

**POLITEKNIK KESEHATAN TANJUNGPURWOREJO JURUSAN
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**HUBUNGAN PEMBERIAN ASI EKSKLUSIF, MP-ASI, DAN RIWAYAT
PENYAKIT INFEKSI TERHADAP KEJADIAN STUNTING PADA BALITA DI
WILAYAH PUSKESMAS BANJARSARI, KOTA METRO**

xiv + 63 halaman, 16 tabel, 4 gambar, 14 lampiran

RINGKASAN

Stunting menjadi prioritas program pemerintah Indonesia dan ditetapkan sebagai salah satu indikator utama pembangunan manusia dalam rencana pembangunan jangka menengah nasional (RPJMN) 2020-2024. Berdasarkan survei kesehatan Indonesia (SKI) cakupan balita yang mengalami stunting di Indonesia pada tahun 2023 sebesar 21,5%. Stunting kemungkinan besar disebabkan karena gagalnya pemberian ASI eksklusif, MP-ASI tidak adekuat, dan adanya penyakit infeksi. Tujuan penelitian ini untuk mengetahui hubungan ASI eksklusif, MP-ASI, dan riwayat penyakit infeksi pada balita dengan kejadian stunting.

Penelitian ini adalah penelitian kuantitatif menggunakan desain observasional analitik dengan pendekatan *case control*. Populasi pada penelitian ini adalah ibu yang memiliki balita usia 12-59 bulan yang berada di wilayah Puskesmas Banjarsari. Penentuan jumlah sampel didasarkan pada analisis analitik kategorik tidak berpasangan dengan nilai derajat kemaknaan 95% dan kekuatan uji 80%. Sampel penelitian ini berjumlah 60 responden yang terdiri dari 20 sampel kasus dan 40 sampel kontrol yang dipilih menggunakan teknik *nonprobability sampling* dengan metode *purposive sampling*. Uji analisis univariat dilakukan untuk menggambarkan distribusi data dengan menggunakan presentase, nilai minimum (*min*), maksimum (*max*), rata-rata (*mean*), varian, dan standar deviasi (SD), sedangkan uji analisis bivariat dilakukan menggunakan uji *chi-square*.

Hasil penelitian didapatkan proporsi balita yang diberikan ASI eksklusif sebesar 51,7%, diberikan MP-ASI sebesar 36,7%, dan memiliki riwayat penyakit infeksi sebesar 38,3%. Hasil uji statistik *chi-square* diperoleh $p\text{ value} = 0,036$ ($p\text{ value} < 0,05$), (OR = 3,889, CI = 1,2-12,2), artinya ada hubungan pemberian ASI eksklusif dengan kejadian stunting, variabel MP-ASI diperoleh $p\text{ value} = 0,029$ ($p\text{ value} < 0,05$), (OR = 5,127, CI = 1,2-20,2), artinya ada hubungan pemberian MP-ASI dengan kejadian stunting, dan variabel riwayat penyakit infeksi diperoleh $p\text{ value} = 0,031$ ($p\text{ value} < 0,05$), (OR = 3,955, CI=1,2-12,2), artinya ada hubungan riwayat penyakit infeksi dengan kejadian stunting.

Kesimpulan penelitian bahwa ada hubungan antara pemberian ASI eksklusif, MP-ASI, dan riwayat penyakit infeksi dengan kejadian stunting. Hasil penelitian ini diharapkan dapat menjadi dasar bagi tenaga kesehatan dalam meningkatkan upaya pencegahan stunting melalui promosi ASI eksklusif, MP-ASI, serta edukasi kepada orang tua tentang pencegahan penyakit infeksi.

Kata Kunci : Stunting, ASI eksklusif, MP-ASI, Riwayat penyakit infeksi.

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTEMENT OF
MIDWIFERY BACHELORS'S APPLIED MIDWIFERY STUDIES
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THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING, MP-ASI,
AND HISTORY OF INFECTIOUS DISEASE TO THE INCIDENCE OF
STUNTING IN TODDLERS IN THE BANJARSARI HEALTH CENTER AREA,
CITY OF METRO

METRO

xiv + 63 pages, 16 tables, 4 figures, 14 appendices

SUMMARY

Stunting has become a priority program of the Indonesian government and is set as one of the main indicators of human development in the 2020-2024 national medium-term development plan (NMDP). Based on the Indonesian Health Survey (IHS), the coverage of stunted children under five in Indonesia in 2023 is 21.5%. Stunting is most likely caused by the failure of exclusive breastfeeding, inadequate complementary feeding, and the presence of infectious diseases. The purpose of this study was to determine the relationship between exclusive breastfeeding, complementary foods, and a history of contagious diseases in toddlers with the incidence of stunting.

This study is a quantitative study using an analytic observational design with a case-control approach. The population in this study was mothers who had toddlers aged 12-59 months who were in the Banjarsari Health Center area. The determination of the sample size was based on an unpaired categorical analysis with a value of 95% significance degree and 80% test strength. The sample of this study amounted to 60 respondents, consisting of 20 case samples and 40 control samples selected using a nonprobability sampling technique with a purposive sampling method. Univariate analysis test was conducted to describe data distribution using percentage, minimum (min), maximum (max), average (mean), variance, and standard deviation (SD), while a bivariate analysis test was conducted using the chi-square test.

The results showed that the proportion of toddlers who were exclusively breastfed was 51.7%, given complementary foods was 36.7%, and had a history of infectious disease was 38.3%. The results of the chi-square statistical test obtained p value = 0.036 (p value < 0.05), (OR = 3,889, CI = 1.2-12.), meaning that there is a relationship between exclusive breastfeeding and the incidence of stunting, the MP-ASI variable obtained p value = 0.029 (p value < 0.05), (OR = 5,127, CI = 1.2-20.2), meaning that there is a relationship between the provision of MP-ASI and the incidence of stunting, and the variable history of infectious disease obtained p value = 0.031 (p value < 0.05), (OR = 3,955, CI = 1.2-12.2), meaning that there is a relationship between the history of infectious disease and the incidence of stunting.

The study concluded that there was an association between exclusive breastfeeding, complementary feeding, and history of infectious disease with the incidence of stunting. The results of this study are expected to be the basis for health workers in improving stunting prevention efforts through the promotion of exclusive breastfeeding, complementary feeding, and education to parents about preventing infectious diseases.

Keywords : Stunting, Exclusive breastfeeding, Complementary feeding, History of infectious disease.