

POLITEKNIK KESEHATAN KEMENKES TANJUNGPUR
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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**HUBUNGAN INISIASI MENYUSU DINI, BAYI BERAT LAHIR RENDAH DAN
PEMBERIAN ASI EKSKLUSIF DENGAN BALITA STUNTING DI PUSKESMAS
BANJARSARI**

xiv + 68 halaman, 14 tabel, 5 gambar, 11 lampiran

RINGKASAN

Permasalahan gizi menjadi sorotan di dunia maupun Indonesia terutama masalah gizi pada balita. Prevalensi balita stunting tahun 2024 berdasarkan WHO secara global 23,2% di seluruh 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 Banjarsari 6,08%. Faktor yang mempengaruhi stunting diantaranya gagalnya IMD, BBLR dan gagalnya pemberian ASI eksklusif, maka penelitian ini bertujuan untuk mengetahui hubungan inisiasi menyusui dini, bayi berat lahir rendah dan pemberian ASI eksklusif dengan balita stunting di Puskesmas Banjarsari tahun 2025.

Jenis penelitian kuantitatif dengan rancangan *case control*. Populasinya ibu yang memiliki balita stunting usia 24-59 bulan di Puskesmas Banjarsari dengan jumlah 609 balita. Besar sampel ditentukan berdasarkan rumus analitik kategorik tidak berpasangan diperoleh 60 responden dengan perbandingan 1:2, yaitu 20 kelompok kasus dan 40 kelompok 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 dari 60 responden menunjukkan proporsi balita IMD terdapat 66,7%, balita BBLR terdapat 16,7% dan balita ASI eksklusif 51,7%. Hasil uji statistik menunjukkan terdapat hubungan antara inisiasi menyusui dini dengan balita stunting (*p value* 0,026, OR = 4,210, 95% CI = 1,331-13,320), terdapat hubungan antara bayi berat lahir rendah dengan balita stunting (*p value* 0,002, OR = 12,667, 95% CI = 2,361-67,958) dan terdapat hubungan antara pemberian ASI eksklusif dengan balita stunting (*p value* 0,036, OR = 3,889, 95% CI = 1,230-12,292).

Simpulan dari penelitian di Puskesmas Banjarsari tahun 2025 terdapat hubungan antara inisiasi menyusui dini, bayi berat lahir rendah dan pemberian ASI eksklusif dengan balita stunting. Upaya yang dilakukan untuk mencegah stunting dengan edukasi dan pemantauan terhadap ibu hamil dan menyusui terkait pentingnya pelaksanaan IMD, pemberian ASI eksklusif, konsumsi gizi seimbang, rutin periksa kehamilan, *breast care*, pijat oksitosin, teknik menyusui yang benar sehingga membantu ibu untuk mengurangi risiko stunting.

Kata Kunci : Stunting, IMD, BBLR, ASI Eksklusif

Daftar Bacaan : 65 (2014-2025)

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**RELATIONSHIP BETWEEN EARLY BREASTFEEDING INITIATION, LOW BIRTH
WEIGHT INFANTS AND EXCLUSIVE BREASTFEEDING WITH STUNTING
TODDLERS AT BANJARSARI COMMUNITY HEALTH CENTER**
xiv + 68 pages, 14 tables, 5 figures, 11 appendices

SUMMARY

Nutritional issues are a major concern globally and in Indonesia, particularly in toddlers. The prevalence of stunting in toddlers in 2024, according to WHO, is 23.2% globally, 19.8% in Indonesia, 15.9% in Lampung, and 14.8% in Metro City. The highest stunting rate in Metro City in 2023 was at the Banjarsari Community Health Center (Puskesmas), with 6.08%. Factors influencing stunting include failure of early initiation of breastfeeding (IMD), low birth weight (LBW), and failure of exclusive breastfeeding. Therefore, this study aims to determine the relationship between early initiation of breastfeeding, low birth weight babies, and exclusive breastfeeding with stunting in toddlers at the Banjarsari Community Health Center in 2025.

This type of quantitative research uses a case-control design. The population is mothers who have stunted toddlers aged 24-59 months at the Banjarsari Community Health Center with a total of 609 toddlers. The sample size was determined based on the unpaired categorical analytical formula obtained 60 respondents with a ratio of 1:2, namely 20 cases and 40 controls. The sampling technique used stratified random sampling. Data collection through observation, interviews and documentation through checklists, stadiometers and KIA books. Data were analyzed univariately and bivariately with chi-square.

The results of the analysis of 60 respondents showed that the proportion of IMD toddlers was 66.7%, LBW toddlers were 16.7% and exclusive breastfeeding toddlers were 51.7%. The results of statistical tests showed that there was a relationship between early breastfeeding initiation and stunting toddlers (p value 0.026, OR = 4.210, 95% CI = 1.331-13.320), there was a relationship between low birth weight babies and stunting toddlers (p value 0.002, OR = 12.667, 95% CI = 2.361-67.958) and there was a relationship between exclusive breastfeeding and stunting toddlers (p value 0.036, OR = 3.889, 95% CI = 1.230-12.292).

A study conducted at the Banjarsari Community Health Center in 2025 concluded that there was a relationship between early breastfeeding initiation, low birth weight, and exclusive breastfeeding, with stunting in toddlers. Efforts to prevent stunting include educating and monitoring pregnant and breastfeeding mothers about the importance of early initiation of breastfeeding (IMD), exclusive breastfeeding, balanced nutrition, regular prenatal checkups, breast care, oxytocin massage, and proper breastfeeding techniques, all of which help mothers reduce the risk of stunting.

Keywords : Stunting, IMD, LBW, Exclusive breastfeeding.

Reading List : 65 (2014-2025)