

THE EFFECT OF MATERNAL PSYCHOSOCIAL FACTORS ON THE INCIDENCE OF STUNTING IN TODDLERS IN THE WORKING AREA OF WONOSARI II PUBLIC HEALTH CENTER

Siti Lailatun Nadzifah¹, Heni Puji Wahyuningsih², Indriana Widya Puspitasari³
¹²³Department of Midwifery, Poltekkes Kemenkes Yogyakarta, Jl. Mangkuyudan
MJ III/304 Mantrijeron, Yogyakarta, 55143

Email: nadzifah583@gmail.com

ABSTRACT

Background: Stunting is a chronic nutritional problem in children under five. The prevalence of stunting in Indonesia in 2024 was 19.8%, while in Gunungkidul Regency it was 19.7%, with a prevalence of 22.4% in the working area of the Wonosari Community Health Center. Maternal psychosocial factors such as stress levels, parenting practices, family support, and nutrition literacy influence the occurrence of stunting.

Objective: To determine the effect of maternal psychosocial factors on the incidence of stunting among children under five in the working area of Wonosari II Public Health Center, Gunung Kidul Regency.

Methods: This quantitative study employed a cross-sectional design involving 78 respondents selected using consecutive sampling. The independent variables were maternal stress level, parenting practices, family support, and nutritional literacy, while the external variables included maternal age, education, occupation, and income. Data were analyzed using the Chi-Square test and logistic regression.

Results: Bivariate analysis showed that maternal stress level, parenting practices, and nutritional literacy were not significantly associated with the incidence of stunting ($p > 0.05$). However, family support was significantly associated with stunting incidence ($p < 0.05$). Multivariate analysis indicated that family support was the most dominant factor influencing the incidence of stunting.

Conclusion: Maternal education was associated with the incidence of stunting among children under five, followed by family support, whereas maternal stress level, parenting practices, and nutritional literacy were not significantly associated with stunting incidence.

Keywords: Stunting, maternal psychosocial factors, family support, maternal education.

PENGARUH FAKTOR PSIKOSOSIAL IBU TERHADAP KEJADIAN *STUNTING* PADA BALITA DI WILAYAH KERJA PUSKESMAS WONOSARI II

Siti Lailatun Nadzifah¹, Heni Puji Wahyuningsih², Indriana Widya Puspitasari³

¹²³Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta, Jl. Mangkuyudan MJ

III/304 Mantrijeron, Yogyakarta, 55143

Email: nadzifah583@gmail.com

ABSTRAK

Latar Belakang: *Stunting* merupakan masalah gizi kronis pada balita. Prevalensi *stunting* di Indonesia tahun 2024 sebesar 19,8%, sedangkan di Kabupaten Gunung Kidul sebesar 19,7% dengan prevalensi di wilayah kerja Puskesmas Wonosari sebesar 22,4%. Faktor psikososial ibu seperti tingkat stres, pola asuh, dukungan keluarga, dan literasi gizi memengaruhi kejadian *stunting*.

Tujuan: Mengetahui pengaruh faktor psikososial ibu terhadap kejadian *stunting* pada balita di wilayah kerja Puskesmas Wonosari II Kabupaten Gunung Kidul.

Metode: Penelitian kuantitatif dengan desain *cross sectional* pada 78 responden yang dipilih menggunakan *consecutive sampling*. Variabel independen meliputi tingkat stres ibu, pola asuh, dukungan keluarga, dan literasi gizi, sedangkan variabel luar meliputi usia, pendidikan, pekerjaan, dan pendapatan keluarga. Analisis menggunakan uji Chi-Square dan regresi logistik.

Hasil: Analisis bivariat menunjukkan bahwa tingkat stres ibu, pola asuh, dan literasi gizi tidak berhubungan dengan kejadian *stunting* ($p > 0,05$), sedangkan dukungan keluarga berhubungan signifikan dengan kejadian *stunting* ($p < 0,05$). Analisis multivariat menunjukkan bahwa dukungan keluarga merupakan faktor yang paling dominan memengaruhi kejadian *stunting*.

Kesimpulan: Pendidikan ibu berpengaruh terhadap kejadian *stunting* pada balita dilanjutkan dengan dukungan keluarga, sedangkan tingkat stres ibu, pola asuh, dan literasi gizi tidak berpengaruh signifikan.

Kata Kunci: *Stunting*, faktor psikososial ibu, dukungan keluarga, pendidikan ibu.