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**HUBUNGAN RIWAYAT ANEMIA KEHAMILAN DAN PEMBERIAN ASI
EKSKLUSIF DENGAN KEJADIAN STUNTING PADA BALITA DI KELURAHAN
HADIMULYO BARAT**

xiv + 56 halaman, 11 tabel, 5 gambar, 8 lampiran

RINGKASAN

Stunting merupakan permasalahan kesehatan masyarakat yang berdampak pada gangguan pertumbuhan, perkembangan kognitif, dan produktivitas sumber daya manusia di masa depan. Unicef mencatat sebanyak 148.1 juta balita mengalami stunting. Survei Kesehatan Indonesia (SKI) 2023 melaporkan prevalensi stunting nasional sebesar 21.5% (Kemenkes RI, 2024). Berdasarkan Survei Status Gizi Indonesia (SSGI) tahun 2023 prevalensi stunting di Provinsi Lampung sebesar 14.9%. Upaya pencegahan stunting dapat dilakukan sejak masa kehamilan, salah satunya dengan memperhatikan status anemia ibu hamil dan pemberian ASI eksklusif. Penelitian ini bertujuan untuk menganalisis adanya hubungan antara riwayat anemia kehamilan dan pemberian ASI eksklusif dengan kejadian stunting pada balita.

Jenis penelitian ini adalah penelitian observasional menggunakan desain penelitian *case control study* yang dilakukan di Kelurahan Hadimulyo Barat pada 03 Mei – 26 Mei 2025. Populasi dalam penelitian ini adalah seluruh balita di Kelurahan Hadimulyo Barat. Penentuan jumlah sampel pada penelitian ini didasarkan pada analitik kategorikal tidak berpasangan dengan nilai derajat kemaknaan 95% dan dengan kekuatan uji 90%. Sampel penelitian berjumlah 84 balita yang terdiri dari 42 sampel kasus dan 42 sampel kontrol, yang dipilih menggunakan teknik *consecutive sampling*. Variabel independen terdiri dari riwayat anemia kehamilan dan riwayat pemberian ASI eksklusif, sedangkan variabel dependen adalah kejadian stunting. Analisis data dilakukan secara univariat yang dilakukan untuk menggambarkan distribusi data dengan menggunakan presentase dan uji analisis bivariat dilakukan menggunakan uji *chi-square*.

Hasil penelitian menunjukkan bahwa proporsi balita dengan riwayat anemia kehamilan sebesar 26,19% dan balita yang mendapat ASI eksklusif sebesar 47,62%. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara riwayat anemia kehamilan terhadap kejadian stunting ($p\text{ value} = 0,013$, OR = 3,692, CI: 1,2-10,7), dan terdapat hubungan yang signifikan antara pemberian ASI eksklusif terhadap stunting ($p\text{ value} = 0,000$, OR = 6,287, CI: 2,4-16,2).

Kesimpulan penelitian ini adalah terdapat hubungan antara riwayat anemia kehamilan dan pemberian ASI eksklusif dengan kejadian stunting pada balita di Kelurahan Hadimulyo Barat. Diharapkan hasil penelitian ini dapat menjadi dasar bagi tenaga kesehatan dalam meningkatkan upaya pencegahan stunting melalui promosi ASI eksklusif dan edukasi kepada ibu tentang pencegahan anemia, khususnya selama masa kehamilan.

Kata kunci : Stunting, Anemia Kehamilan, ASI Eksklusif, Balita

**TANJUNGKARANG HEALTH POLITECHNIC DEPARTMENT OF
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**THE RELATIONSHIP BETWEEN MATERNAL ANEMIA HISTORY AND
EXCLUSIVE BREASTFEEDING WITH STUNTING INCIDANCE AMONG
TODDLERS IN HADIMULYO VILLAGE**

xiv + 56 pages + 11 tables + 5 figures + 8 appendices

SUMMARY

Stunting is a public health issue that affects growth, cognitive development, and future human resource productivity. Unicef reports that 148.1 million children under five suffer from stunting. The 2023 Indonesian Health Survey (SKI) reported a national stunting prevalence of 21.5% (Ministry of Health of the Republic of Indonesia, 2024). According to the 2023 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting in Lampung Province is 14.9%. Efforts to prevent stunting can begin during pregnancy, including monitoring the anemia status of pregnant women and promoting exclusive breastfeeding. This study aims to analyze the relationship between a history of pregnancy anemia and exclusive breastfeeding with the occurrence of stunting in infants.

This is an observational study using a case-control study design conducted in Hadimulyo Barat Village from May 3 to May 26, 2025. The study population consists of all toddlers in Hadimulyo Barat Village. The sample size was determined based on unpaired categorical analysis with a significance level of 95% and a power of 90%. The study sample consisted of 84 infants, comprising 42 case samples and 42 control samples, selected using consecutive sampling technique. The independent variables consisted of a history of pregnancy anemia and a history of exclusive breastfeeding, while the dependent variable was the occurrence of stunting. Data analysis was conducted using univariate analysis to describe the data distribution using percentages, and bivariate analysis was performed using the chi-square test.

The results showed that the proportion of infants with a history of maternal anemia was 26.19%, and those who received exclusive breastfeeding was 47.62%. Statistical analysis revealed a significant association between maternal anemia history and stunting incidence (p -value = 0.013, OR = 3.692, CI: 1.2–10.7), and there was a significant association between exclusive breastfeeding and stunting (p -value = 0.000, OR = 6.287, CI: 2.4–16.2).

The conclusion of this study is that there is a relationship between a history of pregnancy anemia and exclusive breastfeeding with the incidence of stunting in toddlers in Hadimulyo Barat Village. It is hoped that the results of this study can serve as a basis for health workers to improve efforts to prevent stunting through the promotion of exclusive breastfeeding and education for mothers on the prevention of anemia, especially during pregnancy.

Keywords : Stunting, Maternal Anemia, Exclusive Breastfeeding, Toddlers