

Keikutsertaan Ibu pada Kelas Ibu Hamil dan Kelas Ibu Balita, serta Frekuensi Pemanfaatan Layanan Posyandu pada Balita *Stunting* dan Tidak *Stunting* (Analisis SSGI 2021)
Ayu Zuliana^{1*}, Nuryanto¹, Ayu Rahadiyanti¹, Rachma Purwanti¹

ABSTRAK

Latar Belakang: *Stunting* masih menjadi permasalahan kesehatan yang belum dapat teratasi dan menjadi fokus perhatian pemerintah. Kelas Ibu Hamil, Kelas Ibu Balita, dan pemanfaatan posyandu merupakan beberapa faktor yang dapat memengaruhi *stunting* kaitannya dengan pengetahuan dan perilaku ibu dalam praktik pencegahan *stunting*.

Tujuan: Menganalisis keikutsertaan ibu pada Kelas Ibu Hamil, Kelas Ibu Balita, dan frekuensi pemanfaatan pelayanan posyandu pada balita *stunting* dan tidak *stunting*.

Metode: Penelitian observasional analitik dengan desain *cross-sectional* menggunakan data sekunder Studi Status Gizi Indonesia (SSGI) 2021. Subjek adalah 30810 balita berusia 12 – 59 bulan. Variabel bebas penelitian adalah keikutsertaan ibu pada Kelas Ibu Hamil, keikutsertaan ibu pada Kelas Ibu Balita, pemanfaatan layanan posyandu, dan frekuensi pemanfaatan layanan posyandu. Data dianalisis menggunakan uji *Chi-Square* dan uji regresi logistik.

Hasil: Analisis multivariat menunjukkan ibu yang tidak mengikuti Kelas Ibu Hamil (OR=1,399) dan tidak mengikuti Kelas Ibu Balita (OR=1,201) berpengaruh terhadap kejadian *stunting*. Selain itu, penyakit infeksi (OR=11,671) menjadi faktor yang paling memengaruhi kejadian *stunting*. Frekuensi pemanfaatan pelayanan posyandu menjadi faktor protektif terjadinya *stunting* (OR=0,9).

Simpulan: Balita dengan ibu yang tidak mengikuti Kelas Ibu Hamil dan Kelas Ibu Balita lebih berisiko untuk mengalami *stunting* dibandingkan balita dengan ibu yang mengikuti Kelas Ibu Hamil maupun Kelas Ibu Balita. Akan tetapi, faktor yang paling dominan berpengaruh terhadap kejadian *stunting* adalah penyakit infeksi.

Kata Kunci: *stunting*, kelas ibu hamil, kelas ibu balita, posyandu, balita

¹Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

*Korespondensi : Email : zullyayu17@students.undip.ac.id

Mother's Participation in Pregnancy Class and Toddler Mother Class, and the Frequency of Utilization of Posyandu Service on Stunting and Non-Stunting Toddlers (An Analysis of Indonesian Nutrition Status Surveys 2021)

Ayu Zuliana^{1*}, Nuryanto¹, Ayu Rahadiyanti¹, Rachma Purwanti¹

ABSTRACT

Background: *Stunting still be have one of health problems that cannot be resolved and be the government's attention. Pregnancy Class, Toddler Mother Class, and utilization of posyandu are several factors that can influence the incidence of stunting in relation to mother's knowledge and behavior in stunting prevention practices.*

Objective: *To analyze mothers' participation in Pregnancy Class, Toddler Mother Class, and the frequency of utilization of posyandu service on stunting and non-stunting toddlers.*

Methods: *Analytical observational study with a cross-sectional design using secondary data from the Indonesian Nutrition Status Surveys in 2021. Samples were 30810 toddlers aged 12 – 59 months. The independent variables of this study were mother's participation in Pregnancy Class, mother's participation in Toddler Mother Class, the utilization of posyandu services, and the frequency of utilization of posyandu services. Data were analyzed using the Chi-Square test and logistic regression test.*

Results: *Multivariate analysis showed that mothers who did not attend Pregnancy Class (OR=1.399) and did not attend Toddler Mother Class (OR=1.201) can affect to stunting. Furthermore, infectious diseases (OR=11.671) are the most dominant factor of stunting. Meanwhile, frequency of utilization of posyandu services are the protective factor of stunting (0.9).*

Conclusion: *Toddler with mother who do not attend Pregnancy Class and Toddler Mother Class have a higher risk to be stunting than toddler with mother who attend Pregnancy Class and Toddler Mother Class. However, the dominant risk factor for stunting is infectious disease.*

Keywords: *stunting, pregnancy class, toddler mother class, posyandu, toddler*

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

*Corresponding : Email : zullyayu17@students.undip.ac.id