

HUBUNGAN POLA ASUH PEMBERIAN MAKAN DAN KUALITAS PELAYANAN POSYANDU DENGAN KEJADIAN *STUNTING* DI KELURAHAN MERUYUNG

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ABSTRAK

Stunting terjadi akibat kekurangan gizi kronis dan dipengaruhi oleh berbagai faktor, termasuk pola asuh pemberian makan serta kualitas pelayanan kesehatan dasar seperti posyandu. Pola asuh pemberian makan yang tidak sesuai serta pelayanan posyandu yang kurang optimal dapat menghambat terpenuhinya kebutuhan gizi anak, sehingga meningkatkan risiko terjadinya *stunting*. Penelitian ini dilakukan untuk menganalisis hubungan antara pola asuh pemberian makan dan kualitas pelayanan posyandu dengan kejadian *stunting* di Kelurahan Meruyung. Penelitian dilakukan menggunakan desain kuantitatif dengan pendekatan *cross-sectional* dan melibatkan 317 responden melalui teknik *stratified random sampling*. Data dianalisis menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan adanya hubungan signifikan antara pola asuh pemberian makan dengan kejadian *stunting* ($p = 0.014$), serta terdapat hubungan signifikan antara kualitas pelayanan posyandu dengan kejadian *stunting* ($p = 0.000$). Balita yang mendapatkan pola asuh pemberian makan yang kurang baik dan pelayanan posyandu yang buruk, memiliki risiko lebih tinggi mengalami *stunting*. Penelitian ini menegaskan pentingnya peningkatan edukasi pola asuh pemberian makan dan peningkatan kualitas pelayanan posyandu sebagai upaya pencegahan *stunting*. Intervensi berbasis keluarga perlu dilakukan melalui pendampingan keluarga berisiko, peningkatan pemahaman ibu terkait praktik pemberian makan yang tepat, serta pemantauan pertumbuhan balita secara rutin melalui posyandu.

Kata kunci: Balita; Gizi; Kualitas Pelayanan Posyandu; Pola Asuh Pemberian Makan; Posyandu; *Stunting*

RELATIONSHIP BETWEEN FEEDING PATTERNS AND THE QUALITY OF POSYANDU SERVICES WITH THE INCIDENCE OF STUNTING IN THE MERUYUNG SUBDISTRICT

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ABSTRACT

Stunting occurs as a result of chronic malnutrition and is influenced by various factors, including feeding practices and the quality of basic health services such as posyandu. Inappropriate feeding practices and suboptimal posyandu services can hinder the fulfillment of children's nutritional needs, thereby increasing the risk of stunting. This study was conducted to analyze the relationship between feeding practices and the quality of posyandu services with the incidence of stunting in Meruyung Subdistrict. The study used a quantitative cross-sectional design and involved 317 respondents through stratified random sampling. The data were analyzed using Chi-square test. The result showed a significant relationship between feeding practices and stunting ($p = 0.014$), as well as a significant relationship between the quality of posyandu and stunting ($p = 0.000$). Toddlers who received poor feeding practices and poor posyandu service quality as stunting prevention efforts. Family based interventions need to be carried out through family counseling for at risk families, improving mother's understanding of proper feeding practices, and routine monitoring of toddler growth through posyandu.

Keywords: Feeding Patterns; Posyandu; Posyandu Service Quality; Nutrition; Stunting; Toddlers