

# HUBUNGAN RIWAYAT STUNTING DENGAN KECERDASAN INTELEKTUAL (IQ) PADA ANAK SEKOLAH DI SD N PALIYAN I DAN II

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## ABSTRAK

**Latar Belakang :** Prevalensi *stunting* pada umur 5-12 tahun di Provinsi DIY sebanyak 8,8%. Kecerdasan intelektual di Daerah Istimewa Yogyakarta terdapat 25,9% yang mengalami *stunting*. Berdasarkan data Dinas Kesehatan Daerah Istimewa Yogyakarta (DIY) pada tahun 2023 prevalensi balita *stunting* terbesar adalah kabupaten Gunungkidul (22,2%), prevalensi *stunting* tertinggi, yaitu di Kapanewon Paliyan dengan 285 kasus. Kecerdasan intelektual di Indonesia khususnya di Daerah Istimewa Yogyakarta terdapat sekitar 25,9% subjek yang mengalami *stunting* dengan IQ di bawah rata-rata (IQ<90) sebesar 35,1%.

**Tujuan :** Mengetahui hubungan riwayat stunting dengan tingkat kecerdasan intelektual (IQ) pada anak sekolah di SD N Paliyan I dan II

**Metode :** Jenis penelitian analitik observasional dengan menggunakan desain penelitian studi *kohort retrospektif*. Penelitian dilaksanakan pada bulan Mei yaitu di SD N Paliyan I dan II. Sampel penelitian adalah 102 anak sekolah dasar yang memenuhi kriteria inklusi dengan teknik pengambilan sampling *puspositive sampling*. Instrumen yang digunakan adalah kuesioner tes CPM (*Coloured Progressive Matrices*), analisis data menggunakan univariat dan bivariat dengan *chi-square*.

**Hasil :** Riwayat stunting terdapat hubungan yang signifikan dengan tingkat kecerdasan intelektual (IQ) anak sekolah dengan *p-value* 0,001 (RR=5,163 95% CI 1,958-13,616)

**Kesimpulan :** Terdapat hubungan yang signifikan antara riwayat stunting dengan tingkat kecerdasan intelektual (IQ) pada anak sekolah. Pada anak dengan riwayat stunting memiliki risiko 5,1 kali lebih tinggi mengalami kecerdasan intelektual (IQ) di bawah rata-rata dibandingkan anak tanpa stunting.

**Kata Kunci :** Riwayat Stunting, kecerdasan intelektual, anak sekolah

**THE RELATIONSHIP BETWEEN STUNTING HISTORY AND  
INTELLECTUAL INTELLIGENCE (IQ) IN SCHOOL CHILDREN AT SD N  
PALIYAN 1 AND II ELEMENTARY SCHOOLS**

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**ABSTRACT**

**Background :** The prevalence of stunting in children aged 5-12 years in the Special Region of Yogyakarta is 8.8%. Intellectual intelligence in the Special Region of Yogyakarta is 25.9% who experience stunting. Based on data from the Yogyakarta Special Region Health Office (DIY) in 2023, the highest prevalence of stunting in toddlers was in Gunungkidul Regency (22.2%), the highest prevalence of stunting, namely in Kapanewon Paliyan with 285 cases. Intellectual intelligence in Indonesia, especially in the Special Region of Yogyakarta, there are around 25.9% of subjects who experience stunting with an IQ below average (IQ <90) of 35.1%.

**Objective :** To determine the relationship between stunting history and intellectual intelligence (IQ) levels in school children at SD N Paliyan I and II

**Methods :** This type of observational analytical research used a retrospective cohort study design. The study was conducted in May at Paliyan I and II Elementary Schools. The sample was 102 elementary school children who met the inclusion criteria, using a purposive sampling technique. The instrument used was a CPM (Colored Progressive Matrices) test questionnaire, and data analysis used univariate and bivariate chi-square tests.

**Results:** History of stunting has a significant relationship with the level of intellectual intelligence (IQ) of school children with a p-value of 0.001 (RR=5.163 95% CI 1.958-13.616)

**Conclusion:** There is a significant relationship between history of stunting and the level of intellectual intelligence (IQ) in school children. Children with a history of stunting have a 5.1 times higher risk of experiencing below average intellectual intelligence (IQ) compared to children without stunting.

**Keywords:** History of Stunting, intellectual intelligence, school children