

**THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND THE
QUALITY OF LIFE OF STUNTED TODDLERS AT PANDAK II PUBLIC
HEALTH CENTER, BANTUL REGENCY**

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ABSTRACT

Background: Stunting affects the quality of life of children under five. One of the factors influencing their quality of life is dietary habits.

Purpose: To determine the relationship between dietary patterns and the quality of life of stunted toddlers at Pandak II Public Health Center, Bantul Regency.

Methods: The study used a cross-sectional design. The sample consisted of 75 stunted toddlers at Pandak II Community Health Center in 2025, selected using a simple random sampling technique. The independent variable was dietary pattern, while the dependent variable was quality of life. The research instrument was a questionnaire. Data were analyzed using the Chi-square test.

Results: The results of the study showed that most of the toddlers were older than 36 months. Most parents had a senior high school education or equivalent and were employed. Most toddlers had no history of illness. Most respondents had moderate parenting practices, moderate dietary patterns (39 children, 52%), and a moderate quality of life (39 children, 52%). There was a significant relationship between dietary patterns and quality of life, with a p-value of 0.000.

Conclusion: Dietary patterns are associated with the quality of life of stunted toddlers.

Keywords: Dietary patterns, Stunting, Quality of life.

HUBUNGAN POLA MAKAN DENGAN KUALITAS HIDUP BALITA STUNTING DI PUSKESMAS PANDAK II KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Stunting dapat berdampak pada kualitas hidup balita. Salah satu faktor yang mempengaruhi kualitas hidup adalah pola makan.

Tujuan: Mengetahui hubungan pola makan dengan kualitas hidup balita stunting di Puskesmas Pandak II Kabupaten Bantul.

Metode: Desain penelitian menggunakan *cross sectional*. Sampel dalam penelitian ini adalah balita stunting di Puskesmas Pandak II tahun 2025 75 orang dengan teknik sampling *simple random sampling*. Variabel independen pola makan dan variabel dependen kualitas hidup. Alat ukur penelitian ini adalah kuesioner. Analisis data dengan uji *chi square*.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar balita berusia >36 bulan, pendidikan orang tua kategori SMA sederajat, pekerjaan kategori bekerja, riwayat penyakit balita kategori tidak memiliki riwayat penyakit dan pola asuh kategori cukup, pola makan kategori cukup 39 orang (52%), dan kualitas hidup cukup 39 orang (52%). Ada hubungan pola makan dengan kualitas hidup dimana $p\text{value} = 0,000$.

Kesimpulan: Pola makan berhubungan dengan kualitas hidup balita stunting.

Kata kunci: Pola makan, Stunting, Kualitas hidup.