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## **HUBUNGAN PENGETAHUAN IBU TENTANG GIZI BALITA DAN PEMBERIAN ASI EKSKLUSIF DENGAN *STUNTING* DI PUSKESMAS LEYANGAN PADA TAHUN 2020**

### **ABSTRAK**

**Latar Belakang :** WHO (2018) prevalensi balita stunting di Indonesia berada pada peringkat ketiga di *South- East Asian Region* sebesar 36,4% belum mencapai target dunia 20%. Sedangkan di Jawa Tengah (2019) sebesar 34,4% dan di Puskesmas Leyangan sebesar 19,5%. Pengetahuan ibu yang kurang tentang gizi balita dan status pemberian ASI eksklusif akan mempengaruhi cara pemberian makanan pada balita yang menyebabkan stunting. Tujuan penelitian untuk mengetahui hubungan pengetahuan ibu tentang gizi balita dan pemberian ASI Eksklusif dengan *stunting* di Puskesmas Leyangan tahun 2020.

**Metode :** Desain penelitian *analitik observasional* dengan pendekatan *case control* Populasi adalah seluruh ibu yang memiliki balita usia 24-59 bulan sejumlah 110 ibu. Sampel sebanyak 104 responden dengan perbandingan 1:1 secara *Fixed-Disease Sampling*. Instrumen penelitian menggunakan kuesioner dan master tabel untuk tinggi badan dan berat badan balita. Analisis data menggunakan analisis univariat dengan distribusi frekuensi dan analisis bivariat menggunakan *chi square*.

**Hasil :** Analisa univariat pengetahuan ibu tentang gizi balita pada kelompok kasus sebagian besar kurang (65,4%) sedangkan kelompok kontrol sebagian besar baik (73,1%), pada kelompok kasus sebagian besar tidak memberikan ASI Eksklusif (88,5%) sedangkan pada kelompok kontrol sebagian besar memberikan ASI Eksklusif (80,5%). Analisis bivariat ada hubungan yang signifikan antara pengetahuan ibu tentang gizi balita dan pemberian ASI Eksklusif dengan *stunting* ( $p < 0,001$ , OR = 138.429, CI 95% = 17.437 s/d 1098.974) ( $p < 0,001$ , OR = 32.200, CI 95% = 10.771s/d 96.267).

**Simpulan :** Pengetahuan ibu yang kurang dan tidak memberikan ASI Eksklusif meningkatkan resiko terjadi stunting. Perlu adanya pendidikan kesehatan tentang manfaat pemberian gizi seimbang dengan menu empat bintang (karbohidrat, protein nabati, protein hewani, sayur dan buah) pada ibu yang memiliki balita.

**Kata kunci :** Pengetahuan gizi balita, ASI Eksklusif, *Stunting*

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***ASSOCIATIONS BETWEEN MOTHER'S KNOWLEDGE ABOUT CHILDHOOD NUTRITION AND EXCLUSIVE BREASTFEEDING WITH STUNTING AT LEYANGAN PUSKESMAS IN 2020***

**ABSTRACT**

**Background:** WHO (2018) the prevalence of children under five with stunting in Indonesia is ranked third in the South-East Asian Region of 36.4%, yet it has not reached the world target of 20%. Meanwhile, in Central Java (2019) it was 34.4% and Leyangan Community Health Center 19.5%. Poor knowledge of mothers about toddler nutrition and exclusive breastfeeding status will affect how to feed toddlers, leading to stunting. The research objective was to determine the relationship between maternal knowledge about toddler nutrition and exclusive breastfeeding and stunting at the Leyangan Health Center in 2020.

**Methods:** Observational analytic study design with a case control approach. The population was all mothers who had children aged 24-59 months with a total of 110 mothers. The sample consisted of 104 respondents with a ratio of 1: 1 by Fixed-Disease Sampling. The research instrument used a questionnaire and master table for height and weight of toddlers. Data analysis used univariate analysis with frequency distribution and bivariate analysis using chi square.

**Results:** Univariate analysis of maternal knowledge on nutrition of children under five in the case group was mostly lacking (65.4%) while the control group was mostly good (73.1%), most of the cases in the case group did not provide exclusive breastfeeding (88.5%) while in the control group most of them gave exclusive breastfeeding (80.5%). In bivariate analysis, there was a significant relationship between maternal knowledge about toddler nutrition and exclusive breastfeeding and stunting ( $p < 0.001$ , OR = 138.429, 95% CI = 17.437 to 1098,974) ( $p < 0.001$ , OR = 32,200, 95% CI = 10,771s / d 96,267).

**Conclusion:** Mother's lack of knowledge and not giving exclusive breastfeeding increases the risk of stunting. There is a need for health education on the benefits of providing balanced nutrition with a four-star menu (carbohydrates, vegetable protein, animal protein, vegetables and fruit) for mothers with toddlers.

**Keywords:** Knowledge of toddler nutrition, exclusive breastfeeding, *stunting*