

# HUBUNGAN STATUS GIZI IBU HAMIL DENGAN KEJADIAN STUNTING DI WILAYAH KERJA PUSKESMAS KALIBAWANG KABUPATEN KULON PROGO

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## INTISARI

**Latar Belakang:** Stunting merupakan suatu keadaan dimana balita memiliki panjang badan atau tinggi badan yang kurang jika dibandingkan dengan umurnya. Prevalensi kejadian stunting tahun 2018 di Kabupaten Kulonprogo sebanyak 14,31%. Faktor yang dapat menyebabkan kejadian stunting adalah status gizi ibu hamil, riwayat penyakit infeksi, pola asuh ibu, riwayat pemberian ASI eksklusif, berat badan bayi lahir rendah (BBLR), dan tingkat pendapatan keluarga.

**Tujuan:** Untuk mengetahui hubungan status gizi ibu hamil dengan kejadian stunting di wilayah kerja Puskesmas Kalibawang Kabupaten Kulon Progo.

**Metode:** Desain penelitian yang digunakan adalah non eksperimental dengan pendekatan *retrospective*. Sampel penelitian dalam penelitian ini sebanyak 51 responden di wilayah kerja Puskesmas Kalibawang. Analisis penelitian ini menggunakan uji statistik Gamma.

**Hasil:** Hasil analisis univariat didapatkan status gizi ibu hamil pada Hemoglobin normal (76,5%), Lingkar Lengan Atas (LILA) normal (82,4%), dan Indeks Massa Tubuh (IMT) normal (52,9%) serta balita normal (98,0%). Analisis bivariate didapatkan tidak terdapat hubungan status gizi ibu hamil dengan kejadian stunting di wilayah kerja Puskesmas Kalibawang ( $p > 0,05$ ).

**Kesimpulan:** Status gizi ibu hamil dengan kejadian stunting di wilayah kerja Puskesmas Kalibawang terbukti tidak terdapat hubungan.

**Kata kunci:** status gizi ibu hamil, Hemoglobin (Hb), Lingkar Lengan Atas (LILA), Indeks Massa Tubuh (IMT).

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# RELATIONSHIP BETWEEN NUTRITIONAL STATUS OF PREGNANT WOMEN AND INCIDENCE OF STUNTING IN THE WORKING AREA OF KALIBAWANG COMMUNITY HEALTH CENTER KULON PROGO REGENCY

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## ABSTRACT

**Background:** Stunting is a condition in which toddlers have less body length or height compared to their age. The prevalence of stunting in 2018 in Kulonprogo Regency was 14.31%. Factors that can cause the incidence of stunting are the nutritional status of pregnant women, a history of infectious diseases, parenting styles, a history of exclusive breastfeeding, low birth weight (LBW), and the level of family income.

**Objective:** To determine the relationship between the nutritional status of pregnant women and the incidence of stunting in the working area of the Kalibawang Community Health Center, Kulon Progo Regency.

**Methods:** The research design used was non-experimental with a retrospective approach. The research sample in this study were 51 respondents in the working area of the Kalibawang Health Center. The analysis of this study used the Gamma statistical test.

**Results:** The results of univariate analysis showed that the nutritional status of pregnant women on normal hemoglobin (76.5%), normal upper arm circumference (82.4%), normal body mass index (BMI) (52.9%) and toddlers normal (98.0%). Bivariate analysis found that there was no relationship between the nutritional status of pregnant women and the incidence of stunting in the Kalibawang Community Health Center ( $p > 0.05$ ).

**Conclusion:** The nutritional status of pregnant women and the incidence of stunting in the working area of the Kalibawang Community Health Center proved to have no relationship.

**Keywords:** nutritional status of pregnant women, Hemoglobin (Hb), Upper Arm Circumference, Body Mass Index (BMI).

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