Berat lahir sebagai faktor dominan kejadian stunting pada balita usia 24-59 bulan di Kelurahan Harapan Mulya Kota Bekasi tahun 2013 = Birthweight as a dominant factor of stunting among children aged 24-59 months at Harapan Mulya Sub District in Bekasi City 2013

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Abstrak

Stunting atau perawakan pendek pada anak merupakan suatu ?tragedi yang tersembunyi? dan dampaknya menyebabkan gangguan pada pertumbuhan dan perkembangan anak yang irreversibel. Penelitian ini bertujuan untuk mengetahui faktor dominan kejadian stunting pada balita usia 24 ? 59 bulan di Kelurahan Harapan Mulya Kota Bekasi tahun 2013. Disain penelitian adalah cross sectional dan melibatkan 143 sampel yang diambil dengan sampel acak sederhana. Status stunting dinilai berdasarkan Z-score TB/U menurut klasifikasi WHO. Pengukuran tinggi badan menggunakan microtoice, berat badan menggunakan timbangan digital, asupan makanan (energi, protein, vitamin A, zink) menggunakan FFQ semikuantitatif. ASI, berat lahir, penyakit infeksi, pendidikan ayah dan ibu, status ekonomi didapatkan melalui wawancara. Hasil analisis menunjukkan sebanyak 32,9% balita usia 24-59 bulan tergolong stunting. Uji chi-square menunjukkan berat lahir, asupan energi dan protein, asupan zink, pendidikan ayah dan status ekonomi berhubungan signifikan dengan kejadian stunting. Analisis regresi logistik menghasilkan berat lahir sebagai faktor dominan yang berhubungan dengan kejadian stunting setelah dikontrol pendidikan ayah dan asupan energi (p=0,003;OR=6,663;CI=1,87? 23,5). Untuk mencegah kejadian stunting pada balita, disarankan pemeriksaan kehamilan yang teratur, memberikan makanan bergizi seimbang untuk balita sesuai AKG yang dianjurkan, mempersiapkan status kesehatan dan gizi yang baik untuk remaja perempuan sebelum kehamilan.

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Stunting or short stature is a ?hidden tragedy? and its impact causes disorder to a irreversible child?s development. The aim of this study were to determine the dominant factor of stunting among children aged 24-59 months at Harapan Mulya sub-district in Bekasi city 2013. Design was a cross sectional study on 143 children whom chosen by simple random sampling. Status of stunting were expressed by height for age z-score (HAZ) according to the WHO classification. Children?s height were measured using microtoise, body weight was measured with digital scales, nutrients intake (energy, protein, vitamin A and zink) were collected throught semiquantitative FFQ. Breastfeeding, birthweight, infection disease, education of father and mother and economic status were collected through interview.

The analysis result showed 32,9% children aged 24-59 months were stunting. Chi-square test showed birthweight , energy and protein intake, zinc intake, father education and economic status were significant correlate with stunting. Logistic regression analysis showed birthweight variable as a dominant factor which related to stunting after being controlled by father education and energy input (p=0,003;OR=6,663;CI=1,8723,5). Suggestion for deterrence of stunting is the regular pregnancy inspection, giving nutritious wellbalanced under five years food input as according to AKG suggested, preparing good nutrient and health status for woman adolescent before pregnancy.