



The correlation between provision time of weaning food and history of exclusive breastfeeding with nutritional status in toddlers

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ABSTRAK

Latar Belakang: Masa balita merupakan masa emas bagi pembentukan dan perkembangan anak mulai dari kemampuan dasar sensorik, berpikir, berbicara, serta pertumbuhan mental intelektual yang intensif dan pertumbuhan moral dini. Sehingga status gizi balita sangat-sangat penting untuk diteliti karena berkaitan dengan status stunting yang semakin meningkat saat ini. Kasus stunting pada balita saat ini mempunyai angka tertinggi jika dibandingkan dengan bentuk gizi buruk lainnya. Prevalensi stunting di DIY pada tahun 2018 sebesar 12,37% dan angka tersebut turun menjadi 10,69% pada tahun 2019 namun pada tahun 2020 naik menjadi 11,08%. Prevalensi stunting tertinggi terdapat di Kabupaten Gunung Kidul (17,43) dan terendah di Kabupaten Sleman (7,24). Dari angka tersebut terlihat bahwa prevalensi balita sangat pendek di DIY lebih rendah jika dibandingkan dengan Risesdas tahun 2018 (21,4%) (1).

Tujuan: Untuk mengetahui hubungan karakteristik (pendidikan, pekerjaan) ibu, pemberian makanan pendamping ASI, pemberian ASI eksklusif, dan pemberian obat cacing dengan status gizi pada balita usia 6-60 bulan di 2 wilayah yaitu di wilayah wilayah kerja Puskesmas Pajangan dan Wilayah Kerja Puskesmas Sedayu.

Metode: Survei analitik dengan desain cross-sectional. Analisis data menggunakan uji chi-square dengan sampel sebanyak 35 ibu yang mempunyai anak balita.

Hasil: Hasil penelitian menunjukkan terdapat hubungan antara waktu pemberian MPASI ($p=0,0001$), riwayat pemberian ASI eksklusif ($p=0,0001$), dan status gizi balita. Namun tidak terdapat hubungan antara pendidikan ($p=0,657$), pekerjaan ($p=0,579$), pengobatan cacingan ($p=0,410$).

Kesimpulan: Terdapat hubungan antara waktu pemberian MPASI dengan riwayat status gizi ASI eksklusif pada balita

KATA KUNCI : ASI eksklusif; waktu menyapih; status gizi; balita

ABSTRACT

Background: The toddler period is a golden age for the formation and development of children starting from the basic sensory abilities, thinking, speaking, and intensive intellectual mental growth and early moral growth. So that the nutritional status of children under five is very, very important to study because it is related to the current increasing stunting status. Cases of stunting under five currently have the highest number when compared to other forms of malnutrition. The prevalence of stunting in DIY in 2018 was 12.37% and this figure fell to 10.69% in 2019 but in 2020 it rose to 11.08%. The highest prevalence of stunting is Gunung Kidul Regency (17.43) and the lowest is Sleman Regency (7.24). From this figure, it can be seen that the prevalence of very short toddlers in DIY is lower when compared to Risesdas in 2018 (21.4%) (1).

Objectives: To determine the relationship between the characteristics (education,

occupation) of the mother, provision time of weaning food, exclusive breastfeeding, and the provision of deworming drugs with nutritional status in toddlers aged 6-60 months in 2 areas, namely in the work area of the Pajangan Health Center and the Work Area of the Public Health Center, Sedayu.

Methods: Analytic survey with cross-sectional design. Analysis of the data using the chi-square test with a sample of 35 mothers who have children under five.

Results: The results showed that there was a correlation between the time of weaning food ($p = 0.0001$), history of exclusive breastfeeding ($p = 0.0001$), and the nutritional status of children under five. However, there was no correlation between education ($p = 0.657$), occupation ($p = 0.579$), deworming ($p = 0.410$).

Conclusions: There is a correlation between the time of weaning food, history of exclusive breastfeeding nutritional status in toddlers

KEYWORDS : exclusive breastfeeding; weaning food time; nutritional status; toddlers

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INTRODUCTION

Toddlers are children aged 0-59 months, at this time marked by a very rapid process of growth and development accompanied by changes that require more nutrients with high quality. However, toddlers are a group that is vulnerable to nutrition and easily suffer from nutritional disorders due to a lack of needed food. Food consumption plays an important role in the physical growth and intelligence of children so food consumption has a major effect on the nutritional status of children to achieve physical growth and intelligence of children(2).

Infancy is a golden age for the formation and development of children where at this time the basic formation of sensory abilities, thinking, speaking and intensive intellectual mental growth, and early moral growth can be said to be a vulnerable age in terms of growth and development. development because toddlers are very sensitive to growth disorders and the dangers that accompany them(3). Growth is related to changes in size, number, and dimensions at the cellular,

organ, and individual level. Development is an aspect of change that focuses on changes in the form or function of maturation of organs or individuals, including changes in social or emotional aspects due to environmental influences(4).

Based on the 2021 Health Profile data, monitoring the growth and development of children under five in Indonesia is 69.6%, while the 2021 Strategic Plan target is 70%. From this data, it shows that the target for coverage of visits to the percentage of children under five who are monitored for growth and development due to the impact of COVID-19 has not been achieved(5).

Based on the Indonesia Nutrition Status Study (SSGI) in 2021 conducted by the Health Research and Development Agency (Balitbangkes) of the Ministry of Health in collaboration with the Central Statistics Agency (BPS), the percentage of underweight (underweight and very low weight) in toddlers was 17%. While the mortality of children under five (aged 12-59

months) was diarrhea) of 10.3% and pneumonia of 9.4%. Other causes of death include dengue fever, congenital heart defects, drowning, injuries, accidents, other congenital abnormalities, COVID-19, parasitic infections, and other causes(5)(1).

Cases of stunting under five currently have the highest number when compared to other forms of malnutrition. The prevalence of stunting in DIY in 2018 was 12.37% and this figure fell to 10.69% in 2019 but in 2020 it rose to 11.08%. The highest prevalence of stunting is Gunung Kidul Regency (17.43) and the lowest is Sleman Regency (7.24). From this figure, it can be seen that the prevalence of very short toddlers in DIY is lower when compared to Riskesdas in 2018 (21.4%)(1). The prevalence of under-fives with protein energy deficiency (malnutrition and malnutrition) in Bantul in 2019 was 8.62. This prevalence increased compared to 2018 but experienced a decrease in the prevalence of PEM in 2020 to 7.90. The prevalence rate for the last 3 years shows that the efforts made in order to reduce the prevalence of KEP under five in DIY have not been achieved optimally.

The characteristics of mothers as workers are a factor in the occurrence of poor nutritional status, because mothers who are busy working tend to have little time to pay attention to their children (6), other things such as social factors are also factors related to the nutritional status of toddlers including economic factors. where the role of the mother, if she has sufficient knowledge and is supported by a qualified family economy, will provide nutritious and healthy food to the baby. The results of the study also showed that in the Palakka Health Center Work Area, Kec. Kahu still has toddlers who suffer from

malnutrition (7). The results of research on factors that influence the nutritional status of children aged 6-24 months in Lamongan Regency, Indonesia, show that parenting patterns are more influential in improving the nutritional status of children aged 6-24 months in Lamongan Regency, with a higher coefficient than family food security(8).

Based on this description, it is necessary to increase knowledge among mothers of toddlers so that they are able to carry out good parenting, especially in providing weaning food. While this publication does not only analyze the characteristics of mothers with the nutritional status of toddlers but also looks at the history of breastfeeding, weaning food and also consumption of deworming in children.

MATERIALS AND METHODS

This type of research is descriptive observational with a cross-sectional design conducted in April - June 2022. The sample in this study used a total sampling technique, where the entire population used as a sample is 35 samples. Namely mothers of toddlers and toddlers who came to the "Posyandu" when data were collected. The sample of this study was children under five in the working area of Pajangan Health Center and Sedayu Health Center in Bantul Regency in 2022. The independent variables (independent) in this study were education, age, occupation, history of exclusive breastfeeding, and administration of deworming medication, while the dependent variable (bound) is and nutritional status of children under five. Primary data were obtained through direct interviews using a questionnaire that had been tested by an expert and given to

respondents containing questions and answers that had been prepared. Meanwhile, in each research location, secondary data was obtained from recorded data from the Pajangan Health Center, Sedayu Health Center, and the "Posyandu". Data analysis was carried out by statistical tests using chi-square. Number of ethical clearance KE/AA/III/1010024a/EC/2022 from Alma Ata University.

RESULTS AND DISCUSSION

RESULTS

Univariate Analysis

Characteristics of Respondents in Bantul District in 2022

Based on **Table 1**, it is known that most of the respondents have a high school

education level, as many as 18 (51.4%) respondents. It can be seen that the majority of respondents are between the ages of 20-34 years, namely 28 (80%), and most of the respondents are workers with as many as 23 (65.8%).

Based on **Table 2**, it is known that the majority of children are >2 years old with as many as 21 (60%), the nutritional status of children is not appropriate as much as 29 (82.9%), the time of weaning food > 6 months is 29 (82.9%), the majority were given worm medicine routinely as many as 32 (91.4%). Based on Table 2 it is known that the majority of exclusive breastfeeding more than 6 months.

Table 1. Frequency distribution of mother toddler characteristics in the working area of Pajangan Health Center and Sedayu Health Center Bantul in 2022

Education	Frekuensi	%
Elementary School	3	8.6
Junior High School	11	31.4
Senior High School	18	51.4
University	3	8.6
Total	35	100
Age		
20-34 years old	28	80
≥ 35 years old	7	20
Total	35	100
Occupation		
Unemployed	12	34.3
Laborer, Fisherman, Farmer	8	22.9
Entrepreneur	10	28.6
Employee	5	14.3
Total	35	100

Table 2. Frequency distribution of toddler characteristics in the working area of Pajangan Health Center and Sedayu Health Center Bantul in 2022

Children's Age	Frequency	%
1-24 months	14	40
>2 Years old	21	60
Total	35	100

Child Nutrition Status		
Appropriate	6	17.1
Not appropriate	29	82.9
Total	35	100
Timing Of Weaning Food		
<6 months	6	17.1
>6 months	29	82.9
Total	35	100
Giving Of Deworming Medicine		
Routine	32	91.4
Occasionally	3	8.6
Total	35	100
Exclusive Breastfeeding		
Not	6	17.1
Yes	29	82.9
Total	35	100

Table. 3 The relationship between mother's education, mother's occupation, and history of breastfeeding, giving of deworming medicine with nutritional status in children.

Variable	Child nutritional status						P
	Appropriate		Not appropriate		Total		
	f	%	f	%	f	%	
Education							
Elementary School	1	33.3	2	66.7	3	100	0.657
Junior High School	1	9.1	10	90.9	11	100	
Senior High School	3	16.7	15	83.3	18	100	
University	1	33.3	2	66.7	3	100	
Total	6	17.1	29	82.9	35	100	
Occupation							
Unemployed man	1	8.3	11	91.7	12	100	0.579
Laborer, Fisherman, Farmer	1	12.5	7	87.5	8	100	
Entrepreneur	3	30	7	70	10	100	
Employee	1	20	4	80	5	100	
Timing of Complementary Feeding							
>6 months	4	66.7	2	33.3	6	100	0.0001
<6 months	2	6.90%	27	93.1	29	100	
Total	6	17.1	29	82.9	35	100	
Giving Exclusive Breastfeeding							
Yes	5	83.3	1	16.7	6	100	0.0001
Not	1	0	28	100	29	100	
Total	6	17.1	29	82.9	35	100	
Giving of Deworming Medicine							
Routine	6	18.8	26	81.2	32	100	0.41
Occasionally	0	0	3	100	3	100	

Bivariate Analysis

The bivariate analysis results to see the relationship between the mother's education, mother's occupation, and history of breastfeeding by respondents with the nutritional status of children in the **Table 3**.

DISCUSSION

The bivariate analysis in this study using the chi-square test was carried out to determine whether the relationship between the two variables in the study was significant or not, namely the relationship between respondent characteristics (education and occupation), history of exclusive breastfeeding, giving deworming medicine with Toddler Nutritional Status Working area of Pajangan Health Center. and Sedayu Health Centre, Bantul 2022.

Based on **Table 3**, from the results of the bivariate analysis conducted, it is known that there is a relationship between exclusive breastfeeding ($p = 0.0001$) and the time of giving weaning food (0.0001) with nutritional status, and there is no relationship between education (0.657), employment (0.579), giving worm medicine (0.410) with the nutritional status of toddlers in the work area of the Pajangan Health Center and Sedayu Health Center Bantul 2022.

There are some mothers who do not understand what exclusive breastfeeding or weaning food is. Most of the children under five in the area did not get exclusive breastfeeding, and giving the weaning food did not by the timing of the feeding The results of the study in Bantul Regency showed that most respondents with a history of exclusive breastfeeding >6 months according to the value of the child's nutritional status, in

contrast to those breastfeeding <6 months had an inappropriate nutritional status value. This study is related to the growth of toddlers, namely for toddlers with a history of exclusive breastfeeding, which is dominated by normal weight and non-exclusively dominated by overweight. The results of this study are similar to Jum's research, as evidenced by statistical tests using Chi-Square which obtained a p-value of 0.003 at a significance level of 5% (9) . The process of growth and development of infants is influenced by the consumption of the food given. Babies who got breastfed will have good nutritional status and optimal in growth and development. Optimal growth can be measured by normal anthropometric measurements such as weight, height, and head circumference along with optimal motor, psychomotor, and language abilities. Nutritional status is an assessment of the state of the balance of nutrients and nutrients consumed by food and the use of other nutrients, which are classified into 5 namely poor nutritional status (Z-score < -3.0), and poor nutritional status (Z-score -3 results). 0.0 to < -2.0), good nutritional status (Z-score result -2.0 to 1.0), more nutritional status (Z-score result >1.0 to 2.0), nutritional status is very high (Z-score >2.0) (10).

This study is in accordance with research (11) which states that there is a relationship between exclusive breastfeeding and the nutritional status of toddlers that toddlers with underweight nutritional status are more likely to be toddlers who are not exclusively breastfed, as well as obese toddlers, while normal toddlers are more likely to be underweight. infants who are exclusively breastfed (12). Breast milk (ASI) is

an emulsion of fat in a solution of protein, lactose, and organic salts secreted by the two breast glands. Breast milk can also meet the nutritional needs of infants for the first 4-6 months of life (11). Breast milk is milk produced by the mother and contains all the nutrients needed by the baby for the growth and development needs of the baby. Meanwhile, exclusive breastfeeding is when babies are only given breast milk, without the addition of other fluids such as formula milk, orange juice, honey, tea water, or water, and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and team, until babies 6 months old (13). Breast milk contains the ideal hormones and growth factors. In contrast to the content of formula milk which requires dilution with a certain level that is different for each child. If the dilution is too concentrated, it can lead to overweight and obesity(13).

To support exclusive breastfeeding, health workers should provide education to mothers after giving birth to do oxytocin massage to reduce problems during lactation (14). If lactation is smooth, the mother is also optimistic and enthusiastic to give exclusive breastfeeding to the baby (15). This is also in accordance with what Lestari et al explained that for mothers who routinely do oxytocin massage, breast milk production will increase in direct proportion to the increased baby weight (Lestari, Fatimah, and Ayuningrum, 202(16).

The literature describes several benefits of exclusive breastfeeding, namely exclusive breastfeeding can strengthen the bond between mother and child, can have a positive effect on children's health, and nutrition, and be able to improve cognitive

abilities, and also support financial needs (17). The results of statistical analysis using the chi-square test cannot be carried out because there is one cell whose expected count value is less than 5 so using Fisher's Exact test shows that there is a relationship between the time of weaning food and the nutritional status of children in Bantul Regency. Malnutrition and overnutrition can lead to malnutrition and stunted growth and are susceptible to infection.

This study is in line with research (18) which states that there is a relationship between the practice of giving complementary feeding with nutritional status in children aged 6-24 months in Suko Jember Village, Jelbuk District in 2020 which explained that one of the requirements for providing complementary feeding is: given at the right time because giving weaning food too early will reduce the consumption of breast milk, besides the age before 6 months the kidneys, digestive system, and neurological system are not ready, giving weaning food to toddlers early can increase the risk of infectious diseases such as diarrhea because the weaning food given is not necessarily hygienic and easily digested by children, in the incidence of this diarrhea it can also be associated with failure to thrive due to malabsorption of nutrients during diarrhea (19) while late giving weaning food will cause the baby does not get the additional need for calories and nutrients that are not met by breast milk so that it can trigger u occurrence of underweight infant nutritional status (18,20).

In this study, there was no significant relationship between maternal characteristics (education and occupation) and the

nutritional status of children under five. It can be seen during interviews with mothers who have toddlers about growth and development in children, namely when asked questions about the growth and development of mothers who do not understand the growth and development of their children, the researcher concludes that there are two possibilities between having been given knowledge about growth and development by cadres or health workers but the mother cannot accept the knowledge given by the cadres because of a low mindset.

Based on the literature, the higher a person's education level, the easier it is to give an understanding of information and the easier it is to implement his knowledge in behavior, especially in terms of health and nutrition. Thus, the relatively low level of maternal education will also be related to the attitudes and actions of mothers in dealing with the problem of malnutrition in their children under five. A person's level of education will be closely related to knowledge about sources of nutrition and good types of food for family consumption. Educated housewives will tend to choose better food for family consumption. Educated housewives will tend to choose food that is better in quality and quantity, compared to mothers with lower education (6). This is in line with research (21) that mothers with higher education have a good nutritional status of toddlers, and mothers who have high education have good knowledge about the nutritional status of toddlers (21).

When interviewed with mothers of toddlers the majority of mothers as unemployed, mothers also said that if their income was lacking. Mothers gave food to

their children as they were or researchers could conclude that mothers did not provide balanced nutrition for children. In contrast to research (6) that dominant mothers as unemployed or housewives actually have children with normal nutritional status because they have a lot of time to provide more nutrition for toddlers, it is important to note that maternal labor is very influential in reducing the time provided for breastfeeding children and caring for children so that it has negative consequences on child nutrition (6).

In this study, mothers routinely bring them to the community health center, because the majority of mothers do not work, mothers who do not work actually have more time for their children, so when the community health center schedule arrives, mothers do not mind taking their children to the community health center. In this study, there was no statistical relationship between the administration of deworming drugs and the nutritional status of children under five. Children aged 1 year to 2 years are given deworming medicine, which is half a tablet, while for children from two years to 12 years, 1 tablet is given.

Deworming is given every 6 months, if the child does not take deworming medicine for 6 months, the child will be susceptible to worms and easily infected with worms (22). Worm infection is a disease that can cause nutritional loss which will affect the quality of human resources, but this helminth infection is not related to the lack of nutritional status of toddlers based on Body Mass Index/ Age, possibly arising from other factors such as lack of individual hygiene, environmental sanitation, level of parental knowledge and individual demographics (23).

CONCLUSION AND RECOMMENDATION

From the results of the research conducted, it can be concluded that there is a correlation between the time of weaning food, a history of exclusive breastfeeding with nutritional status in children in Bantul Regency in 2022 and there is no relationship between the variables of education, occupation, administration of deworming medicine in the Sedayu Health Center Work Area and Bantul Regency Pajangan Health Center in 2022.

It is hoped that health workers, especially midwives and cadres, need to increase the intensity of providing information to the wider community about exclusive breastfeeding which includes exclusive breastfeeding programs, the benefits of breastfeeding, and the advantages of breastfeeding. To cadres to help monitor exclusive breastfeeding, and expect fellow breastfeeding mothers/fellow community members to share stories and positive experiences about exclusive breastfeeding.

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