

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG JURUSAN
KEBIDANAN PROGRAM STUDI SARJANAN TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, MEI 2025 METRO**

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Hubungan Program Calon Pengantin Remaja Perempuan Dan Keluarga Berencana Dengan Stunting Pada Ibu Balita Di Puskesmas Yosomulyo

xivi + 56 halaman, 10 tabel, 5 gambar, 12 lampiran

RINGKASAN

Stunting merupakan kondisi balita dengan masalah gizi sehingga pertumbuhannya terganggu. Menurut data WHO tahun 2024 menunjukkan prevalensi stunting di dunia: 23,2%, di Indonesia: 19,8%, di Lampung: 14,09%, di Kota Metro: 7,1%, sedangkan di Kota Metro kasus balita stunting terbanyak di tahun 2023 yaitu di Puskesmas Yosomulyo terdapat 72 balita. Balita stunting memiliki skor IQ rata-rata 36% lebih rendah sehingga pemerintah menciptakan program gizi sensitif, diantaranya intervensi calon pengantin remaja perempuan dan keluarga berencana. Tujuan penelitian untuk mengetahui hubungan program calon pengantin remaja perempuan dan keluarga berencana dengan stunting pada ibu balita di Puskesmas Yosomulyo.

Jenis penelitian ini adalah kuantitatif dengan desain *case control*. Populasi kasus dan kontrol balita di Puskesmas Yosomulyo tahun 2023 yaitu 1.509 balita. Sampel dihitung menggunakan rumus *lameshow* dengan asumsi $Z\alpha = 1,96$ dan $Z\beta = 0,84$, diperoleh 120 responden dengan rasio 1:2, yaitu 40 kasus dan 80 kontrol. Teknik pengambilan sampel berdasarkan kriteria inklusi dan eksklusi, kemudian populasi dibagi strata menggunakan *stratified random sampling*, diikuti dengan proses pengundian. Variabel dependen: stunting, variabel independen: program calon pengantin remaja perempuan dan keluarga berencana. Pengambilan data dengan observasi dan dokumentasi melalui *checklist*, stadiometer dan buku KIA, analisis data univariat dan bivariat dilakukan dengan *uji chi square* tingkat kemaknaan $\alpha=0,05$.

Hasil penelitian pada ibu balita di dapat proporsi dari 120 responden ada 44,2% (53 responden) tidak mendapatkan program calon pengantin dan 52,5% (63 responden) tidak mendapatkan program keluarga berencana. Hasil uji statistik program calon pengantin remaja Perempuan (*p-value* $0,020 < 0,05$, OR = 2,500, CI = 1,148-5,442) dan program keluarga berencana (*p-value* $0,028 < 0,05$), OR=2,500, CI=1,148-5,442) menunjukkan terdapat hubungan dengan kejadian stunting.

Kesimpulan terdapat hubungan signifikan antara program calon pengantin remaja perempuan dan keluarga berencana pada ibu dengan kejadian stunting. Persiapan ibu balita melalui program calon pengantin dan keluarga berencana penting untuk mempersiapkan kelahiran agar anak lahir sehat dan terhindar dari stunting, karena keduanya dapat meningkatkan status gizi dan mengatur jarak kelahiran. Inovasi layanan kesehatan, seperti metode jemput bola yang melibatkan puskesmas dan KUA di daerah terpencil, diperlukan untuk mendata pasangan usia subur, memberikan edukasi kesehatan reproduksi, dan memastikan efektivitas layanan KB melalui pelatihan dan teknologi digital.

Kata Kunci : Stunting, program catin, program KB

Daftar Bacaan : 73 (2015-2025)

**POLYTECHNIC OF HEALTH MINISTRY OF HEALTH TANJUNG KARANG
MIDWIFERY DEPARTMENT APPLIED BACHELOR'S PROGRAM IN
MIDWIFERY METRO CAMPUS THESIS, MAY 2025 METRO**

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The Relationship Between the Adolescent Female Bride Preparation Program and Family Planning with Stunting in Mothers of Toddlers at Yosomulyo Community Health Center

xiv + 56 pages, 10 tables, 5 figures, 12 appendices

SUMMARY

Stunting is a condition in toddlers characterized by nutritional problems that hinder their growth. According to WHO data from 2024, the global prevalence of stunting is 23.2%, with Indonesia at 19.8%, Lampung at 14.09%, and Metro City at 7.1%. In Metro City, the highest number of stunting cases in 2023 was found at Yosomulyo Health Center, where there were 72 affected toddlers. Stunted toddlers have an average IQ score that is 36% lower, prompting the government to create nutrition-sensitive programs, including interventions for female adolescent brides and family planning. The aim of this research is to determine the relationship between the program for female adolescent brides and family planning with stunting among mothers of toddlers at Yosomulyo Health Center.

The type of research is quantitative with a case-control design. The population of cases and controls consists of toddlers at Puskesmas Yosomulyo in 2023, totaling 1,509 toddlers. The sample size was calculated using the Lameshow formula with the assumptions of $Z\alpha = 1.96$ and $Z\beta = 0.84$, resulting in 120 respondents with a ratio of 1:2, consisting of 40 cases and 80 controls. The sampling technique was based on inclusion and exclusion criteria, followed by stratifying the population using stratified random sampling, and then conducting a lottery process. The dependent variable is stunting, while the independent variables are the adolescent female pre-marital program and family planning. Data collection was conducted through observation and documentation using checklists, stadiometers, and KIA books. Univariate and bivariate data analysis was performed using the chi-square test with a significance level of $\alpha = 0.05$.

The results of the study on mothers with toddlers showed that out of 120 respondents, 44.2% (53 respondents) did not receive the premarital program, and 52.5% (63 respondents) did not receive the family planning program. The statistical test results for the premarital program for female adolescents ($p\text{-value } 0.020 < 0.05$, $OR = 2.500$, $CI = 1.148\text{-}5.442$) and the family planning program ($p\text{-value } 0.028 < 0.05$, $OR = 2.500$, $CI = 1.148\text{-}5.442$) indicate a relationship with the incidence of stunting.

There is a significant relationship between the premarital program for female adolescents and family planning among mothers with the incidence of stunting. Preparation for mothers with toddlers through the premarital and family planning programs is important to ensure that children are born healthy and free from stunting, as both can improve nutritional status and regulate birth spacing. Innovations in health services, such as outreach methods involving community health centers and religious affairs offices in remote areas, are necessary to identify couples of reproductive age, provide reproductive health education, and ensure the effectiveness of family planning services through training and digital technology.

Keywords : Stunting, premarital program, family planning program

References : 73 (2015-2025)