

RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING, MOTHER'S KNOWLEDGE AND ATTITUDE ABOUT NUTRITION AND NUTRITIONAL STATUS OF INFANTS

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ABSTRAK HUBUNGAN ANTARA PEMBERIAN ASI EKSKLUSIF, PENGETAHUAN IBU TENTANG GIZI, DAN SIKAP IBU TERHADAP STATUS GIZI BAYI

Latar Belakang: Gizi merupakan salah satu faktor penentu keberhasilan dalam mencapai pertumbuhan dan perkembangan yang optimal pada masa bayi. Beberapa faktor yang mempengaruhi status gizi bayi antara lain ASI, pengetahuan ibu tentang gizi, dan sikap ibu terhadap pentingnya gizi pada bayi. Menurut WHO (World Health Organization), pada tahun 2022 persentase balita dengan status gizi buruk adalah 52,4%. Secara spesifik, Indonesia menempati urutan ke-108, dengan persentase tertinggi adalah Jawa Tengah (70,9%), diikuti Papua (68,0%). Selain itu status gizi bayi dapat diukur dengan indeks berat badan per umur (BB/U), tinggi badan per umur (BB/U), dan berat badan per tinggi badan (BB/B).

Tujuan untuk mengetahui hubungan pemberian ASI eksklusif, pengetahuan ibu tentang gizi anak,

Metode: Penelitian kuantitatif ini menggunakan desain analitik dengan pendekatan cross-sectional. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki bayi berusia 7-12 bulan di Desa Mandah Kecamatan Natar Kabupaten Lampung Selatan pada bulan Januari sampai Februari 2022 yang berjumlah 89 responden. Dalam penelitian ini teknik pengambilan sampel yang digunakan adalah total sampling dengan menggunakan analisis data univariat dan bivariat dengan uji chi-square.

Hasil uji statistik didapatkan nilai p-value ASI eksklusif 0,020, pengetahuan 0,031, dan sikap 0,037, atau p-value < 0,05.

Kesimpulan adanya hubungan antara pemberian ASI eksklusif, pengetahuan ibu tentang gizi anak, dan sikap ibu terhadap status gizi bayi di Desa Mandah Kecamatan Natar Kabupaten Lampung Selatan Tahun 2022.

Saran diharapkan dapat menjadi bahan informasi kesehatan tentang hubungan antara pemberian ASI eksklusif, pengetahuan ibu tentang gizi anak, dan sikap ibu terhadap status gizi bayi sehingga angka cakupan gizi bayi dapat tercapai.

Kata kunci: ASI eksklusif, pengetahuan, sikap, dan status gizi

ABSTRACT

backgrounds: Nutrition is one of the factors determining success in achieving optimal growth and development in infancy. Several factors affect the nutritional status of infants, including breastfeeding, mothers' knowledge about nutrition, and mothers' attitudes towards the importance of nutrition in infants. According to WHO (World Health Organization), in 2022, the percentage of infants with poor nutritional status is 52.4%. Specifically, Indonesia ranks 108th, with the highest percentage being Central Java (70.9%), followed by Papua (68.0%). In addition, infant nutritional status can be measured by the index of weight per age (W/A), height per age (H/A), and weight per height (W/H).

Purpose this study aims to determine the relationship between exclusive breastfeeding, mothers' knowledge about child nutrition,

Method This quantitative research used an analytical design utilizing a cross-sectional approach. The population in this study was all mothers with infants aged 7-12 months in Mandah Village, Natar Sub-District, South Lampung Regency, from January to February 2022, totaling 89 respondents. In this study, the sampling technique employed was total sampling using univariate and bivariate data analysis with chi-square test.

Results Based on the statistical tests, the p-value of exclusive breastfeeding was 0.020, knowledge was 0.031, and attitude was 0.037, or a p-value < 0.05.

Conclusion a relationship between exclusive breastfeeding, mothers' knowledge about child nutrition, and mothers' attitudes towards the nutritional status of infants in Mandah Village, Natar Sub-District, South Lampung Regency in 2022.

Suggestions: study is expected to be material for health information about the relationship between exclusive breastfeeding, mothers' knowledge about child nutrition, and mothers' attitudes towards the nutritional status of infants so that infant nutrition coverage rates can be achieved.

Keywords: Exclusive breastfeeding, knowledge, attitudes, and nutritional status

INTRODUCTION

International guidelines that recommend exclusive breastfeeding for the first 6 months are based on scientific evidence about the benefits of breastfeeding for the baby's survival, growth and development. Breast milk provides all the energy and nutrition (nutrients) needed by babies during the first 6 months after birth. Exclusive breastfeeding can reduce infant mortality rates due to various illnesses that afflict them and accelerate recovery when sick and help space births (Prasetyono, 2013).

According to the World Health Organization (WHO) in 2020, it stated that the number of babies reached 46,280 million people, of these, only 32.8% of babies were properly and properly breastfed, 12.5% were not breastfed due to many factors that influenced the breastfeeding, one of which is the factor from the mother (level of mother's knowledge, mother's health status, and abnormalities in breastfeeding (WHO, 2020).

Exclusive breastfeeding tends to decrease in various developing countries including Indonesia, according to data from the 2014-2015 SKDI (Indonesian Demographic and Health Survey) the coverage of exclusive breastfeeding in Indonesia in infants aged 4-5 months is 14%, lower than the target coverage of breastfeeding exclusive in Indonesia by 80%.

Nutrition is one of the factors that determine success in achieving optimal growth and development during infancy. The golden period of growth requires proper nutritional support. Malnutrition that occurs early in life can result in growth faltering (failure to thrive) to become a child who is shorter than normal. In addition, malnutrition can affect cognitive development, infant morbidity and mortality. Good nutrition will accelerate recovery and reduce the intensity (severity) of infectious diseases in infants (Fikawati, 2012).

According to research Linawati & Augustine (2020), respectively in general, it is shown that exclusive breastfeeding for infants during the first 6 months of life can prevent malnutrition. In theory it is reasonable that breast milk is very important to meet the needs of the baby in all respects. Breast milk is a food that is hygienic, cheap, easy to give, and is readily available for babies. Breast milk is the only food a baby needs during the

first 6 months of life to become a healthy baby. Its dynamic composition and according to the baby's needs make breast milk the optimal nutritional intake for babies. Breast milk and plasma have the same ion concentration, so the baby does not need additional fluids or food. Breast milk is superior to other foods for babies such as formula milk, because the protein content in breast milk is lower than in cow's milk so it doesn't burden the kidneys, the type of protein is easily digested. In addition, breast milk contains fat in the form of essential amino acids, saturated fatty acids, medium chain triglycerides, and cholesterol in amounts sufficient for the baby's needs.

Mother's understanding and knowledge about exclusive breastfeeding from the age of 0-6 months is very important. Parents should be prepared in terms of knowledge about the growth and development of the baby. The purpose of knowledge is to gain certainty and eliminate prejudice due to uncertainty and also to know and understand matters regarding breastfeeding and complementary feeding. Lack of mother's knowledge about the importance of breastfeeding makes exclusive breastfeeding programs not run smoothly. In fact, knowledge in terms of health aims to increase awareness, willingness, and ability for everyone to realize the highest degree of public health (Rahmad, 2017).

According to the WHO (World Health Organization) in 2020, the percentage of infants with undernourished status was 52.4%. Indonesia ranks 108th, the highest percentage is Central Java Province (70.9%) followed by Papua Province (68.0%). Infant nutritional status can be measured by index of body weight for age (BB/A), height for age (TB/A) and weight for height (BB/TB).

South Lampung Regency is one of the regencies in Lampung Province with a relatively high malnutrition rate, in 2019 the malnutrition rate reached 3.3% and in 2020 it reached 4.2%, and in 2021 the malnutrition rate reached 6.4%. The factor that greatly influences the occurrence of malnutrition in South Lampung Regency is the lack of coverage percentage of breastfeeding in infants aged 0-6 months. (South Lampung Health Office, 2021).

Data on the coverage of exclusive breastfeeding for infants aged 0-6 months in the

Working Area of the Branti Raya Natar Health Center, South Lampung Regency in 2019 was 4.34% with good nutrition coverage only reaching 7.12% and in 2020 it decreased by 3.12% with coverage good nutrition only reached 7.43% and those who were not breastfed were 12.5% due to many factors influencing breastfeeding, one of which was the mother's knowledge (level of mother's knowledge, mother's occupation, and mother's attitude). treated immediately it will have an impact on decreasing the nutritional status of infants (PKM Branti Raya Natar Profile, 2020).

Mandah Village is one of the villages in the working area of the Branti Raya Natar Health Center, South Lampung, Mandah village itself has 5 posyandu care, where every month the average number of babies attending the posyandu reaches 15-23 babies aged 4-12 months. Based on the pre-survey that the researchers conducted on 5 posyandu (jasmine, tulips, ylang, orchids and roses), it was found 91 babies aged 4-12 months, after observation it was found that 12 babies had malnutrition, 5 babies were malnourished and the results of interviews with 21 babies also it was found that 12 babies were not given exclusive breastfeeding, this was due to the lack of knowledge of mothers about exclusive breastfeeding, overestimating breastfeeding and the lack of motivation of mothers to give milk to babies

Based on the description above, the researcher is interested in taking the title "Relationship of Exclusive Breastfeeding, Knowledge and Attitudes of Mothers About Child Nutrition with the Nutritional Status of Infants in Mandah Village, Natar District, South Lampung Regency in 2022".

RESEARCH METHODS

The type of research used in this research is quantitative, namely research based on the philosophy of positivism, used to examine certain populations and samples, data collection uses research instruments, data analysis is quantitative statistics with the aim of testing hypotheses (Sulistyaningsih, 2016).

The design in this study uses analytic, which means research that explores how and why health phenomena occur, using a cross-sectional approach, namely collecting risk factors/causes (independent variables) and effects/effect (dependent variables) simultaneously (Sulistyaningsih, 2016).

Population, Sample and Sampling Technique

Population

The population is the entire research object to be studied (Setiadi, 2017). The population in this

study were all mothers who had babies aged 7-12 months in Mandah Village, Natar District, South Lampung Regency from January to February 2022 who came from Posyandu Mawar, Melati, Kenanga, Tulip and Anggrek totaling 89 respondents.

Sample

The research sample is part of the entire object under study and is considered to represent the entire population (Setiadi, 2017). The sample in this study were all mothers who had babies aged 7-12 months in Mandah Village, Natar District, South Lampung Regency from January to February 2022 who came from Posyandu Mawar, Melati, Kenanga, Tulip and Anggrek totaling 89 respondents. In this study the sampling technique used was Total Sampling, this is because the available population is <100 respondents (Notoatmodjo, 2014).

RESEARCH RESULTS AND DISCUSSION

Research result

Table 1
Respondent Characteristics

Respondent Age	Frequency	Percentage (%)
20 – 35 Years	84	94.3
> 35 Years	5	5,7
Education		
JUNIOR HIGH SCHOOL	35	39.3
SENIOR HIGH SCHOOL	48	53.9
D3	2	2.2
S1	4	4.5
Work		
Laborer	8	9.0
IRT	43	48.3
Self-employed	15	16.9
Private	17	19.1
civil servant	6	6.7

Based on table 1, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents are aged 20-35 years, totaling 84 respondents (94.3%), high school education totaling 48 respondents (53.9%), and having work as IRT, amounting to 43 respondents (48.3%)

Univariate analysis

Table 2
Breastfeeding

Breastfeeding	Frequency	Percentage (%)
Yes	49	55.1
No	40	44.9

Based on table 2, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents gave ASI to babies, totaling 49 respondents (55.1%).

Table 3
Knowledge

Knowledge	Frequency	Percentage (%)
Good	57	64.0
Not good	32	36.0

Based on table 3, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents have good knowledge, totaling 57 respondents (64.0%).

Table 4
Attitude

Attitude	Frequency	Percentage (%)
Positive	43	48.3
Negative	46	51.7

Based on table 4, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents have a negative attitude, totaling 46 respondents (51.7%).

Table 5
Baby Nutritional Status

Baby Nutritional Status	Frequency	Percentage (%)
Good Nutrition	51	57.3
Malnutrition	38	42.7

Based on table 5, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of infants have good nutritional status, totaling 51 respondents (57.3%).

Bivariate Analysis

To find out the relationship between exclusive breastfeeding, knowledge and attitudes of mothers about nutrition and the nutritional status of babies in

Mandah Village, Natar District, South Lampung Regency in 2022, bivariate analysis was used, namely:

Relationship Between Exclusive Breastfeeding and Infant Nutritional Status

Known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 49 babies who were given exclusive breastfeeding, there were 34 babies (69.4%) who had good nutritional status, while of the 40 babies who were not given exclusive breastfeeding, there were 23 babies (57.5%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.020 or p-value <0.05 is obtained, which means that there is a relationship between exclusive breastfeeding and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 3.067, which means babies who are not exclusively breastfed will be 3 times more likely to experience malnutrition compared to babies who are given exclusive breastfeeding.

Relationship Between Knowledge and Infant Nutritional Status

Known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 57 respondents who had good knowledge, there were 38 babies (66.7%) who had good nutritional status, while of the 32 respondents who had poor knowledge, there were 19 babies (59.4%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.031 or p-value <0.05 is obtained, which means that there is a relationship between knowledge and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 2.923, which means that respondents with poor knowledge will have the opportunity 2 times more babies experience malnutrition compared to respondents who have good knowledge.

The Relationship Between Attitudes With Infant Nutritional Status

Known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 43 respondents who had a positive attitude, there were 30 babies (69.8%) who had good nutritional status, while out of 46 respondents who had a negative attitude, there were 25 infants (54.3%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.037 or p-value <0.05 is obtained, which means that there is a relationship between attitude and the

nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 2.747, which means that respondents with a negative attitude will have a 2 times more babies experience malnutrition compared to a positive attitude.

DISCUSSION

Univariate

Breastfeeding

Based on the results of the research, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents gave ASI to babies, totaling 49 respondents (55.1%).

Exclusive breastfeeding is a baby who is only given breast milk without additional fluids such as formula milk, oranges, honey, tea, water, and without additional solid foods, such as bananas, papaya, milk porridge, biscuits, rice porridge, and the team from birth to 6 months old (Roesli, 2012). Some of the benefits of breastfeeding for babies are as follows: Can help start their life well, Contains antibodies, Breast milk contains the right composition, Reduces the incidence of dental caries, Gives a sense of security and comfort to the baby and there is a bond between mother and baby, Avoids allergies,

The results of the above study are in line with Linawati & Heni Agustina's research (2020) concerning the Relationship between Exclusive Breastfeeding and the Nutritional Status of Infants 7-12 Months in the Working Area of the Kalianda Health Center, South Lampung, which states that Statistical test results showed that most of the respondents gave ASI, amounting to 35 (55.2%).

Based on the results of the research above, according to the researchers, most of the respondents gave ASI to infants by 55.1%, but there were still 44.9% of respondents who did not give ASI, so it was still far from the target coverage of breastfeeding. There are several reasons why mothers do not give ASI, namely because most respondents have low education (SMP) reaching 39.3% so respondents do not get health information and do not have knowledge about the importance of breastfeeding, and there are also respondents who still have a negative attitude of 51.7% so that respondents considered that breastfeeding is not so important to give to babies.

Knowledge

Based on the results of the research, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of

respondents have good knowledge of 57 respondents (64.0%).

The results of this study are in line with the theory of Notoadmojo (2010), knowledge is the result of knowing and this occurs after people sense a certain object. Sensing occurs through the human senses, namely the senses of sight, hearing, smell, taste and touch. By itself at the time of sensing so as to produce knowledge is strongly influenced by the intensity of attention and perception of objects. Most of human knowledge is obtained through the eyes and ears. Knowledge or cognitive domain is a very important domain in shaping one's actions (over behavior) (Fitriani, 2010).

This research is in line with Mariane Wowor's research on the Relationship of Knowledge and Attitudes with Exclusive Breastfeeding for Breastfeeding Mothers at the Bahu City Health Center in Manado, stating that the results showed that 33 respondents (86.8%) had good knowledge.

Based on the results of the research, it is known that most of the respondents have good knowledge of 64.0%, but there are still 36.0% of respondents who have less knowledge, this is due to the low education of respondents (junior high school) reaching 39.3% so that respondents receive less information health and have no knowledge about the nutritional status of infants and there are some respondents who have self-employed and labor jobs of 25.9%, so they have less time to pay attention to and provide for the baby's food and drink needs while at home.

Attitude

Based on the results of the research, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents have a negative attitude, totaling 46 respondents (51.7%).

The results of this study are in line with the theory of Notoatmojo (2010), Attitude is a general evaluation that humans make of themselves, other people, objects or issues. Attitude is a reaction or response of someone who is still closed to stimuli and views or feelings accompanied by a tendency to act according to the object.

This research is in line with Mariane Wowor's research on the Relationship of Knowledge and Attitudes with Exclusive Breastfeeding for Breastfeeding Mothers at the Bahu City Health Center in Manado, stating that the results of the study showed 38 respondents (88.6%) had a negative attitude.

Based on the results of the research that the researchers conducted, it was known that most of the

respondents had a negative attitude of 51.7%, this was because 39.3% of the respondents had low education (junior high school) and worked as a laborer and self-employed resulting in respondents did not receive health information, especially regarding nutritional status and were less active and less obedient in visiting health services, so that respondents had poor perceptions and understanding of the nutritional status of infants.

Baby Nutritional Status

Based on the research results, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of infants have good nutritional status, totaling 51 respondents (57.3%).

Nutrition is one of the factors that determine success in achieving optimal growth and development during infancy. The golden period of growth requires proper nutritional support. Malnutrition that occurs early in life can result in growth faltering (failure to thrive) to become a child who is shorter than normal. In addition, malnutrition can affect cognitive development, infant morbidity and mortality. Good nutrition will accelerate recovery and reduce the intensity (severity) of infectious diseases in infants (Fikawati, 2012)

The results of the above research are in line with the research of Seni Rahayu, et al (2019) concerning the relationship between knowledge, attitudes, behavior and characteristics of mothers regarding exclusive breastfeeding on the nutritional status of infants, stating that the assessment of nutritional status uses WHO child growth standards. Samples were taken by simple random sampling technique. Based on univariate analysis, it was found that on average, 42 respondents (53.7%) had poor nutritional status.

Based on the results of the research above, according to the researchers most of the respondents had good nutritional status, but there were still 42.7% of infants who were malnourished, this was because the respondents did not breastfeed, had insufficient knowledge about the nutritional needs of infants and had a negative attitude where the respondent assesses and considers that the nutritional status of the baby is not important to note.

Bivariate

Relationship Between Exclusive Breastfeeding and Infant Nutritional Status

Based on the research results, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 49 babies who were given exclusive breastfeeding, there were 34 babies

(69.4%) who had good nutritional status, while of the 40 babies who were not given exclusive breastfeeding, there were 23 babies (57.5%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.020 or p-value <0.05 is obtained, which means that there is a relationship between exclusive breastfeeding and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 3.067, which means babies who are not exclusively breastfed will be 3 times more likely to experience malnutrition compared to babies who are given exclusive breastfeeding.

According to Ismiati (2017), its composition which is dynamic and in accordance with the needs of the baby makes ASI the optimal nutritional intake for babies. Breast milk and plasma have the same ion concentration, so the baby does not need additional fluids or food. Breast milk is superior to other foods for babies such as formula milk, because the protein content in breast milk is lower than in cow's milk so it doesn't burden the kidneys, the type of protein is easily digested. In addition, breast milk contains fat in the form of essential amino acids, saturated fatty acids, medium chain triglycerides, and cholesterol in amounts sufficient for the baby's needs.

The results of the above research are in line with Linawati & Heni Agustina's research (2020) concerning the Relationship between Exclusive Breastfeeding and the Nutritional Status of Infants 7-12 Months in the Working Area of the Kalianda Health Center, South Lampung, stating that The statistical test results obtained p-value = 0.000 (p-value < α = 0.05) which means that there is a relationship between exclusive breastfeeding and the nutritional status of infants in the Kalianda Health Center, South Lampung 2019 with an OR value of 9.490 meaning that respondents did not give exclusive breastfeeding to their babies have a risk of 9.4 times the baby will experience malnutrition status when compared to respondents who give exclusive breastfeeding to their babies.

Based on the results of the research above, according to the researchers there were 49 respondents who breastfed, but there were 15 infants who were malnourished, this was due to other factors such as infant disease, LBW factors, and factors originating from the mother such as age mothers and the number of children ever born to mothers, but there were also 40 respondents who did not breastfeed, but 17 babies had good infant nutritional status, this was due to the respondents' knowledge about providing good nutritional intake so that

respondents were able to provide the nutritional needs of infants through food optimal companion ASI so that the baby's food intake is well fulfilled.

Relationship Between Knowledge and Infant Nutritional Status

Based on the results of the research, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 57 respondents who have good knowledge, there are 38 babies (66.7%) who have good nutritional status, while of the 32 respondents who have poor knowledge, there are 19 babies (59.4%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.031 or p-value <0.05 is obtained, which means that there is a relationship between knowledge and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 2.923, which means that respondents with poor knowledge will have the opportunity 2 times more babies experience malnutrition compared to respondents who have good knowledge.

One of the important factors that influence the nutritional status of toddlers is the mother's knowledge about nutrition in toddlers. Mother's knowledge about under-five nutrition is all the information that is owned by the mother regarding the nutrients needed for the toddler's body and the mother's ability to apply it in everyday life. Knowledge of good nutrition will certainly make the nutritional status of toddlers good too. Having knowledge about good balanced nutrition will bring up attitudes and shape behavior to act in fulfilling the nutrition of their toddlers. In addition, good knowledge will improve how mothers fulfill their toddler's nutrition, thus the growth and development of toddlers can be fulfilled. So that good knowledge allows for good nutritional status (Sedioetama, 2018).

Art Rahayu's research, et al (2019) concerning the relationship between knowledge, attitudes, behavior and characteristics of mothers regarding exclusive breastfeeding on the nutritional status of infants, states that the assessment of nutritional status uses WHO child growth standards. Samples were taken by simple random sampling technique. Data analysis using logistic regression test. The results showed that there was a relationship between knowledge ($p = 0.006$) and exclusive breastfeeding behavior ($p = 0.013$) and the nutritional status of infants. In addition, maternal characteristics, namely age and parity, have an effect of 4.3 times on the nutritional status of infants. By knowing the relationship between knowledge, attitude, behavior and characteristics of the mother with the nutritional status of the baby, it is hoped that it will have

leverage on improving the nutritional status of the baby.

Based on the results of the research above, according to the researchers, most of the respondents had good knowledge of 57 people, but there were 19 infants who were malnourished. so that they pay less attention to the nutritional needs of infants, on the contrary there are respondents who have less knowledge as many as 32 people, but there are 13 babies experiencing good nutritional status, this is due to maximum breastfeeding and respondents have good knowledge in providing nutritional intake to infants through feeding breastfeeding companion.

The Relationship Between Attitudes With Infant Nutritional Status

Based on table 4.8, it is known that in Mandah Village, Natar District, South Lampung Regency in 2022, out of 43 respondents who had a positive attitude, there were 30 babies (69.8%) who had good nutritional status, while out of 46 respondents who had a negative attitude, there were 25 infants (54.3%) had poor nutritional status.

Based on the statistical test results, a p-value of 0.037 or p-value <0.05 is obtained, which means that there is a relationship between attitude and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022 with an OR value of 2.747, which means that respondents with a negative attitude will have a 2 times more babies experience malnutrition compared to a positive attitude.

Malnutrition in toddlers can be caused by the mother's attitude in choosing food ingredients that are not correct. The selection of food ingredients, the availability of sufficient quantities of food and the diversity of these foods are influenced by the level of knowledge of the mother about food and nutrition (Nainggolan, 2011). The mother's attitude in choosing food that is useful for her child will affect the nutritional status of the toddler. Attitude is also very synonymous with parenting. Parenting is a factor that is closely related to the growth and development of toddlers. More specifically, malnutrition can cause a delay in body growth, more importantly a delay in brain development. During infancy, children are still completely dependent on the care and care of their mother.

Art Rahayu's research, et al (2019) concerning the relationship between knowledge, attitudes, behavior and characteristics of mothers regarding exclusive breastfeeding on the nutritional status of infants, states that the assessment of nutritional status uses WHO child growth standards.

Samples were taken by simple random sampling technique. Data analysis using logistic regression test. The results showed that there was a relationship between knowledge ($p = 0.006$) and exclusive breastfeeding behavior ($p = 0.013$) and the nutritional status of infants. In addition, maternal characteristics, namely age and parity, have an effect of 4.3 times on the nutritional status of infants. By knowing the relationship between knowledge, attitude, behavior and characteristics of the mother with the nutritional status of the baby, it is hoped that it will have leverage on improving the nutritional status of the baby.

Based on the results of the research above, according to the researchers, most mothers had a negative attitude as many as 46 people, but there were 21 babies who had good nutritional status, this was because mothers gave breast milk to babies, and families always helped meet the needs of babies, but on the contrary there were There were 43 mothers who had a positive attitude, but in fact 13 babies were malnourished, this was because the respondents had insufficient knowledge about nutritional intake in infants and the respondents were too busy with their employment status as laborers and entrepreneurs so they paid little attention to the nutritional needs of infants. .

CONCLUSIONS

It is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents are aged 24-32 years, totaling 84 respondents (94.3%), high school education totaling 48 respondents (53.9%), and having a job as an IRT who amounted to 43 respondents (48.3%) It is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents gave ASI to babies, totaling 49 respondents (55.1%). It is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents have good knowledge of 57 respondents (64.0%). It is known that in Mandah Village, Natar District, South Lampung Regency in 2022, the majority of respondents have a negative attitude totaling 46 respondents (51.7%). It is known that in Mandah Village, Natar District, South Lampung Regency in 2022, most babies have good nutritional status, totaling 51 respondents (57.3%). Based on the statistical test results, a p-value of 0.020 or p-value <0.05 is obtained, which means that there is a relationship between exclusive breastfeeding and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022

Based on the statistical test results, a p-value of 0.031 or p-value <0.05 is obtained, which means that there is a relationship between knowledge and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022. Based on the statistical test results, a p-value of 0.037 or p-value <0.05 is obtained, which means that there is a relationship between attitude and the nutritional status of infants in Mandah Village, Natar District, South Lampung Regency in 2022

SUGGESTION

For Researchers

By conducting this research, researchers hope to gain a better understanding of the relationship between exclusive breastfeeding, knowledge and attitudes of mothers about nutrition and the nutritional status of infants and can provide counseling to the public about the importance of exclusive breastfeeding and provide knowledge to the community about the importance of nutrients that are needed for growth and development. babies and as information to add insight in conducting further research.

For Respondents

It is hoped that this research can be used as material for health information about the relationship of exclusive breastfeeding, knowledge and attitudes of mothers about nutrition and the nutritional status of infants, so that the coverage of malnutrition for infants can decrease and the coverage for babies with good nutrition can increase.

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