ABSTRACT

AI NURHAYATI. The Effect of Nutrition Counseling on Exclusive Breastfeeding of Poor Families Mothers. Under direction of HARDINSYAH, HIDAYAT SYARIEF and SITI MADANIJAH.

The study was done in Sub-district of Darmaga, Municipality of Bogor, and was aimed to analyze the influence of nutrition counseling on exclusive breastfeeding of poor families mothers.

The design of the study was a Randomized Controlled Trial with 60 samples, consisted of 31 mothers treated nutrition counseling as a treatment group, and 29 mothers as a controlled group. The nutrition counseling was done through home visit 7 times any the study-consisted of twice before during and 5 times after delivery. The study was done for 15 months. The data collected was then analyzed statistically by descriptive and inferential analysis.

The result of the study shows that the level of nutrition knowledge, attitude, and practice of mothers on exclusive breastfeeding (who treated by nutrition counseling) was significantly higher than the controlled group.

The number of matter exclusive breastfeeding using prospective method was 25.8% and 3.4% in treatment and control groups respectively. While using cross sectional method was 70.9% and 10% in treatment and control groups respectively. Exclusive breastfeeding practice was effected by nutrition counseling (p=0.038) with OR of 9.7 (95%; CI 1.1-83.7). It indicates that mothers who were given nutrition counseling 10 times more likely practice exclusive breastfeeding.

Keywords: nutrition counseling, exclusive breastfeeding, nutrition knowledge, nutrition attitude, and nutrition practice.