

POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN GIZI
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Gambaran Faktor–faktor Penyebab Terjadinya *Stunting* Pada Balita *Stunting* di Kelurahan Way Laga Kota Bandar Lampung Tahun 2022

xiii + 69 halaman + 10 tabel + 3 gambar + 8 lampiran

ABSTRAK

Stunting merupakan kondisi gagal tumbuh pada anak yang ditandai dengan tinggi badan yang lebih pendek dari anak seusianya. *Stunting* disebabkan oleh multi faktor, seperti berat badan lahir rendah (BBLR), ASI eksklusif, status ekonomi, *hygiene* dan sanitasi lingkungan, serta pendidikan ibu. *Stunting* akan memberikan dampak buruk pada kehidupan balita di masa yang akan datang. Berdasarkan hasil Pemantauan Status Gizi (PSG) (2017), *stunting* di Provinsi Lampung masih tergolong tinggi yaitu 31,6%. Data Pencatatan dan Pelaporan Gizi Berbasis Masyarakat (PPGBM) (2020), prevalensi *stunting* di Kelurahan Way Laga masih tergolong tinggi, beberapa diantaranya yaitu di Posyandu Melati (41,9%), Bougenville (38,4%), dan Sukamaju (31%). Penelitian ini bertujuan untuk mengetahui faktor–faktor penyebab terjadinya *stunting* pada balita *stunting* di Kelurahan Way Laga Kota Bandar Lampung.

Jenis penelitian ini adalah penelitian deskriptif. Penelitian ini dilakukan di Kelurahan Way Laga Kota Bandar Lampung yaitu di Posyandu Melati, Bougenville, dan Sukamaju yang dimulai dari bulan November - Desember 2021 dan dilanjutkan pada bulan Mei – Juni 2022. Sampel pada penelitian ini yaitu balita *stunting* yang berumur 24 – 59 bulan sebanyak 42 anak balita. Analisis data yang dilakukan adalah analisis univariat.

Hasil penelitian menunjukkan prevalensi *stunting* pada balita *stunting* di Kelurahan Way Laga yaitu pendek (*stunted*) 88,1% dan sangat pendek (*severely stunted*) 11,9%. Balita *stunting* yang memiliki riwayat BBLR 28,6%, tidak diberikan ASI eksklusif sebesar 83,3%, memiliki status ekonomi keluarga dibawah UMR 73,8%, perilaku *hygiene* dan sanitasi 100% baik, dan mayoritas pendidikan ibu tamat SMP (38,1%).

Penanggulangan *stunting* dapat dilakukan sejak bayi dalam kandungan yaitu adanya edukasi tentang 1000 HPK pada ibu hamil yang dapat mencegah terjadinya berat badan lahir rendah dan dilanjutkan dengan pendampingan pemberian ASI dan MPASI yang tepat dan dilanjutkan pemberian ASI hingga 2 tahun.

Kata kunci : *stunting*, anak balita, dan status gizi

Daftar Bacaan : 61 (1990 – 2021)

**HEALTH POLYTECHNIC OF TANJUNGPUR
NUTRITION DEPARTMENT
Final Task, May 2022**

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Overview of the Factors Causing *Stunting* Toddlers *Stunting* in Way Laga Village, Bandar Lampung City in 2022

xiii + 69 pages + 10 tables + 3 pictures + 8 attachments

ABSTRACT

Stunting is a condition of failure to thrive in children which is characterized by a shorter height than children of his age. *Stunting* is caused by multiple factors, such as low birth weight (LBW), exclusive breastfeeding, economic status, *hygiene* and sanitation, and maternal education. *Stunting* will have a negative impact on the lives of toddlers in the future. Based on the results of the Nutrition Status Monitoring (PSG) (2017), *stunting* in Lampung Province is still relatively high at 31.6%. Data on Community-Based Nutrition Recording and Reporting (PPGBM) (2020), the prevalence of *stunting* in Way Laga Village is still relatively high, some of which are Posyandu Melati (41.9%), Bougenville (38.4%), and Sukamaju (31%)). This study aims to determine the factors that cause *stunting* in stunted toddlers in Way Laga Village, Bandar Lampung City.

This type of research is descriptive research. This research was conducted in Way Laga Village, Bandar Lampung City, namely in Posyandu Melati, Bougenville, and Sukamaju starting from November - December 2021 and continued in May - June 2022. The sample in this study were *stunting* aged 24 - 59 months as many as 42 toddlers. The data analysis performed was univariate analysis.

The results showed that the prevalence of *stunting* toddlers *stunted* in Way Laga Village *stunted* was 88.1% and 11.9% very short. *Stunting toddlers* who have a history of LBW 28.6%, are not given exclusive breastfeeding by 83.3%, have a family economic status below the minimum wage 73.8%, *hygiene* and sanitation behavior is 100% good, and the majority of mothers have graduated from junior high school education (38.1 %).

Prevention of *stunting* can be done from the time the baby is in the womb, namely education about 1000 HPK in pregnant women that can prevent low birth weight and continued with appropriate breastfeeding and complementary feeding assistance and continued breastfeeding until the age of 2 years.

Keywords : *stunting*, children, and nutrition status

Reference : 61 (1990-2021)