

HUBUNGAN RIWAYAT PEMBERIAN ASI EKSKLUSIF DAN MPASI
DENGAN KEJADIAN *STUNTING* PADA BALITA USIA 24-59
BULAN DI POSYANDU SIRSAK

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ABSTRAK

Latar Belakang: Kabupaten Sleman memiliki prevalensi balita *stunting* yang tinggi karena masih berada diatas target nasional sebesar 14%. Salah satu puskesmas di Kabupaten Sleman, Puskesmas Mlati II menunjukkan angka *stunting* yang melebihi prevalensi kabupaten. Salah satu faktor kejadian *stunting* adalah balita tidak mendapatkan ASI eksklusif dan MPASI sesuai usianya. ASI sebagai makanan alami terbaik yang dapat memenuhi semua kebutuhan bayi hingga enam bulan dilanjutkan dengan pemberian MPASI untuk tumbuh kembangnya hingga 24 bulan.

Tujuan: Mengetahui hubungan riwayat pemberian ASI eksklusif dan MPASI dengan kejadian *stunting* pada balita usia 24-59 bulan di Posyandu Sirsak.

Metode: Jenis penelitian ini adalah analitik observasional dengan desain *crosssectional*. Penelitian ini dilaksanakan di bulan April 2024. Populasi penelitian ini adalah seluruh ibu yang memiliki balita di Posyandu Sirsak. Sampel yang digunakan sebanyak 30 dengan teknik pengambilan sampel *total sampling*. Analisa data menggunakan *Chi Square*.

Hasil: Terdapat hubungan antara riwayat pemberian ASI eksklusif *p-value* 0,026 dan riwayat pemberian MPASI *p-value* 0,025 dengan kejadian *stunting*. Tidak terdapat hubungan usia ibu *p-value* 0,443, tingkat pendidikan *p-value* 0,228, status pekerjaan *p-value* 0,427, BBLR *p-value* 1,000, dan pendaptan keluarga *p-value* 0,665 dengan kejadian *stunting*. Hasil penelitian menunjukkan bahwa riwayat pemberian MPASI lebih berhubungan signifikan secara statistik daripada riwayat pemberian ASI eksklusif pada balita usia 24-59 bulan ditandai dengan *p-value* 0,038.

Kesimpulan: Terdapat hubungan riwayat pemberian ASI eksklusif dan MPASI dengan kejadian *stunting* dimana riwayat pemberian MPASI lebih berhubungan signifikan secara statistik pada balita usia 24-59 bulan di Posyandu Sirsak.

Kata kunci: ASI eksklusif, balita, MPASI, *stunting*

*THE CORRELATION BETWEEN THE HISTORY OF EXCLUSIVE
BREASTFEEDING AND COMPLEMENTARY FEEDING WITH
THE INCIDENCE OF STUNTING IN TODDLERS AGED
24-59 MONTHS IN POSYANDU SIRSAK*

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ABSTRACT

Background: Sleman Regency has a high prevalence of stunted toddlers because it is still above the national target of 14%. One of the health centers in Sleman Regency, Puskesmas Mlati II, shows stunting rates that exceed the district prevalence. One factor in the incidence of stunting is that toddlers do not get exclusive breastfeeding and complementary foods according to their age. Breast milk is the best natural food that can fulfill all the needs of babies up to six months, followed by complementary food for growth and development up to 24 months.

Objectives: Knowing The correlation between the history of exclusive breastfeeding and complementary feeding with the incidence of stunting in toddlers aged 24-59 months in Posyandu Sirsak.

Method: This type of research is observational analytic with crosssectional design. This research was conducted in April 2024. The population of this study were all mothers who had toddlers at the Sirsak Posyandu. The sample used was 30 with total sampling technique. Data analysis using Chi Square.

Result: There is a correlation between exclusive breastfeeding history p-value 0.026 and complementary feeding history p-value 0.025 with the incidence of stunting. There was no association between maternal age p-value 0.443, education level p-value 0.228, employment status p-value 0.427, LBW p-value 1.000, and family income p-value 0.665 with the incidence of stunting. The results showed that the history of complementary feeding was more statistically significant than the history of exclusive breastfeeding in toddlers aged 24-59 months characterized by a p-value of 0.038.

Conclusion: There is a correlation between the history of exclusive breastfeeding and complementary feeding with the incidence of stunting where the history of complementary feeding is more statistically significant in toddlers aged 24-59 months at Posyandu Sirsak.

Keyword: Exclusive breastfeeding, toddlers, complementary feeding, stunting