

GAMBARAN TINGKAT PENGETAHUAN IBU BALITA TENTANG STUNTING DI KALURAHAN CATURHARJO, KABUPATEN BANTUL

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ABSTRAK

Latar Belakang : Stunting merupakan gangguan pertumbuhan akibat kekurangan gizi dalam jangka panjang yang ditandai dengan tinggi badan yang lebih rendah dari standar usianya. Menurut hasil Survei Status Gizi Indonesia (SSGI) pada tahun 2024, terdapat 19,8% balita yang mengalami stunting di Indonesia sedangkan Kabupaten Bantul mengalami penurunan dari 20,05% pada tahun 2023 menjadi 16,50% pada tahun 2024.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan ibu balita tentang stunting di Kalurahan Caturharjo, Kabupaten Bantul.

Metode : Penelitian ini menggunakan desain deskriptif dengan pendekatan *cross-sectional*. Sampel penelitian adalah ibu balita sebanyak 38 responden. Teknik pengambilan sampel menggunakan metode teknik sampling yang digunakan adalah *non-probability* dengan metode *purposive sampling*. Penelitian ini dilakukan pada bulan Oktober 2024 – Mei 2025. Alat pengukuran data menggunakan kuesioner tingkat pengetahuan ibu balita tentang stunting. Analisa menggunakan distribusi frekuensi dan tabel silang.

Hasil : Tingkat pengetahuan sebagian besar responden berpengetahuan cukup 84,2%. Sebagian responden berusia 20-35 tahun yaitu 84,2%, ibu berpendidikan menengah yaitu 63,2%, sebagian besar ibu balita tidak bekerja yaitu 60,5%. Berdasarkan usia 20-35 tahun memiliki tingkat pengetahuan cukup tentang stunting yaitu 73,7%. Berdasarkan pendidikan menengah memiliki tingkat pengetahuan cukup tentang stunting yaitu 55,3%. Berdasarkan pekerjaan ibu balita, mayoritas tidak bekerja memiliki tingkat pengetahuan cukup yaitu 50%.

Kesimpulan : Berdasarkan hasil penelitian dan pembahasan dapat disimpulkan tingkat pengetahuan ibu balita tentang stunting sebagian besar responden berpengetahuan cukup.

Kata Kunci : Pengetahuan, Ibu Balita, Stunting

DESCRIPTION OF THE LEVEL OF TODDLER MOTHER'S KNOWLEDGE ABOUT STUNTING IN KALURAHAN CATURHARJO, BANTUL REGENCY

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ABSTRACT

Background : *Stunting is a growth disorder caused by long-term malnutrition, characterized by height that is lower than the standard for their age. According to the results of the Indonesian Nutrition Status Survey (SSGI) in 2024, there are 19.8% of toddlers experiencing stunting in Indonesia, while Bantul Regency has seen a decrease from 20.05% in 2023 to 16.50% in 2024.*

Objective: *This study aims to determine the level of knowledge of mothers of toddlers about stunting in Kalurahan Caturharjo, Bantul Regency.*

Method: *This study uses a descriptive design with a cross-sectional approach. The research sample consisted of 38 respondents who were mothers of toddlers. The sampling technique used is a non-probability sampling method with purposive sampling. This research was conducted from October 2024 to May 2025. The data measurement tool used was a questionnaire on the level of knowledge of mothers of toddlers about stunting. Analysis used frequency distribution and cross-tabulation.*

Results: *The knowledge level of the majority of respondents was sufficient at 84.2%. A portion of the respondents were aged 20-35 years, which was 84.2%, mothers with secondary education at 63.2%, and the majority of mothers of toddlers were unemployed at 60.5%. Based on the age group of 20-35 years, they had a sufficient knowledge level about stunting at 73.7%. Based on secondary education, they had a sufficient knowledge level about stunting at 55.3%. Based on the occupation of the mothers of toddlers, the majority who were unemployed had a sufficient knowledge level at 50%.*

Conclusion: *Based on the research results and discussion, it can be concluded that the level of knowledge of mothers with toddlers about stunting is sufficient for the majority of respondents.*

Keywords: *Knowledge, Toddler Mothers, Stunting*