

POLITEKNIK KESEHATAN KEMKES TANJUNGT KARANG JURUSAN KESEHATAN LINGKUNGAN

Skripsi, September 2024

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HUBUNGAN SANITASI TOTAL BERBASIS MASYARAKAT DENGAN BALITA RISIKO STUNTING DI WILAYAH KERJA UPTD PUSKESMAS PAGELARAN KABUPATEN PRINGSEWU TAHUN 2024

xv + 71 halaman + 12 gambar + 13 tabel + 6 lampiran

RINGKASAN

Stunting atau perawakan pendek (shortness) adalah suatu keadaan tinggi badan (TB) seseorang yang tidak sesuai dengan umur, yang penentuannya dilakukan dengan menghitung skor Z-indeks Tinggi Badan menurut Umur (TB/U). Seseorang dikatakan stunting bila skor Z-indeks TB/U-nya di bawah -2 SD (standar deviasi). Kejadian stunting merupakan dampak yang diawali dari asupan gizi yang kurang baik dari segi kualitas maupun kuantitas, tingginya kesakitan, atau merupakan kombinasi dari keduanya. Kondisi tersebut sering dijumpai di negara dengan kondisi ekonomi kurang. Oleh karena itu, perlu dilakukan penelitian mengenai Hubungan Sanitasi Total berbasis Masyarakat dengan Balita Risiko *stunting* pada balita usia 6 – 59 bulan di Wilayah Kerja UPTD Puskesmas Pagelaran Kabupaten Pringsewu. Jenis Penelitian ini merupakan penelitian kuantitatif dengan rancangan *Cross Sectional*. Data yang diperoleh dari hasil Checklist pertanyaan wawancara dan observasi terhadap ibu balita di Wilayah Kerja UPTD Puskesmas Pagelaran. Hasil penelitian ini diharapkan dapat berkontribusi dalam upaya penurunan stunting di Indonesia, khususnya Kabupaten Pringsewu. Penelitian ini bertujuan untuk mengetahui Hubungan Sanitasi Total Berbasis Masyarakat dengan Balita Risiko *Stunting*. Sedangkan tujuan khusus penelitian ini adalah mengetahui hubungan perilaku stop buang air besar sembarangan, cuci tangan pakai sabun, pengolahan air minum dan makanan rumah tangga, pengolahan sampah, pengolahan limbah cair. Dari penelitian yang telah dilakukan bahwa Ada hubungan antara stunting dengan Stop Buang Air Besar Sembarangan ($p\text{-value} = 0,004$), Ada hubungan antara stunting dengan cuci tangan pakai sabun ($p\text{-value} = 0,003$), Ada hubungan stunting dengan Pengolahan Air Minum dan Makanan ($p\text{-value} = 0,002$), Ada hubungan stunting dengan Pengolahan Air Minum dan MakanaSampah Rumah Tangga ($p\text{-value} = 0,002$), Ada hubungan stunting dengan Pengolahan Limbah Cair Rumah Tangga ($p\text{-value} = 0,004$). Oleh karena itu, masyarakat diharapkan agar masyarakat lebih berperan aktif dalam memperhatikan kebersihan lingkungan dan menerapkan perilaku hidup bersih dan sehat sebagai suatu upaya pencegahan dan penurunan angka *stunting*.

Kata Kunci : Sanitasi Total Berbasis Masyarakat, *Stunting*
Daftar Bacaan : (2017-2022)

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**THE RELATIONSHIP OF COMMUNITY-BASED TOTAL SANITATION
WITH CHILDREN AT THE RISK OF STUNTING IN THE WORKING AREA
OF THE UPTD PUSKESMAS PAGELARAN PRINGSEWU DISTRICT, 2024**

xv + 71 pages + 12 Images + 13 tables + 6 Attachments

ABSTRACT

Stunting or short stature (shortness) is a condition of a person's height (TB) that is not in accordance with age, which is determined by calculating the Height-for-Age (TB/U) Z-index score. A person is said to be stunted if their TB/U Z-index score is below -2 SD (standard deviation). The occurrence of stunting is an impact that begins with poor nutritional intake in terms of quality and quantity, high morbidity, or a combination of both. This condition is often found in countries with poor economic conditions. Therefore, it is necessary to conduct research on the Relationship between Community-based Total Sanitation and Toddlers at Risk of Stunting in toddlers aged 6-59 months in the Work Area of the Pagelaran Health Center UPTD, Pringsewu Regency. This type of research is a quantitative research with a Cross Sectional design. Data obtained from the results of the Checklist of interview questions and observations of mothers of toddlers in the Work Area of the Pagelaran Health Center UPTD. The results of this study are expected to contribute to efforts to reduce stunting in Indonesia, especially Pringsewu Regency. This study aims to determine the Relationship between Community-Based Total Sanitation and Toddlers at Risk of Stunting. While the specific objectives of this study are to determine the relationship between the behavior of stopping open defecation, washing hands with soap, household drinking water and food processing, waste processing, and liquid waste processing. From the research that has been done, there is a relationship between stunting and Stopping Open Defecation (p-value = 0.004), There is a relationship between stunting and washing hands with soap (p-value = 0.003), There is a relationship between stunting and Drinking Water and Food Processing (p-value = 0.002), There is a relationship between stunting and Household Drinking Water and Food Waste Processing (p-value = 0.002), There is a relationship between stunting and Household Liquid Waste Processing (p-value = 0.004). Therefore, the community is expected to play a more active role in paying attention to environmental cleanliness and implementing clean and healthy living behaviors as an effort to prevent and reduce stunting rates.

Keywords : community-based total sanitation, stunting
Reading List : (2017-2022)