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THE EFFECT OF THE INFORMATION ON THE BABY'S MOTHERS KNOWLEDGE, ATTITUDES, NORMS / CULTURE, CONFIDENCE, BREASTFEEDING, AND PROVISION OF COMPLEMENTARY FEEDING IN PREVENTING POTENTIAL STUNTING IN KENDARI.

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Background: Complementary feeding is a risk factor directly related to stunting.

Aim: This study aimed to determine the effect of the information on the baby's mothers knowledge, attitudes, norms / culture, confidence, breastfeeding, and provision of complementary feeding in preventing potential stunting in Kendari.

Methods: This was a quasy experiment with pretest posttest control group design. A sample of 80 women divided into four groups. Instrument of data collection was in the form of questionnaires measuring instrument weight and body length. Data were analyzed using Wilcoxon and Kruskal test.

Results: The results showed that the change in the behavior of breastfeeding and complementary feeding into a good deal in the group 1 than the other groups. The improvement scores of knowledge, attitudes, norms, beliefs, breastfeeding, and solids in the group 1 were higher than the group 2, group 3 and group 4. Findings showed that there was a significant effect of information about breastfeeding and complementary feeding on changes in knowledge ($p = 0.000$), attitude ($p = 0.000$), the norm ($p = 0.000$), confidence ($p = 0.000$), breastfeeding ($p = 0.000$) and provision of complementary feeding ($p = 0.002$) to prevent stunting. There were significant differences of knowledge ($p = 0.000$), attitude ($p = 0.001$), confidence ($p = 0.001$), breastfeeding ($p = 0.027$) and side dish of breast milk ($p = 0.001$) between the groups. The effectiveness of class with a module modification was higher than the class with MCH Handbook in changing the behavior of mothers in breastfeeding and complementary feeding. It is recommended for mothers to join the class of infants and toddlers in order to increase the knowledge. It is also suggested for health workers to educate mothers in the form of class periodically to keep knowledge and understanding of mothers about the benefits of breastfeeding and complementary feeding for infants, as well as to spread leaflets, books and electronic media about breastfeeding and complementary feeding to increase knowledge of the mothers.

Keywords: Information, Knowledge, Stunting, Breastfeeding