

GAMBARAN TUMBUH KEMBANG PADA BALITA STUNTING DI PUSKESMAS KARANGMOJO II KABUPATEN GUNUNG KIDUL

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INTISARI

Latar Belakang: *Stunting* merupakan kondisi gagal tumbuh akibat kekurangan gizi kronis yang berdampak pada fisik dan perkembangan kognitif anak. Meskipun prevalensinya menurun, angka *stunting* di Indonesia masih tinggi, termasuk di Kabupaten Gunungkidul. Puskesmas Karangmojo II menjadi salah satu wilayah dengan kasus *stunting* yang tinggi, sehingga penting untuk mengetahui gambaran tumbuh kembang balita di wilayah tersebut.

Tujuan Penelitian: Untuk mengetahui gambaran tumbuh kembang balita *stunting* dan program penanggulangannya di Puskesmas Karangmojo II.

Metode Penelitian: Penelitian ini menggunakan *metode deskriptif* kuantitatif dengan teknik *purposive sampling*. Sampel sebanyak 66 balita usia 0–60 bulan. Data dikumpulkan menggunakan pengukuran antropometri dan KPSP.

Hasil: Berdasarkan karakteristik responden mayoritas balita berjenis kelamin laki-laki 43 responden (65,52%), usia 36–41 bulan 13 responden (19,7%). Sebagian besar tidak mendapat ASI eksklusif 35 responden (53%) dan memiliki berat badan lahir rendah 34 responden (51,5%). Pendidikan ibu sebagian besar SMP 25 responden (37,9%) dan sebagian besar IRT 39 responden (59,1%). Sebagian besar keluarga berpendapatan di bawah UMR 63 responden (95,5%). Mayoritas mendapatkan program PMT yaitu 56 responden (84,8%). Sebagian besar sangat pendek 34 responden (51,5%). Sebagian besar responden Meragukan 45 responden (68,2%).

Kesimpulan: Sebagian besar balita *stunting* berasal dari keluarga berpendapatan rendah, ibu tidak bekerja, dan berpendidikan SMP. Mayoritas mengalami pertumbuhan sangat pendek dan perkembangan meragukan. Program Pemberian Makanan Tambahan telah diberikan, namun hasil menunjukkan perlunya peningkatan intervensi untuk mengoptimalkan tumbuh kembang balita *stunting*.

Kata kunci: *Balita, Pertumbuhan Perkembangan, Stunting*

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DESCRIPTION OF GROWTH AND DEVELOPMENT IN STUNTED TODDLERS AT KARANGMOJO II PUBLIC HEALTH CENTER, GUNUNG KIDUL REGENCY

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ABSTRACT

Background: Stunting is a growth failure condition caused by chronic malnutrition, affecting a child's physical and cognitive development. Although its prevalence is decreasing, stunting rates in Indonesia remain high, including in Gunungkidul Regency. Karangmojo II Health Center is among the areas with a high number of stunting cases, making it important to understand the growth and development profile of toddlers in this region.

Research Objective: To determine the description of growth and development of stunted toddlers and the stunting intervention program at Karangmojo II Health Center.

Research Method: This study used a descriptive quantitative method with purposive sampling technique. A total sample of 66 toddlers aged 0–60 months was selected. Data were collected using anthropometric measurements and the KPSP (Pre-Screening Developmental Questionnaire) instrument.

Results: Based on respondent characteristics, the majority of toddlers were male (65.52%) and aged 36–41 months (19.7%). Most did not receive exclusive breastfeeding (53%) and had low birth weight (51.5%). Most mothers had a middle level of education (37.9%) and were unemployed (59.1%). Most families had incomes below the regional minimum wage (95.5%). The majority received supplementary feeding programs (84.8%). Most toddlers were severely stunted (51.5%) and had doubtful developmental results (68.2%).

Conclusion: Most stunted toddlers come from low-income families, with mothers who are unemployed and have a middle level of education. The majority experienced short stature and questionable development. The Supplementary Feeding Program has been implemented, but results indicate the need for enhanced intervention to optimize the growth and development of stunted toddlers.

Keywords: *Toddler, Stunting, Growth and Development*

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