ABSTRAK

Stunting merupakan kondisi gagal tumbuh pada anak balita akibat dari kekurangan gizi kronis sehingga anak menjadi terlalu pendek untuk usianya dan stunting menjadi permasalahan kesehatan yang harus di tangani secara serius. Berdasarkan observasi awal dan pengambilan data yang dilakukan di Puskesmas Dalu Sepuluh, prevalensi kejadian stunting yang di dapatkan yaitu 52 balita di tahun 2022 dengan jumlah balita 6.737 dan di tahun 2023 prevalensi kejadian stunting yang di dapatkan yaitu 35 balita dengan jumlah balita 6.737, dan terdapat sebanyak 8 balita yang mengalami stunting setelah dilakukan penelitian. Penelitian ini bertujuan untuk menganalisis determinan kejadian stunting pada anak usia 0-59 Bulan Di Wilayah Kerja Puskesmas Dalu Sepuluh Desa Dalu 10 A Kecamatan Tanjung Morawa Kabupaten Deli Serdang. Penelitian ini menggunakan metode observasional analitik dengan pendekatan cross sectional. Jumlah Populasi sebanyak 445 balita usia 0-59 bulan. Penentuan jumlah sampel menggunakan rumus slovin, diperoleh 211 sampel dengan teknik probability random sampling. Analisis data menggunakan Uji Chi-Square atau Fisher's Exact dan Multiple Logistic Regression Metode Enter, dengan tingkat signifikansi 95%. Hasil penelitian menunjukkan bahwa variabel MP-ASI (OR = 9,13, 95% CI; 1,39-76,01) terkait dengan penurunan risiko stunting pada balita, sedangkan pendapatan keluarga (OR = 12,92, 95% CI: 1,56-106,91) dan pola asuh (OR = 11,56, 95% CI: 1,39-96,01) berhubungan dengan peningkatan risiko stunting. Pemberian MP-ASI yang tepat menurunkan risiko stunting pada balita di Wilayah Kerja Puskesmas Dalu Sepuluh. Pendapatan keluarga dan pola asuh meningkatkan risiko yang sama. Perbaikan faktor risiko tersebut penting untuk mengurangi prevalensi stunting pada balita di wilayah tersebut.

Kata kunci : faktor risiko, stunting, balita, pendapatan keluarga

ABSTRACT

Stunting is a condition of impaired growth in toddlers due to chronic malnutrition, causing children to be too short for their age. Stunting is a health issue that must be addressed seriously. Based on initial observations and data collection conducted at Puskesmas Dalu Sepuluh, the prevalence of stunting cases was 52 children in 2022 out of a total of 6,737 children, and in 2023, the prevalence of stunting cases was 35 children out of a total of 6,737 children. Additionally, 8 children were found to be stunted after the research was conducted. This study aims to analyze the determinants of stunting in children aged 0-59 months in the working area of Puskesmas Dalu Sepuluh, Dalu 10 A Village, Tanjung Morawa District, Deli Serdang Regency. This research uses an observational analytic method with a cross-sectional approach, conducted at Puskesmas Dalu Sepuluh, Tanjung Morawa, in 2023. The population consists of 445 toddlers aged 0-59 months. The sample size was determined using the Slovin formula, resulting in 211 samples selected through probability random sampling. Data analysis was performed using the Chi-Square or Fisher's Exact Test and Multiple Logistic Regression Enter Method, with a 95% significance level. The results showed that the complementary food variable (OR = 9.13, 95% CI; 1.39-76.01) is associated with a reduced risk of stunting in toddlers, while family income (OR = 12.92, 95% CI: 1.56-106.91) and parenting patterns (OR = 11.56, 95% CI: 1.39-96.01) are related to an increased risk of stunting. Proper provision of complementary food reduces the risk of stunting in toddlers in the working area of Puskesmas Dalu Sepuluh. Family income and parenting patterns increase the same risk. Improving these risk factors is essential to reduce the prevalence of stunting in toddlers in the area.

Keywords: risk factors, stunting, toddlers, family income