

ABSTRACT

Background: All parents want their children to be healthy with maximum growth. However, in its application, early childhood still experiences many challenges. One of the nutritional problems for toddlers is stunting, which is a condition where a child's height is shorter than his age. The aim of this research is to find out what factors influence mothers' behavior towards preventing stunting in the first thousand days of a baby's life in the Jelutung District working area, Jambi City.

Method: This research is an observational analytical research using a cross sectional design approach using a questionnaire. The research was conducted at two community health centers in Jelutung District, Jambi City, which were selected according to the highest number of stunting cases. A sample of 100 was obtained using the accidental sampling method. The analysis used is chi square.

Results: Respondents age 30-39 years (43%), high school education (45%), housewife status (53%), economic status $\leq$ Rp. 3,230,207 (51%), bad behavior (58%), good knowledge (52%), good attitude (66%), availability of information (72%), and supportive family support (53%). Analysis using chi square obtained a relationship between the variables knowledge ($p=0.001$), attitude ($p=0.001$), education ($p=0.001$), employment ($p=0.003$), economic status ($p=0.001$), availability of information ($p=0.001$), and family support ($p=0.011$) with maternal behavior towards preventing stunting in the first thousand days of a baby's life in the working area of Jelutung District, Jambi City.

Conclusion: The level of maternal behavior towards preventing stunting in the first thousand days of a baby's life in the Jelutung District working area, Jambi City is classified as good and the factors that influence maternal behavior are knowledge, attitudes, education, employment, economic status, availability of information, and family support.

Keywords: Stunting, stunting prevention, child nutrition, stunting factors

ABSTRAK

Latar belakang: Semua orang tua ingin anaknya sehat dengan pertumbuhan yang maksimal. Tetapi dalam penerapannya, masa anak usia dini masih banyak mengalami tantangan. Satu di antaranya masalah gizi balita yaitu *stunting* dimana merupakan kondisi anak ukuran tinggi badan lebih pendek dari usianya. Tujuan penelitian ini adalah untuk mengetahui faktor apa saja yang mempengaruhi perilaku ibu terhadap pencegahan *stunting* pada seribu hari pertama kehidupan bayi di wilayah kerja Kecamatan Jelutung Kota Jambi.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan menggunakan pendekatan desain *Cross Sectional* menggunakan kuesioner. Penelitian dilakukan di dua puskesmas di Kecamatan Jelutung Kota Jambi yang dipilih menurut *stunting* terbanyak. Sampel sebanyak 100 didapatkan dengan metode *accidental sampling*. Analisis yang digunakan yaitu *chi square*.

Hasil: Usia responden 30-39 tahun (43%), berpendidikan SMA (45%), berstatus Ibu Rumah Tangga (53%), status ekonomi $\leq$ Rp. 3.230.207 (51%), perilaku tidak baik (58%), berpengetahuan baik (52%), bersikap baik (66%), ketersediaan informasi ada (72%), dan dukungan keluarga mendukung (53%). Analisis menggunakan *chi square* diperoleh hubungan variabel pengetahuan ($p=0,001$), sikap ($p=0,001$), pendidikan ($p=0,001$), pekerjaan ($p=0,003$), status ekonomi ($p=0,001$), ketersediaan informasi ($p=0,001$), dan dukungan keluarga ($p=0,011$) dengan perilaku ibu terhadap pencegahan *stunting* pada seribu hari pertama kehidupan bayi di wilayah kerja Kecamatan Jelutung Kota Jambi.

Kesimpulan: Tingkat perilaku ibu terhadap pencegahan *stunting* pada seribu hari pertama kehidupan bayi di wilayah kerja Kecamatan Jelutung Kota Jambi tergolong baik dan faktor yang mempengaruhi perilaku ibu yaitu pengetahuan, sikap, pendidikan, pekerjaan, status ekonomi, ketersediaan informasi, dan dukungan keluarga.

Kata kunci: *Stunting*, pencegahan *stunting*, gizi anak, faktor-faktor *stunting*