

ABSTRACT

Stunting is a state of linear growth disorder that is reflected in height less than -2 standard deviations (SD). The direct cause of *stunting* is lack of nutritional intake in terms of quality and quantity, as well as the presence of infectious diseases that occur over a long period of time or repeatedly, while indirect causes, one of which is hygiene and sanitation. The purpose of this study was to determine the relationship of disease history and sanitation facilities with the incidence of *stunting* in children aged 1-5 years in the working area of Sidotopo Wetan Health Center, Surabaya City.

This study uses secondary data from the Surabaya City Health Office obtained from a cross sectional survey in January - February 2020. The population in this sample was 651 children under five years old who were registered in the Sidotopo Wetan Public Health Center in Surabaya. Sampling was carried out based on the completeness of the respondent's data and several other inclusion criteria, so that a sample of 170 toddlers was obtained. Statistical analysis uses the chi-square test and logistic regression test to see the correlation between variables and the odds ratio (OR) of each independent variable on the dependent variable.

The results of the study found that 135 stunted children (46.4%) and 156 normal children (46.4%), had a history of illness including: fever 65.3%, colds 72.2%, coughing 60.8%, diarrhea 16.2%, history of illness in the last 1 month includes: fever 35.4%, colds 61.9%, coughing 33%, diarrhea 16.2%, 100% protected drinking water sources, 92.1% healthy latrine ownership, and habits good hand washing 14.8%. The chi-square statistical test \rightarrow research variables showed a relationship with frequent illnesses: cough ($p = <0.001$; OR = 3.5), fever, cough and cold ($p = 0.020$; OR = 1.7) and history of the disease in the last month: diarrhea ($p = 0.005$; OR = 0.3), diarrhea ($p = 0.001$; OR = 0.2) with the incidence of stunting. There was no relationship between WASH (Water, Sanitation, and Hygiene) and the habit of eating fruit and vegetables every day with the incidence of stunting ($p > 0.05$).

The conclusion of this study is a history of infectious diseases associated with the incidence of *stunting*, but WASH (Water, Sanitation, and Hygiene) factors and eating habits of fruits and vegetables every day have no relationship with the incidence of *stunting* in infants in the work area of the Sidotopo Wetan Puskesmas, Surabaya.

Keywords : stunting, history of infectious disease, WASH

ABSTRAK

Stunting adalah keadaan gangguan pertumbuhan linier yang tercerminkan dari tinggi badan kurang dari -2 standar deviasi (SD). Penyebab langsung terjadinya *stunting* kekurangan asupan gizi dari kualitas maupun kuantitas, serta adanya penyakit infeksi yang terjadi dalam kurun waktu lama atau berulang, sedangkan penyebab tidak langsung salah satunya ialah hygiene dan sanitasi. Tujuan penelitian ini adalah mengetahui hubungan riwayat penyakit dan sarana sanitasi dengan kejadian *stunting* pada anak usia 1-5 tahun di wilayah kerja Puskesmas Sidotopo Wetan, Kota Surabaya.

Penelitian ini menggunakan data sekunder yang dimiliki Dinas Kesehatan Kota Surabaya yang diperoleh dari survei *cross sectional* pada bulan Januari – Februari 2020. Populasi dalam sampel yaitu 651 balita yang tercatat pada wilayah kerja Puskesmas Sidotopo Wetan Surabaya. Pengambilan sampel dilakukan berdasarkan kriteria inklusi, sehingga didapatkan sampel sebesar 291 balita. Analisis statistik menggunakan uji *chi-square* dan uji regresi logistik untuk melihat korelasi antar variabel dan *odds ratio* (OR) tiap variabel bebas pada variabel terikat.

Hasil penelitian ditemukan sebanyak 135 balita *stunting* (46,4%) dan 156 balita normal (46,4%), riwayat penyakit sering diderita meliputi: demam 65,3%, pilek 72,2%, batuk 60,8%, diare 16,2%, riwayat penyakit 1 bulan terakhir meliputi: demam 35,4%, pilek 61,9%, batuk 33%, diare 16,2%, sumber air minum terlindung 100%, kepemilikan jamban sehat 92,1%, dan kebiasaan mencuci tangan baik 14,8%. Uji statistik *chi-square* menunjukkan adanya hubungan riwayat penyakit sering diderita: batuk ($p < 0,001$; OR=3,5), demam batuk pilek ($p = 0,020$; OR=1,7) dan riwayat penyakit satu bulan terakhir: diare ($p = 0,005$; OR=0,3), diare ($p = 0,001$; OR=0,2) dengan kejadian *stunting*. Tidak ada hubungan antara WASH (*Water, Sanitation, and Hygiene*) dan kebiasaan makan buah dan sayur setiap hari dengan kejadian *stunting* ($p > 0,05$).

Kesimpulan pada penelitian ini adalah riwayat penyakit infeksi berhubungan dengan kejadian *stunting*, namun faktor WASH (*Water, Sanitation, and Hygiene*) dan kebiasaan makan buah dan sayur setiap hari tidak memiliki hubungan dengan kejadian *stunting* pada balita di wilayah Kerja Puskesmas Sidotopo Wetan, Kota Surabaya.

Kata kunci : *stunting*, riwayat penyakit infeksi, WASH