Faktor-Faktor Resiko *Underweight, Stunting*, dan *Wasting* pada Anak Usia 6-23 Bulan di Indonesia : Analisis SSGI 2022

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ABSTRAK

Latar Belakang : Masalah gizi yang masih sering terjadi pada Baduta dan menjadi fokus pemerintah adalah *underweight,* stunting, dan *wasting.* Peneliti bertujuan ingin mengetahui faktor-faktor resiko dan prevalensi *underweight, stunting,* dan *wasting* di Indonesia.

Tujuan : Menganalisis faktor-faktor resiko status gizi (*underweight,* stunting, dan *wasting*) pada baduta 6-23 bulan di Indonesia.

Metode : Penelitian ini menggunakan data sekunder SSGI 2022 yang menggunakan desain *cross-sectional.* Sampel yang digunakan sebesar 75.666 baduta usia 6-23 bulan. Variabel terikat adalah *underweight,* stunting, dan *wasting.* Variabel bebas adalah jenis kelamin, usia baduta, keragaman makanan, ASI ekslusif, imunisasi dasar lengkap, riwayat penyakit infeksi, sosial ekonomi, dan tingkat pendidikan ibu. Analisis bivariat menggunakan uji regresi logistik biner sedangkan analisis multivariat menggunakan regresi logistik ganda (tingkat signifikansi $p < 0,05$).

Hasil : Prevalensi *underweight,* stunting, dan *wasting* adalah 8.9%, 17%, dan 4.5%. Hubungan terhadap *underweight,* jenis kelamin laki-laki beresiko 1.05 kali (95% CI 1.00-1.11), makanan tidak beragam beresiko 1.93 kali (95% CI 1.80-2.07), dan tingkat pendidikan ibu protektif 0.77 kali (95% CI 0.71-0.84). Hubungan terhadap *stunting*, makanan tidak beragam beresiko 1.12 kali (95% CI 1.04-2.31), riwayat penyakit beresiko 1.51 kali (95% CI 1.01-2.26), dan tingkat pendidikan ibu protektif 0.75 kali (95% CI 0.71-0.80). Hubungan terhadap *wasting*, makanan tidak beragam beresiko 1.42 kali (95% CI 1.21-1.66), ASI tidak ekskusif beresiko 1.25 kali (95% CI 1.06-1.47), tingkat pendidikan ibu protektif 0.86 kali (95% CI 0.76-0.98).

Simpulan : Jenis kelamin, keragaman makanan, ASI ekslusif, riwayat penyakit infeksi, dan tingkat pendidikan ibu berhubungan signifikan dengan *underweight, stunting,* dan *wasting.*

Kata Kunci : *underweight, stunting, wasting,* baduta, faktor resiko

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Risk Factors for Underweight, Stunting, Wasting in Children Aged 6-23 Months in Indonesia: SSGI Analysis 2022

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ABSTRACT

Background : Nutritional problems that still often occur in toddlers and are the focus of the government are underweight, stunting, and wasting. Researchers aim to find out the risk factors and prevalence of underweight, stunting, and wasting in Indonesia.

Objective : An Analysis of Risk Factors Associated with Nutritional Status (Underweight, Stunting, and Wasting) in Children Aged 6–23 Months in Indonesia.

Methods : This study utilized secondary data from the 2022 Indonesian Nutrition Status Survey (SSGI), employing a cross-sectional design. The sample consisted of 75.666 children aged 6–23 months. The dependent variables were underweight, stunting, and wasting, while the independent variables included child's sex, age, dietary diversity, exclusive breastfeeding, complete basic immunization, history of infectious diseases, socioeconomic status, and mother's education level. Bivariate analysis was conducted using binary logistic regression, and multivariate analysis was performed using multiple logistic regression, with a significance level set at $p < 0.05$.

Results :
The prevalence of underweight, stunting, and wasting were 8.9%, 17%, and 4.5%. The relationship to underweight, male gender is at risk 1.05 times (95% CI 1.00-1.11), non-diverse food is at risk 1.93 times (95% CI 1.80-2.07), and maternal education level is protective 0.77 times (95% CI 0.71-0.84). The relationship to stunting, non-diverse food is at risk 1.12 times (95% CI 1.04-2.31), history of disease is at risk 1.51 times (95% CI 1.01-2.26), and maternal education level is protective 0.75 times (95% CI 0.71-0.80). The relationship to wasting, non-diverse food has a risk of 1.42 times (95% CI 1.21-1.66), non-exclusive breastfeeding has a risk of 1.25 times (95% CI 1.06-1.47), the level of maternal education is protective 0.86 times (95% CI 0.76-0.98).

Conclusion : Gender, dietary diversity, exclusive breastfeeding, history of infectious diseases, and maternal education level were significantly associated with underweight, stunting, and wasting.

Keywords : underweight, stunting, wasting, under two children, risk factors

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