

ABSTRAK

HUBUNGAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DENGAN *STUNTING* PADA BALITA DI PUSKESMAS LENTENG KECAMATAN LENTENG KABUPATEN SUMENEP

Oleh : Zurniyatur Risqiyah

Perilaku Hidup Bersih dan Sehat (PHBS) merupakan perilaku yang dipraktikkan atas dasar kesadaran masing-masing individu untuk mencegah permasalahan kesehatan. PHBS adalah salah satu faktor yang mempengaruhi *stunting* pada balita. Bagi balita *stunting* sangat dibutuhkan untuk meningkatkan status gizi melalui kebiasaan berperilaku hidup bersih dan sehat dalam kehidupan sehari-hari. Tujuan penelitian ini yaitu menganalisis hubungan Perilaku Hidup Bersih dan Sehat (PHBS) dengan *stunting* pada balita di Puskesmas Lenteng Kecamatan Lenteng Kabupaten Sumenep.

Penelitian ini menggunakan desain penelitian survei *analitik* dengan rancangan *cross sectional*. Populasi dalam penelitian ini yaitu Semua ibu dan balita *stunting* usia 24-59 bulan di Puskesmas Lenteng sebanyak 44 orang. Teknik pengambilan saampel dengan *simple random sampling* sehingga diperoleh 31 responden sebagai sampel. Instrumen data penelitian ini adalah kuesioner dan *microtoise*. Analisa data menggunakan uji *Chi-square* dengan α 0,05.

Hasil penelitian diperoleh data 31 balita *stunting* yang tidak menerapkan PHBS (penggunaan air bersih) sebanyak 18 orang (58,1%), 31 balita *stunting* yang tidak menerapkan PHBS (mencuci tangan pakai sabun) sebanyak 19 orang (61,3%) dan 31 balita *stunting* yang tidak menerapkan PHBS (penggunaan jamban sehat) sebanyak 18 orang (58,1%). Berdasarkan uji korelasi *Chi-Square* ρ value = 0,009, ρ value = 0,004, dan ρ value = 0,009 ($< \alpha$ 0,05) maka H_1 diterima yang bearti ada hubungan Perilaku Hidup Bersih dan Sehat (PHBS) dengan *stunting* pada balita di Puskesmas Lenteng Kecamatan Lenteng Kabupaten Sumenep.

Perilaku hidup bersih dan sehat pada balita *stunting* masih kurang, hal tersebut diakibatkan karena kurangnya kesadaran dan pengetahuan ibu balita *stunting* terhadap manfaat dan pentingnya PHBS dalam kehidupan sehari-hari. Sehingga dibutuhkan adanya penyuluhan dari tenaga kesehatan agar status gizi balita *stunting* dapat diperbaiki.

Kata Kunci : Perilaku, Stunting, Balita

ABSTRACT

RELATIONSHIP BETWEEN CLEAN AND HEALTHY LIFESTYLE BEHAVIOR (PHBS) WITH STUNTING IN TODDLERS AT THE LENTENG HEALTH CENTER, LENTENG DISTRICT, SUMENEP DISTRICT

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Clean and Healthy Living Behavior (PHBS) is a behavior that is practiced based on the awareness of each individual to prevent health problems. PHBS is one of the factors that influence stunting in toddlers. For stunting toddlers it is urgently needed to improve nutritional status through the habit of living a clean and healthy life in everyday life. The purpose of this study was to analyze the relationship between Clean and Healthy Behavior (PHBS) and stunting in toddlers at the Lenteng Health Center, Lenteng District, Sumenep Regency.

This study uses an analytic survey research design with a cross sectional design. The population in this study were all stunted mothers and toddlers aged 24-59 months at the Lenteng Health Center, totaling 44 people. Sampling technique with simple random sampling in order to obtain 31 respondents as a sample. The research data instruments were questionnaires and microtoise. Data analysis using Chi-square test.

The results of this study obtained data from 31 stunted toddlers who did not apply PHBS (use of clean water) as many as 18 people (58.1%), 31 stunted toddlers who did not apply PHBS (washing hands with soap) as many as 19 people (61.3%) and Of the 31 stunted toddlers who did not apply PHBS (use of healthy latrines) there were 18 people (58.1%). Based on the correlation test conducted the chi-square test ρ value = 0.009, ρ value = 0.004, and ρ value = 0.009 ($< \alpha$ 0.05) then H_1 is accepted which means there is a relationship Clean and Healthy Behavior (PHBS) with stunting in toddlers in Lenteng Health Center, Lenteng District, Sumenep Regency.

Clean and healthy behavior in stunting toddlers is still lacking, this is caused by a lack of awareness and knowledge of stunting toddler mothers about the benefits and importance of PHBS in everyday life. So that counseling from health workers is needed so that the nutritional status of stunted toddlers can be improved.

Keywords: Behavior, Stunting, Toddler