

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN KEBIDANAN
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**HUBUNGAN PENYAKIT INFEKSI DAN PENERAPAN PERILAKU HIDUP BERSIH
DAN SEHAT TERHADAP KEJADIAN STUNTING PADA BALITA DI PUSKESMAS
YOSOMULYO KOTA METRO TAHUN 2025**

Xiv + 116 halaman, 15 tabel, 3 gambar, 10 lampiran

RINGKASAN

Stunting adalah kondisi gagal tumbuh pada anak balita akibat kekurangan gizi kronis. Anak yang mengalami stunting cenderung memiliki tubuh yang lebih pendek/kerdil dibandingkan anak seusianya. Berdasarkan hasil survei Status Gizi Indonesia (SSGI) tahun 2023 prevalensi stunting pada balita sebesar 21,5%. Di Provinsi Lampung angka stunting tahun 2023 mencapai 14,9% sedangkan di Kota Metro prevalensi stunting sebesar 7,1% kondisi ini menjadi isu prioritas yang harus segera ditangani. Penyebab utama stunting antara lain penyakit infeksi, berat badan lahir rendah, sanitasi lingkungan, pemberian ASI Eksklusif, dan makanan bergizi. Dampak dari stunting dapat menyebabkan gangguan pertumbuhan fisik, perkembangan otak, menurunnya kecerdasan, meningkatkan resiko degeneratif, dan berkurangnya produktivitas dimasa dewasa. Penelitian ini bertujuan untuk mengetahui hubungan penyakit infeksi dan penerapan perilaku hidup bersih dan sehat terhadap kejadian stunting pada balita di Puskesmas Yosomulyo Kota Metro Tahun 2025.

Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Populasi penelitian ini adalah seluruh balita di Puskesmas Yosomulyo sebanyak 1.581 balita. Sampel dalam penelitian ini sebanyak 91 responden yang diperoleh melalui teknik *Stratified random sampling*. Pengambilan data dilakukan menggunakan kuisioner. Analisis data dilakukan secara univariat menggunakan persentase, dan bivariat menggunakan uji *Chi-square* dengan tingkat kepercayaan 95%.

Hasil penelitian menunjukkan bahwa proporsi stunting pada balita sebesar 15,4%, proporsi penyakit infeksi pada balita sebesar 45,1%, proporsi perilaku hidup bersih dan sehat sebesar 63,7%. Terdapat hubungan yang signifikan antara penyakit infeksi dengan kejadian stunting pada balita dengan (*p-value* 0,006) dan hubungan perilaku hidup bersih dan sehat terhadap kejadian stunting pada balita (*p-value* 0,003).

Simpulan penelitian ini adalah terdapat hubungan antara penyakit infeksi dan penerapan perilaku hidup bersih dan sehat terhadap kejadian stunting pada balita di Puskesmas Yosomulyo Kota Metro. Peneliti berharap temuan ini dapat mendorong peningkatan kesadaran masyarakat, khususnya ibu balita, terhadap pentingnya perilaku hidup bersih dan sehat untuk mencegah penyakit infeksi. Oleh karena itu, diperlukan upaya promosi dan edukasi kesehatan yang optimal melalui kegiatan posyandu dan kunjungan rumah, serta penguatan program sanitasi lingkungan, dan membangun kerja sama lintas sektor.

Kata Kunci: Stunting, Penyakit Infeksi, Perilaku Hidup Bersih dan Sehat (PHBS)

**TANJUNGKARANG HEALTH POLYTECHNIC MIDWIFERY DEPARTMENT
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THE RELATIONSHIP BETWEEN INFECTIOUS DISEASES AND THE IMPLEMENTATION OF CLEAN AND HEALTHY LIVING BEHAVIOR WITH STUNTING INCIDENCE IN TODDLERS AT YOSOMULYO PUBLIC HEALTH CENTER, METRO CITY, IN 2025

Xiv + 116 pages, 15 tables, 3 figures, 10 appendices

SUMMARY

Stunting is a condition of impaired growth in toddlers caused by chronic malnutrition. Children who are stunted tend to have a shorter stature compared to other children of the same age. According to the 2023 Indonesian Nutritional Status Survey (SSGI), the national stunting prevalence among toddlers was 21.5%. In Lampung Province, the rate was 14.9%, while in Metro City it reached 7.1%. This condition has become a priority issue that needs immediate attention. The main causes of stunting include infectious diseases, low birth weight, poor environmental sanitation, lack of exclusive breastfeeding, and inadequate nutritious food intake. Stunting can negatively impact physical growth, brain development, intelligence, increase the risk of degenerative diseases, and reduce productivity in adulthood. This study aims to determine the relationship between infectious diseases and the implementation of clean and healthy living behavior (CHLB) with the incidence of stunting in toddlers at Yosomulyo Public Health Center, Metro City, in 2025.

This study is a quantitative study with a cross-sectional design. The population consisted of all toddlers at the Yosomulyo Health Center, totaling 1,581 children. The sample in this study consisted of 91 respondents selected using stratified random sampling. Data collection was conducted using a questionnaire. Data analysis was carried out univariately using percentages, and bivariate using the *Chi-square* test with a 95% confidence level.

The results of the study showed that the proportion of stunting among toddlers was 15.4%, the proportion of infectious diseases among toddlers was 45.1%, and the proportion of clean and healthy living behavior was 63.7%. There was a significant relationship between infectious diseases and the incidence of stunting in toddlers (p -value = 0.006), as well as between clean and healthy living behavior and the incidence of stunting in toddlers (p -value = 0.003).

The conclusion of this study is that there is a relationship between infectious diseases and the implementation of clean and healthy living behavior with the incidence of stunting in toddlers at the Yosomulyo Health Center, Metro City. The researcher hopes that these findings will encourage greater public awareness, especially among mothers of toddlers, regarding the importance of clean and healthy living behavior in preventing infectious diseases. Therefore, optimal efforts in health promotion and education are necessary through posyandu (integrated health service post) activities and home visits, as well as strengthening environmental sanitation programs and building cross-sector collaboration.

Keywords : Stunting, Infectious Diseases, Clean and Healthy Living Behavior (CHLB)