

POLITEKNIK KESEHATAN TANJUNGPUR
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Depia Dwitanti

Gambaran Balita *Stunting* di Desa Hujung Kecamatan Belalau Kabupaten Lampung Barat tahun 2021.

xiv + 55 halaman + 14 tabel + 3 gambar + 3 lampiran.

ABSTRAK

Stunting adalah masalah gizi kronis pada balita yang ditandai dengan tinggi badan yang lebih pendek dibandingkan dengan anak seusianya. Anak-anak *stunting* memiliki kemungkinan yang lebih besar untuk tumbuh menjadi dewasa yang kurang berpendidikan, miskin, kurang sehat dan lebih rentan terhadap penyakit tidak menular. Tujuan dari penelitian ini yaitu mengetahui gambaran balita *stunting* di Desa Hujung Kecamatan Belalau Lampung Barat tahun 2021. Penelitian ini dilakukan dengan rancangan penelitian bersifat deskriptif dengan pendekatan *cross sectional*. Sampel yang digunakan yaitu dari seluruh responden balita *stunting* sebanyak 27 orang. Pengumpulan data dilakukan dengan teknik wawancara, kuesioner, mengukur tinggi badan, dan mengukur berat badan. Analisa yang digunakan yaitu analisa univariat.

Hasil penelitian diketahui bahwa balita *stunting* dengan kategori pendek (*stunted*) 70,4%, sangat pendek (*severy stunted*) 29,6%. Asupan energi balita, energi kurang 66%, asupan energi cukup 33,3%. Panjang lahir balita dengan kategori pendek 74,9%, normal 25,1%. Berat badan lahir balita dengan kategori rendah 33,3%, normal 66,7%. Jarak kelahiran balita dengan kategori dekat 51,9%, normal 98,1%. Asi eksklusif dengan kategori balita tidak Asi eksklusif 55,6%, tidak Asi eksklusif 44,4%. Penyakit infeksi dengan kategori sering sakit 14,8%, jarang sakit 85,2%. Tingkat pendapatan orang tua balita dengan kategori tinggi 11,1 %, tingkat pendapatan rendah 88,9%. Tingkat pendidikan ibu balita SMP 33,3%, SMA 63%, Sarjana 3,7%, pekerjaan ibu balita IRT 25,9%, Wiraswasta/berdagang 7,4%, bertani/berkebun 66,7%. Jumlah anggota keluarga dengan kategori besar 66,7%, kecil 33,3%. Jenis kelamin balita laki laki 66,7%, perempuan 33,3%. Umur balita 13-36 bulan 48,1%, 37-59 bulan 51,9%.

Berdasarkan hasil penelitian maka saran yang diajukan kepada keluarga balita *stunting* di Desa Hujung Kecamatan Belalau Kabupaten Lampung Barat diharapkan dapat memperhatikan asupan makan, dan jarak kelahiran, dan diarahkan kepada Puskesmas Kenali lebih sering melakukan *surveliansi* balita *stunting* agar terdeteksi lebih cepat dan dapat meminimalisir kejadian *stunting* .

Kata Kunci : *stunting*, balita, ASI eksklusif
Daftar bacaan : 56 (2009-2020)

POLYTECHNIC OF HEALTH TANJUNGPUR
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Description of *stunting* toddlers in Hujung Village, Belalau District, West Lampung Regency in 2021.

xiv + 55 pages + 14 tables + 3 pictures + 3 attachments.

ABSTRACT

Stunting is a chronic nutritional problem in children under five which is characterized by a shorter height than their age. Stunted children are more likely to grow up to be adults who are less educated, poor, less healthy and more susceptible to non-communicable diseases. The purpose of this study is to determine the description of *stunting* toddlers in Hujung Village, Belalau District, West Lampung in 2021. This research was conducted with a descriptive research design with a cross sectional approach. The sample used was 27 respondents to *stunting* under five. The data was collected by means of interview techniques, questionnaires, measuring height, and measuring body weight. The analysis used is univariate analysis.

The results showed that 70.4% of stunted children under five were stunted, 29.6% very short (severy stunted). Energy intake for toddlers, 66% less energy, 33.3% sufficient energy intake. The length of birth of children under five with short category is 74.9%, normal is 25.1%. Birth weight under five with a low category of 33.3%, 66.7% normal. The birth spacing of children under five with a close category is 51.9%, normal is 98.1%. Exclusive breastfeeding with the category of under five is not exclusive breastfeeding 55.6%, not exclusive breastfeeding 44.4%. Infectious disease with the category of frequent illness 14.8%, rarely sick 85.2%. The income level of parents under five with high category is 11.1%, and the income level is low 88.9%. The education level of mothers under five is SMP 33.3%, SMA 63%, Bachelor 3.7%, work for mothers under five years old, IRT 25.9%, Entrepreneur / trading 7.4%, farming / gardening 66.7%. The number of family members in the large category is 66.7%, 33.3% small. The gender of male under five is 66.7%, female 33.3%. Toddler age 13-36 months 48.1%, 37-59 months 51.9%.

Based on the results of the study, the suggestions submitted to families of *stunting* children in Hujung Village, Belalau District, West Lampung Regency are expected to pay attention to food intake, and birth spacing, and it is hoped that the Puskesmas will recognize more frequently to carry out surveillance of *stunting* toddlers so that they are detected more quickly and can minimize the incidence of *stunting*.

Keywords: *stunting*, toddlers, exclusive breastfeeding

Reading list: 56 (2009-2020)