

The Correlation of Maternal Behavior in Toddlers Breastfeeding with Wasting Prevention in Pidie

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KEYWORDS

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ABSTRACT

Besides children, teenagers also suffer from malnutrition due to certain factors. The development of wasting is considered related to mothers' behavior during breastfeeding times. However, it has big impact towards the quality of breastfeeding. According to data from World Health Organization, 45.4 million children under the age of five were underweight in 2020, while the highest infant wasting rate nationally was 11.9% in several districts and cities from 33 provinces in Indonesia. Globally, 149.2 million children under the age five suffer from stunting, while its distribution of region in Indonesia is in Maluku and Aceh. Aceh is in fourth place of stunting with a percentage of 11.3% nationally. Based on the data related to wasting using the ratio of children's weight to height, Pidie regency ranks third in Aceh as a whole with ratio of 15.3%. This study used a cross-sectional research with sample of 332 toddlers selected as the research object using Slovin formula. The sample data of this study was determined randomly and was taken from Pidie Regency Health Center which had a population of 1979 toddlers listed. SPSS 23 statistical software with Chisquare was used as a tool for data analysis. The findings of this study came from a bivariate statistical analysis test using the chisquare test at a confidence level of 95%, resulting in a p-value of 0.042 ($p < 0.05$). This shows that the variable of maternal knowledge has an influence in keeping toddlers from experiencing wasting. The results of the chisquare test at the 95% confidence level in the bivariate statistical analysis test with $p = 0.021$ ($p < 0.05$) showed that the maternal attitude variable had an influence on the ability of toddlers to avoid wasting. The results of the chisquare test for bivariate statistical analysis are at a confidence level of 95%: $p = 0.024$ ($p < 0.05$). Characteristics of maternal behavior and prevention of wasting have a close correlation. Mothers' attitudes, knowledge, and behaviors towards wasting prevention are influenced by their breastfeeding practices. The best way to prevent wasting is to encourage mothers to breastfeed. The researchers stated that the increasing knowledge and attitudes of mothers in breastfeeding also improved their behavior, especially in terms of preventing wasting while breastfeeding. Supervision of health workers is expected to increase the knowledge and attitude of mothers and improve the prevention of wasting.

1. Introduction

Weight loss can have an impact on children's growth and development. Many factors such as parental education, parenting style, socioeconomic status, number of family members, and eating habits, also affect a child's growth and development. Maternal behavior at the same time has an impact on growth and development of wasting on children, while mothers' behavior has a great influence on children's breastfeeding. One of the stunting causes is the history of breastfeeding which is the only optimal and healthy food for baby to support the growth and development of their physical and psychological needs. (Anita et al, 2020).

An overview of the nutritional status problems of toddlers, including underweight, overweight, wasteful, and stunting, was presented in the 2022 Indonesia Nutrition Status Survey (SSGI). It shows that in Indonesia, 21.6% of children under five suffer from stunting. This survey also shows the prevalence of stunting in children under five has decreased to 31.2 percent in 2022 which was 33.2 percent in Aceh Province in 2021. Although this percentage is still lower than the stunting rate of children under five in Indonesia, which is 21.6%, it is still considered as a public health problem (World Health Organization., 2021). Basic Health Research (Riskesdas) (Mulyati & Hutagaol, 2020).

The Government of Indonesia has taken the initiative to improve the nutritional status of children under five, but there has been no significant change in the prevalence of stunting in Indonesia. This can be seen in the description of the nutritional status of toddlers (stunting, wasting, underweight, and overweight) presented through data on the number of wasting cases from the 2022 Indonesia

Nutrition Status (SSGI) survey. Determinants of stunting in toddlers include indicators of specific nutritional interventions and sensitive nutritional interventions using a cross-sectional two-stage stratification sampling method from 334,848 infants and toddlers. Data from 4,866 districts/cities in 33 provinces in Indonesia shows the infant wasting rate is of 11.9%, of which the Maluku region has the highest rate nationally, while Aceh is in fourth place.

(Ministry of Health of the Republic of Indonesia, 2022)

Breastfeeding begins to be carried out for children aged 0-24 months, of which 45% of babies under the age of 24 months receive exclusive breastfeeding. In fact, the breastfeeding initiation rate globally is relatively high, at 40%. Adhering to the recommended guidelines for optimal breastfeeding practices can prevent more than 823,000 child deaths and 20,000 maternal deaths each year (Ministry of Health of the Republic of Indonesia, 2019).

The growth and development of a child is greatly influenced by the mother who breastfeeds from the beginning of birth to the age of 24 months. The way a mother responds to her child's need affects the child's nutrition and physical development. Based on this, it is considered necessary to conduct research that is different from previous studies that only focus on factors related to wasting. Instead, this study focuses on the behavior of mothers in breastfeeding as an action to prevent wasting in children.

Literature Review

According to (Rachmawati, 2019) Behaviour is an action or activity of the organism (living being). All experiences and interactions of a person with his environment form his or her behaviour. These experiences and interactions can be in the form of behaviour, attitude, or knowledge. In this case, human behaviour is usually comprehensive, encompassing psychological, physiological, and social perspectives.

Wasting can also refer to relative weight loss when compared to height. In children under the age of five, acute malnutrition can occur ranging from mild to severe. Severe wasting is the definition of acute malnutrition (Maulani & Julianawati, 2022).

A child can be said suffer from wasting if his weight is too low compared to his height, which is indicated by a z-score of BB/TB less than -2 SD for wasting and less than -3 SD for severe wasting (Minister of Health of the Republic of Indonesia, 2020).

2. Method

This study was designed using the Cross-sectional method. The population is mothers who have toddlers in Pidie Regency, Aceh. The number of mothers having toddlers suffering from wasting and are listed is 1979 people. The sample in this study is mothers having toddlers in Pidie district separated using the technique with the Slovin formula, which is 332 samples. The data analysis technique in this study uses univariate and bivariate analysis. Bivariate analysis uses the chi square test.

3. Result And Discussion

1. Results of Variable Data Analysis

Table 1. Behaviour

Behaviour	F	%
Good	220	66,3
Poor	112	33,7

Total	332	100
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From the above table can be seen that the behavioral variables for the prevention of wasting have the most for good behavior of 220 respondents (66.3%) and the poor behavior of 112 respondents (33.7%).

Table 2. Results of Knowledge Data Analysis

Knowledge	F	%
Good	202	60,8
Poor	130	39,2
Total	332	100

From the above table can be seen that the knowledge variable for the prevention of wasting stands the most for good knowledge of 202 respondents (60.8%) and poor knowledge of 130 respondents (39.2%).

Table 3. Results of Attitude Analysis

Attitude	F	%
Good	180	54,2
Poor	152	45,8
Total	332	100

From the above table can be seen that the attitude of mothers for the prevention of wasting stands for the most is the good attitudes 56 respondents (54.2%) and the poor attitudes with 152 respondents (45.8%).

2. Dependent Variables

The results of the data analysis carried out for the dependent variable (Recurrence) are as shown in the following table:

Table 5. Wasting Variable

Wasting	F	%
Normal	203	61,1
wasting	129	38,9
Total	332	100

From the above table can be seen that the most number of wasting stands for normal which is 203 respondent (61,1%), while the least wasting is 129 respondent (38,9 %).

3. Bivariate Test Results

The results of the bivariate test were carried out to determine the behavior of mothers in breastfeeding with the prevention of wasting in Pidie Regency. The results can be seen in the following table:

Table 6. Bivariate Test of Maternal Behavior in Breastfeeding to prevent wasting

Behavior	Wasting		Total
	Wasting	Normal	
	F	F	Total
Poor	40	72	112
Good	89	131	220
Total	129	203	332
Behavior analysis with the prevention of wasting <i>P- Value = 0.024</i>			

From the table above, it can be concluded that the behavior of mothers in breastfeeding with poor behavior with wasting as many as 40 respondents. Meanwhile, the behavior of mothers which is good with toddlers suffering from wasting is 89 respondents. Regarding the weight, the poor behavior with normal BB was 72 respondents, while the good behavior with normal BB was 131 respondents.

Based on the statistical test of bivariate analysis with the chisquare test at a confidence level of 95% with $p = 0.024$ ($p < 0.05$), it can be concluded that there is a correlation of maternal behavior variables with the prevention of wasting

Table 7. Bivariate Test of Mother's Knowledge in Breastfeeding to prevent wasting

Knowledge	Wasting		Total
	Wasting	Normal	
	F	F	Total
Poor	51	79	130
Good	78	124	202
Total	129	203	332
Analysis of maternal knowledge with the prevention of wasting <i>P - Value = 0.042</i>			

From the table above, it can be concluded that the variable of poor knowledge has 51 respondents with the body weight suffer from wasting, while 79 respondents with the normal body weight. However, the variable good knowledge has 78 respondents with the body weight suffer from wasting, while 124 respondents with the normal body weight.

Based on the statistical test of bivariate analysis with the chisquare test at a confidence level of 95% with $p = 0.042$ ($p < 0.05$), it can be concluded that there is an influence of knowledge variables on the prevention of wasting in toddlers.

Table 8. Bivariate Test of Mother's Attitude in Breastfeeding to Prevent Wasting

Attitude	Wasting		Total
	Wasting	Normal	
	F	F	Total
Good	74	106	180
Poor	55	97	152

Total	129	203	332
Attitude analysis with the prevention of wasting in toddlers <i>P- Value = 0.021</i>			

From the table above, it can be concluded that the good attitude variable with wasting bodyweight is of 74 respondents, while the normal bodyweight is of 106 respondents. Meanwhile, the poor attitude variable with wasting bodyweight is of 55 respondents, while the normal bodyweight is of 97 respondents.

Based on the statistical test of bivariate analysis with the chisquare test at a confidence level of 95% with $p = 0.021$ ($p < 0.05$), it can be concluded that there is an influence of the Attitude variable on the prevention of wasting in toddlers

Knowledge Variable

According to Notoatmodjo in Veriza, et al. (2018), Having extensive knowledge does not guarantee that a person will act in accordance with moral values in all circumstances. Pregnant women generally have a high level of knowledge, but when answering questionnaire number 5 asking when baby teeth begin to form, most are unable or do not answer at all. Based on several interviews with the respondents of this study, this is because the fertile period of women only occurs once, where they only receive counseling about dental and oral health at the integrated essential health services places (Posyandu).

The results of this study are in line with the research conducted by Seni, et al. (2019) in which the results show a relationship between knowledge about exclusive breastfeeding and the nutritional status of babies. The study was entitled "The Relationship of Knowledge, Attitudes, Behaviors, and Characteristics of Mothers Regarding Exclusive Breastfeeding to the Nutritional Status of Babies".

In this study, it is known that there is an influence of maternal knowledge on the prevention of wasting. Mother's knowledge affects the process of breastfeeding which will have an impact on the development of toddlers body weight. Mothers who have low knowledge in terms of breastfeeding will have bad influence on children's nutrition. If breast milk as a child's nutritional intake is reduced, it will surely have an impact on the child's weight loss which ultimately results in wasting. The mothers' lack of knowledge about the benefits of breastfeeding causes them to be easily influenced to feed instant milk (formula milk) for the babies. Parents having little information on the benefits of breast milk for babies will cause the bad impact to their babies. These could be caused by less able in terms of financial and also lack of education related to the health.

Behavioral Variable

According to Newcomb's theory, social psychologists in Notoatmodjo (2007) stated that attitude is not the application of a specific motive, but the readiness or willingness to act. Attitude is a closed reaction, not an open reaction or an open behavior; they have not yet become an action or activity. Attitude is readiness in responding to certain objects in the environment as an appreciation of objects (Tria, et al., 2018)

In line with the research conducted by Rilyani, et al. (2013), 33.6% of respondents had a positive attitude compared to 66.4% of respondents who had a negative attitude. With a p-value of 0.017, the results of the chisquare analysis showed that there was a relationship between attitude and exclusive breastfeeding. This means that respondents with a negative attitude are 2.7 times more likely not to give exclusive breastfeeding than respondents with a positive attitude.

In line with the research conducted by Fika, et al. (2020) on the relationship between the prevalence of thin toddlers at the Getasrabi village local health center towards the knowledge and attitude of the mothers and children regarding the supplementary food. Regarding the provision of giving

supplement to their toddlers, 60.5% of mothers in the Working Area of the Pir Batee Puteh Health Center, West Woyla District have negative attitude towards this matter. The mother's disposition and level of knowledge are almost the same.

Not in line with the research conducted by Evin (2022) titled "Factors Influencing the Incidence of Wasting in Toddlers Aged 1–5 Years", the findings of the chisquare percentage test show that, because the table is 2 times 3, the percentage is used in the provisions, and some of the cells have an expected value of less than 5. The findings showed that there was no relationship between maternal knowledge and wasting of toddlers in the working area of Gunung Medan Health Center in 2021, with P value of 0.805 (P value > 0.05). The study shows how attitudes can theoretically characterize likes and dislikes.

A person's preference for a subject in which he often derives an attitude from another person or from his own experience determines whether he will approach or avoid another person or object. According to this study, the attitude of mothers in giving different responses in breastfeeding is very good for their children, especially in terms of preventing wasting. Emotional responses to social stimuli are the form of natural response in everyday life. Giving birth to a baby can cause a negative emotional reaction to the mother who thinks the baby will starve and lose weight due to lack of food, so she gives the baby food or drinks other than breast milk with the hope that the child will grow and develop quickly in a healthy way.

4. Conclusion

The purpose of this study is to find out how often breastfeeding mothers can reduce wasting. The mother's mindset and knowledge level can affect the prevention of wasting. Mothers who have more knowledge will approach breastfeeding to prevent wasting with a better attitude. The knowledge component and attitude have an impact on wasting prevention.

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