

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE ABOUT PREVENTION
OF STUNTING IN PREGNANT WOMEN IN THE PALIYAN HEALTH
CENTER WORKING AREA IN YEAR 2025**

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ABSTRACT

Background: Paliyan sub-district is the locus of highest stunting in Gunungkidul district. Stunting is influenced by nutrition and health problems before, during, and after pregnancy. The causes of stunting are based on lack of knowledge about health and nutrition, lack of access to clean water, and lack of nutritious food, so efforts are needed to prevent stunting. Karangasem and Mulusan villages are located in the Paliyan Health Center Working Area.

Objective: To determine the level of knowledge about stunting prevention among pregnant women in the Paliyan Health Center Working Area.

Methods: Descriptive research with cross sectional design. The research subjects amounted to 32 pregnant women. The research instrument used a closed questionnaire with a Guttman scale, then the questionnaire was distributed using paper sheets, analyzed univariately and carried out on June 11, 2025.

Results: The majority of pregnant women aged 20-35 years (93.7%), secondary education (53.1%), not working (87.5%), mass media information sources (62.5%), good knowledge level (78.1%) and answered incorrectly most on the statement that early marriage (under 18 years) can risk giving birth to stunted children (54%). The level of knowledge based on the characteristics of pregnant women who have good knowledge is 20-35 years old (80%), highly educated (100%), not working (78.6%) and mass media information sources (85%).

Conclusion: Almost all pregnant women have good knowledge about stunting prevention.

Keywords: pregnant women, stunting prevention, level of knowledge

GAMBARAN TINGKAT PENGETAHUAN TENTANG PENCEGAHAN STUNTING PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS PALIYAN TAHUN 2025

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ABSTRAK

Latar Belakang: Kecamatan Paliyan menjadi lokus stunting tertinggi di Kabupaten Gunungkidul. Stunting dipengaruhi oleh masalah gizi dan kesehatan sebelum, selama, dan setelah kehamilan. Penyebab stunting didasari kurangnya pengetahuan mengenai kesehatan dan gizi, kurangnya akses air bersih, dan kurangnya makanan bergizi, sehingga diperlukannya upaya yang dapat dilakukan untuk pencegahan terjadinya stunting. Desa Karangasem dan Mulusan merupakan desa yang berada di Wilayah Kerja Puskesmas Paliyan.

Tujuan: Diketuinya tingkat pengetahuan tentang pencegahan stunting pada ibu hamil di Wilayah Kerja Puskesmas Paliyan.

Metode: Jenis penelitian deskriptif dengan desain *cross sectional*. Subjek penelitian berjumlah 32 ibu hamil. Instrumen penelitian menggunakan kuesioner tertutup berskala *Guttman* selanjutnya kuesioner dibagikan menggunakan lembar kertas, dianalisis secara *univariat* dan dilaksanakan pada 11 Juni 2025.

Hasil: Mayoritas ibu hamil berusia 20-35 tahun (93,7%), pendidikan menengah (53,1%), tidak bekerja (87,5%), sumber informasi media massa (62,5%), tingkat pengetahuan baik (78,1%) dan jawaban tidak tepat terbanyak pada pernyataan pernikahan dini (dibawah 18 tahun) dapat berisiko melahirkan anak yang stunting (54%). Tingkat pengetahuan berdasarkan karakteristik ibu hamil yang memiliki pengetahuan baik berusia 20-35 tahun (80%), berpendidikan tinggi (100%), tidak bekerja (78,6%) dan sumber informasi media massa (85%).

Kesimpulan: Hampir seluruh ibu hamil berpengetahuan baik tentang pencegahan stunting.

Kata kunci: Ibu Hamil, Pencegahan Stunting, Tingkat Pengetahuan

