The Mother's Knowledge in Feeding Practices to Prevent Stunting: Scoping Review

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Abstract. Stunting, often referred to as a growth disorder in toddlers, is a significant nutritional problem experienced by many children throughout the world. Stunting weakens the immune system, resulting in child morbidity and mortality. Stunting also causes cognitive, motor and intelligence problems which result in decreased learning capacity and causes poverty in the country. Good maternal knowledge of feeding practices is an effective solution in preventing stunting. This review aims to examine mother's knowledge in feeding practices to prevent stunting. Method: It is a scoping review using the PRISMA-ScR Checklist framework. The literature was searched through this review using 3 relevant databases such as Pubmed, Proquest, and Science Direct. The keywords used are mother's knowledge, feeding practices and stunting. Critical appraisal by The Joanna Briggs Institute (JBI) was used to assess the quality of articles. Results: There were 1.560 articles obtained for the first time. Then, 10 eligible articles was selected for the next review process according to the inclusion criteria. The selected articles came from 7 different countries. 10 eligible articles used quanitative and experimental research designs. Finally, one main theme were found, namely educational methods. Conclusion: Educational methods provided to mothers through home visits and counseling are considered important in increasing knowledge in feeding practices to prevent stunting.

Keywords: Mother's Knowledge, Feeding Practices, Stunting

1 Introduction

Stunting, often referred to as a growth disorder in toddlers, is a significant nutritional problem experienced by many children throughout the world nowadays [1]. The prevalence of stunting in 2020 was 149.2 million children (22.0%) [2]. The impact of stunting in the short term is a weakened immune system which results in child morbidity and mortality [3]. Stunting also causes cognitive, motor, and intelligence problems which result in decreased learning capacity. Then, it impacts to human resources and causes poverty in the country [4]. The long-term impact of stunting is that the child's posture is short and not appropriate for his age[5] Stunted children are at risk of obesity, stroke, and so on as adults[6].

T. Triwiyanto et al. (eds.), *Proceedings of the 6th International Conference of Health Polytechnic Surabaya (ICoHPS 2023)*, Advances in Health Sciences Research 72,
https://doi.org/10.2991/978-94-6463-324-5_50

One of the factors causing stunting is a lack of nutrition in the first 1,000 days of life, such as maternal nutrition during pregnancy, not exclusive breastfeeding, and sub-optimal complementary feeding practices[7]. It is also due to limited mother's knowledge and lack of mother's awareness about the nutrition and proper feeding practices[8]. Research in India revealed less significant results. It highlighted that the mother's knowledge of complementary feeding practices has not met the recommended standards[9]. In addition, research in Tanzania revealed that most children did not receive the maximum benefits of breast milk (complementary foods) due to a lack of understanding and appropriate practices from mothers in providing the necessary nutrition[10]. Implementing complementary feeding practices maximally can prevent one in every three child deaths. This is an important step in improving children's health through stunting prevention efforts[11].

The practice of giving complementary foods to breast milk has been proven to be an effective strategy in improving children's nutritional status. Mother's knowledge of providing complementary foods for breast milk plays an important role in preventing stunting in children[12]. The age of 6 to 24 months for children is a critical period in their development, both physically and mentally[13]. When children reach six months, breast milk is no longer sufficient to meet their nutritional needs. Therefore, adequate knowledge regarding the type and appropriate provision of additional food is very important for mothers so that children receive essential nutrition[11]. Mothers' awareness of the importance of knowledge in providing complementary foods to children can influence positive attitudes that support the practice of providing food according to children's nutritional needs must be met to prevent stunting[14].

2 Method

This research uses a scoping review method. It is a systematic approach that helps review methodology, analyze results based on empirical evidence, identify main concepts in the research, assess relevant sources of evidence, and categorize the types of evidence available [15]. The researchers chose the PRISMA-ScR guidelines as the main guide in planning the literature study because it provides a comprehensive and detailed checklist, including the important aspects that need to be assessed in preparing a scoping review.

2.1 Objectives

In the context of table 1 of the PEO framework above, this scoping review research addresses the main question "How is the mother's knowledge of feeding practices to prevent stunting?

2.2 Eligibility Criteria

Article inclusion criteria are original research articles, articles in English and Indonesian published in 2018-2022, full-text articles, articles from gray literature, and relevant

official sites regarding knowledge of feeding practices in preventing stunting. Exclusion criteria include irrelevant articles, reviews, and book reviews.

Table 1. Framework

P (Population)	E (Exposure)	O (Outcomes/Theme)
Mother's Knowledge	Feeding Practices	Stunting Prevention

2.3 Search

The researchers carried out a search process to identify relevant articles, we carried out this by exploring three different databases, namely PubMed, Proquest, and Science Direct Library, and using search engines such as Google Scholar (grey literature). To obtain appropriate literature, we used keywords through medical subject heading (MesH), truncation, and use Boolean operators (OR, AND, and NOT) as follows "mother's knowledge OR woman's knowledge OR mother's understanding OR feeding practice* OR complementary feeding AND stunting OR stunt* OR stunted OR growth disorders".

2.4 Information Sources

In this flow, this scoping review uses Mendeley as reference management software. This tool is used to carry out article selection including duplication detection, title selection, abstract evaluation, and full-text reading. The researchers charted the data by making a table according to the characteristics of a scoping review literature study. It was about maternal knowledge in feeding practices towards preventing stunting, by mapping data and summarizing the findings from each literature study [15] as follows:

2.5 Selection of Sources Evidence

Determining the number of relevant articles and the filtering steps are described in detail in the following PRISMA flowchart(Fig. 1)[15] :

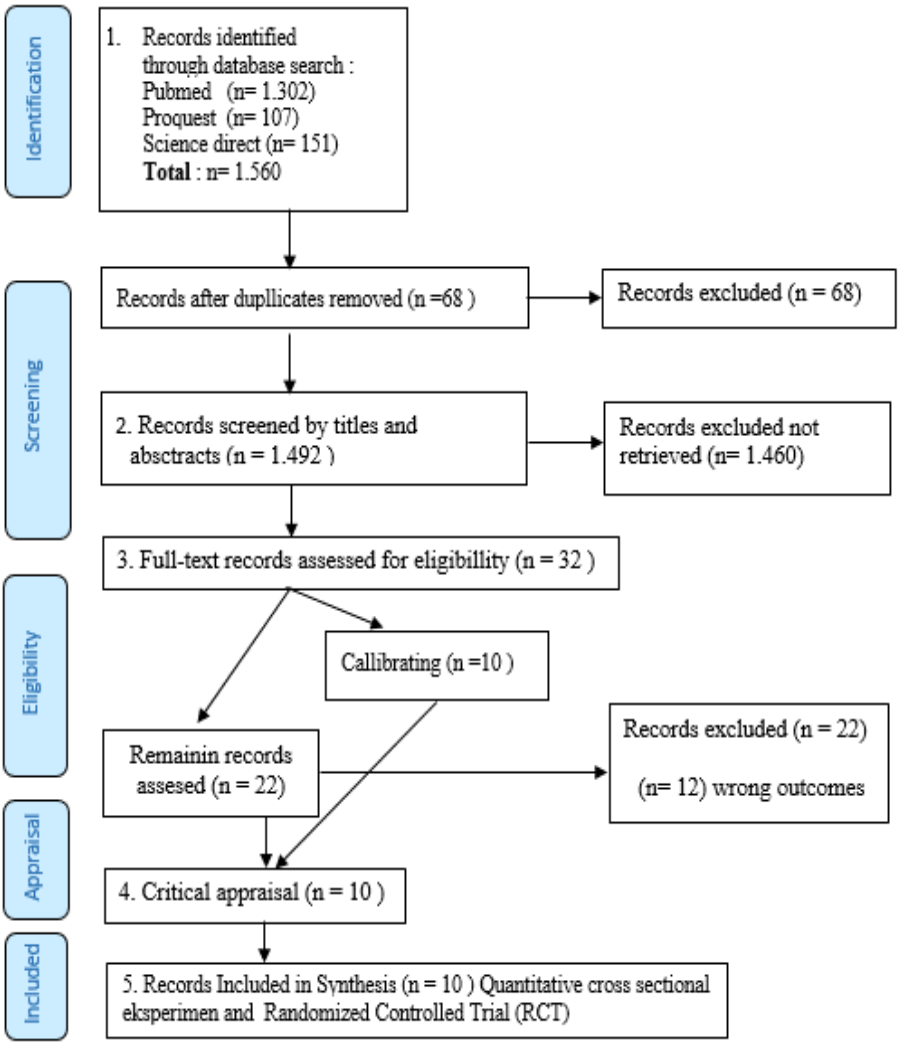

Fig. 1. PRISMA-Scr Flow chart

2.6 Data Charting

Researchers mapped and summarized the characteristic data of literature studies referring to including [15] (Table 2):

Table 2. Data Charting

No	Title/Authors	Country	Objective	Type of research	Data Collection	Participant/ Sampel Size	Result
1	Knowledge, attitude, and practices regarding complementary feeding among mothers of children aged 6-24 months in Unaizah city,Saudi Arabia [16]	Arab	To examine knowledge, attitudes, and complemeentay feeding practices in mothers with children aged 6-24 months	Kuantitatif : design cross-sectional	The data collection method used was a structured questionnaire that had been tested for validity and reliability.	Sample for this study consisted of 286 mothers who had children 6-23 months. Sampling technique using simple random sampling. The data analysis method uses the Chi-square test	The results of the study showed that mothers who received education about complementary foods (98.7%) said that this was very important for their children's nutritional needs and (53.2%) there was an increase in mothers' knowledge in the practice of giving food to children 4-5 times per day.
2	Assessment of knowledge, attitude and practice of mothers/care givers on infant and young child feeding in assosa woreda, assosa zone, benishangul gumuz region, western Ethiopia [12]	Ethiopia	To assess knowledg, mothers' attitudes and practices regarding giving feeding babies and small children.	Kuantitatif : design cross-sectional	The data collection method used is a questionnaire that has been tested for validity and reliability	This research sample is large 486 mothers who had children 0-24 months. Sampling technique using random sampling. Data analysis used the Pearson chi-square test	Comprehensive research findings show that around (93.8%) mothers have a good understanding of the practice of feeding babies and young children, while (88.9%) mothers had a good attitude towards the practice of feeding behavior, and (78.2%) mothers carried out the practice with so that it has a positive impact in reducing malnutrition in infants and children.
3	The influence of nutrition education on feeding practices for	Indonesia	To determine the effect of nutritional education	Quasi experiment: with pre-post test two	The data collection method is a structured questionnaire that has	The sample for this study consisted of 267 mothers who had babies aged 7-	This research clearly illustrates that providing education through mentoring has a significant impact on the way

No	Title/Authors	Country	Objective	Type of research	Data Collection	Participant/ Sampel Size	Result
	stunted toddlers in North Bengkulu Regency [17]		interventions on the feeding practices of mothers who have stunted toddlers.	group design	been tested for validity and reliability.	24 months. The sampling technique uses two-stage cluster, Data analysis method uses paired sample t-test and independent t-test.	mothers provide food to children (p= 0.000). The process of providing nutrition education can increase mothers' knowledge and change nutritional practices, which can positively influence children's nutritional status and, as a consequence, reduce the risk of stunting.
4	Knowledge, attitudes and practices of mothers and caregivers on infant and young child feeding in peri-urban zones of bobo-dioulasso in burkina faso [18]	Afrika	To assess knowledge and attitudes in the practice of feeding infants and young children (IYCF) among mothers or caregivers.	Deskriptif : design cross-sectional	The data collection method used was a structured questionnaire.	The research sample consisted of 245mothers/ caregivers who had children aged 6-59 months. Sampling technique uses random sampling. The data analysis method used SPSS version 20.	The results showed that (93.5%) of mothers/caregivers had good knowledge stating that breastfeeding was very beneficial for children, apart from that (96.3%) knew and behaved in good IYCF practices by conveying that breast milk exclusively given for 6 months and (75.5%) mothers reported that the right age to start MP-ASI is (6 months).

No	Title/Authors	Country	Objective	Type of research	Data Collection	Participant/ Sampel Size	Result
5	The impact of nutritional counseling on complementary feeding practice and infant nutritional status at Pakan Rabaa Solok Selatan Health Centre in Indonesia [19]	Malaysia	To determine the effect of practical demonstration counseling MP-ASI on the nutritional condition of babies aged 6-12 months	Quasi-experimental design with control group pretest and posttest.	Data collection methods for measuring weight, height and interviews through questionnaires.	The sample for this study consisted of 46 mothers who had children aged 6-12 months. Sampling technique purposive sampling. Analysis data uses chi-square test, independent t-test and dependent t-test.	The research findings revealed an increase in the practice of providing MPASI in the intervention group, increasing from 11.59% to 12.65%. in the control group 11.80% to 12.13%. The results of statistical tests showed significant differences in maternal practices in feeding before and after counseling the two groups.
6	Relationship between Mother's Knowledge and Practice of Early Breastfeeding Initiation, Exclusive Breastfeeding, and complementary feeding for Stunting Children at Marusu Health Center, Maros [20]	Indonesia	To determine the relationship between maternal knowledge and the practice of IMD, exclusive breastfeeding and MP-ASI in stunted children at the Marusu Community Health Center, Maros	Kuantitati: design cross-sectional	The data collection methods used were interviews and questionnaires which had been tested for validity and reliability.	The research sample was 10 mothers who had stunted children aged 12-24 months. The sampling technique was purposive sampling. Data analysis method using chi-square test	The results of our statistical analysis show that there is a significant relationship between the mother's level of knowledge and the feeding practices applied to babies. In more detail, we found three significant findings between maternal knowledge and practice in providing Complementary Food for Breast Milk (MP-ASI) or milk, with a significance value of p=0.033.
7	Maternal nutrition counseling is associated	Bangladesh	To determine the effect of	Quasi-experiment : *two*	The data collection method used is a	The research sample was 3009 mothers who had	The results of the study explained that there were differences after being given

No	Title/Authors	Country	Objective	Type of research	Data Collection	Participant/ Sampel Size	Result
	with reduced stunting prevalence and improved feeding practices in early childhood: a post-program comparison study [21]		nutritional counseling on practice feeding infants and children aged 0-59 months	*group post test*	structured questionnaire	children aged 0-59 months. Sampling method used a two-stage cluster. Data analysis method using the Chi-square test.	intervention in the form of nutritional counseling regarding feeding practices including maternal knowledge regarding IMD which was significantly higher (P = 0.003), maternal knowledge regarding MP-ASI was significantly higher (P = 0.019) and there was an increase in knowledge dietary diversity with value (P < 0.001)
8	The effect of Mothers' Nutritional education based on health belief model toprevent stunting among young children [22]	Arab	To influence maternal nutrition education based on the health belief model in preventing stunting in early childhood.	Quasi-experimental	The collection method uses a questionnaire designed by researchers after studying relevant literature and its validity and reliability by experts.	This research sample involved 80 mothers who had children who were stunted. The sampling technique uses probability sampling.	The results of the study showed that there was a very significant difference in the practices reported by mothers before and after undergoing health education for one month through home visits (p<0.001), nutritional education in providing complementary foods for breast milk increased. knowledge with the average mother's knowledge score being higher (5.27 ± 1.21).
9	Impact Evaluation of a Comprehensive Nutrition Program for Reducing Stunting in	Malawi	To test nutrition programs on children's nutritional status such as decline	Quasi-experiment	The data collection method used paper-based questionnaires were drafted	The sample for this study were 1,200 children aged 6-23 months. The sampling tecnique uses probability	The results showed that there was an increase in body weight and length (reduction in stunting) with value (P <0.05) and reduction in wasting in children

No	Title/Authors	Country	Objective	Type of research	Data Collection	Participant/ Sampel Size	Result
	Children Aged 6–23 Months in Rural Malawi [23]		stunting, wasting and knowledge of eating patterns			proportional to size. The data analysis kernel psw-did analysis.	aged 6–23 months with value (P <0.05). The results showed that knowledge of parenting practices on feeding and hand washing (WASH) increased by 8–11% with a value of (P=0.05).
10	Effects of nutrition education on knowledge and practice of complementary feeding of mothers with 6- to 23-month-old children in daycare centers in Hawassa [24]	Ethiopia	To determine the effect of nutrition education on knowledge of the practice of giving complementary breast milk to children aged 6 to 23 months	Randomized control trial: with pretest and posttest design	The data collection method used questionnaires which had been tested for validity and reliability.	The sample for this study were 200 mothers who had toddlers 6-24 months. The sampling technique uses simple random sampling. The data analysis uses the chi-square test	The results of the research show that nutritional education on complementary breast milk foods carried out through home visits can significantly increase mothers' knowledge from (54-86%) to 70%), this is because nutritional education has a positive impact on changing knowledge and better awareness of feeding. companions and food diversity for babies and young children.

3 Result

3.1 Synthesis of Results

In the articles searching process for scoping reviews in Fig. 1, the researchers used three different databases. As a result, it was found 1,560 relevant articles to the research questions. 1,302 articles were from PubMed, 107 were from ProQuest, and 151 were from Science Direct. Then, all the articles were imported into Mendeley. After identifying and removing 68 duplicate articles, 1,492 articles were left. Next, the articles were filtered by title and abstract, resulting in the exclusion of 1,460 irrelevant articles. The remaining 32 articles were accessed to examine the full manuscripts and screened according to inclusion criteria. In the end, only 10 articles met all the criteria. PRISMA flowcharts were used because they can improve the quality of publication and overall reporting they follow recommendations [15]. The assessment of these articles

was carried out using the Critical Appraisal method based on guidelines from The Joanna Briggs Institute (JBI) [16].

3.2 Characteristics of Sources Evidence

There are several characteristics of the 10 articles that have been selected, including characteristics based on country. There were 2 Indonesia articles, 2 Arab articles, 1 Ghana article, 1 Malawi article, 1 Afrika article, 1 Ethiopia article, and 1 article from Bangladesh. Characteristics of articles based on research design include 5 quantitative articles that used a cross-sectional design, 4 articles that used a quasi-experimental design, and 1 article that used a randomized control trial design.

3.3 Critical Appraisal Within Sources of Evidence

In this scoping review, researchers found that 5 articles used quantitative research methods with a cross-sectional design, 4 articles applied a quasi-experimental design, and 1 article adopted a randomized controlled trial (RCT) method. The researchers have carried out a critical assessment of all these articles 1, 2, 3, 4, 5, 6, 7, 8, and 10 answer "YES" in all Question items on JBI perfectly. The advantage of these articles is that the data source in the articles is complete each article provides comprehensive details regarding the samples used, data collection methods, sampling techniques, and instruments that have passed validation to minimize the potential for error. Meanwhile, article 9 has less perfect results because the data analysis used was not explained in detail.

3.4 Results of Individual Sources of Evidence

The following is one main theme that emerged from the researchers' scoping review review (Table 3):

Table 3. Mapping Themes

Theme	Sub-theme	Article
Education Method	Home Visit Nutrition Education Counseling	1,2,3,4,5,8,9 & 10 7

4 Discussion

4.1 Home Visit Nutrition Education

The data presented in table 3 above, it can be concluded that the results are that (1, 2, 3, 4, 5, 6, 9, and 10) showed the results that increasing mothers' knowledge about child feeding practices through nutritional education and home visits has a significant posi-

tive correlation with increasing children's nutritional status to prevent stunting. Nutrition education through house-to-house visits has a more significant influence on mother's knowledge. With this approach, mothers can engage in deeper discussions regarding various aspects of feeding, can get immediate solutions, and can understand educational material easily[25]. In addition, a more intense focus between counselors and mothers allows for increased knowledge. Knowledge is the result of knowing after someone senses a particular object[26]. Mothers' knowledge of proper feeding practices can be a solution to prevent stunting[12]. The higher an individual's knowledge about the consequences of a disease, the higher the prevention efforts they make [27]. The research [8], stated the wider mother's knowledge will bring greater benefits. nutrition given to the child. The attitude of complementary food for breast milk is a mother's reaction to information to take concrete actions towards the practice of providing appropriate complementary foods to children[28]. Attitudes in this study were influenced by the mother's knowledge after being given nutrition education and home visits so the mother could change herself towards positive changes. Action has an important role in relation to a person's practical behavior in making decisions, including decisions about providing appropriate complementary foods. To take an attitude into real action, supporting factors are needed, such as influence from individuals who are considered influential, mass media, and educational institutions[29].

4.2 Counseling

Article 7 showed that nutritional counseling significantly increased mothers' knowledge about child-feeding practices. After the nutritional counseling intervention, there was a significant increase in mothers' knowledge about MP-ASI ($P = 0.019$) and also a very substational increase in understanding of food diversity ($P < 0.001$). Providing IYCF counseling services plays an important role in increasing the availability of information for pregnant women, breastfeeding mothers, babies, and children up to 2 years old regarding the best feeding practices [30]. Providing counseling education on infant and young child feeding practices (IYCF) can increase knowledge and change maternal behavior by 0.2 SD. This is because IYCF counseling education is the delivery of a quality message[31]. The importance of increasing mothers' knowledge about IYCF practices through national nutrition campaign program interventions and the availability of interpersonal communication services as a strategy to improve feeding practices to overcome stunting in rural Indonesia[32].

5 Conclusion

Educational methods delivered to mothers through home visits and counseling are considered essential in increasing understanding regarding providing food to prevent stunting. However, the results of the review showed that most efforts to increase knowledge focus more on nutrition education through home visits. Therefore, further research is needed regarding nutritional education interventions through home visits to

increase understanding of feeding practices as a more effective step in overcoming the problem of stunting.

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