

## ABSTRAK

**Latar Belakang.** Stunting masih menjadi salah satu permasalahan yang diperhitungkan dalam strategi *Sustainable Development Goals (SDGs)* oleh WHO. Berdasarkan hasil Studi Status Gizi Indonesia (SSGI) pada tahun 2021, prevalensi stunting di Indonesia 24,4%, sedangkan di DIY, prevalensinya 17,3% dengan Kabupaten Kulon Progo menempati urutan kelima prevalensi stunting terbesar di Provinsi DIY. Penelitian ini bertujuan untuk mengetahui hubungan antara tinggi badan orang tua dengan perawakan pendek siswa Sekolah Dasar kelas 2-4 di Kabupaten Kulon Progo.

**Metode Penelitian.** Desain penelitian menggunakan observasional analitik *case-control*. Kasus adalah anak perawakan pendek ( $<-2$  SD), sedangkan kontrol adalah anak bukan perawakan pendek ( $\geq -2$  SD). Instrumen penelitian adalah stadiometer dan formulir wawancara. Data dianalisis menggunakan Chi-Square, Uji Fisher, dan regresi linear sederhana.

**Hasil.** Sampel penelitian 62 kasus dan 62 kontrol, 50% ibu pendek, dan 50% ayah pendek. Ayah yang pendek berisiko 2,88 kali lebih besar memiliki anak yang berperawakan pendek dibandingkan dengan ayah yang tidak pendek (CI 95%=1,39-5,96;  $p=0,004$ ). Ibu yang pendek berisiko 2,88 kali lebih besar memiliki anak yang berperawakan pendek dibandingkan dengan ibu yang tidak pendek (CI 95%=1,39-5,96;  $p=0,004$ ). MPH dengan perawakan pendek anak laki-laki dan perempuan memiliki hubungan yang signifikan. Di sisi lain, variabel lain tidak berhubungan dengan perawakan pendek anak.

**Kesimpulan.** Tinggi badan ayah dan tinggi badan ibu berhubungan dengan perawakan pendek anak. Stunting merupakan kejadian yang bersifat multifaktorial sehingga penyebabnya tidak dapat ditinjau hanya dari satu faktor saja.

**Kata Kunci.** Tinggi badan ayah, tinggi badan ibu, perawakan pendek, stunting.

## ABSTRACT

**Background.** Stunting is still a concern that is taken into consideration by WHO in its Sustainable Development Goals (SDGs) strategy. Based on the results of the Indonesian Nutritional Status Study (SSGI) in 2021, the prevalence of stunting in Indonesia was 24.4%, while in DIY, the prevalence was 17.3% with Kulon Progo Regency being the fifth largest stunting prevalence in the DIY Province. The study aimed to determine the associations between parents' height and the short stature of elementary school students in grades 2-4 in Kulon Progo Regency.

**Research methods.** Research design was analytic observational case-control. Cases were children with short stature ( $<-2$  SD), while controls were children without short stature ( $\geq -2$  SD). The research instruments were a stadiometer and an interview form. The data was analyzed used Chi-Square, Fisher's test, and simple linear regression.

**Results.** In the study's sample of 62 cases and 62 controls, 50% of mothers and 50% of fathers were short. When compared to fathers who were not short, short fathers had a 2.88 times higher probability of having children who were short in stature (CI 95%=1.39-5.96;  $p=0.004$ ). Compared to mothers who were not short, short mothers had a 2.88 times higher chance of giving birth to children who were short in stature (CI 95%=1.39-5.96;  $p=0.004$ ). MPH with boys' and girls' short stature had a significant association. Other variables are not associated with child's short stature.

**Conclusion.** The child's short stature is associated with both the father's and mother's height. Stunting is a complex occurrence, hence it is impossible to isolate one component as the reason.

**Keywords.** *Father's height, mother's height, short stature, stunting.*