

ABSTRAK

Stunting merupakan masalah gizi kronis dengan tubuh pendek, (Z-Score) <-2 SD (TB/U). Penelitian tentang faktor resiko kejadian *stunting* pada balita terkait dengan faktor asupan protein, asupan energi, ASI eksklusif, Riwayat MP-ASI, tinggi badan orang tua, status ekonomi keluarga, dan status gizi. Tujuan penelitian ini adalah untuk mengetahui faktor resiko *stunting* pada balita usia 24 - 59 bulan. Penelitian observasional dengan desain *cross sectional* pada balita usia 24 - 59 yang berada di wilayah kerja Rumah Sakit Royal Prima Marelan. Teknik pengambilan sampel dilakukan dengan cara *simple random sampling* dengan jumlah sampel sebanyak 373 balita. *Stunting* diukur berdasarkan z-score (TB/U). Data tinggi badan diukur dengan menggunakan *microtoise*, berat badan menggunakan timbangan badan. Data sosial ekonomi, pemberian ASI eksklusif, dan riwayat MP-ASI menggunakan kuesioner. Data asupan nutrisi balita menggunakan formulir *food recall* 24 jam. Data status gizi diukur menggunakan z-score (BB/TB). Analisis bivariat menggunakan uji *Chi Square* dan analisis multivariat menggunakan uji regresi logistik. Penelitian ini terdapat 4,8% balita *stunting*. Hasil analisis multivariat menunjukkan bahwa faktor resiko kejadian *stunting* pada balita usia 24 – 59 bulan antara lain ASI eksklusif ($p=0,848$; PR = 0,7), MP-ASI ($p=0,136$; PR = 0,09), tinggi badan ayah ($p=0,029$; PR = 4), pendapatan ($p=0,459$; PR = 1,6), dan status gizi ($p=0,733$; PR = 1,2). Sedangkan asupan energi, asupan protein, dan tinggi badan ibu tidak terbukti sebagai faktor resiko kejadian *stunting* pada balita. Pemberian ASI tidak eksklusif, riwayat MP-ASI, tinggi badan ayah pendek, pendapatan keluarga rendah, dan status gizi buruk berpengaruh terhadap kejadian *stunting* pada balita usia 24 – 59 bulan.

Kata kunci: *stunting*, balita, faktor resiko, tinggi orang tua

ABSTRAK

Stunting is a chronic nutritional problem with a short body, (Z-Score) < -2 SD (TB/U). Research on the risk factors for stunting in toddlers is related to protein intake factors, energy intake, exclusive breastfeeding, history of complementary foods, parental height, family economic status, and nutritional status. The purpose of this study was to determine the risk factors for stunting in toddlers aged 24-59 months. Observational research with a cross-sectional design on toddlers aged 24-59 who are in the work area of the Royal Prima Marelan Hospital. The sampling technique was carried out by simple random sampling with a total sample of 373 toddlers. Stunting is measured based on z-score (TB/U). Height data is measured using microtoise, weight using body scales. Data sosial ekonomi, pemberian ASI eksklusif, dan riwayat MP-ASI menggunakan kuesioner. Nutritional intake data for toddlers using the 24-hour food recall form. Nutritional status data was measured using a z-score (BB/TB). Bivariate analysis using Chi Square test and multivariate analysis using logistic regression test. This study found that 4.8% of toddlers were stunted. The results of the multivariate analysis showed that the risk factors for stunting in toddlers aged 24-59 months include exclusive breastfeeding ($p = 0.848$; PR = 0.7), MP-ASI ($p=0.136$; PR = 0.09), father's height ($p=0.029$; PR = 4), income ($p=0.459$; PR = 1.6), and nutritional status ($p=0.733$; PR = 1.2). Meanwhile, energy intake, protein intake, and maternal height are not proven to be risk factors for stunting in toddlers. Non-exclusive breastfeeding, a history of complementary food, short father height, low family income, and poor nutritional status affect the incidence of stunting in toddlers aged 24-59 months.

Kata kunci: stunting, toddlers, risk factors, parents height