

PENGALAMAN IBU DALAM MERAWAT ANAK BERISIKO STUNTING

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Abstrak

Stunting merupakan masalah gizi kronis yang berdampak jangka panjang terhadap kualitas sumber daya manusia. Anak yang berada pada kondisi berisiko stunting membutuhkan perawatan intensif sejak dini, dan ibu memegang peran sentral dalam proses tersebut. Namun, pemahaman mengenai bagaimana ibu mengalami, memaknai, dan menjalani proses perawatan anak berisiko stunting masih belum tergal. Tujuan penelitian ini yaitu mengeksplorasi pengalaman ibu dalam merawat anak berisiko stunting di wilayah Kota Depok dengan menggunakan pendekatan kualitatif fenomenologi. Penelitian dilakukan melalui wawancara semi terstruktur, melibatkan sepuluh ibu yang memiliki anak berisiko stunting usia 0–59 bulan yang dipilih secara purposive. Pengumpulan data melalui wawancara semi-terstruktur dan analisis tematik hingga mencapai saturasi data. Penelitian ini menghasilkan empat tema, yaitu: (1) Pengetahuan ibu tentang stunting terdiri dari definisi dan penyebab stunting, (2) sumber informasi tentang stunting dari nakes dan non nakes, (3) reaksi emosional ibu yang memiliki anak berisiko stunting, dan (4) pengasuhan anak berisiko stunting oleh ibu.

Kata kunci : pengalaman ibu, anak berisiko stunting, pengasuhan

MOTHERS' EXPERIENCES IN CARING FOR CHILDREN AT RISK OF STUNTING

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Abstract

Stunting is a chronic nutritional problem that has a long-term impact on the quality of human resources. Children at risk of stunting require intensive care from an early age, and mothers play a central role in this process. However, there is still a lack of understanding about how mothers experience, interpret, and undergo the process of caring for children at risk of stunting. The purpose of this study was to explore mothers' experiences in caring for children at risk of stunting in the Depok City area using a qualitative phenomenological approach. The study was conducted through semi-structured interviews involving ten mothers who had children at risk of stunting aged 0–59 months, selected purposively. Data collection was conducted through semi-structured interviews and thematic analysis until data saturation was achieved. This study produced four themes, namely: (1) mothers' knowledge about stunting, consisting of the definition and causes of stunting, (2) sources of information about stunting from health workers and non-health workers, (3) the emotional reactions of mothers who have children at risk of stunting, and (4) the care of children at risk of stunting by mothers.

Keywords: *mothers' experiences, children at risk of stunting, childcare*