

Literature Study: Effect Of Protein Energy Intake And Exclusive Breast Milk History On Stunting

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ABSTRACT

Incident toddler short, ordinary called as stunting, is one of the problem nutrition worldwide. In 2017 22.2% or around 150.8 million toddlers in the world are stunted. Nutritional Status Survey Toddler Integrated (SSGBI) conducted by Balitbangkes Ministry of Health Republic of Indonesia. This research aims to find out influence intake energy and protein as well history of exclusive breastfeeding to stunting incident. This research is studies literature that summarizes a number of relevant literature. Articles searched with using the Google Scholar database. After screening, 21 articles Fulfill terms and meet criteria. There is influence intake energy and protein and exclusive breastfeeding against stunting. Expected results this research will be one _ ingredient education and intervention nursing that can be applied in health services in prevent stunting.

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1. INTRODUCTION

Toddler short or regular called with stunting is one of the problem nutrition experienced by toddlers in the world today. In 2017 around 22.2% or 150.8 million toddlers in the world are stunted. But have experienced decrease in comparison with number the incidence of stunting in 2000 is by 32.6% (Ministry of Health RI, 2018). In 2017 it is estimated more from half stunting toddlers in the world come from from Asia (55%) meanwhile more from a third (39%) live in Africa. From 83.6 million stunting toddlers in Asia, proportion the most originated from South Asia (58.7%) and the least proportion in Central Asia (0.9%) (Ministry of Health RI, 2018). In Indonesia in 2018, the figure incident toddlers are very short and short 0-59 months old as much as 11.5% and 19.3%. This condition is increasing from year previously that is by 9.8% and toddlers short by 19.8%. Province with percentage highest toddler is East Nusa Tenggara, while Lowest is DKI Jakarta (Ministry of Health RI, 2020).

Stunting in children has an impact on decline system immunity body and improve risk caught disease infection, predisposition suffer disease high blood pressure, diabetes, heart and obesity will more tall when stunting child becomes mature. Apart from that, child with stunting have an average IQ of 11 points more low compared with children who are not stunted (Lestari, W., Margawati, A., & Rahfiludin, Z, 2014). Low exclusive breastfeeding _ be one _ trigger occurrence of stunting in children toddler, on the other hand good breastfeeding will help guard balance nutrition child so that achieved growth normal and optimal children (Alrahmad, AH, Miko, A., & Hadi, A. 2010). intake unbalanced nutrition _ take effect to fulfillment substance nutrition. Although many influencing factors, intake _ nutrition is direct factor _ the occurrence of stunting in toddlers (Fitri, L., Ritawani, E., & Mentiana, Y. 2020).

Based on background back above _ so formula problem in This research is " what " intake energy and protein as well history of exclusive breastfeeding relate with stunting? As for the purpose from This research is to analyze influence intake protein energy and history of exclusive breastfeeding to stunting incident. Expected This research can provide information for researchers for development knowledge nursing specifically about factor stunting risk.

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2. METHODS

Type Study

This research is studies a comprehensive literature review a number of literature relevant. Literature study or study References is technique in doing study with study or review knowledge, ideas, or findings directly __ in literature with formulate contribution theoretical and methodological based on topic.

Research Time

Search article starting on 17 June – 06 August 2021

Data collection

Articles searched with using the google scholar database with keywords related factors _ with stunting, influence intake protein energy on stunting and the effect history of exclusive breastfeeding against stunting. After screening, eligibility and include is carried out obtained 21 articles that meet criteria.

Criteria inclusion

- a. Articles with full text
- b. Published articles in a manner national, Google Scholar
- c. Articles that match the keywords.
- d. Article above year 2011

Criteria exclusion

- a. Articles only abstract only
- b. Article below year 2011
- c. does not match the keywords

Research is looking for a list of references from study previously, obtained A total of 86 studies were taken through search. A total of 40 articles in cleaning, and there are 21 articles included in criteria. After it's done review systematic to formulated question _ in a manner clear who uses systematic and explicit methods for identifying, selecting, and assessing in a manner critical relevant research, and to collect and analyze data from studies that include in reviews.

3. RESULTS AND DISCUSSION

In this study using 21 (two twentyone) article research selected according to _ topic. Three literature discuss about influence intake protein energy against stunting, 14 (four twelve) literature discuss about influence history of exclusive breastfeeding against stunting and three literature discuss influence both of them that is influence intake protein energy and effect history of exclusive breastfeeding against stunting. Analysis search grid synthesis literature explained in the table the following:

Table 1. Analysis Literature Search Grid Synthesis

| Author No | Research Title | Method Study | Instrument | Results |
|-----------|---|---|--|---|
| 1 | Augustine Dwi Utami, Dono Indarto, Yulia Lanti Retno Dewi Influence of Intake Nutrition and Factors Socio-Economic of events Stunting in Students SD in Surakarta | Analytical observational study, using a cross sectional design | This study used a questionnaire and height measurements for data collection. | Statistical results show that the incidence of stunting is influenced by energy intake, protein intake, mother's education, family income. |
| 2 | Sugiyanto, Sumarlan Analysis of factors related to stunting in toddlers aged 25-60 months in the working area of the Limbong Public Health Center Luwu Regency North | The research design uses the Cross design sectional | Questionnaire | Energy intake, protein intake, exclusive breastfeeding are associated with the incidence of stunting in toddlers aged 25-60 months in the working area of the Limbong Health Center, North Luwu Regency |
| 3 | Nilatul Izah, Evi Zulfiana, Nora Rahmanindar Spread Analysis And Determinant Stunting In Toddlers By Pattern Foster (Status Immunization and Breastfeeding Exclusive) | Quantitative with casecontrol design | Questionnaire | Parenting patterns of exclusive breastfeeding have an effect on the incidence of stunting in toddlers where the p value = 0.002 (<0.05). |
| 4 | Welmince Ina Lobo, Anna Henny Talahatu, Ruth Rosina Riwu The determinants of the incidence of stunting in children under five in Indonesia Working area Alak Health Center Kupang City | Type of analytic survey research by design cross sectional. | Questionnaire | The results showed that the level of energy adequacy and the level of protein adequacy were related to stunting. |
| 5 | Farah Okky Aridiyah, ninna Rohmawati, mury Ririanty The factors that Influence Stunting Incidents in Toddlers in Indonesia Rural and Urban Area | The type of this research is observational analytic with cross sectional design | Questionnaire | The results of the analysis show that the factors that influence the occurrence of stunting in children under five in rural and urban areas are mother's education. |

| Author No | Research Title | Method Study | Instrument | Results |
|-----------|---|---|--|---|
| | | | | mother's knowledge about nutrition, exclusive breastfeeding, age at which complementary foods are given, zinc and iron adequacy levels, history of infectious diseases and genetic factors. |
| 6 | Khairun Ni'mah, Siti Grace Nadhiroh Yang factor Relate With Genesis Stunting In Toddlers | This research is a research analytic observational with case study design control. | Primary data obtained through Interview using a questionnaire to mothers toddler. The nutritional status of stunting is obtained through: toddler height measurement using microtoise with an accuracy of 0.1 cm. | There is a relationship between the birth length of toddlers, history of exclusive breastfeeding, family income, mother's education and knowledge of mother's nutrition to the incidence of stunting in toddlers. |
| 7 | Intje Picauly and Sarci Magdalene Toy Determinant and Influence Analysis Stunting Against Learning achievement Schoolchildren in Kupang and Sumba East, NTT | This type of research is an analytic survey using a cross sectional design. | Microtoise, Food Frequency Questionnaires (FFQ); questionnaire. The average value of daily tests. | Protein intake, family income, knowledge of maternal nutrition, maternal parenting, history of infectious diseases, immunization history and maternal education are factors that cause stunting. |
| 8 | Sri Handayani, Wiwin Noviana Kapota, Eka Oktavianto Status Relations Exclusive Breastfeeding with Occurrence Stunting in Toddlers Ages 24 – 36 Months in Watugajah Village Regency Gunungkidul | This type of research is a descriptive correlational research using an approach cross sectional | Exclusive breastfeeding was measured using an exclusive breastfeeding questionnaire and stunting was measured using anthropometric and microtoise observation sheets. | There is a relationship between exclusive breastfeeding and the incidence of stunting in toddlers aged 24-36 months in Watugajah Village, Gunung Kidul Regency. |
| 9 | Cynthia, I Wayan Made Suryawan, AA Made Widiasta Relationship History Exclusive Breastfeeding with Occurrence Stunting in Children Age 12 – 59 Months at Wangaya Hospital Denpasar City | Cross- sectional method using secondary data from medical records | Infantometers and baby scales, microtoise and standing scales. | There is no significant relationship between exclusive breastfeeding and stunting. |
| 10 | Goddess Pusparani Sinambela1, History Influence Breastfeeding Exclusive with | analytical survey | Interview directly with the toddler's parents | There is a significant effect between breastfeeding |

| Author No | Research Title | Method Study | Instrument | Results |
|---|--|--|--|--|
| Pencass Vidiasari D Nurul guidance | Stunting Incident In Toddler in Working area Bay Health Center Banjarmasin oysters | | use checklist | exclusively with the incidence of stunting in toddlers. |
| 11 Erika Fitria Lestari, Luluk Khusnul Dwihestie. | Exclusive breastfeeding Related to Genesis Stunting In Toddlers | This research is a quantitative correlation research with case control method | The collection of data on stunting events is obtained from the recap results Public health center Moyudan while breastfeeding data Exclusive use of questionnaires | Based on the results of the study showed that the existence of a relationship between exclusive breastfeeding and the incidence of stunting is proven by the results of the chi Square test, with a p-value \bar{y}, which is 0.000 and a correlation coefficient value of 0.429. |
| 12 Devillya Puspita Dewi | Stunting Status Relation to Breastfeeding Exclusive to Toddlers in the District South Mountain | This research is a quantitative research with a case control study design | Questionnaire | The conclusion shows that stunting status is related to exclusive breastfeeding for toddlers in Gunung Kidul Regency. |
| 13 Sr. Anita Sampe, Rindani Claurita Toban, Monica Anung Madi | The Relationship of Exclusive Breastfeeding with Stunting Incidence in Toddlers. | This study uses a case control study approach | Data were obtained by measuring TB in children using a microtoise and filling out a questionnaire on mothers. | Based on the results of the study, there was a relationship between exclusive breastfeeding and the incidence of stunting in toddlers. |
| 14 Wanda Lestari, Ani Margawati, M. Zen Rahfiludin. | Risk factors for stunting in children aged 6-24 months in Subdistrict City Calendar Subulussalam Aceh Province | Research design is case control | Measurement, interviews with questionnaires and food recall | The results showed that the risk factors for stunting were low levels of energy adequacy, low levels of protein adequacy, not being exclusively breastfed. |
| 15 Maria Nova, Olivia Afriyanti. | Heavy Relations Body, exclusive breastfeeding, MP-ASI and energy intake with stunting in toddlers aged 24 – 59 Months in Lubuk Health Center Crocodile | The design in this study is Cross sectional | Birth weight data, Administration Exclusive breastfeeding and Giving MP Breast milk is obtained through Interview using a questionnaire. Energy Intake data obtained via | In conclusion, birth weight, giving MP-ASI, and Intake Energy has a significant relationship with the incidence of stunting in toddlers aged 24-59 months and giving Exclusive breastfeeding has no relationship |

| Author No | Research Title | Method Study | Instrument | Results |
|--|---|---|---|---|
| | | | interview using Food Frequency Questionnaire (FFQ). | which is not significant with the incidence of stunting in toddlers aged 24-59 months. |
| 16 Lydia Fitri | The Relationship between LBW and Exclusive Breastfeeding with Incidence Stunting in Puskesmas Lima Twenty Pekanbaru | This type of research is quantitative analytic with cross sectional design | questionnaire | It can be concluded that there is a relationship between LBW and exclusive breastfeeding with the incidence of stunting. |
| 17 Sophia Mawaddah | Connection Breastfeeding Exclusive with Incidence of Stunting in Toddlers Age 24 – 36 Months | Observational analytic research method with a retrospective control approach | The data was obtained from the register book of the Tampang Tumbang Anjir Health Center and the primary data was obtained from filling in the form that was asked to mothers who had toddlers aged 24 – 36 months. | There is a significant relationship between exclusive breastfeeding and the incidence of stunting at the age of 24 – 36 months |
| 18 Lydia Fitri, Ernita | Connection Breastfeeding Exclusive and MP Early Breastfeeding with Stunting Incident To Toddler | This is a quantitative analytical research with a case control design with retrospective approach | Questionnaire | There is a significant relationship between Exclusive breastfeeding and early complementary breastfeeding with stunting |
| 19 Early Nugraheni, Nuryanto, Hartanti, Pasword, Wijayanti, Twinkle, single, Ahmad, Syaury | Exclusive Breastfeeding and Energy Intake Related to Occurrence Stunting at Age 6 – 24 Months in Java Middle | This study uses an observational analytic study design approach Cross sectional | Independent variable data in this study were obtained by filling out questionnaires and the results of interviews by the Data Management team from the Directorate of Community Nutrition and Balitbangkes, Ministry of Health. | The determinants of the factors most related to the incidence of stunting were seen based on the variables in this study, namely history of early initiation of breastfeeding (IMD), history of exclusive breastfeeding, energy intake, and protein intake. |

| Author No | Research Title | Method Study | Instrument | Results |
|--|---|---|--|---|
| 20 Eco Setiawan, Rizanda Machmud, Masrul | Factors related to Incidence of Stunting in Children Aged 24 – 59 Months in Region Health Center Work Andalas District East Padang City Padang in 2018 | This research is an observational analytic study with a cross- sectional design | Microtoise and questionnaire. | There is a significant relationship between the level of energy intake with stunting. The level of protein intake does not show a significant relationship with the incidence of stunting. |
| 21 Delmi Sulastri | Determinant Factor Stunting Incidents in Children Study in Lubuk District City Factory field | Research with cross sectional study design | Measurement of height (TB) using a microtoise with an accuracy of 0.1 cm and the mother was carried out interviews, while to calculate energy and protein intake is done through Interview using semi- quantitative Food Frequency Questionnaire (FFQ), stunting nutritional status is established based on the criteria for height if it is < -2 SD. | The results of this study showed a non-significant relationship between protein intake and nutritional status ($p >$ 0.05), where stunted children were more likely to have less protein intake. |

Discussion

The growth process is largely determined by the adequacy of total food/ intake energy consumed. The more optimal the amount intake energy consumed will the more ideal the growth process human. And vice versa if the intake of food / energy consumed not enough from needs body so will result in stunted growth process so that lead to stunting, it can even lead to malnutrition (Sugiyanto, S., & Sumarlan , S. 2021).

Fulfillment needs nutrition balanced for growth no only about intake only energy, but also related with protein intake. toddler protein intake shared Becomes two category, that is low and sufficient. Category low protein intake if < 100% RDA and category intake enough if 100% of the RDA (Sugiyanto , S., & Sumarlan , S. 2021).

Proteins consist of from amino acids. On the side provide essential amino acids , protein also supplies energy in circumstances limited from carbohydrates and fats. Protein is one of the substance nutrition working macro _ as substance builder , maintainer cells and tissues body as well as help in metabolism system immunity body someone . Proteins that come from from food will digested and changed Becomes functional amino acids as precursor of neurotransmitters and plays a role in in development brain children (Lobo, WI, Talahatu , AH, & Riwu , RR 2019).

There is seven articles that discuss about influence intake protein energy against stunting. Of the seven article the there is two an article that explains that there is no significant relationship _ Among

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intake protein energy with stunting incident . This can happen because intake of protein consumed made as source energy . Where protein is one of the source energy main for body . and will occur protein breakdown when intake insufficient energy. Based on characteristics type sex respondent from seventh article the show that dominated by type sex women and average age respondent that is 12 months to _ _ 59 months old .

i A. D et al (2017) explain that the incidence of stunting is influenced by intake protein energy . On research Sugiyanto and Samarlan (2020) explain that stunting incidence has significant relationship _ with protein intake . Research conducted by Welmince I. L et al (2019) also explains that stunting is influenced by the level of protein adequacy . The results of research conducted by Intje P and Sarci M. T (2012) also show that related protein intake with stunting. In a study conducted by Wanda L et al (2012) showed that that factor Stunting risk is inadequate protein intake .

inadequate protein intake . in accordance with theory that proteins work as substance builder . Where is all layer cell consist on proteins that carry micronutrients . Protein works too as regulator body and form new DNA for body . So that if the body lack of protein in period long time _ so will the disturbance regulation body and hormones growth can be disrupted and cause disturbance nutrition such as stunting (Fitri , L., Ritawani , E., & Mentiana , Y,2020, Yusuf , 2022).

The results of research conducted by Eko S in the working area Public health center Andalas City of Padang from month August to April 2018 get results where intake protein energy does not show significant relationship _ with stunting incident . The results of research conducted by Sulastri (2012) also show that : same result where statistical test results show that there is no connection Among intake protein energy with stunting. Incident can be caused because intake of protein consumed made as source energy . Where protein is one from three source energy main for body human . Protein breakdown will occurs if intake insufficient energy . _ If the diet does not contain protein and/or energy in sufficient amount _ so body will experience protein deficiency (Setiawan, E., Machmud , R., & Masrul , M, 2018).

There are meaningless relationship _ Among intake energy with nutritional status , the possibility caused existence other factors that affect nutritional status _ someone . Factor the among them is activity physical , history disease , habit snacks , which in this study were not examined (Sulastri , D, 2012).

Effect of Exclusive Breastfeeding History against Stunting

Breast milk is needed in growth period baby so needs nutrition sufficient . Therefore the mother must and must give breast milk exclusive to baby to age baby 6 months and still breastfeed until baby 2 years old to fulfill needs nutrition babies (Alrahmad , Miko , & Hadi , 2010)

The length of the child is also related with Breastfeeding . Duration breast-feed positive relate with growth long , the longer the children breastfeeding so the more they are fast grow well in second and in year third life (Nova, 2018). Children who are not exclusively breastfed at the age of 0-6 months and who are not given complementary foods that are not appropriate, children will have an impact on stunting and will often caught infection (Nugraheni , D., Nuryanto , N., Wijayanti , HS, Panunggal , B., & Syauby , A,2020)

There is eight mercy articles that discuss about the effect of exclusive breastfeeding against stunting. Most _ article the explain that history exclusive breastfeeding _ take effect against stunting. But there is three article study explain that exclusive breastfeeding has no effect in a manner significant against stunting. This proves that stunting in infants but it can also be influenced by food intake other than breast milk , including one of them is intake energy and protein in complementary feeding of breast milk In a study conducted by Sugiyanto and Sumarlan in the working area Public health center Limbong Regency North Luwu , South Sulawesi Province , showing that exclusive breastfeeding have significant relationship _ with occurrence of stunting.

Research conducted by Izah _ et al 2020 shows _ exclusive breastfeeding _ take effect to stunting in toddlers . In research conducted by Khoirun _ Ni'mah and Siti Rahayu Nadhiroh (2015), shows that toddlers who do not get exclusive breastfeeding for 6 months first more higher in the stunting toddler group (88.2%) compared to with normal toddler group (61.8%).

In research conducted by Sinambela _ et al (2019) explain that there is significant influence _ Among exclusive breastfeeding _ with the incidence of stunting in toddlers in the work area Public health center Bay Banjarmasin oysters . Based on results research conducted by Erika Fitria Lestari and

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Luluk Khusnul Dwihestie (2020) shows that existence connection Exclusive breastfeeding _ with stunting incident .

Research conducted by Dewi (2015) shows that that stunting status has connection with Exclusive breastfeeding for toddlers in the district Mountain South . In a study conducted by Sampe et al (2020), show there is connection exclusive breastfeeding _ with stunting in toddlers . Meanwhile , in the odds ratio test, it was found that toddlers who are not exclusively breastfed 61 times more chance experiencing stunting compared to infants who are exclusively breastfed . Research conducted by Wanda Lestari et al (2014) shows that : that there is connection between exclusive breastfeeding with stunting.. Research conducted by Fitri (2017) shows that that there is connection Among exclusive breastfeeding _ with incident .

Research conducted by Sofia Mawaddah (2019), Statistical test results show there is meaningful relationship _ Among exclusive breastfeeding and the incidence of stunting at the age of 24-36 months . Research conducted by Lidia Fitri and Ernita (2018) where test results show that there is connection exclusive breastfeeding _ with stunting. In a study conducted by Apriyanti (2022) explained : that stunting is related with history of exclusive breastfeeding .

From the results study it can be explained that exclusive breastfeeding _ for infants up to the age of 6 months is very influential to reduce risk of stunting in children . However importance exclusive breastfeeding _ not yet fully recognized by the public . Percentage of Babies less from 6 months get exclusive breastfeeding in a manner national around 66.1% (Ministry of Health RI, 2020).

Breast milk is ideal form of food to meet nutrition children, because breast milk can Fulfill needs nutrition baby for life for 6 months first life. Breast milk is important food source for baby's health. Breast milk can fulfill three quarter from baby protein needs age 6-12 months, besides that, breast milk also contains all essential amino acids needed _ babies (Izah, N., Zulfiana, Ev., & Rahmanindar, N,2020, Suryanto , 2022).

Existence difference The results in this study are many factors that can cause the occurrence of stunting and exclusive breastfeeding no the only one causes of stunting. But there is also other causes such as intake of food other than breast milk because needs substance high nutrition, especially _ after the period of exclusive breastfeeding and in patients with disease infection (Cynthia, C., Bikin Suryawan , IW, & Widiara , A. M, 2019). The state of stunting is not only determined by the status of exclusive breastfeeding, but is also influenced by other factors such as : quality of complementary feeding (MP-ASI), adequacy of intake nutrition provided _ to child every days , as well as the health status of infants (Setiawan, E., Machmud , R., & Masrul , M, 2018).

4. CONCLUSION

The conclusions obtained _ from This research is : There is an influence intake protein energy and history of exclusive breastfeeding with stunting incident . The results of this study are expected be one _ ingredient education and intervention nursing that can be applied in the service internal health prevent stunting. Suggestions that can be given among other things is expected to the health department to effort enhancement knowledge about causes and effects from stunting, as well as party Public health center need To do continuous counseling _ about exclusive breastfeeding and efforts Fulfill needs energy and protein in toddlers .

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