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HUBUNGAN PERILAKU KELUARGA SADAR GIZI (KADARZI) DAN SANITASI LINGKUNGAN DENGAN KEJADIAN STUNTING PADA BADUTA USIA 6-23 BULAN DI KECAMATAN BANSARI KABUPATEN TEMANGGUNG.

ABSTRAK

Latar Belakang : Perilaku KADARZI berhubungan dengan kejadian stunting pada baduta, keluarga yang memiliki tingkat pelaksanaan KADARZI yang kurang baik dapat meningkatkan risiko kejadian stunting sebanyak 20,6 kali, dan Sanitasi lingkungan yang tidak layak juga berkaitan dengan terjadinya stunting pada balita, tidak memiliki jamban sehat akan berisiko 3,438 kali, serta sanitasi pembuangan air limbah rumah tangga yang tidak memenuhi lebih berisiko 3,124 kali. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara perilaku keluarga sadar gizi (KADARZI) dan sanitasi lingkungan dengan kejadian stunting pada baduta usia 6-23 bulan di Kecamatan Bansari Kabupaten Temanggung.

Metode : Menggunakan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan proposional sampling sebanyak 85 baduta. Pengambilan data dengan kuesioner sanitasi lingkungan dan kuesioner KADARZI, pengukuran PB, dan observasi. Lokasi penelitian di Kecamatan Bansari Kabupaten Temanggung, yang dilakukan pada Juni 2023. Analisis data menggunakan uji chi-square ($\alpha = 0,05$)

Hasil : Prevalensi Stunting di Kecamatan Bansari sebesar 25.9%, dari semua sampel sebanyak 68.2% belum menerapkan KADARZI serta sebanyak 71.8% masuk dalam kategori lingkungan tidak sehat. Hasil uji terdapat hubungan antara perilaku KADARZI serta menjadi factor protektif ($p = 0.033$, $OR = 0.340$) dan terdapat hubungan antara sanitasi lingkungan serta menjadi factor protektif ($p = 0.038$, $OR = 0.343$) dengan kejadian stunting pada baduta usia 6-23 bulan Di Kecamatan Bansari Kabupaten Temanggung

Simpulan : Terdapat hubungan antara perilaku keluarga sadar gizi (KADARZI) dan sanitasi lingkungan dengan kejadian stunting pada baduta usia 6-23 bulan Di Kecamatan Bansari Kabupaten Temanggung.

Kata Kunci : Perilaku KADARZI, Sanitasi Lingkungan, Stunting, dan Baduta

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THE RELATIONSHIP BETWEEN NUTRITION-AWARE FAMILY BEHAVIOR (KADARZI) AND ENVIRONMENTAL SANITATION WITH THE INCIDENCE OF STUNTING IN UNDER-FIVES AGED 6-23 MONTHS IN BANSARI SUB-DISTRICT, TEMANGGUNG DISTRICT.

ABSTRACT

Background: KADARZI behavior is related to the incidence of stunting in under-fives, families who have a poor level of KADARZI implementation can increase the risk of stunting by 20.6 times, and inadequate environmental sanitation is also related to stunting in under-fives, not having a healthy toilet will risk 3.438 times, and household wastewater disposal sanitation that does not meet more risk 3.124 times. The purpose of this study was to determine the relationship between nutrition-aware family behavior (KADARZI) and environmental sanitation with the incidence of stunting in under-fives aged 6-23 months in Bansari District, Temanggung Regency.

Methods: Using a cross sectional approach. The sampling technique used propotional sampling of 85 infants. Data were collected using environmental sanitation questionnaire and KADARZI questionnaire, PB measurement, and observation. The research location was in Bansari District, Temanggung Regency, which was conducted in June 2023. Data analysis using chi-square test ($\alpha = 0.05$).

Results: The prevalence of stunting in Bansari District was 25.9%, of all samples as many as 68.2% had not implemented KADARZI and as many as 71.8% were in the category of unhealthy environment. The test results show that there is a relationship between KADARZI behavior and being a protective factor ($p = 0.033$, $OR = 0.340$) and there is a relationship between environmental sanitation and being a protective factor ($p = 0.038$, $OR = 0.343$) with the incidence of stunting in under-fives aged 6-23 months in Bansari District, Temanggung Regency.

Conclusion: There is a relationship between nutrition-aware family behavior (KADARZI) and environmental sanitation with the incidence of stunting in under-fives aged 6-23 months in Bansari District, Temanggung Regency.

Keywords: KADARZI Behavior, Environmental Sanitation, Stunting, and Under-five Children