

ABSTRAK

STUNTING PADA BALITA 24-59 BULAN DAN HUBUNGANNYA DENGAN HYGIENE, SANITASI LINGKUNGAN DAN INFEKSI *SOIL TRANSMITTED HELMINTHS* (STH) DI KECAMATAN ATU LINTANG KABUPATEN ACEH TENGAH

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Latar Belakang : *Stunting* berkaitan dengan penyakit infeksi, salah satunya infeksi *Soil Transmitted Helminths* (STH) atau kecacingan. Kejadian kecacingan ditemukan sebanyak 44,4%. Kecacingan dipengaruhi *hygiene* dan sanitasi lingkungan. Kecacingan berdampak pada pencernaan dan penyerapan zat gizi.

Tujuan : Menganalisis hubungan *hygiene*, sanitasi lingkungan dan infeksi STH dengan kejadian *stunting*.

Metode : Penelitian observasional analitik, desain *cross-sectional* dengan teknik pengambilan sampel *purposive sampling*, sebanyak 100 balita usia 24-59 bulan. Penelitian dilaksanakan bulan Agustus-September 2023 di Kecamatan Atu Lintang, Aceh Tengah. Data dikumpulkan dengan pengukuran antropometri, melihat buku KIA dan wawancara kuesioner. Sampel feses diuji dengan metode Kato Katz. Analisis menggunakan uji *Chi-Square/Fisher Exact* dan regresi logistik ganda.

Hasil : Tidak terdapat hubungan antara sanitasi lingkungan dengan kecacingan ($p=0,086$) dan antara ASI eksklusif ($p=0,799$), BBLR ($p=0,397$), kenaikan berat badan ($p=0,177$), riwayat ISPA ($p=1,000$), diare ($p=0,738$) dengan *stunting*. Terdapat hubungan antara *hygiene* ($p=0,003$) dengan kecacingan dan antara *hygiene* ($p=0,014$), sanitasi lingkungan ($p=0,014$), asupan energi ($p=0,000$), protein ($p=0,001$), MP-ASI ($p=0,034$) dengan *stunting*. Asupan energi ($p=0,007$, OR=3,554) dan asupan protein ($p=0,019$, OR=3,028) memiliki hubungan paling dominan dengan *stunting*.

Simpulan : Tidak terdapat hubungan yang bermakna antara infeksi STH dengan *stunting* namun *hygiene* dan sanitasi lingkungan terdapat hubungan yang bermakna dengan *stunting*.

Kata kunci : *Stunting*, *hygiene*, sanitasi lingkungan, infeksi *Soil Transmitted Helminths* (STH), kecacingan

ABSTRACT

STUNTING AMONG TODDLERS 24-59 MONTHS AND ASSOCIATIONS WITH HYGIENE, ENVIRONMENTAL SANITATION AND SOIL TRANSMITTED HELMINTHS (STH) INFECTION IN ATU LINTANG DISTRICT, CENTRAL ACEH REGENCY

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Background : Stunting is associated with infectious diseases, one of which is Soil Transmitted Helminths (STH) or worm infections. The incidence of worms was found to be 44.4%. Worms are influenced by environmental hygiene and sanitation. Worms affect the digestion and absorption of nutrients.

Objectives : To analyze the relationship between hygiene, environmental sanitation and STH infection with incidence of stunting.

Methods : Analytic observational research, cross-sectional design with purposive sampling technique, as many as 100 toddlers aged 24-59 months. The study was conducted in August-September 2023 in Atu Lintang District, Central Aceh. Data were collected by anthropometric measurements, looking at maternal and child health books and questionnaire interviews. Stool samples were observed using the Kato Katz method. Data were analyzed using the Chi-Square/Fisher Exact test and Binary Logistic Regression.

Results : There was no relationship between environmental sanitation and worms ($p=0.086$) and between exclusive breastfeeding ($p=0.799$), LBW ($p=0.397$), weight gain ($p=0.177$), history of ARI ($p=1.000$), diarrhea ($p=0.738$) with stunting. There is a relationship between hygiene ($p=0.003$) and worms and between hygiene ($p=0.014$), environmental sanitation ($p=0.014$), energy intake ($p=0.000$), protein ($p=0.001$), complementary feeding ($p=0.034$) with stunting. Energy ($p=0.007$, OR=3.554) and protein intake ($p=0.019$, OR=3.028) had the most dominant relationship with stunting.

Conclusion : There is no significant relationship between STH infection and stunting, but environmental hygiene and sanitation has a significant relationship with stunting.

Key words : Stunting, hygiene, environmental sanitation, Soil Transmitted Helminths (STH) infections, worms.