

## ABSTRAK

### HUBUNGAN RIWAYAT CAKUPAN TABLET FE PADA SAAT REMAJA DENGAN KEJADIAN STUNTING DI PUSKESMAS GAPURA

Oleh: Fitri Purnama Syari

Timbulnya masalah gizi pada anak usia di bawah dua tahun berhubungan dengan persiapan kesehatan dan gizi perempuan untuk menjadi calon ibu, termasuk remaja putri. Remaja putri yang menderita anemia ketika menjadi ibu hamil berisiko melahirkan Berat Bayi Lahir Rendah (BBLR) dan *stunting*. Tujuan penelitian untuk mengetahui hubungan riwayat cakupan tablet Fe pada saat remaja dengan kejadian *stunting* di Puskesmas Gapura. Metode penelitian kuantitatif pendekatan case control, populasi kasus 70 orang dan kontrol 724, sampel 19 orang pada kelompok kasus dan kontrol, teknik sampling *simple random sampling*, variabel independen riwayat cakupan tablet Fe pada saat remaja, variabel dependen kejadian *stunting*, tempat penelitian Puskesmas Gapura, instrument penelitian menggunakan kuesioner dan melihat buku KIA tentang TB atau PB anak sesuai umur, analisa data menggunakan *Chi square* dan OR. Hasil penelitian menunjukkan hampir seluruh responden pada kelompok kasus punya riwayat tidak pernah minum tablet Fe saat remaja 15 (78,9%) dan kelompok kontrol sebagian besar punya riwayat minum tablet Fe saat remaja 13 (68,4%). Kelompok kasus seluruhnya adalah *stunting* 19 (100%) dan kelompok kontrol seluruhnya adalah tidak *stunting* 19 (100%). Ada hubungan riwayat cakupan tablet Fe pada saat remaja dengan kejadian *stunting* *p value*  $0,003 < 0,05$  dan OR 8,125. Bidan sebagai profesi yang memiliki tupoksi terhadap peningkatan derajat kesehatan ibu dan anak mempunyai peran dan tanggungjawab untuk mencegah kejadian *stunting*.

**Kata kunci:** *Remaja, tablet Fe, Stunting*

## **ABSTRACT**

### **RELATIONSHIP HISTORY OF FE TABLET COVERAGE IN ADOLESCENTS WITH STUNTING INCIDENCE AT HEALTH CARE CENTER OF GAPURA**

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*The emergence of nutritional problems in children under two years of age is related to the preparation of women's health and nutrition to become future mothers, including young girls. Adolescent girls who suffer from anemia when they become pregnant women are at risk of giving birth to Low Birth Weight Babies (LBW) and stunting. The aim of the study was to determine the relationship between the history of Fe tablet coverage in adolescence and the incidence of stunting at the Gapura Health Center. Quantitative research method case control approach, population of 70 cases and 724 controls, sample of 19 people in case and control group, simple random sampling technique, independent variable history of coverage of Fe tablets in adolescence, dependent variable stunting incidence, Gapura Health Center research site, the research instrument used a questionnaire and looked at the MCH book on TB or PB in children according to age, data analysis used Chi square and OR. The results showed that almost all respondents in the case group had a history of never taking Fe tablets as teenagers 15 (78.9%) and the control group mostly had a history of taking Fe tablets as teenagers 13 (68.4%). The total case group was 19 (100%) stunted and the control group was 19 (100%) non-stunted. There is a relationship between the history of Fe tablet coverage during adolescence with the incidence of stunting  $p$  value  $0.003 < 0.05$  and OR 8.125. Midwives as a profession whose main function is to improve the health status of mothers and children have a role and responsibility to prevent stunting.*

**Keywords:** *Adolescents, Fe tablets, Stunting*