

ABSTRAK

ANALISIS FAKTOR RISIKO KEJADIAN *STUNTING* PADA BALITA DI WILAYAH KERJA PUSKESMAS MUTURI

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Pada saat ini prioritas pemerintah dalam mengurangi angka kejadian *stunting* yaitu fokus terhadap 1000 hari awal kehidupan, karena pemberian zat gizi selama seribu hari dimulai dari masa konsepsi hingga anak berumur dua tahun merupakan masa kritis bagi kesehatan, kesejahteraan dan kesuksesan anak pada masa mendatang. Penelitian ini bertujuan untuk mengetahui faktor resiko kejadian *stunting* pada balita usia 2-3 tahun di wilayah kerja Puskesmas Muturi tahun 2026. Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Sampel terdiri dari ibu yang memiliki balita usia 2-3 tahun sebanyak 95 orang yang memenuhi kriteria inklusi dan eksklusi yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan melalui kuesioner dan rekam medis. Analisis data menggunakan uji *Chi-Square* dan *Spearman's rho*. Analisis menunjukkan bahwa hubungan status gizi balita terhadap resiko kejadian *stunting* adalah $0.01 < 0.05$ (OR = 14.286; 95% CI = 2.071 – 98.525). Hubungan riwayat penyakit infeksi terhadap resiko kejadian *stunting* adalah $0.016 < 0.05$ (OR = 1.872; 95% CI = 1.540 – 2.276) dan hubungan status ekonomi keluarga terhadap resiko kejadian *stunting* adalah $0.006 < 0.05$ (OR = 3.405; 95% CI = 0.961 – 12.061). Faktor risiko dominan penyebab *stunting* adalah status gizi balita, riwayat penyakit infeksi dan status ekonomi keluarga yang rendah. Upaya pencegahan *stunting* memerlukan intervensi spesifik dan sensitif, seperti peningkatan edukasi gizi bagi ibu hamil serta perbaikan fasilitas pelayanan kesehatan.

Kata kunci : Balita; Faktor Risiko; Kejadian *Stunting*

ABSTRACT

RISK FACTOR ANALYSIS OF STUNTING AMONG CHILDREN UNDER FIVE IN THE WORKING AREA OF THE MUTURI COMMUNITY HEALTH CENTER

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The current government strategy to reduce stunting prevalence prioritizes the first 1,000 days of life, given that adequate nutrition from conception to age two is crucial for long-term child health, well-being, and success. This study aims to determine the risk factors associated with the incidence of stunting among toddlers aged 2–3 years in the working area of the Muturi Health Center in 2026. This study employed an analytical observational design with a cross-sectional approach. The sample consisted of 95 mothers of toddlers aged 2–3 years who met the inclusion and exclusion criteria, selected using a purposive sampling technique. Data were collected through questionnaires and medical records. Data analysis was performed using the Chi-Square test and Spearman's rho. The analysis showed that the relationship between the toddler's nutritional status and the risk of stunting was significant with a p-value of $0.01 < 0.05$ {(OR)= 14.286; 95% CI= 2.071 - 98.525}. The relationship between a history of infectious diseases and the risk of stunting was also significant at $0.016 < 0.05$ {(OR)= 1.872; 95% CI= 1.540 - 2.276}, and the family's economic status was significantly related to the risk of stunting at $0.006 < 0.05$ {(OR= 3.405; 95% CI = 0.961 - 12.061}. The dominant risk factors causing stunting are the toddler's nutritional status, a history of infectious diseases, and low family economic status. Efforts to prevent stunting require both specific and sensitive interventions, such as improving nutritional education for pregnant women and enhancing healthcare service facilities.

Keywords: Children under five; Risk Factors; Stunting.