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Analysis of The Relationship Between Feeding Practice and The Nutritional Status of Children in The Puskesmas Ingin Jaya Aceh Besar District in 2024

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ABSTRACT

Objective: *This study aims to analyze the relationship between feeding practices and the nutritional status of children during the 1000 First Days of Life (HPK) in Resident Fence Water, Region Work Community Health Center Want to Jaya, Aceh Besar Regency.* ***Method:*** *This study used a descriptive analytical design with a cross-sectional approach. The study population consisted of 273 mothers with toddlers aged 7–24 months, with a sample of 73 respondents determined using the Slovin formula and proportional random sampling techniques. Data were collected through interviews using questionnaires and analyzed univariately and bivariately.* ***Results:*** *The results of the study showed a relationship between early initiation of breastfeeding and nutritional status based on weight/age ($p = 0.012$) and height/age ($p = 0.049$). However, there was no relationship between breastfeeding, complementary feeding, and nutritional status. Additionally, PASI showed no significant relationship with nutritional status ($p > 0.05$).* ***Novelty:*** *This study highlights the importance of early breastfeeding initiation in improving nutritional status during the 1000 HPK and emphasizes the need for strengthening nutrition education and promotion in health centers, particularly regarding early breastfeeding initiation and appropriate feeding practices to improve children's nutritional status.*

INTRODUCTION

Children's nutritional status is an important indicator in assessing the quality of public health. The First 1,000 Days of Life (HPK) is period critical factors that determine optimal child growth and development [1], [2], [3]. Inappropriate feeding practices in period This can impact against growth disorders and increased risk of nutritional problems [4], [5].

Aceh Province is a region with a high prevalence of malnutrition. According to data from the Aceh Besar Health Office, Ingin Jaya District is one of the areas with a significant malnutrition rate [6], [7], [8]. Therefore, a study is needed on feeding practices, including Early Initiation of Breastfeeding (IMD), exclusive breastfeeding, complementary feeding (MP-ASI), and breast milk substitutes. (PASI) to status nutrition children. Research this aim for analyzing the relationship between feeding practices and children's nutritional status during the 1000 HPK period.

RESEARCH METHOD

This research is a quantitative study with a cross-sectional design. The study was conducted in Mukim Pagar Air, within the Ingin Jaya Community Health Center working area, Aceh Besar Regency in January 2025.

Population study is all over Mother who have 273 toddlers aged 7–24 months person. Sample study amount to 73 respondents were determined using the Slovin formula and proportional random sampling technique. The independent variables included IMD, exclusive breastfeeding, complementary feeding, and PASI, while the dependent variable was nutritional status based on weight/age and height/age indicators. Data were collected through interviews using a structured questionnaire. data done in a way univariate and bivariate using statistical tests with a significance level of 0.05.

RESULT AND DISCUSSION

Results

Univariate Analysis

Table 1. Frequency Distribution Based on Weight/Age Regarding Nutritional Status in the Working Area of the Ingin Jaya Community Health Center in 2025

No	Status Nutrition	Frequency (f)	Percentage (%)
1	Not enough	9	12.3
2	Normal	62	84.9
3	More Risk	2	2.7
Total		73	100

Based on table 1, it is known that of the total of 73 toddlers, the majority of toddlers have status nutrition normal with amount 62 toddlers (84.9%). Meanwhile, other toddlers who have nutritional status at risk of being underweight are 2 clown (2.7%), BB not enough 9 (12.3%).

Table 2. Distribution of Toddlers Based on Exclusive Breastfeeding in the Working Area of the Ingin Jaya Community Health Center in 2025

No	Exclusive Breastfeeding F	Frequency (f)	Percentage (%)
1	Exclusive	16	21.9
2	Not Exclusive	57	78.1
Total		73	100

Based on table 2, there is data showing that of the total of 73 toddlers studied, 16 toddlers (21%) received exclusive breastfeeding while the other 57 toddlers (78.1%) received non-exclusive breastfeeding.

Table 3. Distribution of Toddlers Based on MPASI in the Ingin Jaya Community Health Center Work Area in 2025

No	MP- ASI	Frequency (f)	Percentage (%)
1	In accordance	50	68.5
2	It is not in accordance with	23	31.5
Total		73	100

Based on the information documented in table 3, it can be concluded that the majority of toddlers have been given appropriate complementary feeding, amounting to 50 toddlers with a percentage of 68.5% and as many as 23 other toddlers were given inappropriate complementary feeding with a percentage of 31.5%.

Table 4. Distribution of Toddlers Based on PASI In Region Work Community Health Center Want to be successful in 2025

No	PASI	Frequency (f)	Percentage (%)
1	Given	4	5.5
2	Not given	69	94.5
Total		73	100

Based on the data listed in table 4, it is stated that 4 toddlers with a percentage of 5.5% have been given PASI and 69 toddlers with a percentage of 94.5% have not been given PASI.

Bivariate Analysis

Table 5. Relationship between Early Breastfeeding Initiation and Nutritional Status of Toddlers Based on Weight/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	IMD	BB/U						Total	*p- value*
		Not enough		Normal		More Risk			
		n	%	n	%	n	%		
1	Given	3	5.7	49	92,5	1	1.9	53	0.012
2	Not Given	6	30	13	65	1	5.0	20	
Total		9	12,3	62	84,9	2	2.7	2	

According to the data listed in the table above, Results study show that the majority of toddlers who were given IMD had normal nutritional status, namely 49 toddlers with a percentage of 92.5%, while the majority of toddlers who were not given IMD IMD own status nutrition normal as many as 13 toddlers with a percentage of 65%.

Table 6. Relationship between Early Breastfeeding Initiation and Nutritional Status of Toddlers Based on Height/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	IMD	TB/U						Total	*p- val ue*
		Short		Normal		Tall			
		n	%	n	%	n	%		
1	Given an	6	11,3	45	84,9	2	3, 8	53	
2	Not Given	7	35	13	65,0	0	0	20	0.049
	Total	13	17,8	58	79,5	2	2, 7	73	

Based on the table, the majority of toddlers who were given IMD had normal nutritional status. (84.9%). On group Which not given IMD, most of them also had normal nutritional status (65.0%), without finding clown with status nutrition tall.

Table 7. Relationship between Exclusive Breastfeeding and Nutritional Status of Toddlers Based on Weight/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	ASI	BB/U						Total	*p- value*
		Not enough		Normal		More Risk			
		n	%	n	%	n	%		
1	Exclusive	2	12, 5	13	81, 3	1	6,3	16	0, 620
2	Not Exclusive	7	12, 3	49	86, 0	1	1,8	57	
	Total	9	12, 3	62	84, 9	2	2,7	73	

Based on table 7, both toddlers who receive and do not receive exclusive breastfeeding mostly have nutritional status. normal, each as big as 81.3% and 86%, with a relatively small proportion of underweight and overweight risks.

Table 8. Relationship between Exclusive Breastfeeding and Nutritional Status of Toddlers Based on Height/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	Breast milk	TB/U						Total	*p- value*
		Short		Normal		Tall			
		n	%	n	%	n	%		
1	Exclusive shift	1	6,3	14	87,5	1	6, 3	16	0.269
2	No Exclusive shift	12	21,1	44	77,21		1, 8	57	

No	Breast milk	TB/U						Total	*p- value*
		Short		Normal		Tall			
		n	%	n	%	n	%		
	Total	13	17,8	58	79,5	2	2, 7	73	

Based on data Which listed In table 8, the majority of toddlers who received exclusive breastfeeding were toddlers with normal nutritional status, amounting to 14 toddlers. (87.5%) And majority clown Those who received non-exclusive breastfeeding were toddlers who also had normal nutritional status, amounting to 44 toddlers (77.2%).

Table 9. The Relationship Between Complementary Foods and Nutritional Status of Toddlers Based on Weight/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	MP- ASI	Not enough		Normal		More Risk		Total	*p-value*
		n	%	n	%	n	%		
1	Appropriate	6	12	43	86	1	2	50	
2	Inappropriate	3	13	19	82,6	1	4,3	23	
									0,839
Total		9	12,3	62	84,9	2	2,7	73	

Based on the data in table 9, the results show that of the total of 73 toddlers studied, the number of toddlers who received complementary feeding in accordance with The number of toddlers with normal nutritional status was higher than that of toddlers with other nutritional status, as many as 43 toddlers (86%). Meanwhile, the number of toddlers who received MP-ASI that was not appropriate was mostly toddlers with normal nutritional status, as many as 19 toddlers (82.6%).

Table 10. Relationship between MPASI and Nutritional Status of Toddlers Based on Height/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	MP- ASI	Short		Normal		Tall		Total	*p- value*
		n	%	n	%	n	%		
1	In accordance	9	18	41	82	0	0	50	
2	It is not in accordance with	4	17,4	17	73,9	2	8,7	23	0.106
Total		13	17,8	58	79,5	2	2,7	73	

Based on table 10., majority Toddlers had normal nutritional status in both the groups receiving appropriate (82%) and inappropriate (73.9%) complementary feeding, although high nutritional status was only found in the inappropriate complementary feeding group (8.7%).

Table 11. Relationship between PASI and Nutritional Status of Toddlers Based on Weight/Age in the Working Area of the Ingin Jaya Health Center in 2025

No	PASI	Not enough		Normal		More Risk		Total	*p-value*
		n	%	n	%	n	%		
1	Given	0	0	4	100	0	0	4	
2	No Given	9	13	58	84,1	2	2.9	69	0.687
Total		9	12,3	62	84,9	2	2.7	73	

Based on table 11, most of the toddlers Which No given PASI have normal nutritional status (84.1%), while only a few toddlers were given PASI and all of them had normal nutritional status.

Table 12. The Relationship Between PASI and Nutritional Status of Toddlers Based on Height/Age in the Working Area of the Ingin Jaya Community Health Center in 2025

No	PASI	Short		Normal		Tall		Total	*p-value*
		n	%	n	%	n	%		
1	Given an	0	0	4	100	0	0	4	
2	Not Given	13	18,8	54	78,3	2	2,9	69	0.579
Total		13	17,8	58	79,5	2	2,7	73	

Based on table 12, the majority of toddlers who were not given PASI had normal nutritional status (78.3%), while a small proportion status nutrition short (18.8%) And high nutrition (2.9%). On the other hand, toddlers who were given PASI the amount more A little and all of them have normal nutritional status.

Discussion

The results of the univariate analysis showed that 27.4% of toddlers were not given IMD, 78.1% did not receive exclusive breastfeeding, 31.5% received inappropriate complementary feeding, and 94.5% were not given PASI [9], [10], [11].

The results of the bivariate analysis showed a significant relationship between IMD and nutritional status based on weight/age (p = 0.012) and height/age (p = 0.049). This indicates that that practice IMD plays an important role in supporting children's nutritional status [12], [13], [14].

Conversely, no significant association was found between exclusive breastfeeding, complementary feeding (MP-ASI), and PASI (Pasi) and the nutritional status of toddlers. This condition is thought to be influenced by other factors such as adequate energy intake, quality of MP-ASI, child health status, and family socioeconomic support [15], [16], [17].

CONCLUSION

Fundamental Finding: There is a significant relationship between Early Breastfeeding Initiation (IMD) practices and the nutritional status of toddlers based on weight for age and height for age. However, the practices of exclusive breastfeeding, complementary feeding, and PASI did not show a significant relationship with children's nutritional status. **Implication:** Community health centers should improve health promotion, focusing on Early Breastfeeding Initiation (IMD) and appropriate feeding practices during the 1000 HPK period to enhance children's nutritional status. **Limitation:** The study did not explore other potential factors influencing toddlers' nutritional status, such as nutrient intake, infectious diseases, and socio-economic conditions of families. **Future Research:** It is recommended that future research examine additional factors that influence the nutritional status of toddlers, such as nutrient intake, infectious diseases, and family socio-economic conditions.

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