

ANALISIS DETERMINAN STUNTING DAN EVALUASI INTERVENSI PENCEGAHAN BALITA STUNTING DI KOTA BOGOR TAHUN 2024

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Abstrak

Stunting menjadi salah satu masalah gizi yang masih dihadapi serius di Indonesia. Stunting merupakan keadaan gagal tumbuh akibat kekurangan gizi kronis dan infeksi berulang dalam 1000 Hari Pertama Kehidupan, sehingga balita terlalu pendek untuk usianya. Penelitian ini bertujuan menganalisis determinan stunting, mengetahui intervensi program stunting yang telah berjalan, dan mengevaluasi intervensi pencegahan stunting di Puskesmas Sindang Barang, Kota Bogor. Penelitian menggunakan metode *mixed methods* yang menggabungkan metode kuantitatif dan kualitatif. Data kuantitatif diperoleh melalui survei terhadap 128 ibu balita dengan *purposive sampling*, sementara data kualitatif dikumpulkan melalui wawancara mendalam dengan Ka.Sie Gizi Dinkes Kota Bogor, kepala, staf gizi, kader posyandu, dan ibu balita stunting di Puskesmas Sindang Barang. Hasil menunjukkan bahwa terdapat hubungan yang signifikan antara usia saat hamil, kunjungan ANC, hipertensi pada ibu hamil, dan paparan asap rokok ($p < 0,05$) dengan kejadian balita stunting di Puskesmas Sindang Barang, Kota Bogor. Faktor yang paling dominan terhadap kejadian balita stunting adalah usia saat hamil dengan nilai OR sebesar 3,442. Berdasarkan hasil wawancara mendalam, evaluasi intervensi pencegahan balita stunting di Puskesmas Sindang Barang menunjukkan kemajuan pada aspek komunikasi dan struktur, namun masih memiliki kekurangan dalam sumber daya dan konsistensi kebijakan. Implementasi dalam mencapai *zero new stunting* ditargetkan juga masih belum dapat tercapai secara maksimal. Oleh karenanya, penelitian ini merekomendasikan adanya edukasi dan pendampingan ibu pada usia berisiko, penambahan tenaga gizi, kolaborasi yang lebih luas dari banyak akademisi, menyediakan gedung posyandu yang masih belum tetap, mekanisme transparansi, pengawasan, dan distribusi yang lebih merata untuk intervensi pencegahan stunting.

Kata Kunci: Evaluasi Intervensi; Ibu dan Balita; Maternal; Stunting

ANALYSIS OF STUNTING DETERMINANTS AND EVALUATION OF STUNTING PREVENTION INTERVENTION IN TODDLERS AT BOGOR CITY IN 2024

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Abstract

Stunting remains one of the most critical nutritional problems in Indonesia. It refers to a condition of impaired growth resulting from chronic malnutrition and recurrent infections during a first thousand days of life, causing children under five to be significantly shorter than the standard for their age. This study aims to analyze the determinants of stunting, identify existing stunting intervention programs, and evaluate the implementation of stunting prevention efforts at Puskesmas Sindang Barang, Bogor City. A mixed-methods approach was employed, combining quantitative and qualitative data. Quantitative data were collected through a survey of 128 mothers with children under five using purposive sampling. Qualitative data were obtained through in-depth interviews with key stakeholders, including the Head of the Nutrition Section of the Bogor City Health Office, heads of healthcare services, nutrition staff, posyandu cadres, and mothers of stunted children at Puskesmas Sindang Barang. The results indicated a significant association ($p < 0,05$) between maternal age at pregnancy, antenatal care (ANC) visits, pregnancy-induced hypertension, and exposure to cigarette smoke with stunting incidence. The most dominant factor associated with stunting was maternal age at pregnancy, with an odds ratio (OR) of 3,442. Qualitative findings revealed progress in the communication and structural aspects of stunting prevention interventions; however, challenges remain in terms of human resources and policy consistency. The goal of achieving zero new stunting cases has not yet been optimally realized. Therefore, this study recommends education and counseling of mother at risk, increasing the number of nutrition workers, enhancing multi-sectoral collaboration with academic institutions, improving the condition of posyandu facilities, and strengthening transparency, supervision, and equitable resource distribution in the implementation of stunting prevention programs.

Keywords : Intervention Evaluation; Mother and Toddler; Pregnancy; Stunting