

Pengaruh Akses Air Bersih dan Sanitasi terhadap Stunting di Indonesia: Analisis Data SSGI 2022 = The Effect of Access to Clean Water and Sanitation on Stunting in Indonesia: Analysis of INSS Data 2022

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Abstrak

Stunting masih menjadi masalah gizi utama bagi anak di Indonesia. Laporan data SSGI 2022 menunjukkan prevalensi stunting di Indonesia mencapai 21,6%. Stunting disebabkan oleh banyak faktor, di antaranya akses air bersih dan sanitasi melalui penyakit infeksi. Pada tahun 2020, akses kualitas air minum aman di Indonesia hanya mencapai 11,9%. Selain itu, angka rumah tangga yang memiliki sarana toilet dengan sambungan tangki septik tertutup dan rutin dibersihkan kurang dari 8%. Di sisi lain, program akses air bersih dan sanitasi di Indonesia belum menjadi prioritas dalam penanggulangan stunting. Oleh karena itu, penelitian ini bertujuan untuk mengetahui sejauh mana akses air bersih dan sanitasi memengaruhi stunting. Penelitian ini menggunakan desain crosssectional dengan populasi seluruh anak usia 6-23 bulan di Indonesia. Seluruh subjek yang memenuhi kriteria inklusi dan eksklusi menjadi sampel penelitian, yaitu sebanyak 56.536 sampel. Uji statistik menggunakan uji regresi logistik berganda. Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan antara akses air bersih dan sanitasi dengan stunting. Anak dengan akses air bersih dan sanitasi yang kurang memiliki odds 1,17 kali lebih tinggi untuk mengalami stunting. Dengan demikian, peningkatan akses terhadap air bersih dan sanitasi yang layak perlu dilakukan untuk menanggulangi stunting.

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Stunting is still a major nutritional problem for children in Indonesia. The 2022 SSGI data report shows that the prevalence of stunting in Indonesia has reached 21.6%. Stunting is caused by many factors, including access to clean water and sanitation through infectious diseases. In 2020, access to safe drinking water in Indonesia will only reach 11.9%. In addition, the number of households that have toilet facilities with closed septic tank connections and are regularly cleaned is less than 8%. On the other hand, clean water and sanitation access programs in Indonesia have not been a priority in preventing stunting. Therefore, this research aims to find out the relationship between access to clean water and sanitation with stunting. This study used a cross-sectional design with a population of all children aged 6–23 months in Indonesia. All subjects who met the inclusion and exclusion criteria became the research sample, namely 56,536 samples. Statistical tests use multiple logistic regressions. The research results show that there is a significant relationship between access to clean water, sanitation, and stunting. Children with poor access to clean water and sanitation have 1.17 times higher odds of experiencing stunting. Thus, increasing access to clean water and proper sanitation needs to be done to overcome stunting.