

ABSTRAK

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DETERMINAN KEJADIAN STUNTING PADA BALITA

(Di Puskesmas Sukomoro Kabupaten Magetan Tahun 2024)

xv + 60 Halaman + 9 Tabel + 9 Lampiran

Anak-anak yang menderita *stunting*, sebuah masalah perkembangan yang disebabkan oleh kelaparan yang terus-menerus, memiliki tubuh yang lebih pendek dari usia mereka. *Stunting* merupakan masalah besar di Indonesia, dimana kejadian *stunting* masih lebih banyak terjadi di wilayah Puskesmas Sukomoro dibandingkan secara keseluruhan. Untuk membantu pengembangan strategi pencegahan *stunting* yang lebih efektif, penelitian ini mencoba mengidentifikasi variabel-variabel yang terkait dengan *stunting* di wilayah ini.

Penelitian semacam ini menggunakan teknik survei dan bersifat kuantitatif. Penelitian cross-sectional adalah metode yang digunakan. Metode pengambilan sampel acak sederhana proporsional dan rumus Slovin digunakan untuk menghitung jumlah sampel sebanyak 300 balita dari 1.200 balita yang ada di wilayah layanan Puskesmas Sukomoro. Pedoman wawancara dan dokumentasi laporan buku KIA digunakan sebagai alat pengumpulan data. *Stunting* merupakan variabel dependen, sedangkan faktor independen meliputi pendidikan ibu, riwayat kesehatan ibu hamil, pendapatan, ASI eksklusif, dan BBLR. Uji regresi logistik ordinal untuk statistik inferensial dan uji statistik deskriptif digunakan untuk menganalisis data.

Berdasarkan temuan penelitian, sebagian besar anak tidak menderita *stunting*. Hampir semua anak hanya menerima ASI dan dilahirkan dengan berat badan normal; sebagian besar ibu mempunyai pendidikan menengah; sebagian besar rumah tangga berpenghasilan lebih rendah dari UMK dan sebagian besar kesehatan ibu selama hamil normal. Temuan analisis menunjukkan bahwa riwayat kesehatan ibu hamil mempunyai dampak besar terhadap prevalensi *stunting* ($B = 0.616$; $p = 0.026$). Ibu dengan riwayat kesehatan hamil bermasalah memiliki risiko 1,85 kali lebih tinggi memiliki anak *stunting* dibandingkan ibu dengan riwayat kesehatan baik.

Stunting masih menjadi masalah kesehatan penting, meskipun sebagian besar balita dalam sampel tidak mengalami *stunting*. Riwayat kesehatan ibu hamil, seperti anemia dan kekurangan gizi, terbukti mempengaruhi kejadian *stunting* pada balita. Intervensi gizi, pemantauan kesehatan ibu, dan pencegahan infeksi sejak masa kehamilan menjadi kunci untuk turunnnya kemungkinan *stunting*.

Kata Kunci: *stunting*, kesehatan ibu hamil, balita, gizi

Daftar bacaan : 24 buku 27 jurnal

ABSTRACT

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DETERMINANTS OF STUNTING AMONG TODDLERS (At Sukomoro Public Health Center, Magetan Regency, 2024)

xv + 60 Pages + 9 Tables + 9 Appendices

Children that suffer from stunting, a development problem brought on by long-term starvation, are shorter than their age. Stunting is still a major issue in Indonesia, where it is comparatively common nationwide. The Sukomoro Health Center region has a stunting rate that is higher than the national average. In order to aid in the development of more potent stunting prevention techniques, this study attempts to determine the factors linked to stunting in this region.

This study uses a survey technique and is quantitative in nature. Cross-sectional research is the methodology employed. Slovin's algorithm and proportionate simple random sampling were used to calculate the sample size of 300 toddlers out of the 1,200 toddlers in the Sukomoro Health Center's operating region. Documentation from the Maternal and Child Health (MCH) book reports and interview instructions are among the tools used to collect data. The study factors include independent variables such low birth weight (LBW), income, exclusive breastfeeding, mother health history during pregnancy, and maternal education. Stunting is the dependent variable. Descriptive statistical analysis and inferential statistics with ordinal logistic regression were used to analyze the data.

The results of the study indicate that most kids do not suffer from stunting. Pregnancy-related health issues are common, most moms have only completed secondary school, and most families earn less than the local minimum wage. Nearly every child was born with a normal birth weight and was exclusively breastfed. According to the research, the incidence of stunting is strongly influenced by the mother's medical history during pregnancy ($B = 0.616$; $p = 0.026$). Compared to women with a good pregnancy history, mothers with negative health histories during pregnancy are 1.85 times more likely to have a kid that is stunted.

Stunting remains an important health issue, although the majority of toddlers in the sample do not suffer from stunting. Stunting in toddlers has been shown to be influenced by the mother's prenatal medical history, including anemia and starvation. The main strategies for lowering the prevalence of stunting include nutritional treatments, maternal health monitoring, and infection prevention starting during pregnancy.

Keywords: stunting, maternal health, toddlers, nutrition

Reference : 24 books 27 journals