

Faktor-faktor yang berhubungan dengan stunting dan perkembangan pada kanak-kanak = Factors associated with stunting and development in toddlers.

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Abstrak

Kanak-kanak merupakan populasi yang rentan terhadap masalah gizi yaitu stunting. Stunting berdampak buruk bagi perkembangan kanak-kanak. Faktor-faktor penyebab stunting diantaranya pola asuh nutrisi, pola asuh ibu dan depresi ibu. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan stunting dan perkembangan pada kanak-kanak. Desain penelitian menggunakan deskriptif korelatif dengan teknik quota sampling secara online. Responden berjumlah 140 ibu dengan kanak-kanak di Indonesia. Data diambil menggunakan kuesioner data demografi, pola asuh nutrisi kanak-kanak, pola asuh ibu, Edinburgh Postpartum Depression Scale, dan Beck Depression Inventory II. Hasil menunjukkan bahwa kanak-kanak stunting sebanyak 26,4% dan 73,6% tidak stunting. Pola asuh nutrisi dan depresi kehamilan ibu berhubungan bermakna dengan kejadian stunting kanak-kanak, sedangkan pola asuh ibu berhubungan bermakna dengan perkembangan kanak-kanak. Hasil penelitian dapat menjadi dasar mengembangkan promosi kesehatan jiwa terkait depresi ibu dan program preventif melalui pola asuh nutrisi serta kuratif dan rehabilitatif bagi kanak-kanak stunting.

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Toddlers is a population that is vulnerable to nutritional problem is stunting. Stunting to have negativ effect for toddlers development. The factors that cause stunting in children include child nutrition parenting, maternal parenting and depression. This study aims to determine the factors associated with stunting and development in toddlers. The research design used descriptive correlative with online quota sampling technique. Respondents was 140 mothers with toddlers in Indonesia. Data were taken using questionnaires are demographic data, nutritional parenting for children, maternal parenting, the Edinburgh Postpartum Depression Scale, and the Beck Depression Inventory II. The results shows that toddlers who were stunted were 26.4% and 73.6% were not stunted. Nutrition parenting patterns and maternal pregnancy depression had a significant relationship with the incidence of toddlers stunting, while maternal parenting had a significant relationship with toddlers development. The results of this study are expected to be the basis for developing mental health promotion related to maternal depression and preventive programs through nutritional care then as curative and rehabilitative programs for stunting toddlers.