

**HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN KEJADIAN  
STUNTING PADA BALITA  
DI RSUD SULTAN ISKANDAR MUDA**

**ABSTRAK**

Latar Belakang: Saat ini, kejadian balita pendek atau disebut stunting merupakan salah satu masalah gizi yang dialami oleh Balita di dunia). Penyebab masalah stunting salah satunya akibat dari penundaan Inisiasi Menyusui Dini (IMD), dan pemberian ASI tidak eksklusif.

Tujuan Penelitian: Mengetahui hubungan pemberian ASI Eksklusif dengan Kejadian Stunting pada Balita di RSUD Sultan Iskandar Muda.

Metode Penelitian: Jenis penelitian adalah observasional analitik dengan rancangan penelitian menggunakan case control. Sampel penelitian ini adalah balita yang mengalami stunting sebagai kelompok kasus sebanyak

60 balita dan balita yang tidak mengalami stunting sebagai kelompok kontrol sebanyak 60 balita. Teknik pengambilan sampel kasus secara purposive sampling dan teknik pengambilan sampel kontrol secara sistematis random sampling. Data dianalisis dengan uji chi-square dan uji statistic odds ratio (OR).

Hasil Penelitian: Menunjukkan bahwa dari 65 balita yang diberi ASI eksklusif sebagian besar atau sekitar 16,6% (n = 11) mengalami stunting dan balita yang diberi ASI eksklusif sekitar 83,1% (n=54) tidak mengalami stunting sedangkan dari 55 balita yang tidak diberikan ASI eksklusif sebagian besar atau sekitar 89,1% (n=49) mengalami stunting sedangkan balita yang tidak diberi ASI eksklusif sekitar 10,9% (n = 6) tidak mengalami stunting. Hasil uji chi-square diperoleh nilai p-value = 0,000 <  $\alpha$  = 0,05 dan nilai  $X^2$  hitung = 62,06, ini berarti bahwa ada hubungan antara pemberian ASI Eksklusif dan kejadian stunting di RSUD Sultan Iskandar Muda 2025.

Kesimpulan: Ada hubungan pemberian ASI Eksklusif dengan Kejadian Stunting pada Balita di RSUD Sultan Iskandar Muda

**Kata kunci :** *ASI Eksklusif, Stunting, Balita*

## **THE RELATIONSHIP OF EXCLUSIVE BREASTFEEDING WITH STUNTING EVENTS IN TODDLERS AT**

### **ABSTRACT**

**Background:** Currently, stunting is one of the nutritional problems experienced by toddlers in the world). One of the causes of stunting is the delay in Early Initiation of Breastfeeding (IMD), and non-exclusive breastfeeding.

**Objective:** To determine the relationship between exclusive breastfeeding with the incidence of stunting in children under five at the RSUD Sultan Iskandar Muda.

**Methods:** The type of research is analytic observational with research design using case control. The samples of this study were children under five who experienced stunting as the case group as many as 60 toddlers and toddlers who did not experience stunting as a control group as many as 60 toddlers. The case sampling technique was purposive sampling and the control sampling technique was systematic random sampling. Data were analyzed by chi-square test and statistical odds ratio (OR) test.

**Results:** Showed that of the 65 infants who were exclusively breastfed or about 16.6% (n = 11) experienced stunting and infants who were exclusively breastfed about 83.1% (n = 54) did not experience stunting. not exclusively breastfed, most or about 89.1% (n=49) experienced stunting while toddlers who were not exclusively breastfed about 10.9% (n=6) did not experience stunting. The results of the chi-square test obtained p-value = 0.000 < = 0.05 and X<sup>2</sup> count = 62.06, this means that there is a relationship between exclusive breastfeeding and the incidence of stunting in the UPTD of the RSUD Sultan Iskandar Muda in 2025.

**Conclusion:** There is a relationship between exclusive breastfeeding and stunting in toddlers at the RSUD Sultan Iskandar Muda.

**Keywords :** *Exclusive Breastfeeding, Stunting, Toddler*