

Faktor risiko stunting pada anak umur 6-24 bulan di kecamatan Penanggalan kota Subulussalam provinsi Aceh

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ABSTRACT

Background: Aceh is one of the provinces in Indonesia with high prevalence of stunting that is 39% compared with national 35,6%. Subulussalam city has a highly proportion of stunting.

Objective : This study was aimed to analyze the risk factors for stunting among children between 6-24 months old.

Methods: The design was case-control study; the subjects were children between 6-24 months with 55 stunted and 55 normal. Subjects were chosen by consecutive sampling method. The risk factors were education levels and employment of parent, family income, suffering from diarrhea and upper track respiratory infection (UTRI), energy and protein intake, height of the parent, birth weight, exclusive breastfeeding, the time of complementary feeding, parenting and source of clean water. Data was analyzed using the odds ratio with 95% confidence interval and regression analysis.

Results: The risk factors for stunting were low income of family (OR=8,5, 95%CI: 2,68-26,89), suffering from diarrhea (OR=5,04, 95%CI: 1,84-13,81) and UTRI (OR=5,71, 95%CI: 1,95-16,67), inadequate of energy (OR=3,09, 95%CI: 1,02-9,39) and protein intake (OR=5,54, 95%CI: 2,43-12,63), short stature of the parent (OR=11,13, 95%CI: 4,37-28,3), low birth weight (OR=3,26, 95%CI: 1,46-7,31), not exclusively breastfeeding (OR=6,54, 95%CI: 2,84-15,06), giving complementary feeding too early (OR=6,54, 95%CI: 2,84-15,06), and poor parenting style of feeding practices (OR=4,59, 95%CI: 2,05-10,25), child hygiene practices (OR=3,26, 95%CI: 1,46-7,31) and treatment of children practices (OR=2,46, 95%CI: 1,13-5,34). Regression analysis showed that the dominant risk factor for stunting was short stature of the parent (OR=13,16, 95%CI: 3,72-46,52).

Conclusions: The dominant risk factor for stunting was short stature of the parent.

Keywords: stunting, 6 – 24 children, parents height

ABSTRAK

Latar belakang: Aceh merupakan salah satu provinsi dengan prevalensi stunting yang tinggi. Prevalensi stunting di wilayah tersebut mencapai 39% lebih tinggi dibanding prevalensi nasional 35,6%.

Tujuan: Penelitian ini bertujuan menganalisis faktor-faktor risiko stunting anak usia 6 – 24 bulan di provinsi Aceh.

Metode: Penelitian ini merupakan studi kasus control, dengan subjek adalah anak usia 6 – 24 bulan. Sebanyak 55 anak pendek dan 55 anak normal menjadi subjek penelitian ini. Subjek dipilih dengan metode consecutive sampling. Faktor risiko yang diukur adalah pendidikan orang tua, pekerjaan orang tua, pendapatan keluarga, riwayat sakit diare dan infeksi saluran napas atas, asupan energi dan protein, tinggi badan orang tua, berat lahir, pemberian ASI eksklusif, waktu pemberian pendamping ASI, pola asuh orang tua dan sumber air bersih. Data dianalisis dengan regresi.

Hasil: Faktor risiko stunting pada keluarga berpenghasilan rendah (OR = 8,5, 95% CI: 2,68-26,89), yang menderita diare (OR = 5,04, 95% CI: 1,84-13, 81) dan ISPA (OR = 5,71, 95% CI: 1,95-16,67), asupan energi tidak adekuat (OR = 3,09, 95% CI: 1,02-9,39) dan asupan protein tidak adekuat (OR = 5,54, 95% CI: 2,43-12,63), perawakan pendek dari orang tua (OR = 11,13, 95% CI: 4,37-28,3), berat badan lahir rendah (OR = 3,26, 95% CI: 1,46-7,31), tidak menyusui ASI eksklusif (OR = 6,54, 95% CI: 2,84-15,06), memberikan makanan pendamping ASI terlalu cepat (OR = 6, 54, 95% CI: 2,84-15,06), dan pola asuh kurang (OR = 4,59, 95% CI: 2,05-10,25), praktik-praktik kebersihan anak (OR = 3, 26, 95% CI: 1,46-7,31) dan penanganan pengobatan anak (OR = 2,46, 95% CI: 1,13-5,34). Analisis regresi menunjukkan bahwa faktor risiko yang dominan untuk stunting adalah perawakan pendek dari orang tua (OR = 13,16, 95% CI: 3,72-46,52).

Simpulan: Perawakan pendek orang tua sebagai faktor risiko paling dominan terhadap stunting

Kata kunci: stunting, anak usia 6 – 24 bulan, perawakan pendek orang tua