

PRAKTIK PENGASUHAN ORANG TUA DALAM OPTIMALISASI PERTUMBUHAN DAN PERKEMBANGAN BALITA *STUNTING*

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INTISARI

Latar Belakang : praktik pengasuhan merupakan salah satu faktor tidak langsung yang berhubungan dengan status gizi anak stunting. Pengasuhan melalui pendekatan *nurturing care* dapat membantu orang tua dan keluarga balita stunting dalam menciptakan lingkungan yang baik dalam merawat, mencukupi kebutuhan dan melindungi anak melalui interaksi pengasuhan yang responsif sehingga nutrisi, kesehatan, keamanan dan keselamatan, serta kesempatan untuk belajar pada anak dapat berkembang sejak usia dini.

Tujuan penelitian : untuk mengeksplorasi pengasuhan yang diberikan orang tua dalam mendukung pertumbuhan fisik dan perkembangan balita *Stunting* melalui pendekatan *nurturing care*

Metode: pendekatan kualitatif dengan rancangan studi kasus eksplanatoris, melibatkan 101 responden balita *stunting* usia 12-60 bulan dipilih melalui teknik *consecutive sampling* dan dilakukan pengukuran menggunakan instrumen KPSP. Eksplorasi kualitatif menggunakan pedoman wawancara mendalam semi terstruktur melibatkan 19 partisipan orang tua dipilih secara *purposive sampling*. Analisis data kuantitatif secara univariat dan analisis data kualitatif menggunakan analisis konten.

Hasil: pertumbuhan balita pendek (37.6%) dan sangat pendek (62.4%), dengan hasil penilaian perkembangan sesuai umur (46.5%), meragukan (35,6%), penyimpangan (17.8%), tema terkait praktik pengasuhan: kunjungan ANC, pemantauan tumbuh kembang dan imunisasi, cara perawatan saat anak sakit, nutrisi ibu hamil, riwayat ASI tidak eksklusif dan MP ASI yang tidak tepat, interaksi dan komunikasi, perlindungan keamanan dan keselamatan dari lingkungan dan hukuman fisik, pemberian stimulasi belajar melalui gadget dan belajar secara mandiri.

Kesimpulan: praktik pengasuhan yang baik dalam hal pemenuhan kebutuhan kesehatan, nutrisi, kemampuan dalam merespon secara responsif, memberikan keamanan dan keselamatan, serta memberikan stimulasi pada anak sejak usia dini merupakan hal penting yang perlu dilakukan orang tua dalam mendukung masalah pertumbuhan dan perkembangan yang dialami pada balita *stunting*.

Kata Kunci: Praktik Pengasuhan; Pertumbuhan dan Perkembangan; *Stunting*

NURTURING CARE IN OPTIMIZATION

GROWTH AND DEVELOPMENT OF *STUNTING TODDLERS*

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ABSTRACT

Background: parenting practices are an indirect factor related to the nutritional status of stunted children. Parenting through a nurturing care approach can help parents and families of stunted toddlers in creating a good environment in caring for, meeting their needs and protecting children through responsive parenting interactions so that nutrition, health, safety and security, as well as opportunities for learning in children can develop from an early age.

Purpose: to explore the care provided by parents in supporting the physical growth and development of stunting toddlers through a nurturing care approach

Method: a qualitative approach with an explanatory case study design, quantitative data involving 101 stunting toddlers aged 12-60 months selected by consecutive sampling technique, measurements were carried out using the KPSP instrument and qualitative exploration using semi-structured in-depth interviews involving 19 parent participants selected by purposive sampling. Univariate quantitative data analysis and qualitative data analysis using content analysis.

Results: short toddler growth (37.6%) and very short (62.4%), with the results of an age-appropriate developmental assessment (46.5%), doubtful (35.6%), deviations (17.8%), themes related to parenting practices: ANC visits, monitoring growth and development and immunization, how to care when children are sick, nutrition for pregnant women, history of non-exclusive breastfeeding and inappropriate MP-ASI, interaction and communication, protection of security and safety from the environment and physical punishment, stimulation of learning through gadgets and learning independently.

Conclusion: good parenting practices in terms of meeting health needs, nutrition, ability to respond responsively, providing security and safety, and providing stimulation to children from an early age are important things that parents need to do in supporting growth and development problems experienced in stunted toddlers.

Keywords: *Nurturing care*; Child Growth and Development; *Stunting*