

Berat Badan Lahir, Lama Pemberian ASI dan ASI Eksklusif Sebagai Faktor Risiko Kejadian Stunting Balita di Desa Langensari Kabupaten Semarang

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Stunting merupakan kondisi kronis yang menggambarkan terhambatnya pertumbuhan karena malnutrisi jangka panjang. Stunting didasarkan pada indeks panjang badan dibanding umur (PB/U) atau tinggi badan dibanding umur (TB/U) dengan batas (z-score) kurang dari -2 SD. Stunting pada balita perlu menjadi perhatian khusus karena dapat menghambat perkembangan fisik dan mental anak. Penelitian ini bertujuan untuk menganalisis berat badan lahir, lama pemberian ASI dan ASI eksklusif sebagai faktor risiko kejadian stunting balita.

Penelitian ini adalah penelitian observasional dengan desain *case control*. Penelitian dimulai dengan mengidentifikasi sampel dengan kondisi stunting dan tidak stunting, kemudian ditelusuri secara retrospektif untuk mengetahui faktor risiko balita stunting. Subjek penelitian balita usia 12–60 bulan dengan 32 kasus (stunting) dan 32 kontrol (tidak stunting) dengan menggunakan teknik *purposive sampling*. Data tinggi badan diperoleh melalui pengukuran menggunakan *microtoise / infantometer*. Data berat badan lahir diperoleh melalui buku KIA, data lama pemberian ASI dan ASI eksklusif diperoleh melalui wawancara. Data dianalisis menggunakan uji Chi Square.

Hasil penelitian menunjukkan bahwa balita stunting yang memiliki BBLR ditemukan sebanyak 31,2%. Balita stunting dengan lama pemberian ASI <24 bulan ditemukan sebanyak 68,8%, dan balita stunting dengan ASI non eksklusif ditemukan sebanyak 71,9%. Berat badan lahir tidak berhubungan dengan kejadian stunting balita ($p=0,06$). Lama pemberian ASI ($p=1,000$) dan ASI eksklusif ($p=0,784$) juga tidak berhubungan dengan kejadian stunting balita. Kesimpulannya yaitu berat badan lahir, lama pemberian ASI dan ASI eksklusif bukan merupakan faktor risiko kejadian stunting balita di Desa Langensari Kabupaten Semarang.

Kata Kunci: stunting, berat badan lahir, lama pemberian ASI, ASI eksklusif

Birth Weight, Duration of Breastfeeding, and Exclusive Breastfeeding as Risk Factors of Toddlers Stunting Incident at Langensari Village Semarang Regency

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Stunting is a chronic condition that represents stunted growth due to long-term malnutrition. Stunting is based on body length index over age (BLI / U) or height over age (H / A) with z-score less than -2 SD. Stunting in toddlers needs special attention because it can inhibit their physical and mental development. This study aims to analyze birth weight, duration of breastfeeding and exclusive breastfeeding as risk factors for toddlers stunting incident.

This research is a observational with case control design. The study was started by identifying samples with stunting and not stunting conditions, then retrospectively traced to determine the risk factors for stunting toddlers. Research subjects for toddlers aged 12–60 months with 32 cases (stunting) and 32 controls (not stunting) with purposive sampling technique. Body height data obtained through measurement using microtoise and infantometer. Birth weight data obtained through KIA book, duration of breastfeeding and exclusive breastfeeding were obtained through interviews. Data were analyzed using Chi Square test.

The results showed that stunting toddlers with low birth weight found 31,2%. Stunting toddlers with duration of breastfeeding <24 months found 68,8%, and stunting toddlers with non exclusive breastfeeding found 71,9%. Birth weight was not relate with stunting toddlers incident ($p=0,06$). The duration of breastfeeding ($p=1,000$) and exclusive breastfeeding ($p=0,784$) were also not relate with toddlers stunting incident. The conclusion is birth weight, duration of breastfeeding and exclusive breastfeeding were not risk factors for toddlers stunting incident at Langensari Village Semarang Regency.

Keywords: stunting, birth weight, duration of breastfeeding, exclusive breastfeeding