

## ABSTRAK

### HUBUNGAN POLA PEMBERIAN MAKAN PADA BALITA DENGAN KEJADIAN STUNTING DI DESA GRO'OM WILAYAH KERJA UPT PUSKESMAS PANAGUAN KABUPATEN PAMEKASAN

Oleh : Ira purnamawati

*Stunting* merupakan gangguan pertumbuhan linier yang disebabkan adanya malnutrisi asupan zat gizi kronis dan atau penyakit infeksi kronis maupun berulang yang ditunjukkan dengan nilai *z-score* tinggi badan menurut usia (TB/U) < -2 SD. Menurut WHO, stunting berkaitan erat dengan pola pemberian makan pada anak.

**Tujuan penelitian** untuk mengetahui hubungan pola pemberian makan pada balita dengan kejadian stunting di Desa Gro'om wilayah kerja UPT Puskesmas Panaguan Kabupaten Pamekasan.

**Metode penelitian** menggunakan desain penelitian korelasional dengan pendekatan *case control* dan uji statistik *chi square*. Sampel terdiri dari 38 balita stunting dan 56 balita tidak stunting. Data penelitian merupakan data primer hasil kuesioner.

**Hasil penelitian** menunjukkan balita di Desa Gro'om wilayah kerja UPT Puskesmas Panaguan Kabupaten Pamekasan, dari 29 balita yang pola pemberian makan tidak tepat, terdapat 23 orang (24,5%) stunting dan 6 orang (6,4%) tidak stunting. Dari 65 balita yang pola pemberian makan tepat, 15 orang (16,0%) stunting dan 50 orang (53,2%) tidak stunting. Hasil uji statistik *chi square sig* = 0,000. Nilai odds ratio 0,078 (OR < 1), menunjukkan pola pemberian makan pada balita merupakan faktor protektif atau mengurangi risiko kejadian stunting di Puskesmas Panaguan Kecamatan Proppo Kabupaten Pamekasan.

**Disimpulkan** bahwa pola pemberian makan pada balita kelompok stunting sebagian besar tidak tepat dan pada balita kelompok tidak stunting sebagian besar sudah tepat, serta hampir separuh balita mengalami stunting. Ada hubungan pola pemberian makan pada balita dan kejadian stunting di Desa Gro'om wilayah kerja UPT Puskesmas Panaguan Kecamatan Proppo Kabupaten Pamekasan.

**Kata Kunci** : balita - pemberian makan - stunting

## ABSTRACT

### **THE RELATIONSHIP BETWEEN FEEDING PATTERNS IN TODDLERS WITH THE INCIDENCE OF STUNTING IN GRO'OM VILLAGE WORKING AREA UPT PUSKESMAS PANAGUAN PAMEKASAN DISTRICT**

**By : Ira purnamawati**

*Stunting is a linear growth disorder caused by chronic nutrient intake malnutrition and/or chronic or recurrent infectious diseases as indicated by a height-for-age (TB/U) z-score of  $<-2$  SD. According to WHO, stunting is closely related to feeding patterns in children.*

**The purpose** of the study was to determine the relationship between feeding patterns in toddlers with the incidence of stunting in Gro'om Village, the working area of UPT Puskesmas Panaguan, Pamekasan Regency.

**Research Methods** is Correlational research design with a case control approach and chi square statistical test. The sample consisted of 38 stunted toddlers and 56 non-stunted toddlers. The research data is primary data from the questionnaire.

**The results showed** that toddlers in Gro'om Village, the working area of UPT Puskesmas Panaguan Pamekasan Regency, out of 29 toddlers whose feeding patterns were not appropriate, 23 people (24.5%) were stunted and 6 people (6.4%) were not stunted. Of the 65 toddlers with the right feeding pattern, 15 people (16.0%) were stunted and 50 people (53.2%) were not stunted. The results of the chi square statistical test sig = 0.000. The odds ratio value is 0.078 (OR  $< 1$ ), indicating that feeding patterns in toddlers are protective factors or reduce the risk of stunting in Panaguan Health Center, Proppo District, Pamekasan Regency.

It was **concluded** that feeding patterns in the stunting group were mostly inappropriate and in the non-stunting group were mostly appropriate, and almost half of the toddlers were stunted. There is a relationship between feeding patterns in toddlers and the incidence of stunting in Gro'om Village, the working area of UPT Panaguan Health Center, Proppo District, Pamekasan Regency.

**Keywords:** toddler - feeding - stunting