

**POLITEKNIK KESEHATAN TANJUNGPURWANG**  
**JURUSAN KEBIDANAN**  
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Hubungan Keberhasilan Menyusui Dengan Kejadian *Stunting* Pada Balita Usia 24-59 Bulan Di Wilayah Kerja UPTD Puskesmas Banyumas Kabupaten Pringsewu Tahun 2025.

xv + 76 halaman + 8 tabel, 2 gambar, 10 lampiran

**ABSTRAK**

*Stunting* merupakan masalah kekurangan gizi kronis yang menyebabkan gangguan pertumbuhan linear pada balita. Di Provinsi Lampung, khususnya wilayah kerja UPTD Puskesmas Banyumas, Kabupaten Pringsewu, angka *stunting* masih menjadi masalah kesehatan masyarakat yang perlu mendapat perhatian. Praktik menyusui yang optimal, seperti Inisiasi Menyusu Dini (IMD), pemberian ASI eksklusif, dan menyusui hingga usia 24 bulan, diyakini berkontribusi dalam pencegahan *stunting*.

Tujuan penelitian ini adalah untuk menganalisis hubungan keberhasilan menyusui dengan kejadian *stunting* pada balita usia 24–59 bulan di wilayah kerja UPTD Puskesmas Banyumas, Kabupaten Pringsewu.

Metode yang digunakan adalah analitik korelasional dengan pendekatan *cross sectional*. Populasi adalah seluruh ibu yang memiliki balita usia 24–59 bulan di wilayah kerja tersebut, sebanyak 1.497 balita. Sampel penelitian berjumlah 94 responden yang dipilih secara *purposive*. Pengumpulan data dilakukan melalui posyandu dan dianalisis secara univariat dan bivariat menggunakan uji *chi-square*.

Hasilnya terdapat hubungan yang signifikan antara praktik IMD dan kejadian *stunting* ( $p=0,001$ ), antara pemberian ASI eksklusif dan *stunting* ( $p=0,001$ ), antara pemberian ASI hingga usia 24 bulan dan *stunting* ( $p=0,001$ ), serta antara keberhasilan menyusui dan *stunting* ( $p=0,001$ ).

Kesimpulannya secara keseluruhan keberhasilan menyusui yang meliputi praktik IMD, ASI eksklusif, dan menyusui sampai usia 24 bulan, juga memiliki hubungan yang signifikan dengan kejadian *stunting* ( $p=0,001$ ). Keberhasilan menyusui terbukti sebagai faktor protektif dalam menurunkan risiko *stunting* pada balita. Temuan ini menegaskan pentingnya promosi menyusui optimal melalui edukasi, dukungan keluarga, layanan kesehatan ibu-anak, serta kolaborasi lintas sektor sebagai strategi terpadu dalam menurunkan angka *stunting*.

Kata Kunci : Keberhasilan Menyusui, Inisiasi Menyusu Dini, ASI Eksklusif, ASI 24 Bulan, *Stunting*

Daftar Bacaan : 82 (2017 – 2024)

**TANJUNGPURANG HEALTH POLYTECHNIC**  
**MIDWIFERY DEPARTMENT**  
*Thesis, 2025*

Intan Permata Akka Jochim Djoeliyanti

*The Relationship Between Breastfeeding Success and Stunting Incidence Among Children Aged 24–59 Months in the Working Area of Banyumas Public Health Center, Pringsewu Regency, in 2025.*

xv + 76 pages + 8 tables, 2 images, 10 appendices

**ABSTRACT**

*Stunting is a chronic malnutrition problem that causes impaired linear growth in children under five. In Lampung Province, particularly in the working area of UPTD Banyumas Public Health Center, Pringsewu District, stunting remains a significant public health issue. Optimal breastfeeding practices, such as early initiation of breastfeeding (EIB), exclusive breastfeeding, and continued breastfeeding up to 24 months, are believed to contribute to the prevention of stunting.*

*This study aimed to analyze the relationship between breastfeeding success and stunting incidence among children aged 24–59 months in the working area of UPTD Banyumas Public Health Center, Pringsewu District.*

*This research employed a correlational analytic design with a cross-sectional approach. The population consisted of all mothers with children aged 24–59 months in the study area, totaling 1,497 children. A purposive sample of 94 respondents was selected. Data collection was conducted through integrated health posts (posyandu) and analyzed using univariate and bivariate methods with the chi-square test.*

*The results showed a significant relationship between EIB and stunting ( $p=0.001$ ), exclusive breastfeeding and stunting ( $p=0.001$ ), continued breastfeeding up to 24 months and stunting ( $p=0.001$ ), as well as between overall breastfeeding success and stunting ( $p=0.001$ ).*

*In conclusion, breastfeeding success—which includes EIB, exclusive breastfeeding, and continued breastfeeding—has a significant association with stunting incidence. Successful breastfeeding serves as a protective factor in reducing the risk of stunting among children under five. These findings highlight the importance of promoting optimal breastfeeding through education, family support, maternal and child health services, and multisectoral collaboration as an integrated strategy to reduce stunting rates.*

**Keywords** : *Breastfeeding Success, Early Initiation of Breastfeeding (EIB), Exclusive Breastfeeding, Breastfeeding Until 24 Months, Stunting*

**Reading List** : 82 (2017 – 2024)