

Faktor Risiko Kejadian *Stunting* pada Baduta Usia 6-23 Bulan di Rumah Tangga Miskin (Analisis SSGI 2021)

Astrella Wimala Santi¹, Nuryanto¹, Rachma Purwanti¹, Mursid Tri Susilo¹

ABSTRAK

Latar belakang: Data Survei Status Gizi Indonesia (SSGI) tahun 2021 menunjukkan masih terdapat 24,4% balita mengalami *stunting* dan tergolong masalah gizi kronis. Kemiskinan merupakan akar masalah yang memicu munculnya faktor-faktor risiko penyebab *stunting*. Belum banyak penelitian mengenai *stunting* yang khusus dilakukan di rumah tangga miskin.

Tujuan: Menganalisis faktor risiko kejadian *stunting* pada baduta usia 6-23 bulan di rumah tangga miskin.

Metode: Penelitian ini menggunakan data SSGI 2021 yang diambil di 514 kabupaten/kota di Indonesia menggunakan desain *cross-sectional*. Jumlah subjek dalam penelitian ini sebanyak 8.316 baduta usia 6-23 bulan di rumah tangga miskin. Variabel terikat adalah *stunting*, Variabel bebas adalah usia, jenis kelamin, tempat tinggal, berat badan lahir, panjang badan lahir, keragaman pangan baduta, riwayat inisiasi menyusu dini, riwayat ASI eksklusif, riwayat penyakit infeksi, tingkat pendidikan orang tua, pemanfaatan posyandu, jumlah anggota rumah tangga, kerawanan pangan, dan sanitasi lingkungan. Data dianalisis dengan analisis deskriptif, uji *chi-square*, dan regresi logistik ganda.

Hasil: Sebanyak 40% baduta berada di rumah tangga miskin. Prevalensi *stunting* pada baduta usia 6-23 bulan di rumah tangga miskin adalah sebesar 20,2%. Usia 12-23 bulan berisiko 2,47 kali (95%CI;2,159-2,834), jenis kelamin laki-laki berisiko 1,43 kali (95%CI;1,280-1,600), tinggal di perdesaan berisiko 1,15 kali (95%CI;1,030-1,295), berat badan lahir rendah (BBLR) berisiko 1,79 kali (95%CI;1,477-2,186), panjang badan lahir pendek (PBLP) berisiko 1,87 kali (95%CI;1,650-2,139), tingkat pendidikan ibu rendah berisiko 1,15 kali (95%CI;1,018-1,315), dan sanitasi lingkungan yang tidak layak berisiko 1,23 kali (95%CI;1,073-1,415) lebih besar untuk mengalami *stunting*.

Simpulan: Faktor risiko *stunting* pada baduta usia 6-23 bulan di rumah tangga miskin adalah usia 12-23 bulan, jenis kelamin laki-laki, tinggal di perdesaan, BBLR, PBLP, tingkat pendidikan ibu yang rendah, dan memiliki sanitasi lingkungan yang tidak layak.

Kata Kunci: baduta, faktor risiko, rumah tangga miskin, *stunting*

¹Program Studi Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

Risk Factors of Stunting among Children Aged 6-23 Months in Poor Households (SSGI 2021 Analysis)

Astrella Wimala Santi¹, Nuryanto¹, Rachma Purwanti¹, Mursid Tri Susilo¹

ABSTRACT

Background: Data from the Indonesia Nutritional Status Survey (SSGI) 2021 shows that 24.4% of children under five are stunted and classified as chronic nutrition problems. Poverty is the root problem that triggers the emergence of risk factors that cause stunting. There are still not many studies on stunting conducted specifically on poor populations.

Objective: This study aimed to analyze the risk factors for stunting in children aged 6-23 months in poor households.

Methods: This study used secondary data from SSGI 2021 that was taken in 514 districts/cities with a cross-sectional study design. The number of subjects in this study was 8,316 children aged 6-23 months in poor households. The dependent variable was stunting. Independent variables were the child's age, child's gender, residency, birth weight, birth length, child's dietary diversity, early breastfeeding initiation history, breastfeeding history, experienced infection, parental education, utilizing Posyandu, number of household members, and sanitation. The data were analyzed by using descriptive analysis, chi-square test, and multiple logistic regression.

Results: 40% of under-two children live in poor households. The prevalence of stunting in poor households was 20,2%. The older child had higher odds 2.47 times (95%CI;2.159-2.834), male had higher odds 1.43 times (95%CI;1.280-1.600), rural had higher odds 1.15 times (95%CI;1.030-1.295), low birth weight had higher odds 1.79 times (95%CI;1.477-2.186), short birth length had higher odds 1.87 times (95%CI;1,650-2,139), low mother education level had higher odds 1.15 times (95%CI;1.018-1.315), and poor environmental sanitation had higher odds 1.23 times (95%CI;1,073-1,415) to be stunted.

Conclusion: The risk factors of stunting in children aged 6-23 months in poor households are child aged 12-23 months, male, live in rural, low birth weight, short birth length, low mother education level, and poor environmental sanitation.

Keywords: poor households, risk factors, stunting, under two children

¹Nutrition Department, Faculty of Medicine, Diponegoro University, Semarang