



ABSTRAK

Stunting merupakan gambaran status gizi kurang yang dapat menyebabkan gangguan pertumbuhan dan perkembangan kognitif pada anak. Salah satu faktor penyebab kejadian *stunting* adalah pemberian ASI eksklusif. Penelitian ini bertujuan untuk mengetahui hubungan antara riwayat pemberian ASI eksklusif dengan kejadian *stunting* pada anak usia 7-24 bulan.

Metode penelitian adalah kuantitatif dengan desain *case control*. Pengambilan sampel menggunakan metode *purposive sampling* dengan jumlah 39 balita *stunting* dan tidak *stunting*. Data yang digunakan adalah data sekunder berdasarkan dokumentasi Puskesmas Tegalrejo pada bulan Desember 2019. Analisis data menggunakan *Chi Square Test* ($\alpha = 0,05$).

Hasil penelitian menunjukkan sebanyak 66,7% balita yang tidak ASI eksklusif mengalami *stunting* sedangkan balita yang ASI eksklusif mengalami *stunting* sebanyak 33,3%. Hasil uji statistik didapatkan $p = 0,003$ ($p < 0,05$) yang berarti bahwa terdapat hubungan signifikan antara riwayat pemberian ASI eksklusif dengan kejadian *stunting* pada anak usia 7-24 bulan. Nilai OR 4,500 (95% CI; 1,737 – 11,655) yang bermakna balita yang tidak mendapatkan ASI eksklusif berisiko 4,5 kali lebih besar mengalami kejadian *stunting* dibandingkan balita yang mendapatkan ASI eksklusif.

Kata Kunci: ASI eksklusif, *stunting*

ABSTRACT

Stunting is an illustration of malnutrition status which can cause impaired growth and cognitive development in children. One of the factors that cause stunting is exclusive breastfeeding. This study aimed to determine the relationship between exclusive breastfeeding and the incidence of stunting in children aged 7-24 months.

This research method used quantitative with a case control study design. The sampling was taken by purposive sampling methods with 39 stunting and non-stunting toddlers. The data used were the secondary data based on the documentation of the Puskesmas Tegalrejo on December 2019. The data was analyzed using Chi Square with $\alpha = 0,05$.

The results showed that 66,7% of toddlers who were not exclusively breastfed were stunted while those who were exclusively breastfed were stunted as much as 33,3%. The results of the statistical test obtained $p=0,003$ ($p<0,05$), which means that there is a significant relationship between exclusive breastfeeding and the incident of stunting in children aged 7-24 months. OR value 4,500 (95% CI; 1,737 – 11,655), which means that children who do not get exclusive breastfeeding have a 4,5 times more risk of stunting than children who get exclusive breastfeeding.

Key words: *exclusive breastfeeding, stunting*