

ABSTRAK

Rizka Dyah Putri (2026). Asuhan Keperawatan Pada Anak Stunting Dengan Masalah Keperawatan Defisit Nutrisi Di Wilayah Kerja Puskesmas Harapan Raya Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes (II) Hernitati, S.Pd., S.Kep., M.K.M. Penguji (I)Ns. Sari Angella, M.Kep., SP.Kep.A (II) Ns. Yulianto, S.Kep., M.Pd., MPH

Latar Belakang: Stunting merupakan masalah gizi kronis yang disebabkan oleh kurangnya asupan gizi dalam waktu lama sehingga mengakibatkan gangguan pertumbuhan dan perkembangan pada anak. Kondisi ini dapat memengaruhi status kesehatan, perkembangan kognitif, serta kualitas hidup anak di masa mendatang. **Tujuan:** Penelitian ini Untuk mendeskripsikan pelaksanaan asuhan keperawatan pada anak Stunting dengan masalah keperawatan defisit nutrisi. **Metode:** Jenis dan desain studi kasus deskriptif. Subjek pada studi kasus ini berjumlah 1 orang anak yang mengalami stunting dengan masalah defisit nutrisi. Metode pengumpulan data pada studi kasus ini dengan cara dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi selama 3 hari kunjungan pada tanggal 08-11 April 2026. **Hasil:** Pengkajian menunjukkan pasien mengalami penurunan nafsu makan, asupan nutrisi yang kurang, serta berat badan di bawah standar usia. Diagnosis keperawatan yang ditegakkan adalah defisit nutrisi. Intervensi yang dilakukan meliputi pemantauan status nutrisi, pemantauan asupan makanan, edukasi kepada keluarga mengenai pemenuhan nutrisi seimbang, serta pemantauan berat badan. Setelah dilakukan implementasi keperawatan selama 3 hari masalah defisit nutrisi belum teratasi. **Kesimpulan:** Penerapan asuhan keperawatan secara komprehensif membantu mengatasi masalah defisit nutrisi pada anak dengan stunting. **Saran:** Diharapkan keluarga meningkatkan pemenuhan kebutuhan nutrisi anak serta melakukan pemantauan pertumbuhan secara rutin untuk mendukung tumbuh kembang anak secara optimal.

Kata Kunci: Anak, Asuhan Keperawatan, Defisit Nutrisi, Stunting.

ABSTRACT

Rizka Dyah Putri (2026). Nursing Care for Stunted Children with Nutritional Deficiency as a Nursing Problem in the Service Area of the Harapan Raya Community Health Center, Pekanbaru. Scientific Case Study, DIII Nursing Program, Pekanbaru, Department of Nursing, Riau Ministry of Health Health Polytechnic. Advisors (I) Ns. Melly, SST., S.Kep., M.Kes (II) Hernitati, S.Pd., S.Kep., M.K.M. Examiners (I) Ns. Sari Angella, M.Kep., SP.Kep.A (II) Ns. Yulianto, S.Kep., M.Pd., MPH

Background: Stunting is a chronic nutritional problem caused by prolonged inadequate nutrient intake, resulting in impaired growth and development in children. This condition can affect children's future health status, cognitive development, and quality of life. **Objective:** This study aims to describe the implementation of nursing care for children with stunting who have nutritional deficiency as a nursing problem. **Methods:** This is a descriptive case study. The subject of this case study was one child with stunting and a nursing problem of nutritional deficit. Data collection for this case study was conducted through interviews, observations, physical examinations, and document review over three days of visits from April 8–11, 2026. **Results:** The assessment revealed that the patient experienced a decreased appetite, inadequate nutritional intake, and a weight below the standard for their age. The established nursing diagnosis was nutritional deficiency. The interventions implemented included monitoring nutritional status, monitoring food intake, educating the family on balanced nutrition, and monitoring body weight. After implementing nursing care for 3 days, the nutritional deficit issue had not been resolved. **Conclusion:** The application of comprehensive nursing care helps address nutritional deficit issues in children with stunting. **Recommendation:** It is hoped that the family will improve the fulfillment of the child's nutritional needs and conduct routine growth monitoring to support the child's optimal growth and development.

Keywords: *Children, Nursing Care, Stunting, Nutritional Deficiency, Stunting.*