

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN
STUNTING PADA BALITA DI WILAYAH KERJA PUSKESMAS
PANDAWAN KABUPATEN HULU SUNGAI TENGAH
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ABSTRACT

Nutritional problems at an early age increase infant and child mortality, if they survive, they will get sick easily and have a posture that is not optimal as an adult. Cognitive abilities of the sufferers are also reduced, resulting in long-term economic losses. Stunting is a health problem because it is associated with the risk of morbidity and mortality, suboptimal brain development, resulting in delayed motor development and retarded mental growth. The aim is to identify and analyze the factors related to the incidence of stunting in children under five in the working area of the Pandawan Public Health Center, Hulu Sungai Tengah Regency in 2022. This type of research is correlational analytic with a cross sectional approach. The number of samples is 90 people with accidental sampling technique. Instruments in the form of questionnaires and interviews. The test used is Chi Square. The results showed that the majority of respondents experienced stunting as many as 49 respondents (54.4%), with low educational background as many as 44 respondents (48.9%), with less knowledge as many as 44 respondents (48.9%), income < UMR as many as 49 respondents (54.4%), not giving exclusive breastfeeding as many as 51 respondents (56.7%), birth weight at risk as many as 50 respondents (55.6%). The conclusion is that there is a significant relationship between mother's education (p value 0.024), mother's knowledge (p-value 0.019), parents' income (p-value 0.013), exclusive breastfeeding (p-value 0.004), birth weight (p-value 0.000) with the incidence of stunting in the working area of the Puskesmas. Pandawan Hulu Sungai Tengah Regency in 2022. Suggestions for health workers, especially officers in the Pandawan Public Health Center Work Area, Hulu Sungai Tengah Regency, can increase counseling about factors that can increase stunting.

Keywords: Mother's Education, Mother's Knowledge, Family Income, Exclusive Breastfeeding, Birth Weight, Stunting Incident

ABSTRAK

Permasalahan gizi pada usia dini meningkatkan angka kematian bayi dan anak, kalau bertahan hidup akan mudah sakit dan memiliki postur tubuh yang tidak maksimal saat dewasa. Kemampuan kognitif para penderita juga berkurang sehingga mengakibatkan kerugian ekonomi jangka panjang. Stunting merupakan permasalahan kesehatan karena berhubungan dengan risiko terjadinya kesakitan dan kematian, perkembangan otak suboptimal, sehingga perkembangan motorik terlambat dan terhambatnya pertumbuhan mental. Tujuan untuk mengidentifikasi dan menganalisis faktor-faktor yang berhubungan dengan kejadian stunting pada balita di wilayah kerja Puskesmas Pandawan Kabupaten Hulu Sungai Tengah tahun 2022. Jenis penelitian analitik korelasional dengan pendekatan *cross sectional*. Jumlah sampel 90 orang dengan teknik pengambilan *accidental sampling*. Instrumen berupa kuesioner dan wawancara. Uji yang digunakan *Chi Square*. Hasil menunjukkan sebagian besar responden mengalami stunting sebanyak 49 responden (54,4%), berlatar pendidikan rendah sebanyak 44 responden (48,9%), berpengetahuan kurang sebanyak 44 responden (48,9%), berpendapatan < dari UMR sebanyak 49 responden (54,4%), tidak memberikan ASI eksklusif sebanyak 51 responden (56,7%), berat badan lahir beresiko sebanyak 50 responden (55,6%). Kesimpulan ada hubungan yang bermakna antara pendidikan ibu (*p value* 0,024), pengetahuan ibu (*p value* 0,019), pendapatan orang tua (*p value* 0,013), pemberian ASI eksklusif (*p value* 0,004), berat badan lahir (*p value* 0,000) dengan kejadian stunting di wilayah kerja Puskesmas Pandawan Kabupaten Hulu Sungai Tengah tahun 2022. Saran petugas kesehatan terutama petugas di wilayah Kerja Pukesmas Pandawan Kabupaten Hulu Sungai Tengah dapat meningkatkan penyuluhan-penyuluhan tentang faktor-faktor yang dapat meningkatkan kejadian stunting.

Kata Kunci : Pendidikan Ibu, Pengetahuan Ibu, Pendapatan Keluarga, Pemberian ASI Eksklusif, Berat Badan Lahir, Kejadian Stunting