

Hubungan peran ayah dan praktik pemberian makan dengan kejadian stunting pada balita di Kota Depok = Relationship between father's role and feeding practices with stunting incidents in toddlers in Depok City

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Abstrak

Prevalensi kejadian stunting pada anak balita masih memerlukan perhatian serius. Kejadian stunting dipengaruhi oleh berbagai faktor salah satunya peran anggota keluarga dalam pengasuhan termasuk ayah dan praktik pemberian makan. Penelitian yang dilakukan bertujuan untuk mengetahui hubungan peran ayah dan praktik pemberian makan dengan kejadian stunting pada balita di Kota Depok. Desain penelitian ini menggunakan desain deskriptif korelasi dengan pendekatan cross sectional. Pengambilan sampel penelitian menggunakan teknik non- probability sampling dengan metode purposive sampling. Penelitian ini dilakukan pada 111 responden di 3 Puskesmas dengan tingkat stunting tertinggi di Kota Depok. Hasil penelitian yang di analisis dengan uji chi square menunjukkan tidak ada hubungan yang signifikan antara peran ayah dengan kejadian stunting (p value = 0,683 ; $=0,05$). Hasil penelitian yang dianalisis dengan uji independent t-test menunjukkan ada hubungan signifikan anatara praktik pemberian makan dengan kejadian stunting (p value = 0,004; $= 0,05$). Program kerja yang telah dilaksanakan seperti "Alarm Stunting" kurang melibatkan ayah dalam proses pelaksanaannya, sehingga hasil penelitian ini diharapkan dapat menjadi saran bagi perawat dan tenaga kesehatan di puskesmas untuk melaksanakan program pencegahan stunting dengan melibatkan peran keluarga seperti ayah dalam pemenuhan gizi balita.

.....The prevalence of stunting in children under five still requires serious attention. The incidence of stunting is influenced by various factors, one of which is the role of family members in parenting, including fathers, and feeding practices. The aim of the research was to determine the relationship between father's role and feeding practices and incidents stunting in toddlers in Depok City. This research design uses a descriptive correlation design with a correlation approach cross sectional. Research samples were taken using techniques non-probability sampling with method purposive sampling. This research was conducted on 111 respondents at 3 health centers at various levels stunting highest in Depok City. The research results were analyzed using tests chi square showed that there was no significant relationship between the father's role and the incidence of stunting (p value = 0.683 ; $=0.05$). The research results were analyzed using tests independent t-test shows that there is a significant relationship between feeding practices and the incidence of stunting (p value = 0.004; $= 0.05$). Work programs that have been implemented such as "Alarm Stunting" there is less involvement of fathers in the implementation process, so it is hoped that the results of this research can be a suggestion for nurses and health workers at community health centers to implement prevention programs stunting by involving the role of families such as fathers in fulfilling toddler nutrition.