

HUBUNGAN FAKTOR RESIKO TERHADAP KEJADIAN STUNTING PADA BALITA USIA 24-60 BULAN DI POSYANDU WILAYAH KERJA PUSKESMAS GUNUNGWUNGKAL KABUPATEN PATI

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RINGKASAN

Latar Belakang: Balita pendek (*stunting*) dapat diketahui apabila telah dilakukan pengukuran tinggi badan atau panjang badan balita, maka balita dapat tergolong pendek (*stunting*) jika nilai z-scorenya $<-2SD$ sampai $<-3SD$. Balita yang mengalami *stunting* memerlukan perhatian ekstra karena dapat menghambat perkembangan fisik dan mentalnya. Selain peningkatan risiko kesakitan dan kematian, *stunting* membawa risiko penurunan kapasitas intelektual, penurunan produktivitas, dan peningkatan risiko penyakit degeneratif. dapat mengakibatkan kerugian finansial jangka panjang bagi Indonesia.

Tujuan : Untuk mengetahui hubungan faktor resiko dengan kejadian *stunting* pada balita usia 24-60 bulan.

Metode Penelitian: Merupakan jenis penelitian analitik observasional, dengan desain penelitian retrospektif. Sampel penelitian ini adalah balita *stunting* usia 24-60 bulan yang berada di posyandu wilayah kerja Puskesmas Gunungwungkal sebanyak 53 balita yang diambil dengan teknik Simple Random. Analisis univariat menggunakan distribusi frekuensi, sedangkan analisis bivariat menggunakan uji *statistic chi square*.

Hasil: Hasil penelitian menunjukkan bahwa 4 variabel memiliki p Value $< 0,05$ yaitu ada hubungan yang bermakna dengan faktor resiko kejadian *stunting* diantaranya Asi Eksklusif dengan p value (0,002), faktor genetik (0,012), faktor ekonomi (0,010), riwayat anemia (0,007), sedangkan 2 variabel memiliki p value $>0,05$ yaitu BBLR (0,420) dan jarak kehamilan (0,649).

Kesimpulan: Terdapat hubungan faktor resiko antara lain riwayat Asi eksklusif, Faktor genetik, faktor ekonomi riwayat, anemia kehamilan terhadap kejadian *stunting* pada balita usia 24-60 bulan yang berada di Posyandu wilayah kerja Puskesmas Gunungwungkal

Kata Kunci: *Stunting*, Faktor resiko, Balita 24-60 Bulan

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THE RELATIONSHIP OF RISK FACTORS TO STUNTING INCIDENTS IN TODDLER AGES 24-60 MONTHS IN THE POSYANDU WORKING AREA OF THE GUNUNGWUNGKAL COMMUNITY HEALTH CENTER, PATI DISTRICT

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ABSTRACT

Background: Short (stunting) toddlers can be identified if the toddler's height or body length has been measured, then the toddler can be classified as short (stunting) if the z-score value is $<-2SD$ to $<-3SD$. Toddlers who experience stunting require extra attention because it can hinder their physical and mental development. In addition to increasing the risk of morbidity and death, stunting carries the risk of reduced intellectual capacity, decreased productivity, and increased risk of degenerative diseases. can result in long-term financial losses for Indonesia.

Objective: To determine the relationship between risk factors and the incidence of stunting in toddlers aged 24-60 months.

Method: This is a type of observational analytical research, with a retrospective research design. The sample for this research was 53 stunted toddlers aged 24-60 months who were in the posyandu in the working area of the Gunungwungkal Community Health Center, taken using the Simple Random technique. Univariate analysis uses a frequency distribution, while bivariate analysis uses the chi square statistical test.

Results: The results of the study show that 4 variables have a p value <0.05 , namely that there is a significant relationship with the risk factors for stunting, including exclusive breastfeeding with a p value of (0.002), genetic factors (0.012), economic factors (0.010), history of anemia (0.007), while 2 variables have a p value >0.05 , namely LBW (0.420) and pregnancy interval (0.649).

Conclusion: There is a relationship between risk factors including a history of exclusive breastfeeding, genetic factors, historical economic factors, pregnancy anemia on the incidence of stunting in toddlers aged 24-60 months who are in the Posyandu in the working area of the Gunungwungkal Community Health Center.

Keywords: Stunting, Risk factors, Toddlers 24-60 Months

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