

**THE RELATIONSHIP BETWEEN RESPONSIVE FEEDING BEHAVIOR
AND THE INCIDENCE OF STUNTING IN TODDLERS AGED 6-36
MONTHS IN THE WORKING AREA OF SAPTOSARI COMMUNITY
HEALTH CENTER, GUNUNGKIDUL REGENCY**

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ABSTRACT

Background: Stunting is still a serious health problem in Indonesia with a prevalence in Gunungkidul of 23.5%. Responsive feeding is an important part of complementary feeding and reduces risk stunting because children receive food in appropriate quantity and quality.

Objective: To determine the association between responsive feeding behavior and the incidence of stunting in children aged 6–36 months.

Methods: This study employed an observational design with a case-control approach and was conducted in February 2025 in the working area of Saptosari Public Health Center. The study population consisted of 494 children aged 6–36 months. A purposive sampling technique was used to select 82 participants, divided into case and control groups. The research instrument used was the Responsive Feeding Practices Assessment Tool (RFPAT). Data analysis included univariate and bivariate analyses using the chi-square statistical test.

Result: The majority of respondents in this study were categorized as non-low birth weight (84.1%) and were mothers who were not employed (85.4%). Most mothers had a secondary level of education (70.7%) and came from families with an income below the regional minimum wage (58.5%). There is a significant relationship to behavior responsive feeding with the incident stunting ($p=0.009$). On external variables, there is a relationship between birth weight ($p=0.034$) and mother's last education ($p=0.039$) with incidence stunting. Employment status and family income were not related to the incident stunting.

Conclusion: There is a significant association between responsive feeding behavior and stunting in children aged 6–36 months in the working area of Saptosari Public Health Center, Gunungkidul Regency.

Keywords: Behavior, Responsive Feeding, Stunting

**HUBUNGAN PERILAKU *RESPONSIVE FEEDING* DENGAN KEJADIAN
STUNTING PADA BATITA USIA 6-36 BULAN DI WILAYAH KERJA
PUSKESMAS SAPTOSARI KABUPATEN GUNUNGKIDUL**

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ABSTRAK

Latar Belakang: *Stunting* masih menjadi masalah kesehatan serius di Indonesia dengan prevalensi di Gunungkidul 23,5%. *Responsive feeding* merupakan bagian penting dari pemberian makanan pendamping ASI dan menurunkan risiko *stunting* karena anak menerima makanan dalam kuantitas dan kualitas yang sesuai.

Tujuan: Mengetahui hubungan perilaku *responsive feeding* dengan kejadian *stunting* pada batita usia 6-36 bulan

Metode: Desain penelitian yaitu observasional dengan pendekatan *case control*, dilaksanakan pada bulan Februari 2025 di Wilayah Kerja Puskesmas Saptosari. Populasi dalam penelitian ini adalah batita usia 6-36 bulan berjumlah 494 anak. Teknik pengambilan sampel menggunakan *purposive sampling* berjumlah 82 responden yang dibagi menjadi kelompok kasus dan kontrol. Instrumen penelitian ini menggunakan *Responsive Feeding Practices Assesment Tool* (RFPAT). Metode analisis data terdiri dari analisis univariat dan bivariat uji statistik *chi-square*.

Hasil: Responden dalam penelitian ini hampir seluruhnya dengan kategori tidak BBLR (84,1%) dan ibu tidak bekerja (85,4%), serta sebagian besar ibu dengan pendidikan terakhir menengah (70,7%) dan pendapatan keluarga kurang dari UMR (58,5%). Terdapat hubungan signifikan pada perilaku *responsive feeding* dengan kejadian *stunting* ($p=0.009$). Pada variabel luar terdapat hubungan antara berat lahir ($p=0,034$) dan pendidikan terakhir ibu ($p=0,039$) dengan kejadian *stunting*. Status pekerjaan dan pendapatan keluarga tidak terdapat hubungan dengan kejadian *stunting*.

Kesimpulan: Terdapat hubungan perilaku *responsive feeding* dengan kejadian *stunting* pada batita usia 6-36 bulan di wilayah kerja Puskesmas Saptosari Kabupaten Gunungkidul.

Kata Kunci: Perilaku, *Responsive Feeding*, *Stunting*