

# HUBUNGAN PENGETAHUAN IBU TENTANG *STUNTING* DENGAN KEPATUHAN KUNJUNGAN POSYANDU PADA BALITA USIA 12–59 BULAN DI WILAYAH PUSKESMAS PENGASINAN KOTA DEPOK

Lusy Asmila

## Abstrak

Latar belakang: *Stunting* merupakan masalah gizi kronis yang masih menjadi tantangan kesehatan masyarakat dan berdampak pada pertumbuhan serta perkembangan balita. Pencegahan *stunting* dapat dilakukan melalui pemantauan pertumbuhan balita secara rutin di posyandu, yang sangat dipengaruhi oleh pengetahuan ibu. Pengetahuan ibu yang baik dapat meningkatkan kepatuhan kunjungan posyandu sebagai upaya deteksi dini gangguan gizi. Tujuan: Menganalisis hubungan pengetahuan ibu tentang *stunting* dengan kepatuhan kunjungan posyandu pada balita usia 12-59 bulan di wilayah Puskesmas Pengasinan Kota Depok. Metode: Penelitian ini menggunakan desain *cross sectional* pada 169 ibu balita dengan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan ibu tentang *stunting* dan kuesioner kepatuhan kunjungan posyandu. Analisis data menggunakan uji korelasi *Spearman* dengan taraf kepercayaan 95%. Hasil: Hasil analisis menunjukkan adanya hubungan yang bermakna antara pengetahuan ibu tentang *stunting* dan kepatuhan kunjungan posyandu ( $p\ value < 0,001$ ;  $r = 0,636$ ) dengan arah hubungan positif dan kekuatan sedang. Kesimpulan: Terdapat hubungan yang signifikan antara pengetahuan ibu tentang *stunting* dengan kepatuhan kunjungan posyandu. Saran: Edukasi kesehatan di posyandu perlu ditingkatkan untuk mendorong proses pengetahuan ibu hingga tahap aplikasi, analisis, dan evaluasi guna meningkatkan kepatuhan kunjungan posyandu secara berkelanjutan sebagai upaya pencegahan *stunting*.

**Kata kunci:** Balita, Kepatuhan Kunjungan Posyandu, Pengetahuan Ibu, *Stunting*.

**THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE  
OF *STUNTING* AND COMPLIANCE WITH POSYANDU  
VISITS AMONG TODDLERS AGED 12–59 MONTHS  
IN THE PENGASINAN HEALTH CENTER AREA,  
DEPOK CITY**

**Lusy Asmila**

***Abstract***

*Background: Stunting is a chronic nutritional problem that remains a public health challenge and impacts the growth and development of toddlers. Prevention of stunting can be achieved through regular monitoring of toddler growth at posyandu (integrated health posts), which is greatly influenced by mothers' knowledge. Good maternal knowledge can increase compliance with posyandu visits as an effort for early detection of nutritional disorders. Objective: To analyze the relationship between mothers' knowledge of stunting and compliance with posyandu visits among toddlers aged 12-59 months in the Pengasinan Health Center area, Depok City. Methods: This study used a cross-sectional design on 169 mothers of toddlers with purposive sampling technique. Data collection was conducted using a questionnaire on mothers' knowledge of stunting and a questionnaire on compliance with posyandu visits. Data analysis used the Spearman correlation test with a 95% confidence level. Results: The analysis results showed a significant relationship between mothers' knowledge of stunting and compliance with posyandu visits ( $p$ -value  $< 0.001$ ;  $r = 0.636$ ) with a positive direction and moderate strength. Conclusion: There is a significant relationship between mothers' knowledge of stunting and compliance with posyandu visits. Suggestions: Health education at posyandu needs to be enhanced to encourage the process of maternal knowledge up to the application, analysis, and evaluation stages to increase sustained compliance with posyandu visits as an effort to prevent stunting.*

**Keywords:** *Compliance with Posyandu Visits, Mothers' Knowledge, Stunting, Toddlers.*