

DETERMINAN SOSIAL STUNTING PADA ANAK SUKU LAUJE (USIA 24-59 BULAN) KECAMATAN PALASA KABUPATEN PARIGI MOUTONG SULAWESI TENGAH

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ABSTRAK

Latar Belakang: Stunting merupakan permasalahan gizi serius, hasil Riskesdas tahun 2018 menunjukkan prevalensi stunting Indonesia sebesar 30,8%. Kabupaten Parigi Moutong termasuk daerah fokus penanganan stunting, dengan prevalensi stunting sebesar 42,5 %. Kecamatan Palasa merupakan wilayah yang memiliki Desa Lokus terbanyak, dengan kondisi geografis yang didominasi wilayah pegunungan dan pesisir pantai. Suku Lauje merupakan penduduk mayoritas yang mendiami wilayah tersebut, yang masih termasuk kelompok suku terasing, dengan kondisi sosial yang belum banyak diteliti terkait dengan kejadian stunting.

Tujuan Penelitian: Menganalisis determinan sosial yang berhubungan dengan kejadian stunting pada anak suku Lauje (usia 24-59 bulan) Kecamatan Palasa, Kabupaten Parigi Moutong.

Metode Penelitian: Penelitian ini adalah penelitian *mixed-methods (concurrent embedded)* dengan rancangan *Cross Sectional Study* yang melibatkan 130 responden data kuantitatif dan 9 orang informan data kualitatif. Adapun instrumen penelitian berupa kusioner, *microtoise* dan panduan wawancara mendalam. Analisis data bivariat menggunakan *chi-square* sedangkan analisis multivariat menggunakan regresi logistik berganda.

Hasil: Hasil analisis bivariat diketahui bahwa variabel determinan sosial yang memiliki hubungan signifikan dengan kejadian stunting adalah ketahanan pangan keluarga ($p=0,0208$, OR= 2,56; CI 95%=1,06-6,35), keragaman pangan ($p=0,0005$, OR=3,61; CI 95%=1,57-8,46), pendidikan ibu ($p=0,0002$, OR=4,73; CI 95%=1,86-12,68), dan pendapatan keluarga ($p=0,0033$, OR=2,9; CI 95%=1,33-6,49). Hasil analisis multivariat determinan sosial dengan kejadian stunting dengan mempertimbangkan variabel luar, diperoleh variabel yang menjadi prediktor stunting adalah tingkat pendidikan ibu, keragaman konsumsi pangan dan tinggi badan ibu. Hasil analisis data kualitatif menunjukkan adanya makanan pantang bagi ibu hamil, persalinan ditolong dukun, kebiasaan membuang kolostrum, pemberian ASI tidak eksklusif, dan kebiasaan berobat ke dukun.

Kesimpulan: Ketahanan pangan, keragaman pangan, pendidikan ibu, dan pendapatan keluarga ditemukan berhubungan dengan kejadian stunting pada anak suku Lauje, serta masih terdapat budaya yang tidak sejalan dengan kaidah kesehatan. Upaya penanganan stunting memerlukan peningkatan peran lintas sektor serta pelibatan tokoh masyarakat.

Kata Kunci : Determinan Sosial, Stunting, Budaya, Suku Lauje

Social Determinations Of Stunting In Lauje Children (Age 24-59 Months) Palasa District, Parigi Moutong Regency, Central Sulawesi

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ABSTRACT

Background: Stunting is a serious nutritional problem, the results of Riskesdas in 2018 show the prevalence of stunting in Indonesia is 30.8%. Parigi Moutong Regency is one of the focus areas for stunting management, with a stunting prevalence of 42.5%. Palasa Subdistrict is an area that has the most *Lokus* Villages, with geographical conditions dominated by mountainous and coastal areas. The Lauje tribe is the majority population inhabiting the area, which is still an isolated tribal group, with social conditions that have not been studied much related to stunting.

Objectives: To analyze the social determinants associated with stunting in children from the Lauje tribe (aged 24-59 months) Palasa District, Parigi Moutong Regency.

Methods: This study is a mixed-methods (concurrent embedded) study with a Cross-Sectional Study design involving 130 quantitative data respondents and 9 qualitative data informants. The research instruments in the form of questionnaires, microtoise, and in-depth interview guides. Bivariate data analysis used chi-square while multivariate analysis used multiple logistic regression.

Results: The results of the bivariate analysis showed that the social determinant variables that had a significant relationship with stunting were family food security ($p = 0.0208$, OR = 2.56; 95% CI = 1.06-6.35), food diversity ($p = 0.0208$, OR = 2.56; 95% CI = 1.06-6.35), food diversity ($p = 0.0005$, OR=3.61; 95% CI=1.57-8.46), maternal education ($p = 0.0002$, OR=4.73; 95% CI=1.86-12, 68), and family income ($p = 0.0033$, OR=2.9; 95% CI=1.33-6.49). The results of multivariate analysis of social determinants of stunting by considering external variables, the variables that become predictors of stunting are maternal education level, diversity of food consumption, and maternal height. The results of qualitative data analysis showed that there were abstinence foods for pregnant women, births assisted by traditional birth attendants, the habit of disposing of colostrum, non-exclusive breastfeeding, and the habit of going to traditional healers.

Conclusion: Food security, food diversity, maternal education, and family income were found to be related to stunting in Lauje children, and there was a culture that was not in line with health rules. It is necessary to have efforts to deal with stunting by increasing involve of cross-sectors, especially local community leaders.

Keywords: Social Determinants, Stunting, Culture, Lauje Tribe