

Hubungan pengetahuan ibu tentang ASI eksklusif dengan kejadian stunting pada balita di Desa Umbu Kecamatan Gido

Abstrak

Latar belakang, masalah gizi yang disoroti saat ini yakni *stunting*, dimana panjang/tinggi badan berada di bawah standar. Faktor langsung paling berperan yakni asupan nutrisi tidak mencukupi dan penyakit infeksi. Sedangkan faktor kemiskinan, buruknya sanitasi lingkungan, keterbatasan ketersediaan pangan, pola asuh yang kurang tepat, layanan kesehatan belum maksimal merupakan faktor tidak. **Tujuan penelitian,** menganalisis hubungan pengetahuan terkait ASI eksklusif terhadap kejadian stunting pada balita. **Metode,** desain *cross sectional*. Populasi, seluruh ibu yang memiliki bayi usia 6-23 bulan berjumlah 38 orang dan dijadikan sampel penelitian (*total sampling*). Alat ukur Kuesioner dengan wawancara dan *microtoise* untuk mengukur panjang/tinggi. Analisis dengan uji *chi-square*. **Hasil,** menunjukkan sebagian besar ibu (55,2%) tidak berhasil ASI eksklusif tetapi anaknya tidak stunting. Sedangkan ibu berpengetahuan baik, terdapat 3 orang (10,3%) anaknya stunting. Analisis statistik tidak menemukan hubungan signifikan antara pengetahuan ibu ($p = 0,433$; $OR = 0,536$) maupun keberhasilan ASI Eksklusif ($p = 0,006$; $OR = \infty$) dengan kejadian stunting. **Kesimpulan,** praktik pemberian ASI eksklusif menjadi faktor penting dalam mendukung status gizi balita. Sedangkan pengetahuan ibu baik, belum tentu memahami pencegahan stunting dari sisi kebutuhan nutrisi anak. Tenaga kesehatan perlu melakukan pemantauan rutin terhadap status gizi balita dan memberikan intervensi dini apabila ditemukan risiko gangguan gizi.

Kata kunci : stunting, ASI eksklusif, pengetahuan

The Relationship Between Maternal Knowledge of Exclusive Breastfeeding and the Incidence of Stunting in Toddlers in Umbu Village, Kecamatan Gido

Abstract

Background: One of the current nutritional problems of concern is stunting, defined as a condition where a child's length/height is below standard. The most influential direct factors are inadequate nutritional intake and infectious diseases. Indirect factors include poverty, poor environmental sanitation, limited food availability, inappropriate parenting practices, and suboptimal health services. **Objective:** To analyze the relationship between maternal knowledge of exclusive breastfeeding and the incidence of stunting in toddlers. **Methods:** This study used a cross-sectional design. The population consisted of all mothers with children aged 6–23 months, totaling 38 individuals, all of whom were included as the sample (total sampling). Data were collected using questionnaires through interviews and microtoise measurements to assess body length/height. Data were analyzed using the chi-square test. **Results:** The results showed that most mothers (55.2%) did not successfully practice exclusive breastfeeding, yet their children were not stunted. Among mothers with good knowledge, 3 children (10.3%) were stunted. Statistical analysis found no significant relationship between maternal knowledge ($p = 0.433$; $OR = 0.536$) and the incidence of stunting, but there was a significant relationship between exclusive breastfeeding and the incidence of stunting ($p = 0.006$; $OR = \infty$). **Conclusion:** Exclusive breastfeeding practices are an important factor in supporting the nutritional status of toddlers. Meanwhile, good maternal knowledge does not necessarily indicate an understanding of stunting prevention in terms of children's nutritional needs. Health workers need to conduct routine monitoring of toddlers' nutritional status and provide early interventions when there is a risk of nutritional disorders.

Keywords: *stunting, exclusive breastfeeding, knowledge*