

**PROGRAM STUDI S1 GIZI
FAKULTAS ILMU KESEHATAN
UNIVERSITAS NGUDI WALUYO SEMARANG**

ABSTRAK

**HUBUNGAN TINGKAT PENGETAHUAN IBU, POLA ASUH DAN ASI EKSKLUSIF
DENGAN KEJADIAN STUNTING DI PUSKESMAS TANJUNG SELOR KABUPATEN
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Latar belakang: Masalah Stunting pada balita masih menjadi kesehatan masyarakat, terutama akibat Pengetahuan, pola asuh dan Asi eksklusif. Kondisi ini banyak terjadi di wilayah kerja Puskesmas Tanjung Selor yang memiliki prevalensi stunting yang cukup tinggi.

Tujuan: Mengetahui hubungan tingkat pengetahuan ibu, Pola asuh dan asi eksklusif dengan kejadian stunting di puskesmas Tanjung selor.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross sectional. Sampel sebanyak 40 balita dipilih menggunakan teknik Nonprobability sampling. Data dikumpulkan melalui kuesioner dan pengukuran antropometri, kemudian dianalisis secara univariat dan bivariat.

Hasil: Ditemukan bahwa Tingkat Pengetahuan ibu cukup baik, Pola Asuh kurang baik, dan Asi Eksklusif, dan masih tinggi nya angka stunting. Hasil uji statistik menunjukkan adanya hubungan signifikan antara Tingkat pengetahuan ibu, Pola asuh dan Asi Eksklusif dengan Kejadian stunting ($p < 0,004$).

Kesimpulan : Balita Pengetahuan Ibu Baik, pola asuh baik dan asi Eksklusif cenderung sedikit mengalami risiko stunting, sedangkan balita Pengetahuan ibu kurang baik, Pola asuh kurang baik dan tidak Asi eksklusif memiliki risiko lebih tinggi mengalami stunting

Kata kunci: Stunting, Pengetahuan Ibu, Pola Asuh, Asi Eksklusif

Daftar Pustaka: 30 (2021-2024)

ABSTRACT

THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE LEVEL, PARENTING PATTERNS, AND EXCLUSIVE BREASTFEEDING WITH THE INCIDENCE OF STUNTING AT THE TANJUNG SELOR HEALTH CENTER, BULUNGAN REGENCY, IN 2025

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Background: Stunting in infants remains a public health issue, particularly due to knowledge, parenting practices, and exclusive breastfeeding. This condition is prevalent in the service area of the Tanjung Selor Health Center, which has a relatively high stunting prevalence.

Objective: To determine the relationship between mothers' knowledge levels, parenting practices, and exclusive breastfeeding with stunting incidence at the Tanjung Selor Health Center.

Method: This study employed a quantitative approach with a cross-sectional design. A sample of 40 infants was selected using non-probability sampling. Data were collected through questionnaires and anthropometric measurements, then analyzed using univariate and bivariate methods.

Results: It was found that mothers' knowledge levels were fairly good, parenting practices were poor, and exclusive breastfeeding rates were low, with stunting rates remaining high. Statistical tests showed a significant association between mothers' knowledge levels, parenting practices, and exclusive breastfeeding with stunting incidence ($p < 0.004$).

Conclusion: Infants with good maternal knowledge, good parenting practices, and exclusive breastfeeding tend to have a lower risk of stunting, while infants with poor maternal knowledge, poor parenting practices, and non-exclusive breastfeeding tend to have a higher risk of stunting.

Keywords: Stunting, Maternal Knowledge, Parenting Practices, Exclusive Breastfeeding

References: 30 (2021-2024)