

# FAKTOR-FAKTOR YANG MENYEBABKAN *STUNTING* PADA BALITA DI PUSKESMAS PLERET BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang:** *Stunting* merupakan kondisi kronis yang menggambarkan terhambatnya pertumbuhan karena malnutrisi jangka panjang, yang ditunjukkan dengan nilai *z-score* tinggi badan menurut umur (TB/U) kurang dari -2 SD. Masalah *stunting* semakin serius karena sebagian besar terjadi pada kelompok bayi dan balita. Prevalensi *stunting* di Indonesia tergolong tinggi, yaitu 37,2%, di kota Yogyakarta prevalensi *stunting* sebesar 16,43%, dan di Bantul prevalensi *stunting* sebesar 18,03%. sehingga penelitian mengenai faktor penyebab *stunting* pada balita diperlukan.

**Tujuan:** Untuk mengetahui distribusi frekuensi faktor-faktor yang menyebabkan *stunting* pada balita di Puskesmas Pleret Bantul Yogyakarta.

**Metode:** Penelitian deskriptif dengan pendekatan retrospektif. Teknik sampel dengan *non probability sampling* dengan jenis *purposive sampling* sebanyak 25 sampel. Dengan analisis data univariat.

**Hasil:** Hasil analisis univariat menunjukkan bahwa distribusi frekuensi faktor yang menyebabkan *stunting* pada balita dengan status gizi pendek yaitu sebanyak 21 responden 84%, status gizi sangat pendek yaitu sebanyak 4 responden 16%, riwayat berat badan lahir normal yaitu sebanyak 15 responden 60%, riwayat berat lahir rendah yaitu sebanyak 10 responden 40%, riwayat penyakit infeksi demam yaitu sebanyak 12 responden 48%, riwayat penyakit infeksi diare yaitu sebanyak 5 responden 20%, riwayat penyakit infeksi ISPA yaitu sebanyak 1 responden 4%, dan 7 responden 28% tidak mengalami riwayat penyakit infeksi.

**Kesimpulan:** Riwayat status gizi pendek merupakan distribusi frekuensi faktor yang menyebabkan *stunting* tertinggi dengan presentase sebesar 84%.

**Kata Kunci:** *Stunting, Balita, Faktor penyebab*

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## FACTORS THAT CAUSE STUNTING ON TODDLER AT PUBLIC HEALTH CENTER OF PLERET BANTUL YOGYAKARTA

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### ABSTRACT

**Background:** Stunting is a chronic condition that describes impaired growth because of long-term malnutrition, which indicated by the value of the z-score of height for age (TB/U) is less than -2 SD. Stunting problem is getting serious because most happen on babies and toddlers group. Prevalence of stunting in Indonesia is quite high, which 37,2%, in Yogyakarta city prevalence of stunting as much 16,43%, and in Bantul prevalence of stunting as much 18,03%, so the research about causing factors of stunting on toddlers in needed.

**Objektive:** to know frequency distribution of stunting factors on toddler at public health center of Pleret Bantul Yogyakarta

**Methods:** Descriptive research with retrospective approach. Sampling technique by non probability sampling with purposive sampling as many 25 samples. With univariate data analysis.

**Results:** The results of univariate analysis showed that the frequency distribution of the factors that causing stunting in children with short nutritional status of as many as 21 respondents 84%, nutritional status is very short as many as for respondents 16%, a history of normal birth weight as many as 15 respondents 60%, a history of low birth weight as many as 10 respondents 40%, a history of febrile infectious diseases as many as 12 respondents 48%, history of infectious diarrheal disease that is 5 respondents 20%, a history of infectious disease acute respiratory infections (ARI) 4%, and 7 respondents 28% had no history of infectious disease.

**Conclusion:** Short history of nutrition status is a frequency distribution of the factors that cause the highest stunting with a percentage of 84%.

**Keywords:** *Stunting, Toddlers, Causing Factors*

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