

POLITEKNIK KESEHATAN TANJUNGPUR
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Faktor-Faktor yang berhubungan dengan stunting di Puskesmas Yosomulyo Metro Pusat Tahun 2024

xvii + 55 halaman + 11 tabel + 2 gambar + 13 lampiran

ABSTRAK

Upaya pencegahan stunting dilakukan dengan gerakan 1000 hari pertama kehidupan terdiri dari intervensi gizi spesifik dan intervensi gizi sensitif. Hasil prevalensi stunting di Provinsi Lampung mengalami penurunan 3,3% di tahun 2021 dari 18,5% menjadi 15,2% di tahun 2022, di Kota Metro mengalami penurunan 9,3% di tahun 2021 dari 19,7% menjadi 10,4% di tahun 2022 dan di puskesmas Yosomulyo pada tahun 2021 ada 11% (181 kasus dari 1.643 balita) tetap 11% (145 kasus stunting dari 1.321 balita) pada tahun 2022 masih diatas target 9,5%. Tujuan penelitian untuk mengetahui faktor-faktor yang berhubungan dengan stunting pada balita di wilayah kerja Puskesmas Yosomulyo Metro Pusat.

Jenis penelitian *survei analitik* dengan pendekatan *cross sectional*. Jumlah populasi balita di Puskesmas Yosomulyo ada 1.603 balita. Besar sampel ditentukan berdasarkan rumus uji korelatif diperoleh 50 responden. Variabel dependen: stunting. Variabel independen: diare, riwayat BBLR, anemia pada ibu dan pemberian ASI eksklusif. Teknik pengambilan sampel adalah *accidental sampling*. Pengumpulan data dengan observasi, wawancara, dan dokumentasi melalui checklist, stadiometer, dan buku KIA. Data dianalisis secara univariat dan bivariat dengan *chi squared* dan tingkat kemaknaan $\alpha=0,05$.

Hasil penelitian dari 50 responden menunjukkan proporsi balita stunting 68%, penyakit infeksi (diare) 34%, riwayat BBLR 14%, anemia pada ibu 44%, dan pemberian ASI tidak eksklusif pada balita 56%. Berdasarkan analisis diperoleh nilai *p value* yaitu penyakit infeksi (diare) 0,004, riwayat BBLR 0,279, anemia pada ibu 0,002, dan pemberian ASI eksklusif 0,000.

Simpulan dari hasil penelitian di Puskesmas Yosomulyo Metro Pusat tahun 2024 ada hubungan antara diare, anemia pada ibu, dan pemberian ASI eksklusif dengan stunting dan tidak ada hubungan antara riwayat BBLR dengan stunting. Upaya yang dilakukan untuk mencegah dan menanggulangi stunting dengan memberikan KIE tentang PHBS, *breast care*, teknik menyusui yang benar, memberikan tablet Fe dengan pemantauan keluarga, kader, maupun tenaga kesehatan sehingga membantu ibu dalam mengurangi resiko stunting.

Kata Kunci : Stunting, diare, BBLR, anemia, ASI eksklusif.

Daftar bacaan : 57 (2013-2024)

**TANJUNGPURBA HEALTH POLYTECHNIC
METRO BACHELOR'S APPLIED MIDWIFERY STUDIES PROGRAM
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Factors associated with stunting at the Yosomulyo Metro Central Health Center in 2024

xvii + 55 pages + 11 tables + 2 figures + 13 appendices

ABSTRACT

Efforts to prevent stunting are carried out through the first 1000 days of life, consisting of specific nutritional interventions and sensitive nutritional interventions. The results show that the prevalence of stunting in Lampung Province has decreased by 3.3% in 2021 from 18.5% to 15.2% in 2022, in Metro City it has decreased by 9.3% in 2021 from 19.7% to 10.4 % in 2022 and at the Yosomulyo health center in 2021 there was 11% (181 cases out of 1,643 toddlers) but 11% (145 stunting cases out of 1,321 toddlers) in 2022 is still above the target of 9.5%. The aim of the research is to determine the factors associated with stunting in toddlers in the Yosomulyo Metro Pusat Health Center working area.

This type of research is an analytical survey with a cross sectional approach. The total population of toddlers at the Yosomulyo Community Health Center is 1,603 toddlers. The sample size was determined based on the correlative test formula obtained by 50 respondents. Dependent variable: stunting. Independent variables: diarrhea, history of LBW, maternal anemia, and exclusive breastfeeding. The sampling technique is accidental sampling. Data collection by observation, interviews, and documentation through checklists, stadiometers, and KIA books. Data were analyzed univariately and bivariately with chi square and a significance level of $\alpha=0.05$.

The results of research from 50 respondents showed that the proportion of toddlers with stunting was 68%, diarrhea was 34%, a history of LBW was 14%, anemia in mothers was 44%, and non-exclusive breastfeeding in toddlers was 56%. Based on the analysis, the p value was obtained, namely infectious disease 0.004, history of LBW 0.279, maternal anemia 0.002, exclusive breastfeeding 0.000.

The conclusion from the results of research at the Yosomulyo Metro Central Health Center in 2024 is that there is a relationship between diarrhea, anemia in mothers, and exclusive breastfeeding and stunting, and there is no relationship between a history of LBW and stunting. Efforts are made to prevent and overcome stunting by providing KIE regarding PHBS, breast care, correct breastfeeding techniques, providing Fe tablets with monitoring by family, cadres and health workers so as to help mothers reduce the risk of stunting.

Keywords : Stunting, diarrhea, LBW, anemia, exclusive breastfeeding.
reading list : 57 (2013-2024)