

HUBUNGAN KARAKTERISTIK KELUARGA DAN POLA ASUH PEMBERIAN MAKAN DENGAN KEJADIAN *STUNTING* PADA BALITA DI KELURAHAN LIMO, DEPOK

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Abstrak

Stunting merupakan masalah kronis dalam pertumbuhan anak usia dini akibat kekurangan gizi yang berkepanjangan. Penelitian ini bertujuan untuk menganalisis hubungan antara karakteristik keluarga (usia ibu, pendidikan ibu, pendapatan keluarga, jumlah anak, dan tipe keluarga) serta praktik pemberian makan dengan kejadian *stunting* pada anak usia 12–59 bulan di Kelurahan Limo, Depok. Desain penelitian ini menggunakan desain *cross-sectional* dengan sampel 328 ibu dan anak melalui *cluster sampling*. Data karakteristik keluarga dikumpulkan menggunakan kuesioner demografi, sedangkan praktik pemberian makan diukur menggunakan *Comprehensive Feeding Practices Questionnaire* (CFPQ). Status *stunting* ditentukan melalui pengukuran antropometri, dan analisis data dilakukan menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan adanya asosiasi yang bermakna secara statistik antara karakteristik keluarga dengan kejadian *stunting* ($p < 0,05$). Selain itu, praktik pemberian makan juga terbukti memiliki keterkaitan signifikan dengan *stunting* ($p = 0,026$). Sebagian balita dengan *stunting* ditemukan pada ibu dengan pendidikan rendah, pendapatan keluarga di bawah upah minimum, serta praktik pemberian makan yang kurang baik, sehingga diperlukan peningkatan edukasi gizi dan pengasuhan makan yang sesuai. Disimpulkan bahwa kejadian *stunting* di Kelurahan Limo dipengaruhi oleh faktor keluarga dan praktik pemberian makan. Tenaga kesehatan diharapkan dapat meningkatkan peran promotif dan preventif melalui edukasi gizi serta pendampingan praktik pemberian makan yang responsif berbasis keluarga.

Kata Kunci : Karakteristik Keluarga, Pola Asuh Pemberian Makan, *Stunting*

RELATIONSHIP BETWEEN FAMILY CHARACTERISTICS AND FEEDING PATTERNS WITH THE INCIDENCE OF STUNTING IN TODDLERS IN LIMO VILLAGE, DEPOK

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Abstract

Stunting is a chronic problem in early childhood growth due to prolonged malnutrition. This study aims to analyze the relationship between family characteristics (mother's age, mother's education, family income, number of children, and family type) and feeding practices with the incidence of stunting in children aged 12–59 months in Limo Village, Depok. This study used a cross-sectional design with a sample of 328 mothers and children through cluster sampling. Family characteristic data were collected using a demographic questionnaire, while feeding practices were measured using the Comprehensive Feeding Practices Questionnaire (CFPQ). Stunting status was determined through anthropometric measurements, and data analysis was performed using the Chi-Square test. The results showed a statistically significant association between family characteristics and stunting ($p < 0.05$). In addition, feeding practices were also found to be significantly associated with stunting ($p = 0.026$). Some toddlers with stunting were found in mothers with low education, family incomes below the minimum wage, and poor feeding practices, thus requiring improved nutrition education and appropriate feeding practices. It was concluded that the incidence of stunting in Limo Village was influenced by family factors and feeding practices. Health workers are expected to increase their promotive and preventive role through nutrition education and family-based responsive feeding practice assistance.

Keywords : *Family Characteristics, Feeding Parenting Patterns, Stunting*