

HUBUNGAN KEHAMILAN USIA REMAJA DENGAN KEJADIAN  
STUNTING PADA BALITA USIA 24-59 BULAN DI KABUPATEN KULON  
PROGO 2020

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**ABSTRAK**

**Latar Belakang:** Stunting diakibatkan masalah gizi kompleks pada balita yang terjadi sejak kehamilan, salah satunya adalah kehamilan remaja dimana kematangan fisik dan psikis mempengaruhi pertumbuhan anak yaitu stunting. Kulon Progo mengalami peningkatan proporsi stunting dari tahun 2017 sebesar 16,38 menjadi 22,65 pada tahun 2018, dan merupakan kabupaten dengan stunting tertinggi kedua di DIY, terjadi peningkatan jumlah persalinan remaja menjadi 67 dari 2 kehamilan pada tahun 2018. Penelitian ini bertujuan mengetahui hubungan kehamilan usia remaja dengan kejadian stunting pada balita usia 24-29 bulan.

**Metode Penelitian:** jenis penelitian ini analitik observasional dengan design *case control*, teknik pengambilan sampel *multistage random sampling*, dengan variabel kehamilan usia remaja, pendidikan ibu, tinggi badan ibu, umur kehamilan, dan riwayat status gizi saat awal kehamilan. Sample adalah balita usia 24-59 bulan pada bulan Maret-April 2020 di posyandu wilayah kerja Puskesmas Wates, Panjatan II dan Girimulyo II sejumlah 78 balita yang dibagi menjadi 39 kelompok kasus dan 39 kelompok kontrol. Analisis data menggunakan uji *chi-square* dan regresi logistik.

**Hasil Penelitian:** Sebagian besar balita stunting berasal dari ibu dengan riwayat KEK, hampir sebagian lahir dari ibu hamil remaja, berpendidikan rendah, dan memiliki tinggi badan <150 cm, sementara sebagian kecil lahir pada umur kehamilan prematur. Kehamilan usia remaja meningkatkan risiko kejadian stunting sebesar 24 kali dan ibu yang KEK berpotensi 4,3 kali menghasilkan balita stunting ( $p=0,007$ , OR=24,69;  $P=0,005$ , OR 4,3). Tidak ada perbedaan antara pendidikan ( $p=0,577$ ), tinggi badan ( $p=0,136$ ), dan umur kehamilan ( $p=0,140$ ) terhadap kejadian stunting.

**Kesimpulan:** Kehamilan usia remaja meningkatkan risiko kejadian stunting pada balita.

**Kata Kunci :** kehamilan usia remaja, stunting, faktor ibu.

*ASSOCIATION OF ADOLESCENT PREGNANCY WITH STUNTING IN  
TODDLERS AGED 24-59 MONTHS IN KULON PROGO 2020*

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**ABSTRACT**

**Background:** Stunting caused by a complex malnutrition in toddlers that occurs since pregnancy, adolescent pregnancy is one of the factors, the immature both physical and psychological affect growth on children that caused stunting. Kulon Progo has increased the proportion of stunting from 2017 by 16,38 to 22,65 in 2018, also the second highest stunting in DIY, the number of adolescent birth increased to 67 from 2 pregnancies in 2018. The aim of this research is knowing the association between adolescent pregnancy and stunting in toddlers.

**Method:** This study is non experimental used a case control design, with multistage random sampling technique. This study analyzed five variables, which were adolescent pregnancy, education, mother's height, gestational age, and nutritional status during early pregnancy. The sample was toddlers aged 24-59 months between March-April 2020 in posyandu Puskesmas Wates, Panjatan II and Girimulyo II as much as 78 toddlers divided into 39 as exposed and 39 as non-exposed group. Chi-square test and logistic regression were used in data analysis.

**Result:** Most stunting toddlers came from mothers with a history of KEK, almost some of stunting toddlers were born from adolescent pregnant women, has low education and height of <150 cm, while a small proportion were born at preterm gestational age. Adolescent pregnancy 24 times increased the risk of stunting and mother with CED had 4,3 potential caused stunting on toddlers ( $p=0,007$ , OR=24,69;  $P=0,005$ , OR 4,3). Mother's education ( $p=0,577$ ), mother's height ( $p=0,136$ ) and gestational age ( $p=0,140$ ) was no disparity toward stunting in toddlers.

**Conclusion:** There was an association between adolescent pregnancy and stunting

**Keywords:** adolescent pregnancy, stunting, maternal factor.