

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG JURUSAN
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**HUBUNGAN INTERVENSI GIZI SPESIFIK PADA IBU MENYUSUI DAN
BADUTA DENGAN BALITA STUNTING DI PUSKESMAS BANJARSARI**

Xiv + 76 halaman , 11 tabel , 5 gambar , 9 lampiran

RINGKASAN

Stunting adalah kondisi anak usia di bawah lima tahun (balita) tidak dapat tumbuh akibat kekurangan gizi kronis sehingga menyebabkan anak menjadi lebih pendek dari usianya. Berdasarkan data tahun 2024, balita stunting di dunia 23,2%, di Indonesia 19,8%, di Provinsi Lampung 13,1%, di Kota Metro 12,1%, tahun 2023 di Puskesmas Banjarsari 6,08%. Stunting menyebabkan penurunan IQ 4,56 kali dibanding anak tidak stunting, anak stunting berpeluang memiliki IQ non-verbal dibawah 89, Sehingga pemerintah mengeluarkan intervensi gizi spesifik salah satu programnya yaitu pada ibu menyusui. Tujuan dari penelitian ini untuk mengetahui hubungan intervensi gizi spesifik pada ibu menyusui dan baduta dengan balita stunting di Puskesmas Banjarsari.

Jenis penelitian kuantitatif dengan rancangan *case control*. Populasi seluruh balita di Puskesmas Banjarsari berjumlah 622 balita. Besar sampel ditentukan Berdasarkan rumus *Sastroasmoro* diperoleh 66 responden. Teknik pengambilan sampel menggunakan teknik *stratified random sampling*. Pengumpulan data dengan pengukuran tinggi badan, observasi, wawancara dan dokumentasi melalui checklist dan stadiometer. Data dianalisis secara univariat dan bivariat dengan *chi square*.

Hasil penelitian dari 66 responden menunjukkan proporsi intervensi gizi spesifik pada ibu menyusui dan bayi sejak lahir sampai 6 bulan ada 87.9%, proporsi intervensi gizi spesifik pada ibu menyusui dan anak usia 7-23 bulan 92.1%. Berdasarkan analisis diperoleh nilai *p value* intervensi gizi spesifik pada ibu menyusui dan bayi sejak lahir sampai 6 bulan ($p=0.014$ OR=7,8) dan intervensi gizi spesifik pada ibu menyusui dan anak usia 7-23 bulan dengan ($p=0.039$, OR=9,5).

Kesimpulan dari hasil penelitian di Puskesmas Banjarsari tahun 2025 terdapat hubungan signifikan antara intervensi gizi spesifik pada ibu menyusui dengan balita stunting. Upaya pencegahan dan penanggulangan stunting sebaiknya dilakukan melalui keterlibatan aktif tenaga kesehatan bersama kader posyandu serta pendampingan intensif bagi ibu menyusui. Peningkatan layanan konseling gizi juga perlu dioptimalkan dengan jadwal yang fleksibel dan pendekatan personal, termasuk melalui kunjungan rumah. Upaya ini harus didukung oleh kolaborasi lintas sektor, peningkatan akses terhadap layanan kesehatan, serta pemanfaatan media digital untuk menyebarkan informasi gizi secara luas dan mempermudah komunikasi antara ibu dan tenaga kesehatan.

Kata Kunci : Balita, stunting, intervensi gizi spesifik

Daftar bacaan : 100 (2017-2025)

**HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNG KARANG
MIDWIFERY DEPARTMENT MIDWIFERY STUDY PROGRAM METRO
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**RELATIONSHIP BETWEEN SPECIFIC NUTRITION INTERVENTIONS FOR
BREASTFEEDING MOTHERS AND TODDLERS AND TODDLER STUNTING
AT BANJARSARI HEALTH CENTER**

Xiv + 76 pages ,11 tables , 5 pictures , 9 appendices

SUMMARY

Stunting is a condition in which children under five years of age (toddlers) cannot grow due to chronic malnutrition, resulting in children being shorter than their age. According to 2024 data, the prevalence of stunted toddlers worldwide was 23.2%, in Indonesia 19.8%, in Lampung Province 13.1%, in Metro City 12.1%, and in 2023 at the Banjarsari Community Health Center 6.08%. Stunting causes a 4.56-fold decrease in IQ compared to children without stunting. Stunted children are more likely to have a non-verbal IQ below 89. Therefore, the government has launched specific nutritional interventions, one of which is for breastfeeding mothers. The purpose of this study was to determine the relationship between specific nutritional interventions for breastfeeding mothers and toddlers and stunted toddlers at the Banjarsari Community Health Center.

This study used a quantitative case-control design. The population of all toddlers at the Banjarsari Community Health Center was 622. The sample size was determined using the Sastroasmoro formula, resulting in 66 respondents. The sampling technique used stratified random sampling. Data were collected using height measurements, observations, interviews, and documentation using a checklist and stadiometer. Data were analyzed univariately and bivariately using chi-square tests.

The results of the study from 66 respondents showed that the proportion of specific nutritional interventions for breastfeeding mothers and infants from birth to 6 months was 87.9%, and the proportion of specific nutritional interventions for breastfeeding mothers and children aged 7-23 months was 92.1%. The analysis obtained a p-value for specific nutritional interventions for breastfeeding mothers and infants from birth to 6 months ($p=0.014$ OR=7.8) and specific nutritional interventions for breastfeeding mothers and children aged 7-23 months ($p=0.039$, R0=9.5).

The conclusion from the results of the study at the Banjarsari Community Health Center in 2025 was a significant association between specific nutritional interventions for breastfeeding mothers and toddler stunting. Efforts to prevent and address stunting should be carried out through the active involvement of health workers and Posyandu cadres, as well as intensive mentoring for breastfeeding mothers. Nutrition counseling services also need to be optimized with flexible scheduling and a personalized approach, including through home visits. These efforts must be supported by cross-sector collaboration, increased access to health services, and the use of digital media to disseminate nutrition information widely and facilitate communication between mothers and health workers.

Keywords : Toddlers, stunting, specific nutritional interventions
Reading list : 100 (2017-2025)