

FAKTORS ASSOCIATED WITH STUNTING INCIDENCE IN THE WORKING AREA OF THE SAPTOSARI COMMUNITY HEALTH CENTER, GUNUNGKIDUL DISTRICT

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ABSTRACT

Background: Stunting is a major health problem in toddlers that causes linear growth disorders, but its impact is not limited to physical aspects. The prevalence of stunting in the working area of the Saptosari Community Health Center (24.5%) is higher than the average for the province of DIY (18%). This condition is influenced by various biological, behavioral, maternal, socio-economic, and environmental factors such as gender, birth weight, birth length, exclusive breastfeeding history, maternal age at conception, maternal height, gestational age, maternal education, maternal occupation, and water source.

Objective: To identify factors associated with stunting in children aged 24–59 months.

Methods: This study used a quantitative analytical design with a cross-sectional approach. The sample consisted of 142 children aged 24–59 months selected through purposive sampling. Data were collected through secondary data from nutrition registers and medical records for nine variables, as well as primary data by name with confirmation from the infants' mothers through health workers regarding water sources. The research instruments consisted of data recording forms and confirmation sheets. Data analysis used chi-square tests and binary logistic regression.

Results: Bivariate analysis showed a significant association between gender ($p=0.023$), birth length ($p=0.037$), maternal height ($p=0.029$), maternal education ($p=0.042$), and maternal occupation ($p=0.021$) with stunting. The water source variable did not show a significant association ($p=0.372$). Multivariate analysis showed gender as the dominant factor ($p=0.028$; $OR=0.428$).

Conclusion: Gender, birth length, maternal height, maternal education, and maternal occupation are associated with stunting, with gender being the most dominant factor. Prevention of stunting should consider both the biological aspects of the child and the family's socioeconomic background.

Keywords: stunting, toddler, child gender, birth length, birth weight, exclusive breastfeeding history, maternal age, maternal height, gestational age, maternal education, maternal occupation, and water source

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN *STUNTING* DI WILAYAH KERJA PUSKESMAS SAPTOSARI KABUPATEN GUNUNG KIDUL

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ABSTRAK

Latar Belakang: Stunting menjadi masalah kesehatan utama pada balita yang menyebabkan gangguan pertumbuhan *linier* balita, namun dampaknya tidak hanya terbatas pada fisik. Prevalensi stunting di wilayah kerja Puskesmas Saptosari (24,5%) lebih tinggi dibanding rata-rata provinsi DIY (18%). Kondisi ini dipengaruhi oleh berbagai faktor biologis, perilaku, maternal, sosial-ekonomi, dan lingkungan seperti jenis kelamin, BBL, PBL, riwayat ASI eksklusif, usia ibu saat hamil, tinggi badan ibu, usia kehamilan, pendidikan ibu, pekerjaan ibu dan sumber air.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan kejadian stunting pada balita usia 24–59 bulan.

Metode: Penelitian ini menggunakan desain kuantitatif analitik dengan pendekatan cross-sectional. Sampel berjumlah 142 balita usia 24–59 bulan yang diambil secara *purposive sampling*. Data dikumpulkan melalui data sekunder dari register gizi dan rekam medis untuk sembilan variabel, serta data primer *by name* dengan konfirmasi pada ibu balita melalui kader terkait sumber air. Instrumen penelitian berupa format pencatatan data dan lembar konfirmasi. Analisis data menggunakan uji *chi-square* dan regresi logistik biner.

Hasil: Hasil analisis bivariat menunjukkan terdapat hubungan signifikan antara jenis kelamin ($p=0,023$), panjang lahir ($p=0,037$), tinggi badan ibu ($p=0,029$), pendidikan ibu ($p=0,042$), dan pekerjaan ibu ($p=0,021$) dengan kejadian stunting. Variabel sumber air tidak menunjukkan hubungan yang bermakna ($p=0,372$). Analisis multivariat menunjukkan jenis kelamin sebagai faktor dominan ($p=0,028$; OR=0,428).

Kesimpulan: Jenis kelamin, panjang lahir, tinggi badan ibu, pendidikan ibu, dan pekerjaan ibu berhubungan dengan kejadian stunting, dengan jenis kelamin sebagai faktor paling dominan. Pencegahan stunting perlu mempertimbangkan aspek biologis anak dan latar belakang sosial-ekonomi keluarga.

Kata Kunci: stunting, balita, jenis kelamin anak, BBL, PBL, riwayat ASI eksklusif, usia ibu, tinggi badan ibu, usia kehamilan, pendidikan ibu, pekerjaan ibu dan sumber air.