

ABSTRAK

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Hubungan Pemberian Asi Eksklusif dengan Kejadian Stunting Pada Balita 0 – 59 Bulan di Posyandu Desa Seputih Kecamatan Mayang

XIV + 84 halaman + 3 gambar + 8 tabel + 15 lampiran

Abstrak

Stunting merupakan manifestasi klinis dari kegagalan pertumbuhan linear kronis akibat akumulasi defisit nutrisi yang menjadi prioritas masalah gizi di Indonesia. Salah satu faktor utama yang memicu kondisi ini adalah kegagalan pemberian Air Susu Ibu (ASI) eksklusif selama enam bulan pertama kehidupan balita. Penelitian ini bertujuan untuk menganalisis hubungan antara pemberian ASI eksklusif dengan kejadian stunting pada balita usia 0–59 bulan di Posyandu Desa Seputih, Kecamatan Mayang. Jenis penelitian ini menggunakan desain korelasional dengan pendekatan cross-sectional. Sampel penelitian berjumlah 236 responden balita beserta ibunya yang diambil menggunakan teknik random sampling. Pengumpulan data riwayat ASI eksklusif menggunakan kuesioner dan status stunting ditentukan berdasarkan pengukuran antropometri indikator TB/U atau PB/U (nilai Z-score < -2 SD). Analisis data dilakukan dengan menggunakan uji statistik non-parametrik Spearman Rank (Rho). Hasil penelitian menunjukkan bahwa sebagian besar balita tidak mendapatkan ASI eksklusif yaitu sebanyak 124 anak (52,5%). Angka kejadian stunting pada lokasi penelitian ditemukan cukup signifikan yakni mencapai 80 balita (33,9%). Uji hipotesis statistik menghasilkan nilai p-value sebesar 0,000 (< 0,05) dengan koefisien korelasi (r) sebesar 0,430. Terdapat hubungan yang signifikan dengan kekuatan korelasi kategori sedang dan arah positif antara ketidaksesuaian pemberian ASI eksklusif dengan peningkatan kejadian stunting pada balita di Posyandu Desa Seputih, Kecamatan Mayang.

Kata Kunci: ASI Eksklusif, Balita 0 – 59 Bulan, Kejadian Stunting

ABSTRACT

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The Correlation between Exclusive Breastfeeding and Stunting Incidence among Toddlers Aged 0–59 Months at Seputih Village Posyandu, Mayang District

xiv + 84 pages + 3 figures + 8 tables + 15 appendices

Abstract

Stunting is a clinical manifestation of chronic linear growth failure resulting from an accumulation of nutritional deficits, which has become a priority nutritional issue in Indonesia. One of the main factors triggering this condition was the failure of exclusive breastfeeding during the first six months of a toddler's life. This study aimed to analyze the correlation between exclusive breastfeeding and the incidence of stunting among toddlers aged 0–59 months at the Seputih Village Posyandu, Mayang District. This type of research employed a correlational design with a cross-sectional approach. The research sample consisted of 236 toddler respondents and their mothers, selected using a random sampling technique. Data on exclusive breastfeeding history were collected using a questionnaire, and stunting status was determined based on anthropometric measurements of length-for-age or height-for-age indicators (Z-score value < -2 SD). Data analysis was performed using the Spearman Rank (Rho) non-parametric statistical test. The results of the study showed that the majority of toddlers did not receive exclusive breastfeeding, accounting for 124 children (52.5%). The incidence of stunting at the research site was found to be quite significant, reaching 80 toddlers (33.9%). The statistical hypothesis test yielded a p-value of 0.000 (< 0.05) with a correlation coefficient (r) of 0.430. In conclusion, there was a significant correlation with a moderate strength and a positive direction between the non-compliance of exclusive breastfeeding and the increase in stunting incidence among toddlers at the Seputih Village Posyandu, Mayang District.

Keywords: Exclusive Breastfeeding, Toddlers 0 – 59 Months, Stunting Incidence