

INTISARI

Latar Belakang: Upaya penurunan prevalensi *stunting* harus terus dilakukan terutama pada 1000 hari pertama kehidupan untuk mencegah munculnya dampak *stunting* pada periode kehidupan selanjutnya. Ibu hamil, ibu menyusui, bayi baru lahir dan anak usia di bawah dua tahun (baduta) merupakan kelompok sasaran untuk meningkatkan kualitas kehidupan pada 1000 hari pertama kehidupan.

Tujuan Penelitian: Mengetahui hubungan karakteristik ibu dan anak pada periode 1000 hari pertama kehidupan terhadap kejadian *stunting* di daerah program kesehatan dan gizi berbasis masyarakat Kabupaten Katingan.

Metode Penelitian: Penelitian ini merupakan penelitian observasional dengan desain *Unmatched Case Control Study* melalui pendekatan retrospektif. Subjek penelitian yaitu anak usia 6-24 bulan yang memenuhi kriteria inklusi dengan jumlah 100 baduta *stunting* (TB/U <-2 SD) dan 100 baduta normal (TB/U ≥-2 SD).

Hasil Penelitian: Berdasar hasil analisis bivariat karakteristik ibu dan anak yang merupakan faktor risiko *stunting* adalah status gizi awal kehamilan ($p=0.047$; OR=1.95), status KEK ($p=0.018$; OR=2.15); kenaikan berat badan selama hamil ($p=0.56$; OR=1.18); frekuensi pemantauan pertumbuhan ($p=0.637$; OR=1.24); penanganan persalinan ($p=0.825$; OR=1.1); IMD ($p=0.159$; OR=1.55); ASI Eksklusif ($p=0.145$; OR=1.53) dan frekuensi pemantauan pertumbuhan ($p=0.08$; OR=1.66). Analisis multivariat dengan regresi logistik memperlihatkan bahwa tidak ada variabel bebas yang paling dominan pengaruhnya terhadap kejadian *stunting*.

Kesimpulan: Karakteristik ibu dan anak yang berhubungan dengan kejadian *stunting* adalah status gizi awal kehamilan dan kekurangan energi kronis, walaupun hubungannya tidak independen.

KATA KUNCI: *Stunting*, periode 1000 HPK (periode kehamilan, periode persalinan, dan periode usia baduta).

ABSTRACT

Background: Attempts to minimize stunting prevalence must be continuously conducted especially during the 1,000 days of life to prevent any stunting effect occurring in the later period of life. Pregnant women, breastfeeding women, newborn babies, and children under age of two years-old are the attempt targets to increase life quality during the first 1,000 days. The Indonesian government, supported by the US through its Millennium Challenge Corporation, implemented *Program Kesehatan dan Gizi Berbasis Masyarakat* (PKGBM, Community-based Health and Nutrition Program) that aimed to minimize and prevent occurrences of low birth weight infants and stunted children and nutrient deficiency of children.

Objectives: This research aimed to analyze the relation between characteristics of mothers and children during the first 1,000 days of life and stunting occurrences in the community-based health and nutrition program area of Katingan.

Methods: This research was observational research applying the unmatched case control study design through a retrospective approach. Research subjects were children aged 6-24 months-old meeting inclusion criteria. Furthermore, the chosen children consisted of 100 stunted ($BH/A < -2SD$) and 100 normal ($BH/A \geq -2SD$) children.

Results: Based on results of bivariate analysis of the characteristics of mothers and children, risk factors of stunting were nutritional status during early pregnancy ($p = 0.047$, $OR = 1.95$), status of chronic energy deficiency ($p = 0.018$, $OR = 2.15$), body weight gain during pregnancy ($p = 0.56$, $OR = 1.18$), frequency of antenatal care ($p = 0.637$, $OR = 1.24$), labor and delivery care ($p = 0.825$, $OR = 1.1$), Initiations of Early Breastfeeding ($p = 0.159$, $OR = 1.55$), exclusive breast milk ($p = 1.145$, $OR = 1.53$), and frequency of antenatal care ($p = 0.08$, $OR = 1.66$). Results of multivariate analysis with logistic-regression analysis implied that there were no independent variables directly affecting stunting occurrences. Furthermore, results of path analysis indicated there was no significant relation between pregnancy period and age period of children under two years-old and the stunting occurrences.

Conclusion: Maternal and child characteristics associated with stunting incidence of children aged 6-24 months is the prenatal nutritional status and chronic energy deficiency status although the relationship is not independent.

Keywords: stunting, periods of the first 1,000 days of life (periods of pregnancy, birthing, and under two years-old)