

## ABSTRACT

Stunting, defined as growth failure in children due to prolonged inadequate nutritional intake, starting from in-utero until two years of age, remains a significant public health issue in Indonesia, with a national prevalence of 21.5% in 2023. This study aimed to analyze the relationship between the history of exclusive breastfeeding and early complementary feeding with the incidence of stunting among toddlers aged 24-59 months. Employing a descriptive quantitative method with a cross-sectional approach, the study included a population and sample of 31 toddlers, selected through purposive sampling. Data were collected via questionnaires. Data analysis comprised univariate analysis for frequency distribution and bivariate analysis using Fisher's Exact Test. Univariate results indicated that 32.3% of the toddlers were stunted. Bivariate analysis revealed a significant association between exclusive breastfeeding and stunting ( $p=0.028$ ); toddlers who did not receive exclusive breastfeeding had a higher stunting risk (53.8%) compared to those who did (16.7%). A significant association was also found between early complementary feeding and stunting ( $p=0.015$ ); toddlers introduced to early complementary feeding showed a higher stunting risk (58.3%) compared to those who were not (15.8%). This study concludes that exclusive breastfeeding and timely complementary feeding are crucial for stunting prevention. It is recommended that health facilities enhance the promotion of exclusive breastfeeding and proper complementary feeding education, and that future research include larger sample sizes and explore other contributing factors.

## ABSTRAK

Stunting adalah kegagalan tumbuh pada anak akibat dari kurangnya asupan gizi anak dalam waktu yang cukup lama, sehingga anak tumbuh terlalu pendek tidak sesuai usianya. Kekurangan gizi dimulai sejak bayi dalam kandungan sampai usia 2 tahun. Stunting, indikator kekurangan gizi kronis, masih menjadi masalah kesehatan masyarakat di Indonesia, dengan prevalensi nasional 21,5% pada tahun 2023. Menggunakan metode deskriptif kuantitatif dengan pendekatan *cross-sectional*, populasi dan sampel berjumlah 31 balita, dipilih melalui *purposive sampling*, dan data dikumpulkan via kuesioner. Analisis data meliputi univariat untuk distribusi frekuensi dan bivariat dengan Uji Fisher's Exact. Hasil univariat menunjukkan 32,3% balita stunting. Analisis bivariat menemukan hubungan signifikan antara ASI Eksklusif dengan stunting ( $p=0,028$ ). Balita tanpa ASI Eksklusif memiliki risiko stunting lebih tinggi (53,8%) dibanding yang ASI Eksklusif (16,7%). Hubungan signifikan juga ditemukan antara MP-ASI dini dengan stunting ( $p=0,015$ ). Balita yang diberi MP-ASI dini memiliki risiko stunting lebih tinggi (58,3%) dibanding yang tidak (15,8%). Kesimpulan penelitian ini adalah pemberian ASI Eksklusif dan MP-ASI tepat waktu dapat membantu dalam pencegahan stunting. Disarankan peningkatan promosi ASI Eksklusif dan edukasi MP-ASI yang tepat oleh fasilitas kesehatan, serta penelitian lanjutan dengan sampel lebih besar dan faktor penyebab lain.