

# **GAMBARAN DETERMINAN STUNTING DI DESA DAWUHAN KABUPATEN BLITAR**

**Oleh**  
**Fathir Abidillah, NIM 2018011022**  
**Program Studi Kedokteran**

## **ABSTRAK**

Stunting adalah istilah yang digunakan untuk menggambarkan kondisi gagal tumbuh pada anak-anak akibat kekurangan gizi kronis, terutama pada periode seribu hari pertama kehidupan, yaitu mulai dari kehamilan hingga anak berusia dua tahun. Stunting terjadi ketika anak tidak mencapai pertumbuhan fisik dan perkembangan yang optimal karena kurangnya asupan nutrisi yang memadai, terutama zat-zat gizi penting seperti protein, energi, vitamin, dan mineral. Stunting disebabkan oleh kombinasi faktor-faktor yang kompleks, antara lain kurangnya asupan gizi, infeksi berulang, sanitasi yang buruk, air bersih yang terbatas, praktik pemberian makan yang tidak tepat, dan kondisi sosial-ekonomi yang rendah. Penelitian ini bertujuan untuk menggambarkan determinan stunting di Desa Dawuhan, Kabupaten Blitar. Desa Dawuhan terletak di Kecamatan Kademangan, Kabupaten Blitar, Provinsi Jawa Timur. Metode penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan cross sectional. Populasi penelitian terdiri dari seluruh ibu yang memiliki anak yang terdata sebagai stunting di Desa Dawuhan. Dalam penelitian ini, sampel diambil menggunakan metode total sampling dengan jumlah sampel sebanyak 52 orang. Variabel yang diteliti meliputi Antropometri, ASI Eksklusif (Air Susu Ibu), MPASI (Makanan Pendamping ASI), dan Perilaku Hidup Bersih dan Sehat (PHBS). Untuk mengukur variabel-variabel ini, peneliti menggunakan pedoman wawancara dan mikrotoise. Data yang dikumpulkan dianalisis secara univariat. Analisis statistik yang dilakukan mencakup teknik deskriptif untuk menjelaskan karakteristik sampel. Hasil penelitian ditemukan mayoritas responden pada kelompok usia 31-40 tahun (56%), pekerjaan ibu rumah tangga (67%), pendidikan terakhir SMA (54%). Pada determinan stunting, didapatkan 9 balita (17%) dalam keadaan stunting berat (*severe stunting*), pemberian ASI Eksklusif yang memenuhi kriteria sebanyak 37 balita (71%), pemberian MPASI yang memenuhi kriteria sebanyak 0(0%), PHBS yang memenuhi syarat sebanyak 3 balita (6%). Dari penelitian ini diharapkan dapat memberikan gambaran tentang determinan stunting di Desa Dawuhan, Kabupaten Blitar.

Kata kunci: ASI Eksklusif, MPASI, PHBS, Stunting

# **DESCRIPTION OF STUNTING DETERMINANTS IN DAWUHAN VILLAGE BLITAR REGENCY**

**By**  
**Fathir Abidillah, NIM 2018011022**  
**Department of Medicine**

## **ABSTRACT**

Stunting is a term used to describe the condition of failed growth in children due to chronic malnutrition, especially during the first thousand days of life, from pregnancy to the age of two. Stunting occurs when a child does not achieve optimal physical growth and development due to insufficient intake of essential nutrients, particularly important nutrients such as protein, energy, vitamins, and minerals. Stunting is caused by a combination of complex factors, including insufficient nutritional intake, recurring infections, poor sanitation, limited access to clean water, inappropriate feeding practices, and low socio-economic conditions. This research aims to describe the determinants of stunting in Dawuhan Village, Blitar Regency. Dawuhan Village is located in the Kademangan District, Blitar Regency, East Java Province. The research method used is descriptive research with a cross-sectional approach. The research population consists of all mothers with children identified as stunted in Dawuhan Village. In this study, the sample was taken using total sampling method with a total of 52 participants. The variables studied include Anthropometry, Exclusive Breastfeeding, Complementary Feeding (MPASI), and Clean and Healthy Living Behavior (PHBS). To measure these variables, the researcher used interview guidelines and a measuring tape. The collected data were analyzed univariately. The statistical analysis included descriptive techniques to explain the characteristics of the sample. The research findings revealed that the majority of respondents were in the age group of 31-40 years (56%), working as homemakers (67%), and having completed high school education (54%). Regarding the determinants of stunting, it was found that 9 toddlers (17%) were in a state of severe stunting, exclusive breastfeeding that met the criteria for 37 toddlers (71%), complementary feeding that met the criteria for 0 (0%), and clean and healthy living behavior that met the criteria for 3 toddlers (6%). This research is expected to provide insights into the determinants of stunting in Dawuhan Village, Blitar Regency.

**Keywords:** Breastfeeding, MPASI, PHBS, Stunting