

## INTI SARI

### **POLA PENGASUHAN BALITA *STUNTING* PADA KELUARGA PEKERJA MIGRAN DI WILAYAH KERJA PUSKESMAS LEMBEYAN KABUPATEN MAGETAN**

Hadi Sucipto, Supriyati, Nurhadi

*E-mail:* [hadisucipto@mail.ugm.ac.id](mailto:hadisucipto@mail.ugm.ac.id)

**Latar Belakang:** Di Indonesia, satu dari empat anak usia balita mengalami *stunting*. Faktor ekonomi dan praktik pengasuhan keluarga sering dikaitkan dengan kejadian *stunting*. Banyak keluarga yang termotivasi bekerja sebagai buruh migran di luar negeri untuk meningkatkan status ekonomi mereka, termasuk mereka yang memiliki balita *stunting*. Tujuan penelitian ini adalah untuk menggali bagaimana pola pengasuhan balita *stunting* pada keluarga pekerja migran di wilayah kerja Puskesmas Lembeyan Kabupaten Magetan.

**Metode:** Penelitian ini merupakan rancangan kualitatif dengan pendekatan *case study*. Pengumpulan data dilakukan dengan wawancara mendalam, telaah dokumen, dan observasi. Penentuan partisipan dengan *purposive sampling* dengan kategori *criterion sampling*. Total partisipan 15 orang, tujuh keluarga pekerja migran dan delapan informan pendukung. Analisis dilakukan dengan tematik, dan keabsahan data dilakukan dengan triangulasi metode dan sumber serta *peer debriefing*.

**Hasil:** Status ekonomi keluarga migran ada yang kategori mampu dan ada juga yang merupakan keluarga miskin serta penerima bantuan Program Keluarga Harapan (PKH). Tingkat pendidikan formal yang dimiliki adalah tingkat dasar hingga menengah. Praktik pengasuhan menunjukkan adanya beberapa masalah kesehatan seperti gangguan pola tidur, frekuensi dan ketidakcukupan asupan makan, emosi yang tidak terkontrol, serta gangguan adaptasi sosial. Selain itu, juga ditemukan kualitas hubungan orangtua dengan balitanya yang cenderung mengarah *avoidant* dan *resistant attachment (insecure)*. Di sisi lain, dukungan keluarga dan sosial meliputi aspek *tangible*, informasi, penghargaan dan emosi oleh sebagian keluarga buruh migran belum optimal. Sebagian keluarga dan masyarakat menganggap bahwa perilaku merokok dan buang air di sungai tidak berkaitan dengan *stunting*, serta belum di anggap masalah berat selama aspek perkembangan anak tidak terhambat.

**Kesimpulan:** Pola pengasuhan balita pada keluarga pekerja migran berpotensi menimbulkan masalah kesehatan dan sosial. Selain itu, stigma masyarakat terkait *stunting* juga masih kuat. Sistem yang mendukung optimalisasi tumbuh kembang balita sangat diperlukan keluarga pekerja migran di Indonesia.

**Kata Kunci:** balita *stunting*, pengasuhan balita, keluarga pekerja migran, dukungan keluarga dan sosial

## ABSTRACT

### **PARENTING PATTERNS OF STUNTING TODDLERS IN MIGRANT LABOUR FAMILIES IN THE WORKING AREA OF PUSKESMAS LEMBEYAN, MAGETAN REGENCY**

Hadi Sucipto, Supriyati, Nurhadi

*E-mail:* [hadisucipto@mail.ugm.ac.id](mailto:hadisucipto@mail.ugm.ac.id)

**Introduction:** In Indonesia, one in four children under five is stunted. Economic factors and family parenting practices are thought to have contributed to the incidence of stunting. Many families are motivated to work abroad as migrant workers to improve their economic status, including those with stunted toddlers in Magetan. The purpose of this study was to explore the pattern of caring for stunted toddlers in families of migrant workers in the working area of Puskesmas Lembeyan, Magetan Regency.

**Methods:** This research was qualitative, using a case study design. Determination of participants by purposive sampling method and category of sampling criteria. The total number of participants was 15 people, consisting of seven families of migrant workers and eight supporting informants. The analysis process was carried out using thematic analysis, validity by triangulating sources and methods, and peer debriefing.

**Results:** The characteristics of migrant families are that some are prosperous and some are poor, as well as being part of Program Keluarga Harapan (PKH). Their formal education is from the elementary to secondary levels. Parenting practices indicate the existence of several health problems, such as sleep pattern disturbances, frequency and insufficient food intake, uncontrolled emotions, and social adaptation disorders. In addition, it was also found that the quality of the parent-child relationship tended to lead to avoidant and resistant attachment (insecurity). On the other hand, family and social support, including tangible, appreciation, information, and emotional support, by some families of migrant workers has not been optimal. Some families and the community consider that the behavior of smoking and defecating in the river is not related to stunting, and stunting is not a serious problem as long as aspects of children's development are not hampered.

**Conclusion:** The pattern of parenting for toddlers in the families of migrant workers has the potential to cause health and social problems. In addition, the social stigma associated with stunting is still strong. A system that supports the optimization of the growth and development of toddlers is very much needed by the families of migrant workers in Indonesia.

**Keywords:** toddler stunting, parenting, labour migrant, family and social support.