

ABSTRAK

Latar Belakang: *Stunting* merupakan masalah kesehatan pada anak yang dapat menyebabkan hambatan berbagai aspek fungsional anak seperti fisik, motorik dan sosial emosional anak. Kondisi ini berdampak pada kualitas hidup anak ke depan. Orang tua cenderung menganggap bahwa *stunting* adalah hal yang wajar sehingga perawatan hanya diberikan bila anak sakit saja. Penelitian tentang kualitas hidup pada anak telah banyak yang dilakukan namun yang menghubungkan antara perilaku perawatan ibu dengan kualitas hidup balita *stunting* masih jarang dilakukan.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku perawatan ibu dengan kualitas hidup anak *stunting* usia 12-59 bulan di wilayah Kecamatan Kota Masohi Kabupaten Maluku Tengah.

Metode: Desain penelitian ini adalah deskriptif analitik dengan rancangan *cross-sectional*. Tempat dilaksanakan penelitian ini adalah di wilayah Kecamatan Kota Masohi Kabupaten Maluku Tengah, dengan jumlah sampel sebanyak 98 orang. Pemilihan sampel dilakukan dengan tehnik *consecutive sampling*. Data perilaku perawatan ibu dan kualitas hidup pada anak diperoleh melalui pengisian kuesioner oleh ibu. Hasil penelitian dianalisa dengan menggunakan uji *chi square* dengan tingkat kemaknaan $p < 0,05$.

Hasil: Setengah dari perilaku perawatan ibu dan kualitas hidup balita *stunting* adalah kurang baik. Hasil uji statistik diperoleh nilai $p < 0,05$ artinya terdapat hubungan antara perilaku perawatan ibu dengan kualitas hidup anak *stunting*.

Kesimpulan: Terdapat hubungan antara perilaku perawatan ibu dengan kualitas hidup balita *stunting* di wilayah Kecamatan Kota Masohi Kabupaten Maluku Tengah.

Kata Kunci: perilaku perawatan ibu, kualitas hidup, stunting

ABSTRACT

Background: Stunting is a health problem in children that can cause obstacles to various functional aspects of children such as physical, motoric and sosial emotional children, this will have an impact on the quality of life of children in the future. One of the factors that can affect the quality of life of stunting toddlers is maternal care behavior. Parents tend to think that stunting is a natural thing so care is only given if the child is sick. In order to know the right care and evaluate changes in children's health, it is necessary to evaluate the quality of life in stunting children. Research on the quality of life in children has been carried out a lot, but the link between maternal care behavior and the quality of life of stunting toddlers is still little done.

Objective: This study aimed to determine the relationship between maternal care behavior and the quality of life of stunting in children aged 12-59 months in the Kota Masohi District, Central Maluku Regency.

Method: The place of this research is the area of Kota Masohi District, Central Maluku Regency, with a total sample of 98 people. The sample selection was done by consecutive sampling technique. Data on maternal care and quality of life in children were obtained through filling out questionnaires. The results of the study were analyzed using the chi square test with a significance level of $p < 0.05$.

Results: The majority of maternal care behaviors and quality of life of stunting in children aged 12-59 months were poor. The test value of the relationship between maternal care behavior and the quality of life of children shows that the value of $p < 0.05$.

Conclusion: There is a relationship between maternal care behavior and the quality of life of stunting children in the area of Kota Masohi District, Central Maluku Regency.

Keywords: maternal care behavior, quality of life, stunting