Universitas Ngudi Waluyo
Program Studi S1 Keperawatan, Fakultas Kesehatan
Skripsi, Januari 2026
Royhanah
017242042

Hubungan Pola Pemberian Makan Dengan Kejadian Stunting Pada Balita Usia 24 – 59 BULAN Di Wilayah Kerja Puskesmas Kertapati, Palembang

ABSTRAK

Latar Belakang: Stunting masih menjadi masalah kesehatan pada balita karena berkaitan dengan gangguan pertumbuhan dan dampak jangka panjang terhadap kualitas sumber daya manusia. Pola pemberian makan merupakan salah satu faktor yang dapat memengaruhi kecukupan asupan gizi anak. Praktik makan yang tidak teratur dan kurang beragam berpotensi meningkatkan risiko gangguan pertumbuhan linear.
Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara pola pemberian makan dengan kejadian stunting pada balita usia 24–59 bulan di wilayah kerja Puskesmas Kertapati, Palembang.
Metode: Penelitian menggunakan desain analitik dengan pendekatan cross sectional. Populasi penelitian adalah seluruh ibu yang memiliki balita usia 24–59 bulan dan datang ke posyandu di wilayah kerja Puskesmas Kertapati dengan jumlah sampel 65 responden menggunakan teknik total sampling. Data pola pemberian makan dikumpulkan melalui kuesioner, sedangkan status stunting ditentukan berdasarkan pengukuran tinggi badan menurut umur sesuai Standar Antropometri Anak. Analisis data menggunakan uji Chi-Square dengan tingkat signifikansi 0,05.
Hasil: Sebagian besar responden memiliki pola pemberian makan kategori baik sebesar 49,2%, kategori cukup sebesar 41,5%, dan kategori kurang sebesar 9,2%. Balita yang tidak mengalami stunting sebesar 61,5%, sedangkan yang mengalami stunting terdiri dari kategori pendek sebesar 29,2% dan sangat pendek sebesar 9,2%. Hasil uji Chi-Square menunjukkan nilai p-value 0,000 (<0,05) yang berarti terdapat hubungan signifikan antara pola pemberian makan dan kejadian stunting.
Simpulan: Terdapat hubungan yang bermakna antara pola pemberian makan dengan kejadian stunting pada balita usia 24–59 bulan. Perbaikan praktik pemberian makan di tingkat keluarga berpotensi menurunkan risiko stunting.

Kata kunci: balita, pola pemberian makan, stunting, tinggi badan menurut umur, puskesmas.

Ngudi Waluyo University
Bachelor of Nursing Program, Faculty of Health Sciences
Undergraduate Thesis, January 2026
Royhanah
017242042

The Relationship Between Feeding Practices and the Incidence of Stunting Among Children Aged 24–59 Months in the Working Area of Kertapati Public Health Center, Palembang

ABSTRACT

Background: *Stunting remains a significant health problem among children under five as it is associated with impaired growth and long-term consequences for human resource quality. Feeding practices are one of the factors influencing the adequacy of children's nutritional intake. Irregular and less diverse feeding practices may increase the risk of impaired linear growth.*
Objective: *This study aimed to determine the relationship between feeding practices and the incidence of stunting among children aged 24–59 months in the working area of Kertapati Public Health Center, Palembang.*
Methods: *This study employed an analytic design with a cross-sectional approach. The population consisted of all mothers with children aged 24–59 months who attended the integrated health service posts (posyandu) in the working area of Kertapati Public Health Center. A total of 65 respondents were selected using total sampling. Feeding practice data were collected using a questionnaire, while stunting status was determined by measuring height-for-age based on the Child Anthropometric Standards. Data were analyzed using the Chi-Square test with a significance level of 0.05.*
Results: *Most respondents had good feeding practices (49.2%), while 41.5% were categorized as having adequate feeding practices and 9.2% as poor feeding practices. Children who were not stunted accounted for 61.5%, whereas those who were stunted consisted of 29.2% classified as stunted and 9.2% as severely stunted. The Chi-Square test showed a p-value of 0.000 (<0.05), indicating a significant relationship between feeding practices and the incidence of stunting.*
Conclusion: *There is a significant relationship between feeding practices and the incidence of stunting among children aged 24–59 months. Improving feeding practices at the family level has the potential to reduce the risk of stunting.*

Keywords: *children under five, feeding practices, stunting, height-for-age, public health center.*