

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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Hubungan Penyediaan Air Bersih, Sanitasi Keluarga dan KEK Pada Ibu Hamil
Dengan Stunting Pada Ibu Balita di Puskesmas Yosomulyo

xii + 70 halaman, 11 tabel, 5 gambar, 12 lampiran

RINGKASAN

Stunting menyebabkan gagal tumbuh tinggi badan tidak sesuai umur pada balita yang dapat berpengaruh pada kecerdasan anak. Prevalensi balita stunting berdasarkan WHO tahun 2024 secara global 23,2% diseluruh dunia, di Indonesia 19,8%, di Lampung 15,9% di Kota Metro 14,8%. Angka stunting tertinggi di Kota Metro tahun 2023 ada di Puskesmas Yosomulyo 4,55%. Faktor yang mempengaruhi stunting diantaranya penyediaan air bersih, sanitasi keluarga dan KEK pada saat ibu hamil, maka tujuan penelitian ini mengetahui hubungan penyediaan air bersih, sanitasi keluarga dan KEK pada ibu hamil yang memiliki balita stunting di Puskesmas Yosomulyo Metro Pusat tahun 2025.

Jenis penelitian kuantitatif dengan rancangan *case control*. Populasinya ibu yang memiliki balita stunting 24-59 bulan di Puskesmas Yosomulyo dan jumlahnya ada 1.581 balita. Besar sampel ditentukan berdasarkan rumus analitik kategorik tidak berpasangan dengan Z_{α} 1,96 dan Z_{β} 0,842 diperoleh 93 responden dengan perbandingan 1:2, yaitu 31 sampel kasus dan 62 sampel 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 analisis data penelitian dari 93 responden menunjukkan proporsi: penyediaan air bersih 55,9%. Sanitasi keluarga 47,2% dan Proporsi KEK pada ibu hamil 14,0%. Berdasarkan analisis diperoleh penyediaan air bersih nilai (*p-value* 0,000, OR 24,587, CI 5,363-112,725) ada hubungan antara penyediaan air bersih dengan balita stunting, sanitasi keluarga (*p-value* 0,000, OR 5,613, CI 2,147-14,677) ada hubungan antara sanitasi keluarga dengan balita stunting dan KEK pada ibu hamil (*p-value* 0,020, OR 3,965, CI 1,173-13,401) ada hubungan antara KEK pada ibu hamil dengan stunting.

Simpulan dari hasil penelitian di Puskesmas Yosomulyo Metro Pusat tahun 2025 ada hubungan antara Penyediaan air bersih, sanitasi keluarga dan KEK pada saat ibu hamil dengan balita stunting, dapat lebih meningkatkan dan menambah kualitas air bersih, dan pelatihan rutin kepada masyarakat tentang perilaku hidup bersih dan sehat (PHBS), melakukan peran posyandu dan kader kesehatan dalam pemberian pangan lokal.

Kata Kunci : Stunting, Penyediaan Air Bersih, Sanitasi Keluarga, KEK

Daftar bacaan : 54 (2017-2025)

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The Relationship Between Clean Water Supply, Family Sanitation, and KEK in Pregnant Women with Stunting in Toddlers at Yosomulyo Health Center

xii + 70 pages, 11 tables, 5 images, 12 appendices

SUMMARY

Stunting causes growth failure in height that is not in accordance with age in toddlers, which can affect children's intelligence. The prevalence of stunted toddlers based on WHO data in 2024 is 23.2% globally, 19.8% in Indonesia, 15.9% in Lampung, and 14.8% in Metro City. The highest rate of stunting in Metro City in 2023 was at Yosomulyo Public Health Center, with 4.55%. Factors that influence stunting include the provision of clean water, family sanitation, and chronic energy deficiency (CED) in pregnant women. Therefore, the aim of this research is to determine the relationship between the provision of clean water, family sanitation, and CED in pregnant women with stunted toddlers at Yosomulyo Public Health Center, Central Metro in 2025.

This is a quantitative study with a case-control design. The population is mothers who have stunted toddlers aged 24–59 months at Yosomulyo Public Health Center, totaling 1,581 toddlers. The sample size was determined using the analytic formula for unmatched categorical data with $Z\alpha$ 1.96 and $Z\beta$ 0.842 resulting in 93 respondents with a ratio of 1:2, namely 31 case samples and 62 control samples. The sampling technique used was stratified random sampling, followed by proportional and simple random sampling. Data collection was conducted through observation, interviews, and documentation using a checklist, stadiometer, and maternal and child health (MCH) book. Data were analyzed univariately and bivariately using the chi-square test.

The results of data analysis from 93 respondents show the proportions: provision of clean water 55.9%. Family sanitation 47.2% and the proportion of chronic energy deficiency (CED) in pregnant women 14.0%. Based on the analysis, it was found that the provision of clean water has a value (p-value 0.000, OR 24.587, CI 5.363-112.725) indicating a relationship between the provision of clean water and stunting in children under five, family sanitation (p-value 0.000, OR 5.613, CI 2.147-14.677) indicates a relationship between family sanitation and stunting in children under five, and CED in pregnant women (p-value 0.020, OR 3.965, CI 2.147-14.677) indicates a relationship between CED in pregnant women and stunting.

In conclusion, the study at Yosomulyo Public Health Center, Central Metro in 2025 found a relationship between clean water provision, family sanitation, and CED in pregnant women with stunted toddlers. Therefore, it is recommended to improve the quality of clean water and conduct routine training for the community on clean and healthy living behavior (CHLB), and to enhance the role of integrated health posts (posyandu) and health cadres in providing local food.

Keywords: Stunting, Provision of Clean Water, Family Sanitation, CED

Referenes: 54 (2017-2025)