

ANALISIS DETERMINAN KEJADIAN *STUNTING* PADA ANAK USIA 0-23 BULAN: *A STUDY CASE CONTROL* DI WILAYAH PESISIR PANTAI KECAMATAN TELUK PANDAN PROVINSI LAMPUNG

ABSTRAK

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Latar Belakang: Stunting merupakan salah satu masalah gizi kronis yang masih tinggi di Indonesia. Meskipun wilayah pesisir seperti Kecamatan Teluk Pandan memiliki potensi sumber daya laut yang kaya akan protein hewani, prevalensi stunting masih tergolong tinggi. Hal ini menunjukkan adanya ketidaksesuaian antara ketersediaan sumber pangan lokal dan pemanfaatannya dalam pola konsumsi masyarakat. Selain itu, anak usia 0–23 bulan berada dalam masa emas pertumbuhan yang sangat menentukan status gizi jangka panjang. Oleh karena itu, perlu menganalisis faktor-faktor apa saja yang mempengaruhi kejadian *stunting* pada anak usia 0-23 bulan di Wilayah Pesisir Pantai Kecamatan Teluk Pandan Provinsi Lampung.

Tujuan: Penelitian ini bertujuan untuk menganalisis faktor determinan kejadian stunting pada anak usia 0–23 bulan di wilayah kerja Puskesmas Hanura, Kecamatan Teluk Pandan, Provinsi Lampung.

Metode: Penelitian ini menggunakan desain *case control* dengan variabel dependen *stunting* dan variabel independen meliputi riwayat Berat Badan Lahir Rendah (BBLR), Kurang Energi Kronis (KEK), anemia saat hamil, penyakit infeksi (ISPA dan diare), asupan makanan (energi dan protein), sanitasi lingkungan, dan sosial ekonomi.

Hasil: Hasil menunjukkan bahwa beberapa variabel seperti BBLR, KEK, asupan protein, sanitasi lingkungan, dan sosial ekonomi secara signifikan berhubungan dengan kejadian stunting pada anak usia 0–23 bulan. Faktor yang paling berpengaruh adalah BBLR, asupan protein dan sanitasi lingkungan.

Kesimpulan: Kejadian stunting pada anak usia 0–23 bulan di wilayah pesisir Kecamatan Teluk Pandan dipengaruhi oleh kombinasi determinan dari faktor kehamilan, asupan makanan, lingkungan, penyakit infeksi, serta kondisi sosial ekonomi keluarga. Temuan ini menunjukkan bahwa ketersediaan pangan lokal saja tidak cukup tanpa disertai dengan peningkatan pengetahuan gizi, perilaku hidup bersih, dan akses pelayanan kesehatan yang memadai. Upaya pencegahan stunting di wilayah pesisir memerlukan pendekatan lintas sektor yang melibatkan edukasi gizi ibu, perbaikan sanitasi lingkungan, serta penguatan ekonomi keluarga sebagai langkah strategis dalam menurunkan angka stunting.

Kata Kunci: stunting, pesisir, BBLR, KEK, anemia, sanitasi lingkungan, sosial ekonomi, asupan makanan.

A DETERMINANT ANALYSIS OF STUNTING INCIDENCE IN CHILDREN AGED 0-23 MONTHS: A CASE CONTROL STUDY IN THE COASTAL AREA OF TELUK PANDAN DISTRICT LAMPUNG PROVINCE

ABSTRACT

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Background: Stunting remains one of the major chronic nutritional problems in Indonesia. Although coastal areas such as Teluk Pandan District possess rich marine resources abundant in animal protein, the prevalence of stunting remains high. This indicates a mismatch between the availability of local food sources and their utilization in community dietary practices. Furthermore, children aged 0–23 months are in a critical growth period that significantly determines their long-term nutritional status. Therefore, it is important to analyze the factors influencing the incidence of stunting among children aged 0–23 months in the coastal area of Teluk Pandan District, Lampung Province.

Objective: This study aims to analyze the determinants of stunting in children aged 0–23 months in the working area of Hanura Public Health Center, Teluk Pandan District, Lampung Province.

Methods: This study used a case-control design with stunting as the dependent variable and several independent variables including history of Low Birth Weight (LBW), Chronic Energy Deficiency (CED), maternal anemia during pregnancy, infectious diseases (ARI and diarrhea), dietary intake (energy and protein), environmental sanitation, and socioeconomic status.

Results: The results showed that several variables, including LBW, CED, protein intake, environmental sanitation, and socioeconomic status, were significantly associated with stunting among children aged 0–23 months. The most influential factors were LBW, inadequate protein intake, and poor environmental sanitation.

Conclusion: Stunting among children aged 0–23 months in the coastal area of Teluk Pandan is influenced by a combination of determinants, including maternal health during pregnancy, dietary intake, environmental factors, infectious diseases, and family socioeconomic conditions. These findings suggest that the availability of local food sources alone is insufficient without concurrent improvements in nutritional knowledge, hygiene practices, and access to health services. Stunting prevention efforts in coastal areas require a cross-sectoral approach that includes maternal nutrition education, improved environmental sanitation, and family economic empowerment as strategic steps to reduce stunting rates.

Keywords: stunting, coastal area, LBW, CED, anemia, environmental sanitation, socioeconomic status, dietary intake.