

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah,
Eka Intan Aulia

Perilaku Orang Tua Dalam Pencegahan Stunting Pada Baduta

xvi + 53 halaman + 7 tabel + 1 gambar + 8 lampiran

Abstrak

Stunting merupakan masalah gizi kronis yang masih menjadi tantangan kesehatan di Indonesia karena berdampak terhadap pertumbuhan fisik, perkembangan kognitif, dan kualitas sumber daya manusia. Perilaku orang tua memiliki peran penting dalam upaya pencegahan stunting pada anak bawah dua tahun (Baduta). Penelitian ini bertujuan untuk mengetahui gambaran perilaku orang tua dalam pencegahan stunting pada Baduta di posyandu Aster 5 Perumahan Tegal Besar Permai 2. Penelitian ini menggunakan desain deskriptif dengan pendekatan survey. Sampel penelitian berjumlah 30 orang tua yang memiliki Baduta. Pengumpulan data dilakukan menggunakan kuesioner yang mengukur aspek pengetahuan, sikap, dan perilaku orang tua dalam pencegahan stunting. Data dianalisis secara deskriptif menggunakan distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan yang baik (60%), sikap yang positif terhadap pencegahan stunting, serta perilaku pencegahan yang baik (90%). Hasil tersebut menunjukkan bahwa mayoritas orang tua telah menerapkan perilaku yang mendukung pencegahan stunting melalui pemberian ASI dan MP-ASI sesuai anjuran, pemenuhan gizi seimbang, pemantauan pertumbuhan secara rutin, pemberian imunisasi, serta pemanfaatan pelayanan kesehatan. Perilaku orang tua dalam pencegahan stunting pada Baduta di Posyandu Aster 5 tergolong baik. Sehingga, diperlukan upaya edukasi yang berkesinambungan untuk mempertahankan dan meningkatkan perilaku positif orang tua dalam mencegah stunting sejak dini.

Kata kunci: Baduta, Pencegahan Stunting, perilaku Orang Tua

ABSTRACT

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Parental Behavior in Stunting Prevention Among Children Under Two Years of Age

xvi + 53 pages + 7 tables + 1 figure + 9 appendices

Abstract

Stunting is a chronic nutritional problem that remains a major public health challenge in Indonesia because it affects children's physical growth, cognitive development, and future quality of life. Parents' behavior plays an important role in preventing stunting during the first two years of a child's life. This study aimed to describe parents' behavior in preventing stunting among children under two years of age (toddlers) at Posyandu Aster 5, Tegal Besar Permai 2 Housing Area, Jember Regency. This study employed a descriptive research design with a survey approach. The sample consisted of 30 parents who had children under two years of age. Data were collected using a questionnaire assessing parents' knowledge, attitudes, and behaviors regarding stunting prevention. The data were analyzed descriptively using frequency distribution and percentages.

The results showed that most respondents had good knowledge (60%), positive attitudes toward stunting prevention, and good preventive behaviors (90%). These findings indicate that most parents have implemented appropriate stunting prevention practices, including providing exclusive breastfeeding and appropriate complementary feeding, ensuring balanced nutrition, monitoring child growth regularly, completing immunization, and utilizing health services. Parents' behavior in preventing stunting among children under two years of age was generally good. Therefore, continuous education interventions are necessary to maintain and enhance positive Parental Behaviors in the early prevention of Stunting.

Keywords: children under two years of age, stunting prevention, parents' behaviour.