

## ABSTRAK

### **Hubungan Pola Asuh Orang Tua dengan Kejadian Stunting pada Balita Usia 24–59 Bulan di Desa Manistutu Banjar Katulampa**

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Latar Belakang: Stunting merupakan masalah gizi kronis yang menghambat pertumbuhan fisik dan perkembangan kognitif anak. Di Manistutu Banjar Katulampa, Kabupaten Jembrana, prevalensi stunting pada balita usia 24–59 bulan mencapai 84,8%, menjadikannya lokasi prioritas penanganan. Pola asuh orang tua diduga menjadi salah satu faktor penyebab. Tujuan: Menganalisis hubungan antara pola asuh orang tua dan kejadian stunting pada balita. Metode: Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan cross-sectional. Sampel terdiri dari 66 orang tua balita yang dipilih melalui total sampling. Data dikumpulkan menggunakan kuesioner pola asuh dan pengukuran antropometri, lalu dianalisis secara univariat dan bivariat dengan uji Spearman Rank. Hasil: Sebagian besar responden menerapkan pola asuh otoriter (71,2%), sementara 28,8% menerapkan pola asuh demokratis. Sebanyak 84,8% balita mengalami stunting. Analisis statistik menunjukkan hubungan signifikan antara pola asuh dan stunting ( $p = 0,000$ ;  $r = -0,478$ ), di mana pola asuh otoriter meningkatkan risiko stunting, sedangkan pola asuh demokratis berperan sebagai faktor protektif. Kesimpulan: Pola asuh orang tua berpengaruh signifikan terhadap kejadian stunting. Edukasi tentang pengasuhan yang baik perlu ditingkatkan untuk mencegah stunting di wilayah ini.

Kata Kunci: Balita, pola asuh, *stunting*

## ABSTRACT

### *The Relationship Between Parenting Styles and Stunting Incidence Among Children Aged 24–59 Months in manistutu vilage Banjar katulampa*

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*Background: Stunting is a chronic nutritional problem that impairs physical growth and cognitive development in children. In Banjar Katulampa Village, Jembrana Regency, the prevalence of stunting among children aged 24–59 months reaches 84.8%, making it a priority area for intervention. Parenting styles are suspected to be one of the contributing factors. Objective: To analyze the relationship between parenting styles and stunting incidence in children. Methods: This study employed a descriptive-analytic design with a cross-sectional approach. The sample consisted of 66 parents of toddlers selected through total sampling. Data were collected using parenting style questionnaires and anthropometric measurements, then analyzed using univariate and bivariate methods with the Spearman Rank test. Results: Most respondents applied authoritarian parenting (71.2%), while 28.8% practiced democratic parenting. Stunting was found in 84.8% of the children. Statistical analysis revealed a significant relationship between parenting styles and stunting ( $p = 0.000$ ;  $r = -0.478$ ). Authoritarian parenting was associated with increased stunting risk, whereas democratic parenting served as a protective factor. Conclusion: Parenting styles significantly influence stunting incidence. Efforts to improve parental education on positive child-rearing practices are essential for stunting prevention in this region. Keywords: Parenting styles, stunting, toddlers*