

ABSTRAK

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RIWAYAT PENYAKIT PADA BALITA YANG MEMPENGARUHI
TERJADINYA STUNTING DI WILAYAH PUSKESMAS PONCOL
KABUPATEN MAGETAN

Stunting merupakan kondisi gagal tumbuh pada anak balita akibat kekurangan gizi kronis yang berlangsung dalam waktu lama, terutama pada 1.000 hari pertama kehidupan. Salah satu faktor yang berperan penting dalam terjadinya stunting adalah riwayat penyakit pada balita. Penelitian ini bertujuan untuk menganalisis hubungan antara riwayat penyakit yang dialami balita dengan kejadian stunting.

Penelitian dilakukan di wilayah kerja Puskesmas Poncol, Kecamatan Poncol, Kabupaten Magetan, dengan menggunakan metode kuantitatif dan desain cross sectional. Sampel penelitian berjumlah 140 balita yang dipilih melalui teknik total sampling. Data dikumpulkan menggunakan data sekunder berupa dokumen data dan rekam medis, kemudian dianalisis menggunakan uji statistik Chi-square.

Hasil penelitian menunjukkan bahwa 57,1% balita yang memiliki riwayat penyakit mengalami stunting. Jenis penyakit yang paling sering dialami meliputi diare, ISPA, dan demam. Hasil uji statistik menunjukkan adanya hubungan signifikan antara riwayat penyakit balita dengan kejadian stunting ($p = 0,032$). Dan Riwayat penyakit tuberkulosis menunjukkan hubungan yang signifikan dengan kejadian stunting ($p = 0,020$). Penyakit ISPA dan diare tidak menunjukkan adanya hubungan yang signifikan dengan kejadian stunting atau untuk penyakit lain masih lemah.

Infeksi yang terjadi secara berulang dapat mengganggu penyerapan nutrisi, menyebabkan gangguan metabolisme, dan menurunkan asupan makanan, sehingga berkontribusi terhadap pertumbuhan yang terhambat. Diperlukan upaya promotif dan preventif yang berkelanjutan untuk mencegah infeksi pada balita sebagai salah satu strategi menurunkan angka stunting.

Kata kunci: Stunting, Balita, Riwayat penyakit.

ABSTRACT

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HISTORY OF DISEASES IN TODDLERS THAT INFLUENCES THE OCCURRENCE OF STUNTING IN THE PONCOL COMMUNITY HEALTH CENTER, MAGETAN REGENCY

Stunting is a condition of growth failure in children under five caused by chronic malnutrition that occurs over a prolonged period, especially during the first 1,000 days of life. One of the major contributing factors to stunting is the history of illness during early childhood.

This study aims to analyze the relationship between the history of illness in toddlers and the incidence of stunting. The research was conducted in the working area of Poncol Public Health Center, Poncol District, Magetan Regency, using a quantitative method with a cross-sectional design. A total of 140 toddlers were selected using a total sampling technique. Data were collected through secondary sources, including documents and medical records, and analyzed using the Chi-square test to identify relationships between illness history and stunting.

The results showed that 57.1% of toddlers who had a history of illness experienced stunting. The most common types of illnesses include diarrhea, ARI, and fever. The results of statistical tests showed a significant relationship between the history of toddler illness and the incidence of stunting ($p = 0.032$). And a history of tuberculosis showed a significant relationship with the incidence of stunting ($p = 0.020$). ARI and diarrhea did not show a significant relationship with the incidence of stunting or for other diseases it was still weak.

Repeated infections in early childhood may interfere with nutrient absorption, disrupt metabolism, and reduce food intake, thereby contributing to growth impairment. Sustainable promotive and preventive efforts are essential to prevent infections in toddlers as a key strategy to reduce stunting rates.

Keywords: *Stunting, Toddlers, History of illness.*