). Consistent with research Jebena dan Tenagashaw, (2022) Exclusive breastfeeding was more common among mothers who started breastfeeding within the first hour after delivery (odds ratio: 1.94) compared to mothers who did not breastfeed.

Reaching the nipple facilitates baby's access to colostrum. Colostrum, a nutrient-rich substance, is essential for newborns as it contains the protein immunoglobulin A, which provides protection for babies up to 6 months of age. Babies need essential minerals, such as calcium, potassium and sodium which are important for bone development. Therefore, infants who undergo IMD have many benefits over infants who do not undergo IMD, as it can reduce the likelihood of stunting in toddlers (Hanifa et al., 2023).

The relationship between exclusive breastfeeding and the incidence of stunting

Researchers in Ogan Ilir District found that 37.3% of toddlers were stunted because they were not exclusively breastfed. 62.7% of children under five who were exclusively breastfed were stunted. In Ogan Ilir District, children under 6-59 months showed no statistically significant correlation between stunting and exclusive breastfeeding (p-value = 0.647). This study found no correlation between the incidence of stunting in toddlers in the Buntu Batu Health Center Working Area of Enrekang Regency and whether or not exclusive breastfeeding was given (Syam et al., 2019).

Sjmj et al., (2020) found a correlation between exclusive breastfeeding and stunting in toddlers. Compared to toddlers who are exclusively breastfed, the risk of toddlers who are not breastfed is 0.102 times higher. WHO and UNICEF recommend exclusive breastfeeding for infants until the baby is six months old, because breast milk contains many complete and balanced nutrients that are very sufficient to meet the nutritional needs of infants. Exclusive breastfeeding contains special proteins that increase the baby's immunity from infections such as bacteria, viruses, and parasites (Rina Hizriyani & Toto Santi Aji, 2021).

Relationship between education level and the incidence of stunting

Research in Ogan Ilir District revealed that 62.7% of mothers with education levels below senior high school, who have toddlers suffer from stunting. As many as 37.3% of mothers with high school education and above and toddlers aged 6-59 months were stunted. The p-value of 0.878 indicates that the relationship between mother's education level and the incidence of stunting in this age group in Ogan Ilir Regency is not statistically significant. Research conducted by Rizcewaty et al. (2022), there was no significant relationship between the degree of

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education and the occurrence of stunting in the Working Area of the Kupang Island Health Center, Kapuas Regency. This study found a p value of 0.757, more than 0.05.

Husnaniyah et al. (2020), found a significant relationship between maternal education and the prevalence of stunting (p<0.05) in the Kandanghaur Indramayu Health Center Working Area. This study reported a p value of 0.005, which indicates strong statistical significance. Mother's education level was ascertained based on the last formal school completion. Utami RA et al. (2019) and Shodikin et al. (2023) found a strong correlation between mother's education and children's nutritional status. This relationship is due to the direct involvement of mothers in caring for children, especially in terms of food preparation and feeding. A mother's advanced level of education has a favorable influence on the child's growth and development. Therefore, mothers' awareness of the importance of maintaining health, including ensuring good nutrition for the family, providing nutritional care to children, and encouraging healthy lifestyles is increasing.

Relationship between knowledge level and the incidence of stunting

Research in Ogan Ilir District revealed that 53.7% of mothers who had limited knowledge about child growth and development had stunted toddlers. As many as 46.3% of mothers with a high level of knowledge and toddlers experience stunting. In Ogan Ilir District, the p-value of 1,000 indicates that the relationship between maternal knowledge and the incidence of stunting in children aged 6-59 months is not statistically significant. When looking at the correlation between stunting rates and mothers' knowledge of the condition, Abd Arafat et al. (2022) did not find a statistically significant relationship (p >0,05). Specifically, the study found a p-value of 0.367 at Sangurara Health Center, Palu City.

In 2020, researchers Sakit et al. (2022), examined the Sidrap District Health Center Working Area to determine the prevalence of stunting in children aged 12-59 months and the relationship between maternal knowledge and this condition. Munandar, in research Aziza et al. (2023) ound that the nutritional intake of toddlers is influenced by their mothers. The mother's level of knowledge plays an important role in determining food consumption patterns in toddlers, because it affects the selection of food types both in terms of quality and quantity. Mothers who have an adequate understanding of nutrition will prioritize the nutritional needs of their children to ensure healthy growth and development.

Relationship between income level and the incidence of stunting

Research in Ogan Ilir District revealed that 88.1% of parents with monthly incomes below Rp. 3,404,177 and toddlers were stunted. A total of 11.9% of parents with an income of at least IDR 3,404,177 and under-fives were stunted. In Ogan Ilir District, stunting children aged 6 to 59 months was not associated with parental income leve (p=0,719). Research conducted in the Gaya Baru Working Area of Bone Regency showed no association between income and the prevalence of stunting (Sudarm et al., (2022).

R.M Sari et al (2020) found the incidence of stunting in toddlers correlated with the income level of the parents. The study showed a significant p value of 0.004, supporting this relationship. The study was conducted in the Seginim Health Center Working Area, South Bengkulu Regency. The capacity of a family to provide adequate nutrition for their children depends on their financial status. A person's wealthy financial position can influence decision-making and the purchase of nutritious and diverse foods. However, when the economic situation of parents is low, it can have an impact on the occurrence of stunting in children due to not fulfilling adequate nutritional needs (Budiman et al., 2023).

CONCLUSIONS

In children in Ogan Ilir District aged 6 to 59 months, the study found no association between stunting and factors such as exclusive breastfeeding, early breastfeeding initiation, education, knowledge, or income.

Factors influencing the successful implementation of IMD, exclusive breastfeeding, education, knowledge, and income are the mother's knowledge and understanding of the importance of IMD obtained through counseling, pregnant women's classes, and counseling. Thus, mothers are motivated to implement IMD. Family and environmental support in the form of physical, emotional, and financial support. Maternal health conditions where mothers who do not experience complications of pregnancy and childbirth will be easier to breastfeed their children and carry out IMD. Maternal behavior that supports exclusive breastfeeding. Availability of adequate information and education obtained through health workers and mass media. Mother's ability to absorb good information. Mother's motivation to learn is high to seek and absorb information. And a high level of education affects parents' knowledge and income, parents will have good skills and knowledge, making

it easier to get high income and knowledge in meeting children's nutritional needs.

SUGGESTION

For sensitive interventions, this approach includes increasing the availability of uncontaminated water and proper sanitation, improving the accessibility and standards of nutrition and health services, increasing awareness, dedication, and nutrition care practices among mothers and children, and expanding nutrition care practices among mothers and children. For sensitive interventions, this approach includes increasing the availability of uncontaminated water and proper sanitation, improving the accessibility and standard of nutrition and health services, increasing awareness, dedication and nutritional care practices among mothers and children, and expanding access to nutritious foods.

Involving several related parties such as the South Sumatra Provincial Health Office, the Ogan Ilir District Health Office, and health centers as the main parties in implementing the intervention. The Environmental Agency plays a role in improving environmental quality, such as reducing water pollution in the Ogan Ilir Regency area. Furthermore, carrying out ongoing monitoring and evaluation of food and infections that can increase the incidence of stunting. To better understand the causes of stunting in children in Ogan Ilir District, additional research is needed.

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