

## ABSTRAK

### KEJADIAN *STUNTING* DAN FAKTOR RISIKO

Studi Kasus Kontrol pada Anak Balita di Wilayah Kerja Puskesmas Simarmata  
Kecamatan Simanindo Kabupaten Samosir Tahun 2022

**Harry M Damanik, Myrnawati Crie Handini, Frida Lina Tarigan**

**Latar Belakang:** Studi Status Gizi Indonesia (SSGI) tahun 2021 melaporkan, Provinsi Sumatera Utara merupakan urutan 17 tertinggi prevalensi balita *stunted* dengan angka 25,8%. Prevalensi balita *stunted* di Kabupaten Samosir yaitu sebesar 28,4%. (Kemenkes RI, 2021). **Metode Penelitian:** Penelitian ini merupakan penelitian analitik observasional dengan desain studi kasus-kontrol (*case-control study*). Adapun responden dalam penelitian ini adalah balita usia 0-59 bulan di wilayah kerja Puskesmas Simarmata dengan jumlah kelompok kasus sebanyak 40 responden dan kelompok kontrol sebanyak 80 responden. **Hasil:** Uji *Chi-Square* menunjukkan ASI Eksklusif berpengaruh signifikan terhadap *stunting* ( $p=0.02$ ) OR=2.414 95%CI=1.091-5.341, tinggi badan ibu tidak berpengaruh signifikan terhadap *stunting* ( $p=0.76$ ) OR=0.231 95%CI=0.040-1.318, BBLR berpengaruh signifikan terhadap *stunting* ( $p=0.002$ ) OR=0.072 95%CI=0.008-0.619, jarak kelahiran tidak berpengaruh signifikan terhadap *stunting* ( $p=1.0$ ) OR=1.0 95%CI=0.317-3.151. **Kesimpulan:** ASI Eksklusif dan BBLR berpengaruh secara signifikan terhadap kejadian *stunting*. Hasil uji regresi logistik ganda menunjukkan faktor risiko paling dominan terjadinya *stunting* di Wilayah Kerja Puskesmas Simarmata adalah BBLR, dimana anak dengan riwayat berat badan rendah mempunyai risiko terkena *stunting* 43 kali dibanding anak yang tidak riwayat berat badan lahir rendah. ( $p=0.003$ ) OR=43.00 95%CI=3.563-519.05. Puskesmas Simarmata telah membuat program pencegahan dan penurunan angka kejadian *Stunting* berupa deteksi dini ibu hamil dengan Kurang Energi Kronik (KEK), Pengawasan pemberian makan tambahan (PMT) pada ibu hamil yang mengalami KEK, melakukan edukasi kepada ibu hamil dan ibu menyusui tentang cara mengolah makanan protein tinggi, dan melakukan edukasi tentang cara dan teknik pemberian ASI Eksklusif yang benar kepada ibu hamil.

**Kata Kunci:** *Stunting*, BBLR, ASI Eksklusif, tinggi badan ibu, jarak kehamilan

## ABSTRACT

### STUNTING INCIDENCE AND RISK FACTORS

Case Control Study on Toddlers in the Work Area of the Puskesmas Simarmata,  
Simanindo District, Samosir Regency in 2022

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**Background:** The 2021 Indonesian Nutrition Status Study (SSGI) reports that North Sumatra Province is in the 17th highest prevalence of stunted toddlers with a rate of 25.8%. The prevalence of stunted toddlers in Samosir Regency is 28.4%. (RI Ministry of Health, 2021). **Method:** This research is an observational analytic research with a case-control study design. The respondents in this study were toddlers aged 0-59 months in the working area of the Simarmata Health Center with a total of 40 case groups and a control group of 80 respondents. **Results:** The Chi-Square test showed that exclusive breastfeeding had a significant effect on stunting ( $p=0.02$ )  $OR=2.414$   $95\%CI=1.091-5.341$ , mother's height had no significant effect on stunting ( $p=0.76$ )  $OR=0.231$   $95\%CI=0.040-1.318$ , LBW had a significant effect on stunting ( $p=0.002$ )  $OR=0.072$   $95\%CI=0.008-0.619$ , birth spacing had no significant effect on stunting ( $p=1.0$ )  $OR=1.0$   $95\%CI=0.317-3.151$ . **Conclusion:** Exclusive breastfeeding and LBW have a significant effect on the incidence of stunting. The results of the multiple logistic regression test showed that the most dominant risk factor for stunting in the Simarmata Health Center Work Area was LBW, where children with a history of low birth weight had a risk of stunting 43 times compared to children who did not have a history of low birth weight. ( $p=0.003$ )  $OR=43.00$   $95\%CI=3.563-519.05$ . The Simarmata Health Center has created a program to prevent and reduce the incidence of stunting in the form of early detection of pregnant women with Chronic Energy Deficiency (KEK), Supervision of supplementary feeding (PMT) for pregnant women who experience CED, educating pregnant women and breastfeeding mothers about how to process food high protein, and provide education on the correct ways and techniques of exclusive breastfeeding to pregnant women.

**Keywords:** Stunting, low birth weight, exclusive breastfeeding, mother's height, interval between pregnancies