

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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**HUBUNGAN RIWAYAT ANEMIA KEHAMILAN DAN BBLR DENGAN
BALITA STUNTING DI WILAYAH PUSKESMAS BANJARSARI METRO
UTARA.**

xiv + 90 halaman, 11 tabel, 6 gambar, 11 lampiran

RINGKASAN

Stunting di Indonesia masih menjadi permasalahan besar yang memerlukan penanganan serius seluruh pihak. Prevalensi balita stunting pada tahun 2024 berdasarkan WHO secara global 23,2% di seluruh dunia, di Indonesia 19,8%, di Lampung 15,9%, dan di Kota Metro 14,8%. Balita stunting tertinggi di Kota Metro tahun 2023 berada di Puskesmas Banjarsari yaitu 6,08%. Faktor yang mempengaruhi stunting diantaranya anemia kehamilan dan BBLR, maka tujuan penelitiannya untuk mengetahui hubungan antara riwayat anemia kehamilan dan BBLR dengan balita stunting di wilayah puskesmas Banjarsari Metro Utara tahun 2025.

Jenis penelitian kuantitatif dengan rancangan *case-control*. Populasi penelitiannya ibu yang memiliki balita usia 24-59 bulan di wilayah puskesmas Banjarsari Metro Utara dengan jumlah 622. Besar sampel ditentukan berdasarkan rumus analitik komparatif kategorik tidak berpasangan diperoleh 20 responden dengan perbandingan 1:2 maka 60 sampel antara 20 kelompok kasus dan 40 kelompok kontrol. Teknik pengambilan sampel dengan *stratified random sampling*. Pengumpulan data dengan observasi, wawancara dan dokumentasi melalui checklist, stadiometer dan buku KIA. Data dianalisis secara univariat dan bivariat dengan *chi-square*.

Hasil penelitian dari 60 responden menunjukkan proporsi ibu anemia kehamilan ada 33,3% dan balita BBLR ada 16,7%. Hasil uji statistik didapatkan ada hubungan antara riwayat anemia kehamilan dengan balita stunting (*p value* 0,012, OR 4,210, 95% CI 1,331-13,320) dan ada hubungan antara BBLR dengan balita stunting (*p value* 0,001, OR 12,667, 95% CI = 2,361-67,958).

Simpulan dari penelitian di Puskesmas Banjarsari Metro Utara tahun 2025 ada hubungan antara riwayat anemia kehamilan dan BBLR dengan balita stunting. Sebaiknya tenaga kesehatan dapat meningkatkan promosi kesehatan ibu dan anak serta lebih melibatkan peran kader untuk lebih aktif memberikan informasi dan edukasi tentang gizi ibu hamil dan gizi balita sesuai dengan umur.

Kata Kunci : Balita stunting, anemia, BBLR.

Daftar bacaan : 104 (2017-2025)

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTEMENT OF
MIDWIFERY BACHELORS'S APPLIED MIDWIFERY STUDIES
PROGRAM METRO
Thesis, Mei 2025**

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**THE RELATIONSHIP BETWEEN HISTORY OF PREGNANCY ANEMIA
AND LOW BIRTH WEIGHT (LBW) WITH STUNTING IN TODDLERS IN
THE WORKING AREA OF BANJARSARI PUBLIC HEALTH CENTER
NORTH METRO.**

xiv + 90 pages, 11 tables, 6 figures, 11 appendices

SUMMARY

Stunting in Indonesia remains a major problem that requires serious attention from all parties. The prevalence of stunted children under five in 2024, according to the WHO, was 23.2% globally, 19.8% in Indonesia, 15.9% in Lampung, and 14.8% in Metro City. The highest rate of stunted toddlers in Metro City in 2023 was found at Banjarsari Public Health Center (Puskesmas), with 6.08%. Factors influencing stunting include maternal anemia during pregnancy and low birth weight (LBW). Therefore, the objective of this study is to determine the relationship between a history of maternal anemia and LBW with stunting among toddlers in the Banjarsari Public Health Center area, North Metro, in 2025.

This is a quantitative study with a case-control design. The study population consisted of mothers with children aged 24–59 months in the Banjarsari Public Health Center area, North Metro, totaling 622. The sample size was determined using an unpaired categorical comparative analytical formula, resulting in 20 respondents. With a 1:2 ratio, a total of 60 samples were selected: 20 in the case group and 40 in the control group. The sampling technique used was stratified random sampling. Data were collected through observation, interviews, and documentation using checklists, a stadiometer and the Maternal and Child Health (MCH) book. Data were analyzed using univariate and bivariate analysis with the chi-square test.

The results from 60 respondents showed that 33.3% of mothers had a history of anemia during pregnancy, and 16.7% of children were born with low birth weight. Statistical tests revealed a significant relationship between maternal anemia history and stunting ($p\text{-value} = 0.012$, OR 4,210, 95% CI 1,331-13,320) and between LBW and stunting ($p\text{-value} = 0.001$ OR 12,667, 95% CI = 2,361-67,958).

The conclusion of the study conducted at Banjarsari Public Health Center, North Metro, in 2025 is that there is a relationship between a history of maternal anemia and LBW with stunting in toddlers. Health workers are advised to enhance maternal and child health promotion and actively involve community health volunteers (cadres) in providing information and education on maternal nutrition and toddler nutrition according to age.

Keywords : Stunting in toddlers, anemia, LBW.
Reading list : 104 (2017-2025)