



INTISARI

Stunting merupakan salah satu permasalahan kesehatan masyarakat yang kompleks dan multidimensional, yang berdampak signifikan terhadap kualitas sumber daya manusia. Di Kota Semarang, prevalensi stunting yang masih tinggi menjadi tantangan serius dalam upaya pencapaian target pembangunan berkelanjutan. Tujuan dari penelitian ini adalah menyusun model intervensi penanggulangan stunting yang holistik dan terintegrasi berbasis enam faktor utama, yaitu faktor pembentuk, predisposisi, penguat, pemungkin, penunjang, dan pengait. Penelitian ini menggunakan pendekatan mix method, dimana pendekatan kuantitatif dengan desain survei dan analisis univariat, bivariat serta multivariat terhadap data primer dan sekunder dari keluarga berisiko stunting. Kemudian didukung dengan pendekatan kualitatif dengan metode wawancara mendalam sesuai fenomena penelitian. Populasi penelitian mencakup keluarga berisiko stunting yang memiliki baduta dan atau balita di Kota Semarang, sementara sampel ditentukan secara purposif. Hasil penelitian menunjukkan bahwa masing-masing faktor memiliki kontribusi signifikan terhadap kasus stunting. Faktor predisposisi seperti pendidikan, penghasilan, dan pengetahuan orang tua berpengaruh besar terhadap kejadian stunting. Faktor pemungkin seperti akses tenaga kesehatan dan fasilitas sanitasi menjadi penentu keberhasilan intervensi. Dari analisis yang dilakukan, disusun sebuah model intervensi yang menekankan pentingnya integrasi antar faktor dan partisipasi lintas sektor. Model ini diharapkan mampu menjadi acuan dalam pengambilan kebijakan di tingkat daerah dan mendukung efektivitas program penurunan stunting secara berkelanjutan. Penelitian ini memperkaya teori determinan kesehatan H.L Blum, teori perilaku kesehatan Green, dan teori pemberdayaan masyarakat Jim Ife melalui pendekatan empiris yang kontekstual. Kesimpulannya, penyusunan model penanggulangan stunting berbasis multi-faktor menjadi strategi yang relevan dan diperlukan untuk menanggulangi permasalahan stunting secara lebih sistematis dan berdampak jangka panjang di Kota Semarang.

Kata Kunci : Stunting, Balita, Model Intervensi



ABSTRACT

Stunting is a complex and multifaceted public health issue that significantly affects the quality of human resources. In Semarang City, the high prevalence of stunting poses a serious challenge to achieving sustainable development targets. The objective of this study is to develop a holistic and integrated stunting mitigation intervention model based on six main factors: forming, predisposing, reinforcing, enabling, supporting, and linking factors. This study employed a mixed-methods approach, utilizing a quantitative design with a survey and analyzing primary and secondary data from families at risk of stunting using univariate, bivariate, and multivariate analyses. This was then supported by a qualitative approach, utilizing in-depth interviews that were grounded in the research phenomenon. The study population consisted of families at risk of stunting with toddlers and/or infants in Semarang City, and the sample was selected purposively. The results showed that each factor made a significant contribution to stunting cases. Predisposing factors such as education, income, and parental knowledge significantly influenced the incidence of stunting. Enabling factors, such as access to healthcare workers and sanitation facilities, were crucial for the success of the intervention. Based on the analysis, an intervention model was developed that emphasized the importance of integration between factors and cross-sectoral participation. This model is expected to serve as a reference for policymakers at the regional level and support the effectiveness of sustainable programs aimed at reducing stunting. This research enriches H.L. Blum's theory of health determinants, Green's theory of health behavior, and Jim Ife's theory of community empowerment through a contextual, empirical approach. In conclusion, the development of a multi-factor-based stunting reduction model is a relevant and necessary strategy for addressing stunting more systematically and with long-term impact in Semarang City.

Keywords: Stunting, Toddlers, Intervention Model