

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, 2025**

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**DETERMINAN KEJADIAN STUNTING PADA BALITA DI WILAYAH
KERJA UPTD PUSKESMAS YOSOMULYO KOTA METRO TAHUN 2025**

xviii + 66 halaman, 16 tabel, 3 gambar, 10 lampiran

RINGKASAN

Stunting merupakan bentuk kegagalan pertumbuhan akibat akumulasi ketidakcukupan nutrisi yang berlangsung lama mulai dari kehamilan sampai usia 24 bulan. Berdasarkan data Profil Kesehatan Indonesia tahun 2022, prevalensi stunting di Indonesia masih mencapai 21,6%, di Kota Metro tahun 2022 prevalensinya mencapai 10,4%, dan di Puskesmas Yosomulyo 11%. Penyebab utama stunting antara lain riwayat penyakit diare, berat badan lahir rendah (BBLR), anemia pada ibu saat hamil, serta pemberian ASI eksklusif yang tidak optimal. Dampak dari stunting dapat menyebabkan gangguan pertumbuhan fisik, perkembangan otak, menurunkan kecerdasan, meningkatkan risiko penyakit degeneratif, dan berkurangnya produktivitas di masa dewasa. Penelitian ini bertujuan untuk mengetahui hubungan antara riwayat diare, BBLR, anemia pada ibu, dan pemberian ASI eksklusif dengan kejadian stunting pada balita di wilayah kerja UPTD Puskesmas Yosomulyo Metro Pusat Tahun 2025.

Penelitian ini merupakan penelitian kuantitatif dengan desain *case control*. Populasi kasus adalah seluruh balita stunting di wilayah kerja UPTD Puskesmas Yosomulyo usia 24-59 bulan, sedangkan populasi kontrol adalah balita tidak stunting. Jumlah sampel sebanyak 76 responden yang terdiri dari 38 kasus dan 38 kontrol, dengan teknik *purposive sampling*. Analisis menggunakan uji *Chi Square* dengan menentukan tingkat kepercayaan 95%.

Hasil penelitian pada balita stunting (kelompok kasus) didapatkan bahwa proporsi riwayat diare 40,8%, proporsi riwayat BBLR 50%, proporsi anemia pada ibu 43,4% dan proporsi pemberian ASI Eksklusif 42,1%. Hasil uji statistik ada hubungan bermakna antara riwayat diare $p\text{ value} = 0,000$; OR = 14,300, BBLR $p\text{ value} = 0,006$ dan OR = 3,698, riwayat anemia ibu $p\text{ value} = 0,000$ dan OR = 18,480, dan pemberian ASI eksklusif $p\text{ value} = 0,000$ dan OR = 11,556 dengan kejadian stunting pada balita.

Kesimpulan dari penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan terhadap riwayat diare, riwayat BBLR, riwayat anemia pada ibu dan pemberian ASI Eksklusif dengan kejadian stunting. Peneliti berharap hasil penelitian ini dapat menjadi bahan evaluasi bagi puskesmas dalam program pencegahan stunting melalui edukasi kepada ibu balita tentang pemberian ASI eksklusif, pemantauan kehamilan, konsumsi tablet tambah darah, dan penerapan perilaku hidup bersih dan sehat.

Kata Kunci: Stunting, Diare, BBLR, Anemia, ASI Eksklusif

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**DETERMINANTS OF STUNTING INCIDENCE AMONG TODDLERS IN
THE WORKINH ARE OF UPTD PUSKESMAS YOSOMULYO METRO
PUSAT**

xviii + 66 pages, 16 tabes, 3 figures, 10 appendices

SUMMARY

Stunting is a form of growth failure caused by the accumulation of long-term nutritional deficiencies, starting from pregnancy until the child reaches 24 months of age. Based on the 2022 Indonesian Health Profile, the national prevalence of stunting remains at 21.6%, with Metro City reporting 10.4%, and Yosomulyo Public Health Center reporting 11%. The main causes of stunting include a history of diarrhea, low birth weight (LBW), maternal anemia during pregnancy, and inadequate exclusive breastfeeding. Stunting can result in impaired physical growth, delayed brain development, decreased intelligence, increased risk of degenerative diseases, and reduced productivity in adulthood. This study aimed to examine the relationship between a history of diarrhea, LBW, maternal anemia, and exclusive breastfeeding with the incidence of stunting among children in the working area of UPTD Yosomulyo Public Health Center, Central Metro, in 2025.

This was a quantitative study using a case-control design. The case population consisted of stunted children aged 24–59 months, while the control population comprised non-stunted children. A total of 76 respondents were selected using purposive sampling, consisting of 38 cases and 38 controls. Data were analyzed using the Chi-Square test with a 95% confidence level.

Among the stunted children (case group), 40.8% had a history of diarrhea, 50% had a history of LBW, 43.4% were born to mothers with anemia, and 42.1% did not receive exclusive breastfeeding. Statistical analysis showed significant associations between stunting and: Diarrhea (p-value = 0.000; OR = 14.300), LBW (p-value = 0.006; OR = 3.698), Maternal anemia (p-value = 0.000; OR = 18.480), Exclusive breastfeeding (p-value = 0.000; OR = 11.556).

In conclusion, the determinants of stunting in the working area of UPTD Yosomulyo PHC are influenced by a history of diarrhea, LBW, maternal anemia during pregnancy, and exclusive breastfeeding. The researcher hopes that these findings can serve as an evaluation tool for the health center's stunting prevention programs through maternal education on exclusive breastfeeding, pregnancy monitoring, iron tablet consumption, and the implementation of clean and healthy living behaviors.

Keywords: Stunting, Diarrhea, LBW, Anemia, Exclusive Breastfeeding