

STUDY OF STUNTING INCIDENCE IN TODDLERS AGED 6-23 MONTHS BASED ON BIRTH WEIGHT, EXCLUSIVE BREASTFEEDING, AND COMPLEMENTARY FEEDING IN JATIREJO VILLAGE

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ABSTRACT

Background: *Stunting* remains a nutritional challenge in Indonesia with a national prevalence of 19.8% (SSGI 2024). Kulon Progo Regency recorded 18%, indicating the need for a local-level risk factor assessment.

Objective: To determine the study of stunting incidence in toddlers aged 6-23 months based on birth weight, exclusive breastfeeding, and complementary feeding in Jatirejo Village.

Methods: This was a descriptive study with a cross-sectional design. A sample of 48 toddlers aged 6-23 months was selected using total sampling. Primary data were collected through questionnaires (birth weight, exclusive breastfeeding, complementary feeding), while secondary data (stunting status) were obtained from nutritional monitoring reports. Data were analyzed using frequency distribution and cross-tabulation descriptively.

Results: The prevalence of stunting was 14.6% (7 toddlers). A total of 10.4% of toddlers had a history of Low Birth Weight (LBW), 85.4% received exclusive breastfeeding, and 47.9% received inappropriate complementary feeding. The proportion of stunting in the LBW group (40%) was higher than in the normal birth weight group (11.6%). All stunting cases occurred in the exclusive breastfeeding group. The proportion of stunting in the appropriate complementary feeding group (20%) was higher than in the inappropriate group (8.7%).

Conclusion: The stunting rate in Jatirejo Village (14.6%) remains below the national average. LBW shows a tendency for higher risk of stunting. The findings on exclusive breastfeeding and complementary feeding do not align with existing theory, requiring further research with larger samples and control of confounding factors.

Keywords: Stunting, Birth Weight, Exclusive Breastfeeding, Complementary Feeding, Toddlers

KAJIAN KEJADIAN STUNTING PADA BADUTA USIA 6-23 BULAN BERDASARKAN BERAT BADAN LAHIR, ASI EKSKLUSIF DAN MP-ASI DI KELURAHAN JATIREJO

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ABSTRAK

Latar Belakang: *Stunting* masih menjadi tantangan gizi di Indonesia dengan prevalensi nasional 19,8% (SSGI 2024). Kabupaten Kulon Progo mencatat angka 18%, sehingga perlunya kajian faktor risiko di tingkat lokal.

Tujuan: Mengetahui kajian kejadian *stunting* pada baduta usia 6-23 bulan berdasarkan berat badan lahir, ASI Eksklusif, dan MP-ASI di Kelurahan Jatirejo.

Metode: Penelitian deskriptif dengan desain *cross-sectional*. Sampel sebanyak 48 baduta usia 6-23 bulan diambil menggunakan *total sampling*. Data primer diperoleh melalui kuesioner (berat lahir, ASI Eksklusif, MP-ASI), sedangkan data sekunder (status *stunting*) dari laporan pemantauan gizi. Analisis data menggunakan distribusi frekuensi dan tabulasi silang secara deskriptif.

Hasil: Prevalensi *stunting* sebesar 14,6% (7 baduta). Sebanyak 10,4% baduta memiliki riwayat BBLR, 85,4% mendapat ASI Eksklusif, dan 47,9% menerima MP-ASI tidak sesuai. Proporsi *stunting* pada kelompok BBLR (40%) lebih tinggi dibanding berat lahir normal (11,6%). Seluruh kasus *stunting* terjadi pada kelompok ASI Eksklusif. Proporsi *stunting* pada MP-ASI sesuai (20%) lebih tinggi dibanding MP-ASI tidak sesuai (8,7%).

Kesimpulan: Angka *stunting* di Kelurahan Jatirejo (14,6%) masih di bawah rata-rata nasional. BBLR menunjukkan kecenderungan risiko lebih tinggi terhadap *stunting*. Temuan pada ASI Eksklusif dan MP-ASI tidak sesuai teori, memerlukan penelitian lebih lanjut dengan sampel lebih besar dan kontrol faktor perancu.

Kata Kunci: *Stunting*, Berat Badan Lahir, ASI Eksklusif, MP-ASI, Baduta