

ABSTRAK

**ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU
PENCEGAHAN STUNTING PADA IBU DENGAN ANAK USIA 6-24
BULAN BERDASARKAN *THEORY OF PLANNED BEHAVIOR***

PENELITIAN DESKRIPTIF ANALITIK

Oleh: Ririn Arianta

Pendahuluan: Indonesia saat ini sedang mengalami masalah gizi *stunting*. Stunting di Indonesia mencapai angka 30,8% (Riskesdas, 2018). Buruknya perilaku ibu dalam pemberian ASI dan MP-ASI menjadi salah satu pemicu kurangnya asupan nutrisi sehingga menjadikan anak stunting. Tujuan penelitian ini adalah menganalisis faktor yang berhubungan dengan perilaku pencegahan stunting pada ibu dengan anak usia 6-24 bulan berdasarkan *theory of planned behavior*. **Metode:** Desain penelitian ini berbentuk *descriptive analitik* dengan pendekatan *cross sectional*. Total sampel sebanyak 145 ibu dan diambil menggunakan teknik *cluster random sampling*. Variabel independen dalam penelitian ini adalah nilai budaya, pendapatan, pengetahuan, sikap, norma subjektif dan persepsi kontrol. Variabel dependen adalah perilaku pencegahan stunting. Pengumpulan data menggunakan kuesioner dan dianalisis menggunakan regresi *logistic ordinal*. **Hasil:** Hasil penelitian ini menunjukkan bahwa ada hubungan antara nilai budaya ($p=0,035$), pendapatan ($p= 0,003$), pengetahuan ($p= 0,001$), sikap ($p=0,000$), dan persepsi kontrol perilaku ($p= 0,000$) dengan perilaku pencegahan stunting. Selain itu tidak terdapat hubungan antara norma subjektif ($p=0,399$) dengan perilaku pencegahan stunting. Sikap ibu merupakan faktor yang berpengaruh secara dominan terhadap perilaku pencegahan stunting **Diskusi:** Sikap ibu merupakan faktor utama yang harus dirubah untuk memperbaiki perilaku pencegahan stunting. Peningkatan kualitas dan kuantitas informasi terkait perilaku pencegahan stunting kepada masyarakat.

Kata kunci: perilaku pencegahan stunting, *theory of planned behavior*

ABSTRACT

AN ANALYSIS OF FACTORS RELATED TO STUNTING PREVENTION BEHAVIOR IN MOTHER WITH CHILDREN OF 6-24 MONTHS BASED ON THEORY OF PLANNED BEHAVIOR

A Descriptive Analysis Study

By: Ririn Arianta

Introduction: *Indonesia is currently experiencing stunting as a nutritional problem. The prevalence of stunting in Indonesia reached 30,8 % (Risikesdas, 2018). The poor behavior of mothers in breastfeeding and complementary feeding is one of the triggers for a lack of nutrient intake which leads to child stunting. The purpose of this study is to analyze factors related to stunting prevention behavior in mothers with children aged 6-24 months based on the theory of planned behavior.*

Method: *The design of this study was descriptive analytics with cross-sectional approach. The total sample was 145 mothers and taken using cluster random sampling technique. The independent variables in this study are cultural values, income, knowledge, attitudes, subjective norms and perceived behavioral control. The dependent variable is stunting prevention behavior. Data collection was done using questionnaires and analyzed using ordinal logistic regression.* **Results:** *The results of this study indicated that there was a significant relationship between culture values ($p = 0.035$), income ($p = 0,003$), knowledge ($p = 0,001$), attitude toward the behavioral ($p = 0,000$), perceived behavioral control ($p = 0,000$) with stunting prevention behavior. In addition, there was no relationship between subjective norms ($p = 0.399$) with stunting prevention behavior. Mother's attitude was a factor that significantly influenced stunting prevention behavior.* **Discussion:** *Mother's attitude is the main factor that must be changed to improved stunting prevention behavior. Therefore it is recommended to increase the quantity and quality of information about preventing behavior stunting to the public.*

Keywords: *stunting prevention behavior, theory of planned behavior*