

# HUBUNGAN TINGGI BADAN, INDEKS MASSA TUBUH TRIMESTER SATU DAN KURANG ENERGI KRONIK PADA IBU HAMIL DENGAN KEJADIAN *STUNTING* DI WILAYAH KERJA PUSKESMAS MARGADADI INDRAMAYU

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## Abstrak

*Stunting* tengah menjadi masalah gizi di Indonesia. Indramayu, ialah bagian dari kabupaten di Jawa Barat yang memiliki prevalensi *stunting* tergolong tinggi yakni 29,19% pada tahun 2019. *Stunting* dapat terjadi karena multifaktor dan ibu merupakan faktor sentral yang berperan dalam kejadian *stunting*, faktor tersebut antara lain tinggi badan, IMT trimester satu atau awal, dan kurang energi kronik. Tujuan dilakukannya penelitian ini adalah guna mengetahui hubungan tinggi badan, indeks massa tubuh trimester satu serta kurang energi kronik pada ibu hamil yang mengalami kejadian *stunting* di wilayah kerja Puskesmas Margadadi Indramayu. Desain penelitian kuantitatif yang menggunakan pendekatan *cross sectional*. Sampel penelitian ini merupakan ibu yang mempunyai anak *stunting* umur 12 – 59 bulan di wilayah kerja Puskesmas Margadadi Indramayu dengan jumlah 44 orang selaras terhadap kriteria inklusi serta eksklusi, dikumpulkan dengan metode *consecutive sampling*. Pada riset ini, hasil analisis univariat menunjukkan sebanyak 23 orang (53,2%) bertubuh pendek, 26 orang (59,1%) memiliki indeks massa tubuh trimester awal tidak beresiko, 22 orang (50%) mengalami kurang energi kronik, dan 19 orang (43,2%) mengalami *stunting* dengan kategori sangat pendek. Hasil bivariat didapatkan adanya hubungan antara tinggi badan ( $p\ value = 0,000$ ), indeks massa tubuh trimester satu ( $p\ value = 0,000$ ), dan kurang energi kronik ( $p\ value = 0,000$ ) dengan kejadian *stunting*. Hasil analisis multivariat menunjukkan bahwa kurang energi kronik merupakan variabel yang paling dominan terhadap kejadian *stunting* ( $p\ value = 0,005$ ; OR = 35,901; CI 95%: 3,005 – 428,972). Pada penelitian ini membuktikan jika tinggi badan pendek, indeks massa tubuh trimester satu beresiko dan semakin berat terjadi kurang energi kronik semakin memberi kesempatan untuk terjadinya anak *stunting*.

**Kata kunci:** indeks massa tubuh trimester satu, kurang energi kronik, *stunting*, tinggi badan

# **THE RELATIONSHIP BETWEEN HEIGHT, FIRST TRIMESTER BODY MASS INDEX AND CHRONIC ENERGY DEFICIENCY IN PREGNANT WOMEN WITH STUNTING CASES IN THE MARGADADI INDRAMAYU COMMUNITY HEALTH CENTER**

## **Abstract**

Stunting is a nutritional problem in Indonesia. Indramayu is one of the regencies in West Java with a high prevalence of stunting, with 29.19% cases in 2019. Multiple factors may lead to stunting. Mother is a crucial factor that influences the prevalence of stunting. The prevalence of stunting in children is influenced by several maternal factors, including height, first trimester body mass index, and chronic energy insufficiency. This study aims to determine the relationship between height, first trimester body mass index, and chronic energy deficiency in pregnant women with the number of stunting cases in the Puskesmas (Community Health Center) Margadadi Indramayu. This study was quantitative with a cross-sectional approach. The samples used were 44 mothers with stunted children aged 12-59 months in the Community Health Center of Margadadi Indramayu according to the inclusion and exclusion criteria, collected using the consecutive sampling method. The univariate analysis conducted indicated that 23 (53.2%) were short stature, 26 (59.1%) had a no-risk first trimester body mass index, 22 (50%) experienced chronic energy deficiency, and 19 (43.2%) had stunted children with very short category. The bivariate analysis found a relationship between height (p-value = 0.000), first trimester body mass index (p-value = 0.000), chronic energy deficiency (p-value = 0.000), and stunting. Meanwhile, the multivariate analysis indicated that chronic energy deficiency was the most dominant variable in stunting (p-value = 0.005; OR = 35.901; 95% CI: 3.005 – 428.972). This study proves that short height, first-trimester body mass index are at risk, and chronic energy deficiency can result in stunting in children related to malnutrition in pregnant women.

**Keywords:** stunting, height, first trimester body mass index, chronic energy deficiency