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**Hubungan Antara Perilaku Keluarga Sadar Gizi (KADARZI) dengan
Kejadian Stunting pada Balita Usia 24-59 Bulan di Kelurahan Pantai Amal
Kota Tarakan**

ABSTRAK

Latar Belakang : Stunting adalah kondisi gagal tumbuh pada balita akibat kekurangan gizi kronis, terutama dalam 1.000 Hari Pertama Kehidupan (HPK). Puskesmas Pantai Amal, sebagai salah satu dari enam puskesmas di Tarakan, mencatat prevalensi stunting tertinggi, yaitu 10.9% pada tahun 2024, 10.6% (92 balita) pada April 2025.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan perilaku keluarga sadar gizi (KADARZI) dengan kejadian stunting pada balita usia 24-59 bulan di Kelurahan Pantai Amal Kota Tarakan

Metode : Penelitian ini menggunakan desain *cross sectional*. Sampel diambil menggunakan teknik purposive sampling sebanyak 79 responden. Data dikumpulkan menggunakan kuesioner.

Hasil : Penelitian ini menunjukkan, ditemukan bahwa 56 responden (70,9%) memiliki perilaku KADARZI, sedangkan 23 responden (29,1%) tidak memiliki perilaku KADARZI. Sebanyak 54,4% balita status gizi normal dan 45,6% stunting. Berdasarkan uji statistik Chi-Square, diperoleh hasil bahwa terdapat hubungan antara perilaku KADARZI dengan kejadian stunting pada balita usia 24-59 bulan di Kelurahan Pantai Amal Kota Tarakan (p -value = 0,001).

Kesimpulan : Hasil ini mengindikasikan bahwa perilaku keluarga sadar gizi yang baik dapat mengurangi risiko stunting pada balita. Kesimpulan dari penelitian ini terdapat hubungan perilaku keluarga sadar gizi (KADARZI) dan kejadian stunting pada balita usia 24-59 bulan di Kelurahan Pantai Amal Kota Tarakan

Kata Kunci : Perilaku, Kadarzi, Stunting
Daftar Pustaka : 40 (2015-2025)

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ABSTRACT

The Relationship Between Family Nutrition Awareness Behavior (KADARZI) and Stunting in Toddlers Aged 24-59 Months in Pantai Amal Village, Tarakan City

Background: Stunting is a condition of growth failure in toddlers caused by chronic malnutrition, particularly within the first 1,000 days of life. Pantai Amal Community Health Center (Puskesmas Pantai Amal), one of six such centers in Tarakan, recorded the highest stunting prevalence, at 10.9% in 2024 and 10.6% (92 toddlers) in April 2025.

Objective: This study aims to determine the relationship between Family Nutrition Awareness (KADARZI) behavior and the incidence of stunting in children aged 24-59 months in the working area of Pantai Amal Health Center, Tarakan City.

Method: This research employed a cross-sectional design. A total of 79 respondents were selected using a purposive sampling technique. Data was collected using questionnaires.

Results: The study found that 56 respondents (70.9%) exhibited KADARZI behavior, while 23 respondents (29.1%) did not. Of the toddlers, 54.4% had a normal nutritional status and 45.6% were stunted. Based on the Chi-Square statistical test, the results showed that a relationship exists between KADARZI behavior and the incidence of stunting in toddlers aged 24-59 months in Pantai Amal Village, Tarakan City (p -value = 0.001).

Conclusion: These findings indicate that good family nutrition awareness behavior can reduce the risk of stunting in toddlers. The conclusion of this study is that there is a relationship between family nutrition awareness behavior (KADARZI) and the incidence of stunting in toddlers aged 24-59 months in Pantai Amal Village, Tarakan City.

Keywords : Behavior, Kadarzi, Stunting

References : 40 (2015-2025)