

**THE RELATIONSHIP BETWEEN EARLY MARRIAGE, PARENTING
STYLES, AND THE INCIDENCE OF STUNTING AMONG
CHILDREN AGED 6–59 MONTHS IN THE WORKING
AREA OF PATUK I COMMUNITY HEALTH CENTER**

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ABSTRACT

Background: Stunting is a chronic nutritional issue that impairs children's growth and development and remains a health priority in Indonesia. The service area of the Patuk I Community Health Center (Puskesmas) is one where the stunting prevalence stands at 21.40%. The occurrence of stunting is influenced by various factors, including early marriage and parenting practices.

Methods: This study is an observational analytic quantitative study with a cross-sectional design. It was conducted in June 2026 within the working area of the Patuk I Community Health Center. The sample consisted of 56 mothers with children aged 6–59 months, selected using purposive sampling. Data were collected via questionnaires and stunting status records from the Maternal and Child Health (KIA) Handbook. Data analysis was performed using the Chi-Square test.

Results: There was a significant association between early marriage and stunting (p -value=0.000; OR=51,333; 95% CI: 7,239–364,033), where respondents who married at an early age being more likely to have stunted children. There was also a significant association between parenting style and stunting (p -value=0.000; OR= 16,333; 95% CI: 5,457–48,892), with the majority of respondents applying an authoritarian parenting style.

Conclusion: There was a significant association between early marriage and parenting practices and stunting among children aged 6–59 months in the working area of Patuk I Community Health Center. Stunting prevention efforts needed to be strengthened through education on delaying the age of marriage and strengthening appropriate parenting practices.

Keywords: stunting, early marriage, parenting style, under-five children.

**HUBUNGAN PERNIKAHAN DINI DAN POLA ASUH
DENGAN KEJADIAN STUNTING PADA BALITA
6-59 BULAN DI WILAYAH KERJA
PUSKESMAS PATUK I**

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ABSTRAK

Latar Belakang: Stunting merupakan masalah gizi kronis yang berdampak pada gangguan pertumbuhan dan perkembangan anak serta masih menjadi prioritas kesehatan di Indonesia. Wilayah kerja Puskesmas Patuk I termasuk daerah dengan prevalensi stunting 21,40%. Kejadian stunting dipengaruhi oleh berbagai faktor, di antaranya pernikahan dini dan pola asuh orang tua.

Tujuan: Mengetahui hubungan pernikahan dini dan pola asuh dengan kejadian stunting pada balita usia 6–59 bulan di wilayah kerja Puskesmas Patuk I.

Metode: Penelitian ini merupakan penelitian kuantitatif analitik observasional dengan pendekatan *cross-sectional*. Dilaksanakan pada bulan Juni 2026 di wilayah kerja Puskesmas Patuk I. Sampel berjumlah 56 ibu yang memiliki balita usia 6–59 bulan dan dipilih menggunakan *purposive sampling*. Data dikumpulkan melalui kuesioner dan data status stunting dari Buku KIA. Analisis data menggunakan uji *Chi-Square*.

Hasil: Terdapat hubungan antara pernikahan dini dengan kejadian stunting ($p\text{-value}=0,000$; OR=51,333; 95% CI: 7,239–364,033), di mana responden yang menikah pada usia dini cenderung memiliki balita yang mengalami stunting. Terdapat hubungan antara pola asuh dengan kejadian stunting ($p\text{-value}=0,000$; OR=16,333; 95% CI: 5,457–48,892), mayoritas responden menerapkan pola asuh *authoritarian*.

Kesimpulan: Terdapat hubungan yang bermakna antara pernikahan dini dan pola asuh dengan kejadian stunting pada balita usia 6–59 bulan di wilayah kerja Puskesmas Patuk I. Upaya pencegahan stunting perlu dilakukan melalui edukasi mengenai pendewasaan usia perkawinan dan penguatan praktik pengasuhan anak.

Kata kunci: stunting, pernikahan dini, pola asuh, balita.