

ABSTRAK

ASI EKSKLUSIF DAN HIPERTENSI PADA IBU BERPENGARUH TERHADAP STUNTING PADA BALITA USIA 12-59 BULAN DI PUSKESMAS GILI GENTING

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Latar Belakang: Pada saat ini, kejadian balita pendek atau yang disebut dengan Stunting merupakan salah satu masalah gizi yang dialami oleh balita di dunia. Pemberian ASI eksklusif dan Hipertensi pada ibu saat hamil menjadi salah satu faktor penyebab terjadinya stunting pada balita.

Tujuan Penelitian: Mengetahui pengaruh pemberian ASI eksklusif dan hipertensi pada ibu terhadap stunting pada balita usia 12-59 bulan di puskesmas gili genting.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif yang menggunakan metode observasional analitik dengan rancangan penelitian *case control*. Populasi dalam penelitian ini adalah sebanyak 122 balita stunting dan 122 balita tidak stunting. Dimana teknik pengambilan sampel menggunakan *Simple Random Sampling* dan didapatkan sebanyak 76 responden. Instrumen yang digunakan berupa kuesioner, rekam medik, dan alat ukur antropometri. Variabel independen yaitu Pemberian ASI eksklusif dan Hipertensi pada ibu saat hamil dan kejadian stunting pada balita sebagai Variabel dependen.

Hasil dan Pembahasan Penelitian: Hasil penelitian ini didapatkan (51,3%) balita tidak mendapatkan ASI eksklusif, (52,6%) ibu menderita Hipertensi pada saat hamil dan (50%) balita yang mengalami stunting. Analisa data menggunakan uji *Chi Square*, dan didapatkan hasil *P-value* = 0,000 > 0,05. Hal ini menunjukkan adanya pengaruh antara pemberian ASI eksklusif dan Hipertensi pada ibu saat hamil terhadap kejadian stunting pada balita usia 12-59 bulan. Hasil perhitungan OR menunjukkan bahwa balita yang tidak mendapat ASI eksklusif beresiko 0,005 kali lebih tinggi untuk mengalami stunting (OR 95% CI 0,001-0,030). Hasil perhitungan OR menunjukkan bahwa ibu yang mengalami riwayat hipertensi beresiko 45,333 kali lebih besar untuk melahirkan balita stunting (OR 95% CI 11,704-175,592).

Simpulan dan Saran: Berdasarkan hasil analisis bivariabel diketahui bahwa terdapat pengaruh antara pemberian ASI eksklusif dan Hipertensi pada ibu terhadap kejadian stunting pada balita di Wilayah Kerja Puskesmas Gili Genting. Menjadikan masukan bagi ibu agar memberikan ASI eksklusif pada bayi selama 6 bulan tanpa tambahan makanan dan minuman apapun agar dapat terhindar dari Stunting, serta pencegahan Hipertensi dengan mengurangi konsumsi garam selama masa kehamilan.

Kata Kunci: ASI eksklusif, Hipertensi, Balita Stunting

ABSTRACT

EXCLUSIVE BREASTFEEDING AND HYPERTENSION IN MOTHERS AFFECT STUNTING IN TODDLERS AGED 12-59 MONTHS AT THE GILI GENTING HEALTH CENTER

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Background: At present, the incidence of short toddlers or so-called stunting is one of the nutritional problems experienced by toddlers in the world. Exclusive breastfeeding and hypertension in mothers during pregnancy are some of the factors causing stunting in toddlers.

Research Objective: Determine the effect of exclusive breastfeeding and hypertension on mothers on stunting in toddlers aged 12-59 months at the Gili Genting Health Center.

Research Method: This study was quantitative research that uses analytical observational methods with a case-control research design. The population in this study was 122 stunted toddlers and 122 non-stunted toddlers. The sampling technique was simple random sampling, and as many as 76 respondents were obtained. The instruments were questionnaires, medical records, and anthropometric measuring instruments. The independent variables were exclusive breastfeeding and hypertension in mothers during pregnancy, and the incidence of stunting in toddlers as dependent variables.

Research Results and Discussion: The results of this study found (51.3%) of toddlers did not get exclusive breastfeeding, (52.6%) of mothers suffered from hypertension during pregnancy, and (50%) of toddlers were stunted. Data analysis using the Chi-Square test obtained a $P\text{-value} = 0.000 > 0.05$. It shows the influence between exclusive breastfeeding and hypertension in mothers during pregnancy on the incidence of stunting in toddlers aged 12-59 months. The OR calculation results showed that toddlers who are not exclusively breastfed are at 0.005 times higher risk of stunting (OR 95% CI 0.001-0.030). The results of the OR calculation showed that mothers who had a history of hypertension were 45,333 times more likely to give birth to stunted toddlers (OR 95% CI 11,704-175,592).

Conclusions and Suggestions: Based on the results of bivariable analysis, it is known that there is an influence between exclusive breastfeeding and hypertension in mothers on the incidence of stunting in toddlers in the Gili Genting Health Center Work Area and making input for mothers to provide exclusive breastfeeding to babies for six months without any additional food and drinks in order to avoid stunting, as well as preventing hypertension by reducing salt consumption during pregnancy.

Keywords: Exclusive Breastfeeding, Hypertension, Stunting Toddlers