

ABSTRAK

Latar Belakang: *Stunting* merupakan kondisi berupa kegagalan dalam mencapai potensi pertumbuhan anak yang disebabkan oleh kekurangan gizi kronis dan penyakit berulang selama masa kanak-kanak sehingga tinggi badan anak lebih rendah atau pendek (kerdil) dari standar usianya. Seorang anak dikatakan *stunting* apabila panjang badan atau tinggi badan menurut umurnya (PB-TB/U) -2 standar deviasi (SD). Berdasarkan Survey Status Gizi Indonesia (SSGI) 2022, prevalensi *stunting* di Indonesia pada tahun 2022 mencapai 21,6%. Data penimbangan serentak yang dilaksanakan pada bulan Agustus tahun 2022 di Puskesmas Kutukan terhadap 1707 balita didapatkan *stunting* pada usia 24-59 bulan sebanyak 89 anak. *Stunting* perlu menjadi perhatian karena mengakibatkan dampak jangka panjang, tidak hanya hambatan pertumbuhan fisik, tetapi juga memengaruhi daya tahan tubuh hingga perkembangan otak anak. Beberapa faktor yang diduga memengaruhi *stunting* antara lain inisiasi menyusui dini (IMD), pemberian ASI eksklusif selama 6 bulan, terhindar dari penyakit infeksi, dan sanitasi lingkungan yang baik.

Tujuan: Tujuan penelitian ini adalah menganalisis apakah tidak dilakukan IMD, tidak diberikan ASI eksklusif, terdapat penyakit infeksi, dan sanitasi lingkungan yang buruk merupakan faktor-faktor yang berhubungan dengan kejadian *stunting* pada anak usia 24-59 bulan di wilayah kerja Puskesmas Kutukan.

Metode: Metode penelitian ini adalah studi analitik observasional dengan desain penelitian *cross sectional*. Pengumpulan data dilakukan melalui wawancara menggunakan lembar kuesioner pada orang tua yang memiliki anak usia 24-59 bulan di wilayah kerja Puskesmas Kutukan bulan Desember hingga Maret 2023. Lembar kuesioner digunakan untuk menggali faktor-faktor yang berhubungan dengan kejadian *stunting* terkait inisiasi menyusui dini, pemberian ASI eksklusif selama 6 bulan, penyakit infeksi, dan sanitasi lingkungan.

Hasil: Berdasarkan analisis bivariat, didapatkan hasil yaitu inisiasi menyusui dini (p value=0.826; OR=0.931; 95% CI=0.492-1.763), pemberian ASI eksklusif (p value=0.179; OR=0.673; 95% CI=0.377-1.201), dan sanitasi lingkungan (p value=0.408; OR=1.268; 95% CI=0.7222-2.225) tidak memiliki hubungan secara signifikan dengan kejadian *stunting*. Ditemukan bahwa penyakit infeksi (p value=0.017; OR=1.755; 95% CI=1.102-2.796) memiliki hubungan secara signifikan dengan kejadian *stunting*.

Kesimpulan: Inisiasi menyusui dini, pemberian ASI eksklusif, dan sanitasi lingkungan tidak memiliki hubungan dengan kejadian *stunting*. Riwayat penyakit infeksi memiliki hubungan dengan kejadian *stunting*.

Kata kunci: *stunting*, inisiasi menyusui dini, ASI eksklusif, penyakit infeksi, sanitasi lingkungan

ABSTRACT

Background: Stunting is a condition characterized by the failure to reach a child's growth potential due to chronic malnutrition and recurrent illness during childhood, resulting in shorter height or stature (dwarfism) compared to the standard for their age. A child is considered stunted when their height or stature-for-age (HAZ) is less than 2 standard deviations (SD). According to the Survey on Nutritional Status in Indonesia (SSGI) 2022, the prevalence of stunting in Indonesia in 2022 reached 21.6%. Data from a simultaneous weighing conducted in August 2022 at Kutukan Community Health Center involving 1707 toddlers revealed that 89 children aged 24-59 months were stunted. Stunting needs to be addressed as it has long-term impacts, not only affecting physical growth but also influencing the child's immune system and brain development. Some factors suspected to contribute to stunting include early initiation of breastfeeding, exclusive breastfeeding for 6 months, prevention of infectious diseases, and good environmental sanitation.

Objective: The aim of this study is to analyze whether the lack of early initiation of breastfeeding, non-exclusive breastfeeding, the presence of infectious diseases, and poor environmental sanitation are factors associated with the incidence of stunting in children aged 24-59 months in the working area of Kutukan Community Health Center.

Method: The research method used in this study is an observational analytical study with a cross-sectional design. Data collection was conducted through interviews using a questionnaire sheet with parents who have children aged 24-59 months in the working area of Kutukan Community Health Center from December to February 2023. The questionnaire sheet was used to explore factors related to the incidence of stunting related to early initiation of breastfeeding, exclusive breastfeeding for 6 months, infectious diseases, and environmental sanitation.

Result: Based on bivariate analysis, the results obtained were early initiation of breastfeeding (p value=0.826; OR=0.931; 95% CI=0.492-1.763), exclusive breastfeeding (p value=0.179; OR=0.673; 95% CI=0.377-1.201), and environmental sanitation (p value=0.408; OR=1.268; 95% CI=0.7222-2.225) did not have a significant relationship with the incidence of stunting. It was found that infectious diseases (p value=0.017; OR=1.755; 95% CI=1.102-2.796) had a significant relationship with the incidence of stunting.

Conclusion: Early initiation of breastfeeding, exclusive breastfeeding, and environmental sanitation have no relationship with the incidence of stunting. A history of infectious disease is related to the incidence of stunting.

Keywords: stunting, initiation of breastfeeding, exclusive breastfeeding, infectious diseases, environmental sanitation