

ABSTRAK

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STUDI FENOMENOLOGI STUNTING PADA BALITA 24-59 BULAN DI WILAYAH KERJA PUSKESMAS TLOGOMULYO KABUPATEN TEMANGGUNG

ABSTRAK

Latar Belakang Stunting merupakan suatu kondisi gagal pertumbuhan pada anak yang menyangkut pertumbuhan secara fisik maupun intelektual yang disebabkan akibat kekurangan gizi dalam jangka waktu yang lama. Penyebab terjadinya stunting di Temanggung adalah masih kurangnya kesadaran masyarakat untuk mengonsumsi makanan yang tinggi protein dan gizi. Tujuan dari penelitian ini untuk mengetahui fenomena kejadian stunting pada balita 24- 59 bulan di Wilayah Kerja Puskesmas Tlogomulyo.

Metode Penelitian ini merupakan penelitian diskriptif kualitatif dengan pendekatan fenomenologi. Populasi dari penelitian ini 145 ibu balita stunted dan sampel berjumlah 3 ibu balita stunting yang memenuhi kriteria inklusi, 2 Bidan Desa, 3 Kader Posyandu, dan 1 Pemegang Program Gizi. Tehnik sampling menggunakan tehnik purposive sampling. Pengumpulan data dengan wawancara mendalam, observasi dan dokumentasi. Analisa data dengan tehnik Miles & Huberman.

Hasil Gambaran fenomena kejadian stunting pada balita 24-59 bulan di Wilayah Kerja Puskesmas Tlogomulyo yaitu 3 balita yang dikategorikan stunting sudah mendapatkan diagnosa dari Dokter Spesialis Anak. Hal yang berkaitan dengan kejadian stunting yaitu penambahan berat badan ibu saat hamil, hiperemesis gravidarum, dan konsumsi teh/ kopi ibu selama hamil, pengetahuan ibu tentang gizi dan Praktik Pemberian Makan pada Bayi dan Anak (jumlah, frekuensi, jadwal makan) tetapi berpantang makan saat hamil, pengasuh, dan ASI eksklusif tidak berkaitan dengan kejadian stunting

Simpulan Beberapa hal yang berkaitan dengan kejadian stunting berupa penambahan BB saat hamil, hiperemesis gravidarum, konsumsi teh/kopi selama hamil, pengetahuan ibu tentang gizi dan Praktik Pemberian Makan pada Bayi dan Anak .

Saran Peneliti menyarankan untuk seluruh masyarakat terutama ibu hamil harus memperhatikan gizi saat hamil dan setelah bayi lahir harus diberikan MP ASI dengan menu 4 bintang sesuai dengan umur untuk meminimalisir kejadian stunting.

Kata Kunci Stunting, balita, gizi ibu hamil

ABSTRACT

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PHENOMENOLOGY STUDY OF STUNTING IN TODDLERS 24-59 MONTHS IN THE WORKING AREA OF PUSKESMAS TLOGOMULYO, TEMANGGUNG DISTRICT

ABSTRACT

Background Stunting is a condition of growth failure in children which involves physical and intellectual growth caused by malnutrition in the long term. The cause of stunting in Temanggung is the lack of public awareness to consume foods that are high in protein and nutrition. The purpose of this study was to determine the phenomenon of stunting in toddlers aged 24-59 months in the Working Area of the Tlogomulyo Health Center.

This research method is a qualitative descriptive research with a phenomenological approach. The population of this study was 145 stunted toddler mothers and the sample was 3 stunted toddler mothers who met the inclusion criteria. The sampling technique uses a purposive sampling technique. Data collection by in-depth interviews, observation and documentation. Data analysis with Miles & Huberman technique.

The results of the description of the phenomenon of stunting in toddlers aged 24-59 months in the Working Area of the Tlogomulyo Health Center, namely 3 toddlers who are categorized as stunted have received a diagnosis from a Pediatrician, 2 Village Midwives, 3 Posyandu Cadres, and 1 Nutrition Program Holder. Matters related to the incidence of stunting are the mother's weight gain during pregnancy, hyperemesis gravidarum, and the mother's consumption of tea/coffee during pregnancy, the mother's knowledge about nutrition and the Practice of Feeding Infants and Children (amount, frequency, meal schedule) but abstaining from food during pregnancy, caregivers, and exclusive breastfeeding are not related to stunting Conclusion Several things related to the incidence of stunting include weight gain during pregnancy, hyperemesis gravidarum, consumption of tea/coffee during pregnancy, mother's knowledge about nutrition and feeding practices for infants and children.

Researchers suggest that the whole community, especially pregnant women, should pay attention to nutrition during pregnancy and after the baby is born, they should be given MP ASI with a 4 star menu according to age to minimize the incidence of stunting.

Keywords Stunting, toddlers, nutrition of pregnant women

