

ABSTRACT

Background : Stunting is a chronic nutritional problem in toddlers. If using the WHO-MGRS standard, the z-score $<-2SD$ is grouped into short toddlers. The prevalence of stunting in Sungai Beras Village is 12.7%. This study aims to determine the relationship between parenting style and household food security on the incidence of stunting in children under five in Sungai Beras Village, Tanjung Jabung Timur Regency.

Methods : This type of research is a quantitative research with a cross sectional design. The population in this study were mothers who had toddlers aged 24-59 months who were in the Sungai Beras village area as many as 181 toddlers with a total sample of 50 respondents. The sampling technique used simple random sampling. Data collection using questionnaires and univariate and bivariate data analysis using chi square.

Results : The results of the bivariate analysis showed that there was a relationship between eating patterns and the incidence of stunting in children under five $p = 0.047$ (95% CI =1,117-4,226). And there is a relationship between household food security and the incidence of stunting in toddlers $p = 0.016$ (95% CI =1,239-5,307).

Conclusion : Food parenting and household food security are related to the incidence of stunting.

Suggestion: To the community to plant nutritional value plants such as spinach and others in the yard and consume a variety of foods.

Keywords : *stunting, eating parenting and food security*

ABSTRAK

Latar Belakang : Stunting merupakan masalah gizi kronis pada balita. Apabila Menggunakan standar baku WHO-MGRS nilai z-score $<-2SD$ dikelompokkan menjadi balita pendek. Prevalensi *stunting* Desa Sungai Beras sebesar 12,7%. Penelitian ini bertujuan untuk mengetahui hubungan pola asuh orang tua dan ketahanan pangan rumah tangga terhadap kejadian stunting pada balita di Desa Sungai Beras Kabupaten Tanjung Jabung Timur.

Metode : Jenis penelitian ini adalah penelitian kuantitatif dengan desain *cross sectional*. Populasi pada penelitian ini adalah ibu yang mempunyai balita usia 24-59 bulan yang berada di wilayah desa sungai beras sebanyak 181 balita dengan jumlah sampel sebanyak 50 responden. Teknik pengambilan sampel dengan menggunakan simple random sampling. Pengumpulan data menggunakan kuesioner dan analisis data univariat dan bivariat dengan menggunakan *chi square*.

Hasil : Hasil analisis bivariat menunjukkan ada hubungan pola asuh makan terhadap kejadian stunting pada balita $p=0,047$ (95%CI=1,117-4,226). Dan ada hubungan ketahanan pangan rumah tangga terhadap kejadian stunting pada balita $p=0,016$ (95%CI=1,239-5,307).

Kesimpulan : Pola asuh makan dan ketahanan pangan rumah tangga berhubungan terhadap kejadian stunting.

Saran : Kepada masyarakat agar menanamkan tanaman bernilai gizi seperti bayam dan lainnya di pekarangan rumah dan mengkonsumsi makanan yang beragam.

Kata Kunci : *Stunting, Pola Asuh Makan dan Ketahanan Pangan*