

ABSTRACT

The prevalence of stunting in Indonesia is still high. Stunting among children under two years of age has a higher risk compared to other age groups because it will permanently affect the physical and cognitive development in the future. Factors that can cause stunting are poor nutrition during pregnancy, namely maternal anemia. The aim of this study was to determine the relationship between stunting among children under two years of age with maternal anemia during pregnancy in Maron Kidul, District of Probolinggo, East Java.

The research was case control with samples were 26 stunted children in case group and 26 normal growth children in control group using multistage random sampling. Maternal anemia was obtained from maternal cohort in Integrated Community Health Services. Body length was determined from measurement of children's recumbent length by metline. Data were analyzed by using chi square test and fisher's exact test for determining odds ratio.

The results showed there was relationship between stunting among children under two years of age with anemia during pregnancy ($p=0.007$, $OR=7,667$) and with characteristics children under two years of age including exclusive breastfeeding ($p=0.002$, $OR=0,133$), low birth weight ($p=0.042$, $OR=0,157$), infection disease ($p=0,049$, $OR=3,071$), and variation in complementary feeding ($p=0.042$, $OR=6,353$).

Based on the results concluded there was relationship between stunting among children under two years of age with anemia during pregnancy. Children under two years of age who have anemic mothers during pregnancy have a risk to stunted 7,67 times compared with children under two years of age who have mothers not anemic during pregnancy. Child health care including exclusive breastfeeding, birth weight, infection disease and the variation in complementary feeding is also cause stunting. Thus, It is imperative to improve hemoglobin level of the women at child-bearing age and child health care should be done to prevent stunting.

Keywords: stunting, maternal anemia, child health care

ABSTRAK

Prevalensi *stunting* di Indonesia masih tinggi. *Stunting* pada baduta memiliki risiko lebih tinggi jika dibanding dengan kelompok usia lain karena akan berdampak secara permanen terhadap perkembangan fisik dan kognitif anak dimasa depan. Faktor yang dapat menyebabkan *stunting* adalah gizi buruk pada saat kehamilan yaitu anemia ibu. Penelitian ini bertujuan untuk menganalisis hubungan kejadian *stunting* pada baduta dengan riwayat anemia ibu pada saat hamil di desa Maron Kidul, Kecamatan Maron, Kabupaten Probolinggo.

Jenis penelitian case control dengan sampel sebanyak 26 baduta *stunting* untuk kasus dan 26 baduta normal untuk kontrol diambil dengan teknik sampel acak bertahap. Data riwayat anemia ibu saat hamil didapatkan dari buku KIA. Panjang badan diperoleh melalui pengukuran panjang badan baduta dengan metline. Data dianalisis menggunakan chi-square dan uji fisher's exact untuk menentukan odds ratio.

Hasil penelitian menunjukkan bahwa ada hubungan kejadian *stunting* pada baduta dengan anemia pada ibu saat hamil ($p=0.007$, $OR=7,667$) dan karakteristik baduta meliputi pemberian ASI eksklusif ($p=0.002$, $OR=0,133$), berat badan lahir ($p=0.042$, $OR=0,157$), penyakit infeksi ($p=0,049$, $OR=3,071$), dan variasi MP-ASI ($p=0.042$, $OR=6,353$).

Berdasarkan hasil disimpulkan bahwa kejadian *stunting* pada baduta berhubungan dengan anemia pada saat ibu hamil. Baduta yang dilahirkan oleh ibu yang anemia pada saat hamil memiliki risiko *stunting* 7,67 kali dibandingkan anak yang dilahirkan dengan ibu yang tidak anemia pada saat hamil. Selain itu, pola asuh anak meliputi ASI eksklusif, berat badan lahir, penyakit infeksi, dan variasi MP-ASI juga dapat menyebabkan kejadian *stunting*. Oleh karena itu, sangat penting meningkatkan hemoglobin perempuan di saat masa kehamilan serta perlunya pola asuh anak yang baik untuk mencegah terjadinya *stunting* pada baduta.

Kata kunci : *stunting*, anemia ibu, pola asuh anak