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“HUBUNGAN PENGETAHUAN IBU TENTANG *STUNTING* DENGAN PERILAKU IBU DALAM PENCEGAHAN *STUNTING* PADA BADUTA (BAWAH DUA TAHUN) DI WILAYAH KERJA PUSKESMAS BONANG 1”

ABSTRAK

Latar belakang: *Stunting* adalah kondisi dimana anak mengalami gangguan pertumbuhan sehingga menyebabkan tubuhnya lebih pendek dimana penyebab utamanya adalah kekurangan nutrisi. *Stunting* merupakan salah satu masalah kesehatan di Desa Morodemak, tingginya kasus *stunting* dipengaruhi oleh perilaku ibu dalam memberikan makanan pada anak tidak terlalu memperdulikan gizi yang dikonsumsi anaknya namun hanya memperdulikan anak kenyang dengan makanan yang dikonsumsi. Pengetahuan ibu dapat mempengaruhi perilaku pencegahan *stunting* sehingga peran ibu sangat penting dalam menurunkan angka kejadian *stunting*.

Tujuan: Untuk mengetahui hubungan pengetahuan ibu tentang *stunting* dengan perilaku ibu dalam pencegahan *stunting* pada baduta (bawah dua tahun) di wilayah kerja Puskesmas Bonang 1.

Metode: Menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah semua ibu yang memiliki anak usia 7-23 bulan di seluruh posyandu Desa Morodemak wilayah kerja Puskesmas Bonang 1 yang berjumlah 154 orang. Sampel dipilih menggunakan teknik *proporsional random sampling* melibatkan 61 ibu yang memiliki anak usia 7-23 bulan. Alat pengumpulan data menggunakan kuesioner yang telah teruji validitas dan reliabilitasnya.

Hasil: Hasil penelitian ini menunjukkan, hampir setengah pengetahuan ibu tentang *stunting* baik berjumlah 22 responden (35,5%), dan hampir setengah perilaku ibu dalam pencegahan *stunting* baik berjumlah 32 responden (51,6%). Hasil *uji rank spearman's rho* diperoleh $p\text{-value} = 0,000$ ($<0,05$) yang artinya terdapat hubungan pengetahuan ibu tentang *stunting* dengan perilaku ibu dalam pencegahan *stunting* pada baduta (bawah dua tahun) di wilayah kerja Puskesmas Bonang 1.

Kesimpulan: Ada hubungan pengetahuan ibu tentang *stunting* dengan perilaku ibu dalam pencegahan *stunting* pada baduta (bawah dua tahun) di wilayah kerja Puskesmas Bonang 1. Saran bagi petugas puskesmas ataupun instansi kesehatan dapat lebih sering memberikan pendidikan kesehatan bagi para ibu yang mempunyai anak baduta khususnya dan pada masyarakat khususnya untuk lebih meningkatkan pengetahuan masyarakat tentang kesehatan.

Kata kunci: Pengetahuan ibu, Perilaku pencegahan *stunting*, Baduta

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"The RELATIONSHIP OF MOTHER'S KNOWLEDGE ABOUT STUNTING AND MOTHER'S BEHAVIOR IN PREVENTING STUNTING IN ADULTS (UNDER TWO YEARS) IN THE WORKING AREA OF BONANG 1 PUSKESMAS"

ABSTRACT

Background: Stunting is a condition where a child experiences growth disorders, causing his body to be shorter, where the main cause is a lack of nutrition. Stunting is one of the health problems in Morodemak Village, the high number of stunting cases is influenced by the behavior of mothers in giving food to children, not really caring about the nutrition their children consume but only caring that the children are full with the food they consume. Mother's knowledge can influence stunting prevention behavior so that the mother's role is very important in reducing the incidence of stunting.

Objective: To determine the relationship between maternal knowledge about stunting and maternal behavior in preventing stunting in toddlers (under two years) in the working area of Bonang 1 Community Health Center.

Method: Using quantitative methods with a cross sectional design. The population in this study were all mothers who had children aged 7-23 months in all posyandu in Morodemak Village in the working area of Bonang 1 Community Health Center, totaling 154 people. The sample was selected using a proportional random sampling technique involving 61 mothers who had children aged 7-23 months. The data collection tool uses a questionnaire whose validity and reliability have been tested.

Results: The results of this study show that almost half of mothers' knowledge about stunting is good, numbering 22 respondents (35,5%), and almost half of mothers' behavior in preventing stunting is good, numbering 32 respondents (51,6%). The results of the Spearman's rho rank test obtained p-value = 0.000 (<0.05), which means that there is a relationship between maternal knowledge about stunting and maternal behavior in preventing stunting in toddlers (under two years) in the Bonang 1 Community Health Center working area.

Conclusion: There is a relationship between mother's knowledge about stunting and mother's behavior in preventing stunting in toddlers (under two years) in the working area of the Bonang Community Health Center. 1. Suggestions for community health center officers or health agencies can provide health education more often for mothers who have toddler children in particular and in community in particular to further increase public knowledge about health.

Keywords: Mother's knowledge, stunting prevention behavior, baduta