

ABSTRAK

SABRINA ISNANIA FADILAH. Gambaran Pengetahuan Ibu dan Pemberian Asi Eksklusif Dengan Kejadian Stunting Pada Balita Diwilayah Kerja Puskesmas Melur. Dibimbing Oleh Yolahumaroh, SKM, MPH dan Muharni, SP, M.Gizi.

Stunting merupakan masalah gizi kronis yang dapat memengaruhi pertumbuhan dan perkembangan anak. Salah satu faktor yang berhubungan dengan kejadian stunting adalah pengetahuan ibu tentang ASI eksklusif. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu tentang ASI eksklusif dengan kejadian stunting pada balita di wilayah kerja Puskesmas Melur. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional. Sampel penelitian sebanyak 24 ibu balita dengan teknik total sampling. Data diperoleh melalui kuesioner pengetahuan ibu tentang ASI eksklusif serta data status stunting balita berdasarkan indikator tinggi badan menurut umur (TB/U). Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa sebagian besar ibu memiliki pengetahuan baik tentang ASI eksklusif sebanyak 12 responden (50,0%). Balita yang mendapatkan ASI eksklusif sebanyak 16 balita (66,7%). Sebagian besar balita tidak mengalami stunting yaitu sebanyak 21 balita (87,5%), sedangkan balita stunting sebanyak 3 balita (12,5%). Balita yang tidak mengalami stunting lebih banyak berasal dari ibu dengan tingkat pengetahuan baik serta memperoleh ASI eksklusif. Kesimpulan penelitian menunjukkan bahwa sebagian besar ibu memiliki pengetahuan yang baik mengenai ASI eksklusif, sebagian besar balita memperoleh ASI eksklusif, dan sebagian besar balita tidak mengalami stunting. Pengetahuan ibu mengenai ASI eksklusif merupakan salah satu faktor yang berperan dalam mendukung praktik pemberian ASI eksklusif dan pertumbuhan balita, meskipun kejadian stunting juga dipengaruhi oleh faktor-faktor lain yang tidak diteliti dalam penelitian ini.

Kata kunci: Pengetahuan Ibu, ASI Eksklusif, Stunting

ABSTRACT

SABRINA ISNANIA FADILAH. Overview of Mothers' Knowledge and Exclusive Breastfeeding with the Incidence of Stunting in Toddlers in the Melur Community Health Center Work Area. Supervised by Yolahumaroh, SKM, MPH and Muharni, SP, M.Gizi

Stunting is a chronic nutritional problem that can affect children's growth and development. One of the factors associated with stunting is mothers' knowledge of exclusive breastfeeding. This study aimed to describe mothers' knowledge of exclusive breastfeeding and stunting among children under five in the working area of Melur Community Health Center. This study employed a quantitative descriptive design with a cross-sectional approach. The sample consisted of 24 mothers of children under five selected using the total sampling technique. Data were collected using a questionnaire assessing mothers' knowledge of exclusive breastfeeding and data on the stunting status of children under five based on the height-for-age (HFA) indicator. Data were analyzed using univariate analysis. The results showed that most mothers had good knowledge of exclusive breastfeeding, accounting for 12 respondents (50.0%). A total of 16 children under five (66.7%) received exclusive breastfeeding. Most children under five were not stunted, totaling 21 children (87.5%), while 3 children (12.5%) were classified as stunted. Children who were not stunted were more likely to have mothers with good knowledge and a history of receiving exclusive breastfeeding. The study concludes that most mothers had good knowledge of exclusive breastfeeding, most children under five received exclusive breastfeeding, and the majority were not stunted. Mothers' knowledge of exclusive breastfeeding is one of the factors that supports the practice of exclusive breastfeeding and promotes optimal child growth, although the occurrence of stunting is also influenced by other factors that were not examined in this study.

Keywords: Maternal Knowledge, Exclusive Breastfeeding, Stunting