

**POLITEKNIK KESEHATAN TANJUNGPURBAN JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
METRO SKRIPSI**

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**HUBUNGAN RIWAYAT STATUS GIZI IBU DAN HIPERTENSI SELAMA
KEHAMILAN TERHADAP KEJADIAN STUNTING PADA BALITA DI
PUSKESMAS PUJOKERTO LAMPUNG TENGAH**

xiv + 61 halaman, 12 tabel, 6 gambar, 10 lampiran

RINGKASAN

Stunting merupakan masalah kesehatan dunia, terutama di negara berkembang seperti Indonesia. Prevalensi kejadian stunting yang dilaporkan oleh *World Health Organization* sebesar 22,3% atau sebanyak 148,1 juta anak dibawah usia 5 tahun mengalami stunting di dunia. Stunting dapat disebabkan oleh beberapa faktor penyebab salah satunya faktor maternal berupa nutrisi yang kurang tepat pada saat kehamilan, tinggi badan ibu yang rendah, dan hipertensi pada saat kehamilan. Dampak yang dapat ditimbulkan dari stunting tidak hanya pada fisik, tetapi juga memengaruhi perkembangan kognitif, motorik dan verbal anak serta meningkatkan risiko obesitas dan penyakit tidak menular lainnya sehingga meningkatkan risiko kematian dan kesakitan. Penelitian ini bertujuan untuk mengetahui hubungan antara riwayat status gizi ibu dan hipertensi selama kehamilan terhadap kejadian stunting pada balita.

Jenis penelitian ini adalah kuantitatif dengan desain *case control study* yang dilakukan di Puskesmas Pujokerto Lampung Tengah pada bulan April-Juni tahun 2025. Populasi berjumlah 876 balita dan dipilih menjadi sampel yang terdiri atas 45 kelompok kasus dan 45 kelompok kontrol yang diambil dengan teknik *simple random sampling*. Data dikumpulkan melalui wawancara terstruktur dan melihat data yang diperlukan pada buku KIA menggunakan lembar *checklist*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square* dengan tingkat kepercayaan 95% ($\alpha = 0,05$).

Hasil penelitian pada ibu yang memiliki balita stunting sebagian besar responden kelompok kasus memiliki riwayat status gizi rendah (kurus) saat hamil (48,9%) dan riwayat hipertensi selama kehamilan (42,2%). Hasil analisis menunjukkan adanya hubungan yang signifikan antara riwayat status gizi rendah (kurus) saat hamil dengan kejadian stunting pada balita ($p = 0,0001$; OR = 13,391), serta antara riwayat hipertensi selama kehamilan dengan kejadian stunting pada balita ($p = 0,0001$; OR = 15,712).

Kesimpulan penelitian bahwa riwayat status gizi rendah (kurus) saat hamil dan hipertensi selama kehamilan meningkatkan risiko kejadian stunting pada balita. Temuan ini diharapkan dapat menjadi dasar dalam upaya edukasi masyarakat mengenai pentingnya menjaga status gizi yang optimal dan memantau tekanan darah selama kehamilan guna mencegah kejadian stunting pada balita.

Kata Kunci : Stunting, Status Gizi Rendah, IMT, Hipertensi Selama Kehamilan

Daftar Bacaan : 38 (2015-2024)

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTMENT OF
MIDWIFERY APPLIED BACHELOR PROGRAM IN MIDWIFERY, METRO
THESIS**

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**THE RELATIONSHIP BETWEEN THE HISTORY OF MATERNAL
NUTRITIONAL STATUS AND HYPERTENSION DURING PREGNANCY ON
THE INCIDENCE OF STUNTING IN TODDLERS AT THE PUJOKERTO
HEALTH CENTER, CENTRAL LAMPUNG.**

xiv + 61 pages, 12 tables, 6 figures, 10 appendices

SUMMARY

Stunting is a global health issue, particularly in developing countries such as Indonesia. The prevalence of stunting reported by the World Health Organization is 22.3%, or 148.1 million children under the age of 5 worldwide. Stunting can be caused by several factors, one of which is maternal factors such as inadequate nutrition during pregnancy, short stature of the mother, and hypertension during pregnancy. The impacts of stunting are not only physical but also affect children's cognitive, motor, and verbal development, increasing the risk of obesity and other non-communicable diseases, thereby raising the risk of mortality and morbidity. This study aims to investigate the relationship between maternal nutritional status and hypertension during pregnancy and the occurrence of stunting in infants.

This is a quantitative study using a case-control design conducted at the Pujokerto Health Center in Central Lampung from April to June 2025. The population consisted of 876 toddlers, and the sample was selected using simple random sampling, comprising 45 case groups and 45 control groups. Data were collected through structured interviews and by reviewing necessary data in the KIA book using a checklist. Data analysis was performed using univariate and bivariate analysis with the chi-square test at a 95% confidence level ($\alpha = 0.05$).

The results of the study on mothers with stunted infants showed that most respondents in the case group had a history of low nutritional status (underweight) during pregnancy (48.9%) and a history of hypertension during pregnancy (42.2%). The analysis results showed a significant association between a history of low nutritional status (underweight) during pregnancy and stunting in toddlers ($p = 0.0001$; OR = 13.391), as well as between a history of hypertension during pregnancy and stunting in toddlers ($p = 0.0001$; OR = 15.712).

The study concluded that a history of low nutritional status (underweight) during pregnancy and hypertension during pregnancy increase the risk of stunting in infants. These findings are expected to serve as a basis for public education efforts on the importance of maintaining optimal nutritional status and monitoring blood pressure during pregnancy to prevent stunting in infants.

Keywords. : Stunting, Low Nutritional Status, BMI, Hypertension During Pregnancy

Reading List : 38 (2015-2024)