

## ABSTRAK

### PERILAKU IBU HAMIL DALAM PENCEGAHAN STUNTING DI PUSKESMAS TERJUN KECAMATAN MEDAN MARELAN KOTA MEDAN TAHUN 2024

**Samsidar Rasmi Harahap<sup>1</sup>, Nurhikmah<sup>2</sup>, Santri Paramita Bintari Purba<sup>3</sup>,  
Nurlaili Arifa. AF<sup>4</sup>, Perariken Sitepu<sup>5</sup>, Debora Paninsari<sup>6</sup>**

Stunting (kekerdilan) yaitu terjadinya gangguan tumbuh kembang anak akibat asupan zat gizi yang tidak adekuat dalam jangka waktu lama serta penyakit infeksi berulang, ditandai dengan panjang atau tinggi badannya berada dibawah rata-rata anak seusianya. Pencegahan stunting bisa dimulai sejak janin dalam kandungan. Tujuan penelitian ini adalah untuk mengetahui gambaran perilaku (pengetahuan, sikap dan tindakan) ibu hamil dalam pencegahan stunting di Puskesmas Terjun Kecamatan Medan Marelan Kota Medan.

Desain penelitian deskriptif kuantitatif. Populasi sebanyak 1198 orang sasaran ibu hamil Puskesmas Terjun Tahun 2024. Teknik sampling yaitu *accidental sampling* sebanyak 92 orang dengan menggunakan kuesioner. Penelitian dilakukan bulan Desember 2024 di Puskesmas Terjun. Analisis data menggunakan SPSS dalam bentuk tabel distribusi frekuensi dan persentase setiap variabel.

Hasil penelitian yaitu usia ibu hamil 20-35 tahun (89,1%), pendidikan terakhir SMA/SMK (62%), status pekerjaan tidak bekerja (81,5%), dan gravida ke 2-3 (55,4%). Pengetahuan ibu berada di kategori baik sebanyak 27 orang (29,3%), pengetahuan cukup 49 orang (53,3%) dan pengetahuan kurang sebanyak 16 orang (17,4%). Responden dengan sikap Sangat Baik yaitu 59,8%, dan sisanya bersikap Baik 40,2%. Semua responden (100%) dikategorikan memiliki tindakan yang baik dalam pencegahan stunting, antara lain memeriksakan kehamilan di fasilitas kesehatan (100%), mengkonsumsi tablet tambah darah (96%), mengkonsumsi makanan dengan protein hewani (80%), dan telah ikut kelas ibu hamil (47%).

**Kata kunci :** perilaku pencegahan stunting, ibu hamil

## ABSTRACT

### BEHAVIOR OF PREGNANT WOMEN IN PREVENTING STUNTING AT TERJUN PUBLIC HEALTH CENTER, MEDAN MARELAN DISTRICT, MEDAN CITY IN 2024

Samsidar Rasmi Harahap<sup>1</sup>, Nurhikmah<sup>2</sup>, Santri Paramita Bintari Purba<sup>3</sup>,  
Nurlaili Arifa. AF<sup>4</sup>, Perariken Sitepu<sup>5</sup>, Debora Paninsari<sup>6</sup>

Stunting (stunting) is the occurrence of disturbances in a child's growth and development due to inadequate nutritional intake over a long period of time and recurrent infectious diseases, characterized by the length or height being below the average for children of his age. Prevention of stunting can start when the fetus is in the womb. The aim of this research is to determine the description of the behavior (knowledge, attitudes and actions) of pregnant women in preventing stunting at the I Terjun Community Health Center, I Medan I Medan I Marelan District, I Medan City.

Quantitative descriptive research design. The population is 1198 people, targeted by pregnant women at the Terjun Health Center in 2024. The sampling technique is accidental sampling of 92 people using a questionnaire. The research was conducted in December 2024 at the Terjun Community Health Center. Data analysis uses SPSS in the form of I-distribution, Frequency and I-percentage tables for each variable.

The results of the research were the age of pregnant women 20-35 years (89.1%), highest school/vocational school education (62%), employment status not working (81.5%), and 2-3 gravida (55.4%). Mothers' knowledge was in the good category as many as 27 people (29.3%), 49 people (53.3%) had sufficient knowledge and 16 people (17.4%) had poor knowledge. Respondents with a Very Good attitude were 59.8%, and the remaining 40.2% had a Good attitude. All respondents (100%) were categorized as having good actions to prevent stunting, including having their pregnancy checked at a health facility (100%), consuming blood supplement tablets (96%), consuming food with animal protein (80%), and having taken part in a class for pregnant women (47%).

**Key words:** stunting prevention behavior, pregnant women