

ABSTRAK

HUBUNGAN BERAT BADAN LAHIR DAN PEMBERIAN ASI EKSKLUSIF DENGAN KEJADIAN STUNTING PADA BALITA USIA 12-59 BULAN DI PUSKESMAS PEGANDON KABUPATEN KENDAL

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Stunting merupakan permasalahan gizi yang berdampak serius terhadap kualitas Sumber Daya Manusia. *Stunting* bisa menyebabkan meningkatnya risiko kematian dan kesakitan serta terhambatnya pertumbuhan kemampuan motorik dan mental. Penelitian ini bertujuan untuk menganalisis berat badan lahir dan pemberian ASI Eksklusif dengan kejadian *stunting* di Puskesmas Pegandon, Kabupaten Kendal.

Penelitian ini merupakan penelitian kasus kontrol dengan pendekatan retrospektif. Sampel dipilih total sampling sebanyak 34 subjek untuk masing-masing kelompok. Data berat badan lahir dan pemberian ASI eksklusif diperoleh melalui wawancara menggunakan kuesioner. Analisis data menggunakan Chi-Square.

Hasil penelitian menunjukkan sebagian besar balita mempunyai berat badan lahir normal, pada balita *stunting* (76,5%) dan tidak *stunting* (91,2%). Riwayat pemberian ASI Eksklusif pada kelompok *stunting* lebih sedikit (17,6%) dibandingkan pada kelompok kontrol (58,8%). Tidak ada hubungan antara berat badan lahir dengan kejadian *stunting* pada balita usia 12-59 di Puskesmas Pegandon Kendal ($p=0,100$ OR=3,179). Ada hubungan yang bermakna antara pemberian ASI Eksklusif dengan kejadian *stunting* pada balita usia 12-59 bulan di Puskesmas Pegandon Kendal ($p=0,000$ OR=6,667). Balita yang tidak mendapat ASI Eksklusif berisiko 6,667 kali terkena *stunting*. Diharapkan ibu menyusui secara eksklusif agar tumbuh kembang balitanya optimal dan tidak *stunting*.

Kata Kunci: *stunting*, berat badan lahir, ASI Eksklusif

ABSTRACT

HEAVY RELATIONSHIP BIRTH AND EXCLUSIVE ASSEMBLING WITH STUNTING EVENTS IN THE AGE OF 12-59 MONTHS IN PUSKESMAS PEGANDON KENDAL DISTRICT

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Stunting is a nutritional problem that has a serious impact on the quality of Human Resources. Stunting can lead to an increased risk of death and morbidity as well as impaired growth in motor and mental abilities. This study aims to analyze birth weight and exclusive breastfeeding with stunting events at Pegandon Community Health Center, Kendal District.

This is a case-control study with a retrospective approach. Samples selected total sampling of 34 subjects for each group. Birth weight data and exclusive breastfeeding were obtained through interviews using questionnaires. Data analysis using Chi-Square.

The results showed that most children under five had normal birth weight, on stunting children (76.5%) and no stunting (91.2%). The history of exclusive breastfeeding in the stunting group was fewer (17.6%) than in the control group (58.8%). There was no association between birth weight and stunting incidence in children aged 12-59 at Pegandon Kendal Community Health Center ($p = 0,100$ OR = 3,179). There was a significant relationship between exclusive breastfeeding and stunting incidence in children aged 12-59 months at Pegandon Kendal Community Health Center ($p = 0,000$ OR = 6,667). Toddlers who are not exclusively breastfed are 6.667 times exposed to stunting. It is hoped that nursing mothers exclusively for optimal growth of babies and not stunting.

Keywords: stunting, birth weight, Exclusive breastfeeding



Stunting is a nutritional problem that has a serious impact on the quality of Human Resources (HR). Stunting can lead to an increased risk of death and morbidity as well as impaired growth in motor and mental abilities. This study aims to analyze birth weight and exclusive breastfeeding with stunting events at Pegandon Community Health Center, Kendal District.

This research is a case control study with retrospective approach. Samples selected total sampling of 34 subjects for each group. Birth weight data and exclusive breastfeeding were obtained through interviews using kuesoiner. Data analysis included univariate and bivariate using Chi-Square.

The result of bivariate analysis showed no correlation between birth weight and stunting incidence in children aged 12-59 at Pegandon Kendal health center ($p = 0,100$ OR = 3,179). While analysis of exclusive breastfeeding relationship with stunting event ($p = 0,000$ OR = 6,667), so there is a significant relationship between exclusive breastfeeding and stunting events. Toddlers who are not exclusively breastfed are 6.667 times exposed to stunting.

The conclusion of this research is that there is a relationship between exclusive breastfeeding and stunting events.

Keywords: stunting, birth weight, Exclusive breastfeeding

