

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG JURUSAN
KEBIDANAN PRODI KEBIDANAN METRO**

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**HUBUNGAN RIWAYAT INTERVENSI GIZI SPESIFIK IBU HAMIL DENGAN
STUNTING PADA BALITA DI PUSKESMAS BANJARSARI**

xvii + 84 halaman , 20 tabel , 5 gambar , 11 lampiran

RINGKASAN

Stunting adalah keadaan gagal tumbuh yang menyebabkan penurunan fungsi kognitif. Prevalensi stunting pada tahun 2024 secara global ada 23,2%, di Indonesia ada 19,8%, di Provinsi Lampung pada ada 13,1%, di Kota Metro ada 7,1%, di Puskesmas Banjarsari ada 6,08% yang merupakan prevalensi dengan persentase tertinggi di Kota Metro. Pemerintah mencanangkan program intervensi gizi spesifik salah satunya pada ibu hamil untuk menurunkan prevalensi stunting. Intervensi gizi spesifik adalah serangkaian kegiatan pencegahan stunting yang dilakukan pada ibu selama kehamilan, meliputi : PMT, suplementasi Fe & Fa, edukasi yodium, edukasi kecacingan, edukasi kafein, edukasi gizi, dan suplementasi kalsium. Penelitian ini bertujuan mengetahui hubungan riwayat intervensi gizi spesifik ibu hamil dengan stunting pada balita di Puskesmas Banjarsari.

Jenis penelitian kuantitatif dengan desain *case control*, populasi seluruh balita di Banjarsari tahun 2024 ada 609 balita. Sampel dihitung dengan rumus uji beda dua proporsi didapatkan hasil 66 responden dengan perbandingan 1:2, terdiri dari 22 kasus dan 44 kontrol. Teknik pengambilan sampel dengan kriteria inklusi dan eksklusi, kemudian membagi populasi dengan *stratified random sampling* terdiri dari 11 posyandu. Pengambilan data melalui wawancara dan observasi menggunakan checklist, stadiometer dan buku KIA. Data dianalisis secara univariat dan bivariat menggunakan uji *Chi Square* dengan $\alpha=0,05$.

Hasil penelitian menunjukkan dari 66 responden pada saat ibu hamil, proporsi yang tidak mendapatkan PMT : 12,1%, suplementasi zat besi dan asam folat : 18,2%, edukasi yodium : 83,3%, edukasi kecacingan : 75,8%, edukasi kafein : 28,8%, konseling gizi : 4,5%, dan suplementasi kalsium : 7,6%. Hasil analisis menunjukkan ada hubungan antara PMT (*p value* 0,008 dan OR7,8), suplementasi zat besi dan asam folat (*p value* 0,007 dan OR 5,7), edukasi yodium (*p value* 0,010), serta edukasi kecacingan (*p value* 0,042 dan OR 4,6) dengan stunting pada balita. Tidak ada hubungan antara edukasi kafein (*p value* 0,701), konseling/edukasi gizi (*p value* 0,210), dan suplementasi kalsium pada ibu hamil dengan stunting pada balita (*p value* 0,188).

Kesimpulan terdapat hubungan signifikan antara riwayat PMT, suplementasi zat besi dan asam folat, edukasi yodium dan edukasi kecacingan ibu hamil dengan stunting. Tidak terdapat hubungan signifikan antara riwayat edukasi kafein, konseling gizi, dan suplementasi kalsium pada ibu hamil dengan stunting, oleh karena itu diharapkan agar tenaga kesehatan meningkatkan cakupan dan kualitas intervensi gizi spesifik pada ibu hamil untuk mencegah terjadinya stunting.

Kata Kunci : Balita, Stunting, Intervensi Gizi Spesifik, Ibu Hamil

Daftar bacaan : 95 (2010-2024)

**TANJUNG KARANG HEALTH POLYTECHNIC DEPARTMENT OF
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**THE RELATIONSHIP BETWEEN THE HISTORY OF SPECIFIC NUTRITIONAL
INTERVENTIONS FOR PREGNANT WOMEN AND STUNTING IN CHILDREN
UNDER FIVE AT BANJARSARI HEALTH CENTER**

xvii + 84 pages ,20 tables ,5 figures , 11 appendices

SUMMARY

Stunting is a condition of growth failure that leads to decreased cognitive function. In 2024, the global stunting prevalence is 23.2%; in Indonesia, it is 19.8%; in Lampung Province, it is 13.1%; in Metro City, it is 7.1%; and at Banjarsari Health Center, it is 6.08%, the highest prevalence in Metro City. To overcome this, the government has launched specific nutrition interventions, one of which targets pregnant women to reduce stunting prevalence. Specific nutrition interventions are a series of stunting prevention activities carried out during pregnancy, including: supplementary feeding (PMT), iron and folic acid (IFA) supplementation, iodine education, deworming education, caffeine education, nutrition education, and calcium supplementation. This study aims to determine the relationship between the history of specific nutrition interventions during pregnancy and stunting in children under five at Banjarsari Health Center.

This quantitative research uses a case-control design. The population included all children under five in Banjarsari in 2024, totaling 609. The sample was calculated using the formula for two-proportion difference tests, resulting in 66 respondents with a 1:2 ratio: 22 cases and 44 controls. Sampling was done using inclusion and exclusion criteria, followed by stratified random sampling across 11 integrated health posts (posyandu). Data collection was conducted through interviews and observations using checklists, stadiometers, and maternal and child health (MCH) books. Data were analyzed univariately and bivariately using the Chi-Square test with a significance level of $\alpha=0.05$.

The results showed that among the 66 respondents, during pregnancy 12.1% did not receive PMT, 18.2% did not receive iron and folic acid supplementation, 83.3% did not receive iodine education, 75.8% did not receive deworming education, 28.8% did not receive caffeine education, 4.5% did not receive nutrition counseling, and 7.6% did not receive calcium supplementation. Statistical analysis revealed significant associations between stunting and PMT ($p=0.008$, $OR=7,8$), iron and folic acid supplementation ($p=0.007$, $OR=5,7$), iodine education ($p=0.010$), and deworming education ($p=0.042$, $OR=4,6$). No significant association was found between stunting and caffeine education ($p=0.701$), nutrition counseling ($p=0.210$), or calcium supplementation ($p=0.188$).

In conclusion, there is a significant relationship between the history of PMT, iron and folic acid supplementation, iodine education, and deworming education during pregnancy and stunting in children. No significant relationship was found with caffeine education, nutrition counseling, or calcium supplementation. Therefore, it is expected that healthcare workers will improve the coverage and quality of specific nutrition interventions for pregnant women to prevent stunting.

Keywords : Children under five, Stunting, Specific Nutritional Interventions, Pregnancy
References : 95 (2010-2024)