

INTISARI

HUBUNGAN PEMBERIAN ASI EKSKLUSIF DENGAN KEJADIAN *STUNTING* PADA ANAK BALITA DI DESA SAWANGAN KECAMATAN AIRMADIDI KABUPATEN MINAHASA UTARA PROVINSI SULAWESI UTARA

Andre Sumardi¹, Anik Suwarni², Shinta Rositasari³

Latar Belakang: *Stunting* adalah masalah kurang gizi kronis yang disebabkan oleh asupan gizi yang kurang dalam waktu cukup lama akibat pemberian makanan yang tidak sesuai dengan kebutuhan gizi serta menggambarkan kegagalan pertumbuhan yang terakumulasi sejak sebelum dan sesudah kelahiran. Pemberian ASI kepada bayi memberikan kontribusi pada status gizi dan kesehatan gizi.

Tujuan: Mengetahui hubungan pemberian ASI eksklusif dengan kejadian *stunting* pada anak balita di Desa Sawangan Kecamatan Airmadidi Kabupaten Minahasa Utara Provinsi Sulawesi Utara.

Metode: Jenis penelitian adalah deskriptif korelatif dengan pendekatan potong lintang. Populasi berjumlah 113 balita di Desa Sawahan Kecamatan Airmadidi kabupaten Minahasa Utara. Sampel diambil 88 balita dengan rumus Slovin. Teknik analisis data menggunakan analisa univariat dengan persentase dan bivariat dengan *Chi Square*.

Hasil: (1) Orang tua responden penelitian paling banyak menyatakan memberikan ASI Eksklusif yaitu sebanyak 51 ibu (58%). (2) Responden penelitian paling banyak memiliki status gizi kategori pendek (*stunted*), yaitu sebanyak 43 anak (48,9%). (3) Terdapat hubungan yang bermakna antara riwayat pemberian ASI Eksklusif dengan kejadian *stunting* pada anak balita di Desa Sawangan Kecamatan Airmadidi Kabupaten Minahasa Utara Provinsi Sulawesi Utara.

Simpulan: Terdapat hubungan yang bermakna antara riwayat pemberian ASI Eksklusif dengan kejadian *stunting* pada anak balita di Desa Sawangan Kecamatan Airmadidi Kabupaten Minahasa Utara Provinsi Sulawesi Utara.

Kata Kunci: Pemberian ASI Eksklusif, Kejadian *Stunting*, Anak Balita

1) Mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta

2) Dosen Program Studi Ilmu Keperawatan Universitas Sahid Surakarta

3) Dosen Program Studi Ilmu Keperawatan Universitas Sahid Surakarta

ABSTRACT

THE CORRELATIONS BETWEEN EXCLUSIVE BREASTFEEDING WITH STUNTING OF CHILDREN UNDER FIVE IN SAWANGAN VILLAGE DISTRICT OF AIRMADIDI NORTH MINAHASA REGENCY NORTH SULAWESI

Andre Sumardi¹, Anik Suwarni², Shinta Rositasari³

Background: Stunting is a problem of malnutrition that caused by lack of nutrition in a long period of time due to inappropriate feeding with nutritional needs and describes growth failure that accumulated since before and after birth. Breastfeeding to babies give contributes to nutritional status and health nutrient.

Objectives : to find out the relationships between the exclusive breastfeeding with the occurrence of stunting in toddlers (children under five) in Sawangan Village, district of Airmadidi, North Minahasa Regency, North Sulawesi

Method: The type of the research that been used is descriptive correlative with a cross-sectional approach. The total population in sawangan village are 113 toddlers. The samples are 88 toddlers by using the slovin formula.

Data analysis techniques that been used is univariate analysis with percentages and bivariate with Rank Spearman's.

Results: (1) parents as a respondent of the research, the most widely who gives exclusive breastfeeding are 51 mothers (58%). (2) Respondents who have a short nutritional status (stunted) are 43 childrens (48,9%). (3) There is a significant relationship between the history of exclusive breastfeeding with the occurrence of stunting in toddlers (children under five) in Sawangan Village, District of Airmadidi, North Minahasa Regency, North Sulawesi.

Conclusion: There is a significant relationship between the history of exclusive breastfeeding with the occurrence of stunting in toddlers (children under five) in Sawangan Village, District of Airmadidi, North Minahasa Regency, North Sulawesi.

Keywords: Exclusive Breastfeeding, Stunting Events, Toddler Children

1) Student of Nursing Science Program of Sahid Surakarta University

2) Lecturer of Nursing Science Program of Universitas Sahid Surakarta

3) Lecturer of Nursing Science Program of Universitas Sahid Surakarta