

## ABSTRACT

**Background:** Stunting is a nutritional issue that has been a major focus of the Indonesian government. Stunting is caused by chronic malnutrition. Stunting can have both short-term and long-term impacts. Betara Kiri Village has the highest stunting rate in Kuala Betara District. This study aims to determine the factors associated with stunting in toddlers aged 12-59 months in Betara Kiri Village, within the Parit Deli Community Health Center (Puskesmas) working area, in 2024.

**Method:** This research is a quantitative study with a case-control design. Data analysis was performed using the chi-square test. The case samples of this study were toddlers aged 12–59 months who experienced stunting and the control samples were toddlers aged 12–59 months who did not experience stunting, with a total sample of 60 consisting of 20 cases and 40 controls from a total population of 134. Data collection was carried out by measuring the height/height of toddlers and interviews using questionnaires. This study took place in Betara Kiri Village, within the working area of the Parit Deli Community Health Center, from July 16, 2024 to September 8, 2025.

**Result:** Most toddlers were exclusively breastfed (75.0%) and had no history of infection (85.0%). More than half of the mothers had low education (51.7%) and were short in stature (51.7%), while the majority attended ANC visits (81.7%), had a low-risk gestational age (75.0%), normal birth spacing (90.0%), low parity (93.3%), and family income above the minimum wage (UMK) (63.3%). This study found that exclusive breastfeeding ( $p=0.027$ ), history of ANC visits ( $p=0.031$ ), family income ( $p=0.004$ ), history of infectious diseases ( $p=0.464$ ), maternal education level ( $p=0.083$ ), maternal age during pregnancy ( $p=0.114$ ), birth spacing ( $p=0.089$ ), parity ( $p=0.595$ ) and maternal height ( $p=0.089$ ) were related to the results.

**Conclusion and Suggestion:** It can be concluded that exclusive breastfeeding, history of ANC visits, and family income are associated with stunting. It is hoped that community health centers can improve the quality of exclusive breastfeeding, monitor regular ANC visits, and provide education to low-income families about the importance of balanced nutrition.

**Keyword:** *Stunting*, Exclusive Breastfeeding, ANC, Family Income

## ABSTRAK

**Latar Belakang:** Permasalahan gizi yang hingga saat ini menjadi fokus utama pemerintah Indonesia adalah *stunting*. *Stunting* disebabkan oleh kekurangan gizi kronis. *Stunting* dapat menimbulkan dampak jangka pendek dan jangka panjang. Kelurahan Betara Kiri memiliki kasus *stunting* paling tinggi di Kecamatan Kuala Betara. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kejadian *stunting* pada balita usia 12-59 bulan di Kelurahan Betara Kiri wilayah kerja Puskesmas Parit Deli tahun 2024.

**Metode:** Jenis penelitian ini ialah penelitian kuantitatif dengan desain *case control*. Analisis data dilakukan dengan uji *chi-square*. Sampel kasus penelitian ini yaitu balita usia 12–59 bulan yang mengalami *stunting* dan sampel kontrol yaitu balita usia 12–59 bulan yang tidak mengalami *stunting*, dengan jumlah keseluruhan sampel penelitian sebanyak 60 yang terdiri dari 20 kasus dan 40 kontrol dari total populasi 134. Pengumpulan data dilakukan dengan pengukuran TB/PB balita dan wawancara melalui kuesioner. Penelitian ini bertempat di Kelurahan Betara Kiri wilayah kerja Puskesmas Parit Deli yang dilakukan pada 16 Juli 2024-08 September 2025.

**Hasil:** Sebagian besar balita diberikan ASI eksklusif (75,0%) dan tidak memiliki riwayat infeksi (85,0%). Lebih dari separuh ibu berpendidikan rendah (51,7%) dan tinggi badan rendah (51,7%), sementara mayoritas memenuhi kunjungan ANC (81,7%), memiliki usia kehamilan tidak berisiko (75,0%), jarak kelahiran normal (90,0%), paritas sedikit (93,3%), serta pendapatan keluarga di atas UMK (63,3%). Penelitian ini mendapati hasil ASI eksklusif ( $p=0,027$ ), riwayat kunjungan ANC ( $p=0,031$ ), pendapatan keluarga ( $p=0,004$ ), riwayat penyakit infeksi ( $p=0,464$ ), tingkat pendidikan ibu ( $p=0,083$ ), usia ibu saat mengandung ( $p=0,114$ ), jarak kelahiran ( $p=0,089$ ), paritas ( $p=0,595$ ) dan tinggi badan ibu ( $p=0,089$ ).

**Kesimpulan dan Saran:** Dapat disimpulkan bahwa ASI Eksklusif, Riwayat Kunjungan ANC dan Pendapatan Keluarga berhubungan dengan kejadian *stunting*. Diharapkan pihak puskesmas dapat melakukan peningkatan kualitas pemberian ASI Eksklusif dan pemantauan kunjungan ANC yang teratur serta memberikan edukasi kepada keluarga dengan pendapatan rendah tentang pentingnya gizi seimbang.

**Kata Kunci:** *Stunting*, ASI Eksklusif, ANC, Pendapatan Keluarga