

ABSTRAK

PENGETAHUAN IBU TENTANG STUNTING PADA BALITA DI WILAYAH KERJA PUSKESMAS TAMBAK WEDI SURABAYA

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Stunting didefinisikan sebagai kondisi anak usia 0-59 bulan, dimana tinggi badan menurut umur berada di bawah minus 2 Standar Deviasi ($<-2SD$) dari standar median WHO. Indonesia memiliki prevalensi stunting sebesar 30,8% di tahun 2018. Salah satu faktor penyebab stunting yaitu kurangnya pengetahuan ibu sehingga pengetahuan kesehatan dan gizi sebelum dan pada masa kehamilan serta setelah ibu melahirkan menjadi masalah yang mengkhawatirkan. Tujuan dari penelitian ini adalah untuk mengetahui pengetahuan ibu tentang stunting pada balita di Wilayah Kerja Puskesmas Tambak Wedi Surabaya.

Penelitian ini menggunakan metode penelitian deskriptif. Populasi dari penelitian ini adalah seluruh ibu yang memiliki balita sebanyak 100 responden. Teknik pengambilan sampel ini menggunakan teknik *Purposive Sampling* sehingga menghasilkan sampel sebanyak 80 responden. Peneliti dalam mengumpulkan data penelitian dari responden menggunakan kuesioner yang nantinya akan disebar di masing-masing rumah maupun posyandu itu sendiri.

Hasil penelitian menunjukkan bahwa pengetahuan ibu tentang konsep stunting hampir setengahnya sebanyak 38 orang (47,5%) berpengetahuan cukup, pengetahuan ibu tentang konsep stunting berdasarkan umur hampir setengahnya sebanyak 39 orang (49%) berpengetahuan cukup, pengetahuan ibu tentang konsep stunting berdasarkan pendidikan hampir setengahnya sebanyak 38 orang (48%) berpengetahuan cukup, dan pengetahuan ibu tentang konsep stunting berdasarkan pendidikan sebagian besar sebanyak 44 orang (55%) berpengetahuan baik.

Ibu balita diharapkan untuk lebih meningkatkan pengetahuan tentang stunting dengan cara mengikuti pendidikan kesehatan seperti seminar tentang stunting, maupun menambah wawasan melalui buku, majalah, media massa, ataupun media sosial dan diharapkan dapat menerapkan upaya pencegahannya guna mencegah dan mengurangi kasus terjadinya stunting pada balita.

Kata Kunci : Pengetahuan, Ibu Balita, Stunting

ABSTRACT

MOTHER'S KNOWLEDGE ABOUT STUNTING IN TODDLERS IN THE WORK AREA OF TAMBAK WEDI PUSKESMAS SURABAYA

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Stunting is defined as the condition of children aged 0-59 months, where the height for age is below minus 2 Standard Deviations (<-2SD) from the WHO median standard. Indonesia has a stunting prevalence of 30.8% in 2018. One of the factors causing stunting is the lack of knowledge of mothers so that knowledge of health and nutrition before and during pregnancy and after giving birth is a worrying problem. The purpose of this study was to determine the mother's knowledge about stunting in children under five in the Tambak Wedi Public Health Center Surabaya.

This research uses descriptive research method. The population of this study were all mothers who had toddlers as many as 100 respondents. This sampling technique use technique purposive sampling so as to produce a sample of 80 respondents. Researchers in collecting research data from respondents using questionnaires which will later be distributed in each house and the posyandu itself.

The results showed that almost half of mothers' knowledge of the stunting concept were 38 people (47.5%) had sufficient knowledge, almost half of mothers' knowledge of stunting concepts based on age were 39 people (49%) had sufficient knowledge, mothers' knowledge of stunting concepts based on education was almost half as many as 38 people (48%) had sufficient knowledge, and mother's knowledge of the stunting concept based on education mostly 44 people (55%) had good knowledge.

Mothers under five are expected to further increase knowledge about stunting by participating in health education such as seminars on stunting, as well as adding insight through books, magazines, mass media, or social media and are expected to be able to implement prevention efforts to prevent and reduce cases of stunting in toddlers.

Keywords : Knowledge, Mother Toddler, Stunting