

ABSTRAK

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HUBUNGAN PENGETAHUAN GIZI IBU, POLA MAKAN DAN RIWAYAT ASI EKSKLUSIF DENGAN KEJADIAN *STUNTING* PADA BALITA USIA 24-59 BULAN DI WILAYAH KERJA PUSKESMAS KARANG INTAN 2 KECAMATAN KARANG INTAN

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Kasus *stunting* pada balita di Kabupaten Banjar tahun 2023 menurut SKI tahun 2023 diperoleh sebesar 30,1%, untuk tahun 2024 di Kabupaten Banjar tertinggi berada di Puskesmas Karang Intan sebesar 29,2%. Terdapat dua dampak dari *stunting* yaitu dampak jangka pendek (peningkatan angka kesakitan dan kematian, gangguan kognitif, motorik dan bahasa), dan dampak jangka panjang (perawakan pendek, risiko obesitas dan penyakit penyerta, penurunan reproduksi. Tujuan penelitian untuk mengetahui Hubungan Pengetahuan Gizi Ibu, Pola Makan dan Riwayat ASI Eksklusif dengan Kejadian *Stunting* pada Balita Usia 24-59 Bulan di Wilayah Kerja Puskesmas Karang Intan 2 Kecamatan Karang Intan. Metode penelitian menggunakan desain *case control*, populasi balita usia 24-59 bulan di Wilayah Karang Intan yang berjumlah 414 balita, sampel sebanyak 110 balita, menggunakan uji *chi square*. Hasil penelitian pengetahuan ibu baik sebanyak 84 orang (76,4%), pola makan balita kurang sebanyak 57 orang (51,8%), ibu tidak pemberian ASI eksklusif sebanyak 71 orang (64,5%). Ada hubungan pengetahuan gizi ibu ($p=0,000$ OR (95% CI 0,118 (0,037-0,372)), pola makan ($p=0,000$ dengan OR (95% CI 0,118 (0,037-0,372)), dan riwayat pemberian ASI eksklusif ($p=0,000$ (95% CI 0,132 (0,53-0,331)) dengan kejadian *stunting* pada balita usia 24-59 bulan di Wilayah Puskesmas Karang Intan 2 Kecamatan Karang Intan. Diharapkan orang tua dapat lebih selektif dalam memberikan menu makanan sehat, serta dapat mencari informasi melalui media internet dalam pencegahan *stunting* sedini mungkin.

Kata kunci: Pengetahuan Gizi Ibu, Pola Makan, Riwayat Pemberian ASI, *Stunting*

ABSTRACT

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THE RELATION OF MOTHER'S NUTRITIONAL KNOWLEDGE, EATING PATTERNS AND EXCLUSIVE BREASTFEEDING HISTORY WITH THE INCIDENT OF STUNTING IN TODDLER AGES 24-59 MONTHS IN THE WORKING AREA OF KARANG INTAN 2 HEALTH CENTER, KARANG INTAN DISTRICT

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Stunting cases among toddlers in Banjar Regency in 2023, according to the SKI in 2023, were found to be 30.1%; for 2024 in Banjar Regency, the highest was at the Karang Intan Community Health Center at 29.2%. There are two impacts of stunting, namely short-term impacts (increased morbidity and mortality rates, cognitive, motor, and language impairment) and long-term impacts (short stature, risk of obesity and comorbidities, decreased reproduction). The aim of the research is to determine the relationship between maternal nutritional knowledge, historical diet, and exclusive breastfeeding with the incident of stunting in toddlers aged 24-59 months in the Karang Intan 2 Community Health Center Working Area, Karang Intan District. The research method used a case control design, a population of toddlers aged 24-59 months in the Karang Intan Region totaling 414 toddlers. The sample was 110 toddlers, using the chi square test. The research results showed that 84 mothers' knowledge was good (76.4%), 57 toddlers' diet was poor (51.8%), and 71 mothers did not provide exclusive breastfeeding (64, 5%). and can search for information via the internet to prevent stunting as early as possible.

Keywords: *Mother's Nutritional Knowledge, Diet, History of Breastfeeding, Stunting*