

HUBUNGAN PEMBERIAN ASI EKSKLUSIF, MPASI, DAN FREKUENSI KUNJUNGAN KE POSYANDU DENGAN KEJADIAN STUNTING PADA BADUTA DI WILAYAH KERJA PUSKESMAS DUREN SERIBU

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Abstrak

Stunting merupakan permasalahan gizi yang kerap terjadi pada anak usia bawah dua tahun. Stunting dapat disebabkan oleh beberapa faktor seperti ASI eksklusif, MPASI, dan frekuensi kunjungan ke posyandu. Penelitian ini bertujuan untuk menganalisis hubungan pemberian ASI eksklusif, MPASI, dan frekuensi kunjungan ke posyandu terhadap kejadian stunting pada baduta di wilayah kerja Puskesmas Duren Seribu. Metode penelitian ini adalah observasional analitik dengan desain *cross sectional*. Populasi dalam penelitian ini adalah seluruh baduta di wilayah kerja Puskesmas Duren Seribu lalu diambil sampel penelitian menggunakan teknik *purposive sampling* dan *accidental sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner dan formulir *food recall* dan data dianalisis menggunakan uji *chi-square*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara pemberian ASI eksklusif ($p\text{-value} = 0.007$), waktu pemberian MPASI ($p\text{-value} = 0.003$), frekuensi pemberian MPASI ($p\text{-value} = 0.025$), asupan energi MPASI ($p\text{-value} = 0.031$), dan asupan protein MPASI ($p\text{-value} = 0.008$) serta tidak terdapat hubungan antara tekstur pemberian MPASI ($p\text{-value} = 1.000$), porsi pemberian MPASI ($p\text{-value} = 0.976$), dan frekuensi kunjungan ke posyandu ($p\text{-value} = 0.272$) terhadap kejadian stunting. Dapat disimpulkan bahwa pemberian ASI eksklusif, waktu pemberian MPASI, frekuensi MPASI, asupan energi dan protein MPASI memiliki hubungan yang positif dengan kejadian stunting di wilayah kerja Puskesmas Duren Seribu.

Kata Kunci: ASI Eksklusif, Frekuensi Kunjungan ke Posyandu, MPASI, Stunting

THE RELATIONSHIP BETWEEN EXCLUSIVE BREASTFEEDING, COMPLEMENTARY FEEDING, AND FREQUENCY OF VISITS TO POSYANDU WITH THE INCIDENT OF STUNTING IN CHILDREN AGED 6-23 MONTHS IN PUSKESMAS DUREN SERIBU WORKING AREA

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Abstract

Stunting is a nutritional issue commonly found in children aged 6-23 months and caused by several factors. This study aims to examine the relationship between exclusive breastfeeding, complementary foods, and frequency of visits to posyandu with the incidence of stunting in children aged 6-23 months in the Puskesmas Duren Seribu area. The research method is analytic observational with a cross-sectional design. The population of this study consisted of all children aged 6-23 months in the Puskesmas Duren Seribu area and the sample was selected using purposive sampling and accidental sampling technique. Data were collected through questionnaires and food recall forms and analyzed using the chi-square test. The results revealed a significant relationship between exclusive breastfeeding (p-value = 0.007), timing of complementary feeding (p-value = 0.003), frequency of complementary feeding (p-value = 0.025), energy intake (p-value = 0.031), and protein intake (p-value = 0.008). However, no significant association was found between texture of complementary feeding (p-value = 1.000), portion size of complementary feeding (p-value = 0.976), and frequency of posyandu visits (p-value = 0.272) with the incidence of stunting. In conclusion, exclusive breastfeeding, timing and frequency of complementary feeding, and energy and protein intake from complementary foods are positively related to the incidence of stunting in Puskesmas Duren Seribu area.

Keyword: Complementary Feeding, Exclusive Breastfeeding, Frequency of Visits to Posyandu, Stunting