

# RELATIONSHIP BETWEEN MATERNAL KNOWLEDGE, EXCLUSIVE BREASTFEEDING, COMPLEMENTARY FEEDING, AND NUTRITIONAL STATUS IN CHILDREN UNDER 2 YEARS OF AGE IN DEPOK, WEST JAVA

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## ABSTRACT

**Background:** Nutritional status of children is one of the major predictors of child survival. However, malnutrition is a major public health problem in most of the developing countries and occurs prominently among under-five children. Underweight, stunted, and wasted children are at a substantially greater risk of severe acute malnutrition and death. There was a lack of studies in Indonesia estimating the factors associated with nutritional status in children under 2 years of age. This study aimed to estimate the relationship between maternal knowledge, exclusive breastfeeding, complementary feeding, and nutritional status in children under 2 years of age.

**Subjects and Method:** This was a cross-sectional study conducted at Sukmajaya community health center, Depok, West Java, from April to May 2017. A sample of 100 children aged 7 to 24 months and their mothers were selected by purposive sampling. The dependent variable was nutritional status (weight for age). The independent variables were maternal knowledge, exclusive breastfeeding, and complementary feeding. Nutritional status was measured by weight for age. Complementary feeding was measured by food frequency questionnaire. The other variables were collected by questionnaire. The data were analyzed by chi square.

**Results:** 66% of mothers had good knowledge. 76% of infants received exclusive breastfeeding. 76% of infants received good complementary feeding. 79% of children had good nutritional status. Good nutritional status (weight for age) was positively associated with good maternal knowledge (OR= 2.86; p= 0.138), exclusive breastfeeding intake (OR= 63.33; p< 0.001), and good complementary feeding (OR= 2.88; p= 0.004).

**Conclusion:** Nutritional status (weight for age) is positively associated with maternal knowledge, exclusive breastfeeding intake, and complementary feeding.

**Keywords:** nutritional status, weight for age, exclusive breastfeeding, complementary feeding, maternal knowledge

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