

Hubungan Faktor Biologis, Psikologis, dan Sosiokultural Ibu dengan Perilaku Pencegahan Stunting di Kota Depok = Relationship between Biological, Psychological, and Sociocultural Factors of Mothers and Stunting Prevention Behavior in Depok City

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Abstrak

Stunting merupakan isu yang serius terkait dengan pertumbuhan dan perkembangan balita yang mengalami keterlambatan, Ibu memiliki peran penting dalam melakukan perilaku pencegahan stunting dan faktor personal ibu dapat mempengaruhinya. Penelitian ini bertujuan untuk mengetahui hubungan antara faktor personal ibu dengan perilaku pencegahan stunting. Desain penelitian ini menggunakan cross sectional, dan jumlah sampel yang digunakan adalah 272 ibu balita yang ada di wilayah Kota Depok melalui metode cluster sampling. Instrumen yang digunakan dikembangkan oleh peneliti yang diambil dari riskesdas dan teori health promotion model yang sudah diuji validitas dan reliabilitas. Distribusi frekuensi digunakan untuk melihat hasil univariat, dan uji Chi Square digunakan untuk melihat analisis bivariat dan menunjukkan bahwa faktor personal biologis ibu (0,000), faktor personal psikologis (0,002) berhubungan dengan perilaku pencegahan stunting sedangkan faktor personal sosiokultural (0,069) tidak berhubungan dengan perilaku pencegahan stunting. Hasil analisis multivariat dengan menggunakan regresi logistic berganda menunjukkan bahwa faktor personal biologis ibu (0,000) merupakan faktor yang paling berhubungan dengan perilaku pencegahan stunting di Kota Depok. Asuhan keperawatan komunitas yang dilakukan dengan menimbang faktor personal biologis dan psikologis ibu untuk meningkatkan perilaku pencegahan stunting sehingga program yang dilakukan dapat berjalan lancar dan tujuan tercapai dengan baik.

.....Stunting is a serious issue related to the growth and development of toddlers who experience delays, mothers have an important role in carrying out stunting prevention behavior and maternal personal factors can influence it. This study aims to determine the relationship between maternal personal factors and stunting prevention behavior. This research design uses cross sectional, and the number of samples used is 272 mothers of toddlers in the Depok City area through the cluster sampling method. The instruments used were developed by researchers taken from basic health research and health promotion model theories that have been tested for validity and reliability. Frequency distribution was used to see univariate results, and Chi Square test was used to see bivariate analysis and showed that biological personal factors of mothers (0.000), psychological personal factors (0.002) were associated with stunting prevention behavior while sociocultural personal factors (0.069) were not associated with stunting prevention behavior. The results of multivariate analysis using multiple logistic regression showed that the mother's biological personal factor (0.000) was the factor most associated with stunting prevention behavior in Depok City. Community nursing care is carried out by considering personal biological and psychological factors of mothers to improve stunting prevention behavior so that the program can run smoothly and goals are achieved properly.