

GAMBARAN TINGKAT PENGETAHUAN TENTANG STUNTING PADA IBU YANG MEMILIKI BALITA DI PUSKESMAS IMOGIRI II TAHUN 2025

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ABSTRAK

Latar Belakang: Stunting merupakan masalah kesehatan yang ditandai dengan kekurangan gizi kronis pada balita, yang berdampak pada pertumbuhan fisik dan perkembangan kognitif anak. Prevalensi stunting di Indonesia masih tinggi, termasuk di wilayah Kabupaten Bantul, khususnya di Puskesmas Imogiri II yang memiliki angka stunting tertinggi di wilayah tersebut.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan tentang stunting pada ibu yang memiliki balita di Puskesmas Imogiri II berdasarkan karakteristik usia, pendidikan, pekerjaan, dan sumber informasi.

Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan cross-sectional. Responden penelitian adalah ibu yang memiliki balita dan berkunjung ke Puskesmas Imogiri II pada bulan Juni 2025. Data dikumpulkan menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat untuk mengetahui distribusi frekuensi masing-masing variabel.

Hasil: Dari 37 Ibu, sebagian besar ibu balita memiliki tingkat pengetahuan yang baik tentang stunting (64,9%). Mayoritas responden berusia 20–35 tahun, berpendidikan menengah atas (SMA), bekerja, dan mendapatkan informasi tentang stunting dari tenaga kesehatan. Pengetahuan yang baik lebih banyak dimiliki oleh ibu dengan karakteristik tersebut.

Kesimpulan: Sebagian besar ibu balita di Puskesmas Imogiri II memiliki pengetahuan yang baik tentang stunting, terutama pada kelompok usia dewasa, berpendidikan menengah, bekerja, dan memperoleh informasi dari tenaga kesehatan. Hasil ini diharapkan dapat menjadi dasar bagi upaya peningkatan edukasi dan pencegahan stunting di wilayah kerja Puskesmas Imogiri II.

Kata kunci: Tingkat pengetahuan, Stunting

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE ABOUT STUNTING
IN MOTHERS HAVING TODDLERS
AT IMOIRI II COMMUNITY HEALTH CENTER IN 2025**

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ABSTRACT

Background: *Stunting is a health problem characterized by chronic malnutrition in toddlers, which has an impact on the physical growth and cognitive development of children. The prevalence of stunting in Indonesia is still high, including in Bantul Regency, especially in Imogiri II Health Center which has the highest stunting rate in the region.*

Objective: *This study aimed to assess the level of knowledge regarding stunting among mothers of toddlers at Imogiri II Health Center, based on their demographic characteristics, including age, education, occupation, and sources of information.*

Method: *A descriptive research design with a cross-sectional approach was employed in this study. The sample consisted of mothers with toddlers who visited Imogiri II Health Center in June 2025. Data were collected through a structured questionnaire that had previously undergone validity and reliability testing. The data were analyzed using univariate analysis to present the frequency distribution of each variable.*

Results: *Out of 37 respondents, the majority of mothers (64.9%) demonstrated a good level of knowledge about stunting. Most respondents were between 20 and 35 years old, had attained a high school education, were employed, and had obtained information about stunting from health workers. Mothers with these characteristics generally exhibited better knowledge regarding stunting.*

Conclusion: *Most mothers of toddlers at Imogiri II Health Center had good knowledge about stunting, especially in the adult age group, had a high school education, worked, and received information from health workers. These results are expected to be the basis for efforts to improve education and prevention of stunting in the work area of Imogiri II Health Center.*

Keywords: *Level of knowledge, Stunt*