

ABSTRACT

Stunting is a chronic undernutrition status during the period of growth and development since the beginning of life. The prevalence of stunting in Indonesia is more than the WHO standard, which is 30.8%. In Kelurahan Mulyorejo 83 children were stunted out of a total of 303 toddler.

The purpose of this study was to analyze the relationship between adequacy of macro nutrient, incidents of diarrhea, maternal personal hygiene, and environmental sanitation with the incidence of stunting. This research was observational with a case-control design. Research was carried out in the working area of Mulyorejo Health Center Surabaya. Sample of this research was 28 for both stunting and non-stunting. Collected data with height and weight, while family and toddler characteristic, personal hygiene behavior, healthy home assessment were assessed using questionnaires. In addition, food intake was gained using 2x24 hr food recall questionnaires on holidays and week days. The data were analyzed using chi-square tests.

The results of the study showed that there is a significant relationship between the level of energy sufficiency ($p=0.015$; $OR=4.636$), the level of protein sufficiency ($p=0.000$; $OR=15.000$), the level of fat sufficiency ($p=0.000$; $OR=22.000$), the level of carbohydrate adequacy ($p=0.000$; $OR=11.500$), history of diarrhea ($p=0.001$; $OR=0.121$), and maternal personal hygiene ($p=0.000$; $OR=0.263$) with stunting. The results of the study showed that there was no relationship between environmental sanitation ($p=0.070$; $OR=0.258$) for the incidence of stunting.

The conclusion is the adequacy of macro nutrients, no incidents of diarrhea, good maternal personal hygiene will reduce the risk of stunting

Keywords: stunting, adequacy of macro nutrients, incidence of diarrhea, maternal personal hygiene, environmental sanitation

ABSTRAK

Stunting menggambarkan status gizi kurang yang bersifat kronik pada masa pertumbuhan dan perkembangan sejak awal kehidupan. Prevalensi *stunting* di Indonesia lebih dari standar WHO yakni 30,8%. Kelurahan Mulyorejo sendiri masih terdapat 83 balita yang mengalami *stunting* dari total 303 balita.

Tujuan penelitian ini adalah untuk menganalisis hubungan tingkat kecukupan zat gizi makro, riwayat kejadian diare, personal hygiene ibu, dan sanitasi lingkungan terhadap kejadian *stunting*. Jenis penelitian ini adalah *observational* dengan desain *case-control*. Penelitian dilakukan di wilayah kerja Puskesmas Mulyorejo Surabaya. Sampel pada penelitian ini berjumlah 28 untuk kelompok kasus dan kontrol. Pengumpulan data dilakukan dengan pengukuran tinggi dan berat badan, kuesioner karakteristik keluarga dan balita, perilaku personal hygiene ibu, penilaian rumah sehat diukur dengan kuesioner. Disamping itu, asupan makanan diperoleh dengan menggunakan kuesioner 2x24 jam *food recall* di hari libur dan hari kerja. Data dianalisis menggunakan uji chi-square.

Hasil penelitian menunjukkan terdapat hubungan tingkat kecukupan energi ($p=0,015$; OR=4,636), tingkat kecukupan protein ($p=0,000$; OR=15,000), tingkat kecukupan lemak ($p=0,000$; OR=22,000), tingkat kecukupan karbohidrat ($p=0,000$; OR=11,500), riwayat kejadian diare ($p=0,001$; OR=0,121), dan personal hygiene ibu ($p=0,000$; OR=0,263) dengan *stunting*. Hasil penelitian menunjukkan tidak terdapat hubungan antara sanitasi lingkungan ($p=0,070$; OR=0,258) dengan kejadian *stunting*.

Kesimpulan dalam penelitian ini adalah kecukupan zat gizi makro, tidak adanya riwayat diare, personal hygiene ibu yang baik akan menurunkan resiko terjadinya *stunting*

Kata Kunci: *stunting*, kecukupan zat gizi makro, kejadian diare, personal hygiene ibu, sanitasi lingkungan