

HUBUNGAN KADAR HEMOGLOBIN DENGAN PERTUMBUHAN PADA BALITA STUNTING DI PUSKESMAS KARANGMOJO II KABUPATEN GUNUNG KIDUL

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INTISARI

Latar Belakang: Stunting merupakan masalah gizi yang menghambat pertumbuhan fisik serta perkembangan kognitif balita, baik di tingkat global maupun di Indonesia. Kekurangan zat besi menyebabkan penurunan hemoglobin, yang pada gilirannya memicu anemia. Anemia pada balita berpotensi mengganggu pertumbuhan dan meningkatkan risiko stunting. Oleh karena itu, pemantauan kadar Hb menjadi penting dalam upaya pencegahan dan penanggulangan stunting.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan kadar hemoglobin dengan pertumbuhan pada balita stunting di Puskesmas Karangmojo II Kabupaten Gunung Kidul.

Metode: Penelitian ini adalah penelitian kuantitatif dengan *desain cross sectional*. Pengambilan data dilakukan pada 08 & 09 Juni 2025 di empat kelurahan wilayah kerja Puskesmas Karangmojo II (Kelurahan Bejiharjo, Wiladeg, Kelor dan Bendungan). Populasi penelitian terdiri dari 192 balita stunting. Sampel penelitian sebanyak 73 balita stunting yang dipilih menggunakan metode *purposive sampling*. Perhitungan sampel menggunakan rumus slovin dengan *margin of error* 10% (0,1). Pengukuran kadar hemoglobin dilakukan menggunakan alat *hemoglobinmeter (easy touch)*, sedangkan pertumbuhan balita diukur menggunakan *z-score* berdasarkan panjang atau tinggi badan menurut usia (PB/U atau TB/U). Analisis statistik menggunakan uji non paramaterik yaitu uji *Spearman-Rho*.

Hasil: Hasilnya menunjukkan bahwa koefisien uji *Spearman-Rho* sebesar -0,003 dengan nilai signifikansi $p = 0,981$, mengindikasikan tidak adanya hubungan yang signifikan secara statistik dalam sampel ini.

Kesimpulan: Penelitian ini menunjukkan bahwa mayoritas balita stunting di Puskesmas Karangmojo II memiliki kadar hemoglobin yang rendah, menandakan anemia. Namun, analisis statistik tidak menemukan hubungan yang signifikan antara kadar hemoglobin dan pertumbuhan pada balita stunting, menandakan bahwa faktor-faktor lain (gizi keseluruhan, infeksi, kebersihan, dan kesehatan ibu) lebih determinan dalam kondisi tersebut.

Kata Kunci: *Balita, Kadar Hemoglobin, Pertumbuhan, Stunting*

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THE RELATIONSHIP BETWEEN HEMOGLOBIN LEVELS AND GROWTH IN STUNTED TODDLERS AT KARANGMOJO II HEALTH CENTER KIDUL MOUNTAIN REGENCY

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ABSTRACT

Background: Stunting is a nutritional problem that hampers the physical growth and cognitive development of children under five, both globally and in Indonesia. Iron deficiency leads to decreased hemoglobin, which in turn triggers anemia. Anemia in toddlers has the potential to impair growth and increase the risk of stunting. Therefore, monitoring Hb levels is important in the prevention and control of stunting.

Objective: This study aims to analyze the relationship between hemoglobin levels and growth in stunted toddlers at Karangmojo II Health Center, Gunung Kidul Regency.

Methods: This study is a quantitative study with a cross sectional design. Data collection was conducted on June 08 & 09, 2025 in four villages in the working area of Karangmojo II Health Center (Bejiharjo Village, Wiladeg, Kelor and Bendungan). The study population consisted of 192 stunted toddlers. The study sample was 73 stunted toddlers selected using purposive sampling method. The sample calculation used the slovin formula with a margin of error of 10% (0.1). Measurement of hemoglobin levels was carried out using a hemoglobinmeter (easy touch), while toddler growth was measured using *z-score* based on length or height for age (PB/U or TB/U). Statistical analysis used a non-parametric test, namely the Spearman-Rho test.

Results: The results showed that the *Spearman-Rho* test coefficient was -0,003 with a significance value of $p = 0,981$, indicating no statistically significant association in this sample.

Conclusion: This study shows that the majority of stunted toddlers in Karangmojo II Health Center have low hemoglobin levels, indicating anemia. However, statistical analysis found no significant association between hemoglobin levels and growth in stunted toddlers, suggesting that other factors (overall nutrition, infection, hygiene, and maternal health) are more determinant in the condition.

Keywords: *Toddlers, Hemoglobin Level, Growth, Stunting*

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