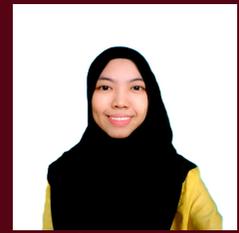




# ASSESSMENT OF KNOWLEDGE OF THE MOTHERS ON STUNTING: A SURVEY IN PERAK TENGAH

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## Introduction

According to the NHMS 2019, there are 21.8% of children under five years old are stunted. The percentage was increased which were 16.6% in 2011 and 17.7% in 2015<sup>1</sup>. Stunting can be caused by a variety of causes, including inappropriate child feeding due to a lack of awareness about feeding babies and toddlers. Nutritional problems in children can be avoided by mothers who are the primary caregivers for their children<sup>2</sup>.

Thus, this study aimed to assess the level of knowledge among mothers regarding feeding infants and young children in relation to stunting problem. A quantitative/cross-sectional study was carried out among mothers aged more than 18 years who lived in Perak Tengah district. The status of knowledge among mothers about infant and child feeding in relation with stunting was assessed using the knowledge part in nutrition-related Knowledge, Attitude and Practice (KAP) questionnaire from Food and Agriculture Organization (FAO).

## Objectives

1. To evaluate the knowledge of mothers on feeding practices used for infants and children.
2. To compare the educational level of mothers with their knowledge of infants and children feeding/ nutrition practices.
3. To assess whether or not the mothers in Perak Tengah are aware about the role of nutrition in the stunting problem.

## Methods

Cross sectional study was carried out among 106 mothers aged 18 years and above by using cluster random sampling

The respondents are required to answer knowledge related with nutrition and stunting questionnaire

Data was analyzed using SPSS for Windows version 12.0 software. The differences in the means were taken as statistically significant at the p-value <0.05



Questionnaire

## References

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## Results

Objective 1	Values	Knowledge Level	Total	
			n	(%)
	80-100	High	101	95.3
	60-79	Moderate	5	4.7
	0-59	Low	0	0.0

Table 1: Descriptive information on the level of knowledge on infants feeding and children among mothers

### Objective 2

Variable	Secondary School (n=48)		Higher Education (n=58)		Mean differences (95%CI)	t-statistics (df)	p-value
	Mean	SD	Mean	SD			
Knowledge Level (%)	87.5	6.66	96.4	3.1	-8.87 (-10.95894, -6.78154)	-8.484 (64)	0.001

Table 2: Comparison between knowledge level between secondary school and higher education (independent sample t-test)

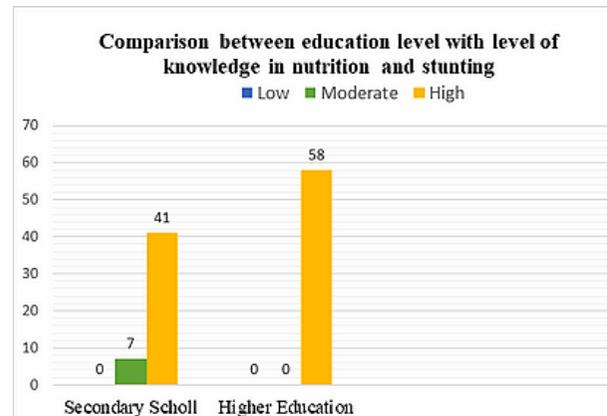


Figure 1: Number of respondents according to the level of knowledge between secondary school and higher education

### Objective 3

Values	Knowledge Level	Total	
		n	(%)
80-100	High	80	75.5
60-79	Moderate	26	24.5
0-59	Low	0	0.0

Table 3: Descriptive information on knowledge level on nutrition related with stunting among mothers

## Discussion

- Majority of the respondents have a high level of knowledge about feeding infants and children. But there are still a small number of mothers who did not know what exclusive breastfeeding and there are mothers who are not aware that they only need to give breastmilk as the first food to their babies as suggested by WHO<sup>5</sup>.
- There is an association between educational level with the knowledge on nutrition and stunting. Mothers with a high level of education are more knowledgeable about the feeding practices and stunting problem. Lack of formal and informal maternal education has been identified as a key barrier to good childcare practices<sup>2</sup>.
- More than half of the mothers have high level of knowledge on nutrition related with stunting. But, majority of the mothers are not agree to provide height gauge for height measurement in prevention of stunting<sup>4</sup>.

## Conclusion

- Majority of the respondents have a high level of knowledge about feeding infants and children.
- There was a significant difference in terms of knowledge level between secondary school and higher education among the mothers. All of the respondents from higher education achieve a high level of knowledge on nutrition and stunting. Knowledge regarding feeding infants and children is very important to be acknowledged among mothers. It is important for a mother to know the nutrients needed for their children according to their age.

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