

## **Hubungan antara Karakteristik Ibu dan Karakteristik Keluarga Terhadap Kejadian Stunting pada Balita dengan Ibu yang Overweight/Obesitas di Kota Semarang**

Yohanete Novita Arisanti<sup>1</sup>, Ahmad Syauby<sup>1</sup>, Rachma Purwanti<sup>1</sup>, Ani Margawati<sup>1</sup>

### **ABSTRAK**

**Latar Belakang :** Beban gizi ganda (BGG) pada ranah rumah tangga merupakan kejadian ibu *obese/overweight* yang memiliki anak stunting, disebut dengan *Stunted Children Overweight/obesity Mother* (SCOM). Stunting berdampak pada perkembangan otak, pertumbuhan fisik, dan metabolisme, sementara obesitas berakibat hipertensi, jantung koroner, dan diabetes tipe 2. Banyak faktor yang menyebabkan *Stunted Children Overweight/obesity Mother* (SCOM) seperti karakteristik ibu dan keluarga. Tujuan dari penelitian mengetahui faktor yang berhubungan dengan kejadian *Stunted Children Overweight/obesity Mother* (SCOM).

**Metode :** Penelitian *observasional* dengan desain *cross-sectional*. Sampel dipilih menggunakan *purposive sampling* dengan jumlah subjek 25 tiap kelompok dan total 50 subjek. Data karakteristik ibu dan keluarga diperoleh melalui wawancara menggunakan kuesioner yang telah divalidasi sebelumnya. Data tinggi badan ibu diperoleh melalui pengukuran menggunakan mikrotua. Analisis bivariat menggunakan Chi-Square dengan melihat Odds Ratio (OR) dan multivariat dengan regresi logistik ganda.

**Hasil :** Hasil bivariat menunjukkan kecukupan asupan energi dan karbohidrat pada balita, serta pendidikan ibu berhubungan signifikan dengan kejadian *Stunted Children Overweight/obesity Mother* (SCOM). Uji multivariat menunjukkan hubungan signifikan antara variabel tinggi badan ibu dan pendidikan ibu terhadap kejadian *Stunted Children Overweight/obesity Mother* (SCOM). Ibu dengan tinggi badan < 150 cm beresiko 4,613 kali mengalami *Stunted Children Overweight/obesity Mother* (SCOM) dan pendidikan ibu yang tergolong dasar serta menengah beresiko 8,205 kali mengalami *Stunted Children Overweight/obesity Mother* (SCOM).

**Simpulan :** Faktor utama yang berhubungan dengan kejadian *Stunted Children Overweight/obesity Mother* (SCOM) adalah tinggi badan ibu dan pendidikan ibu.

**Kata Kunci :** Karakteristik ibu; Karakteristik keluarga; Pendidikan ibu; *Stunted Children Overweight/obesity Mother* (SCOM); Tinggi badan ibu.

---

<sup>1</sup> Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

## **The Relation between Mother's and Family's Characteristics Towards Stunting Phenomenon in Toddlers With Obese Mothers in Semarang City**

Yohanete Novita Arisanti<sup>1</sup>, Ahmad Syauqy<sup>1</sup>, Rachma Purwanti<sup>1</sup>, Ani Margawati<sup>1</sup>

### **ABSTRACT**

**Background :** Double Burden of Malnutrition in household environment is a phenomenon in which obese mothers whose children suffer from stunting, known as Stunted Children Overweight/ obesity Mother (SCOM). Stunting affects brain, physique, and metabolism development, while obesity causes hypertension, coronary heart, and type 2 diabetes. Many factors that can cause Stunted Children Overweight/obesity Mother (SCOM) like mother's and family's characteristics. The purpose of this research was to know what factors that are related to the Stunted Children Overweight/obesity Mother (SCOM) phenomenon.

**Method :** The research used observational method with cross-sectional design. Samples were chosen using purposive sampling with 25 subjects in each group with a total of 50 subjects. Mother's and family's characteristics were obtained through interview method using questionnaire that have been previously validated. Mother's height data was obtained from measurements using a microtoise. Bivariate analysis used Chi-square by looking at Odds Ratio (OR) and multivariate using multi logistics regression.

**Result :** Bivariate results show that adequate intake of energy and carbohydrate in children, and also mother's education level are significantly related with the Stunted Children Overweight/obesity Mother (SCOM) phenomenon. Multivariate test results show the significant relation between mother's height and education level variable towards Stunted Children Overweight/obesity Mother (SCOM) phenomenon. Mothers with the height below 150 cm are 4,613 times at risk of suffering Stunted Children Overweight/obesity Mother (SCOM) and mother's education level that is considered as low to basic are 8,205 times at risk of suffering Stunted Children Overweight/obesity Mother (SCOM).

**Conclusion :** The main factors that are related with the Stunted Children Overweight/obesity Mother (SCOM) phenomenon are mother's height and education level.

**Keywords :** Mother's characteristics; Family characteristics; Mother's education; Stunted Children Overweight/obesity Mother (SCOM); Mother's height.

---

<sup>1</sup> Nutrition Science Departemen, Medical Faculty of Diponegoro University, Semarang