

**HUBUNGAN PERILAKU HIDUP BERSIH DAN SEHAT  
(PHBS) RUMAH TANGGA DENGAN KEJADIAN STUNTING  
PADA BALITA DI DESA JULAH TAHUN 2024**

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**ABSTRAK**

Stunting merupakan masalah gizi kronis pada balita yang diukur dalam panjang atau tinggi badan dibawah -2 deviasi pertumbuhan WHO. Berdasarkan hasil Survei Status Gizi Indonesia (SSGI) 2022, stunting di Indonesia masih berada di angka 21,6%. Beberapa faktor stunting tergabung dalam program perilaku hidup bersih dan sehat (PHBS) tatanan rumah tangga. Penelitian ini bertujuan mengetahui hubungan antara PHBS tatanan rumah tangga terhadap kejadian stunting pada balita di Desa Julah tahun 2024. Penelitian analitik observasional dengan desain penelitian *case control* ini dilakukan di Desa Julah yang memiliki permasalahan gizi khususnya stunting. Populasi dalam penelitian adalah seluruh (343 balita) balita yang tinggal di Desa Julah. Sampel ditentukan dengan metode *purposive sampling* dengan memenuhi kriteria inklusi dan eksklusi masing-masing kelompok (kelompok kasus & kontrol). Pengumpulan data dilaksanakan melalui wawancara dan observasi pada keluarga dari balita yang menjadi subjek penelitian. Pengolahan data dilakukan dengan SPSS v25. Hasil uji bivariat dengan *Chi-Square* diperoleh hasil  $p=0,004$  dan  $OR=33,000$  (CI 95% 2,909-374,331). Hasil ini menunjukkan bahwa terdapat hubungan signifikan antara PHBS tatanan rumah tangga dengan kejadian stunting di Desa Julah tahun 2024. Anak yang tidak menerapkan PHBS memiliki risiko terkena stunting 33 kali lebih tinggi dari pada anak yang menerapkan PHBS.

**Kata-kata kunci:** Balita, PHBS, Status Gizi, Stunting

***THE RELATIONSHIP BETWEEN CLEAN AND HEALTHY  
LIVING BEHAVIOR (PHBS) IN THE HOUSEHOLD WITH  
STUNTING AMONG UNDER FIVE YEARS CHILDREN IN  
JULAH VILLAGE 2024***

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***ABSTRACT***

*Stunting is a chronic nutritional problem in children under five, measured as height or length below -2 standard deviations of the World Health Organization (WHO) growth standards. According to the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting in Indonesia remains at 21,6%. Several factors contributing to stunting are integrated into the Clean and Healthy Living Behavior (PHBS) program at the household level. This study aims to investigate the relationship between household PHBS and the occurrence of stunting in children under five in Julah Village in 2024. This observational analytical research employs a case-control design conducted in Julah Village, which faces nutritional issues, particularly stunting. The population for this study comprises all 343 children under five residing in Julah Village. Samples were determined using purposive sampling, adhering to inclusion and exclusion criteria for each group (case and control). Data collection was carried out through interviews and observations with the families of children under five who were subjects of the study. Data processing was performed using SPSS v25. The results of the bivariate analysis using Chi-Square yielded a p-value of 0.004 and an odds ratio (OR) of 33.000 (95% CI: 2.909-374.331). These findings indicate a significant relationship between household PHBS and the incidence of stunting in Julah Village in 2024. Children who do not implement PHBS are at a 33 times higher risk of experiencing stunting compared to those who do adhere to PHBS.*

**Keywords:** *Clean and Healthy Living Behavior, Nutritional Status, Stunting, Under-five Children*