

# Analisis Hubungan Pemberian ASI Eksklusif dengan Kejadian Stunting pada Baduta Usia 6-23 Bulan di Provinsi Banten = Analysis of the Relationship between Exclusive Breastfeeding and Stunting Incidence in Baduta Age 6-23 Months in Banten Province

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## Abstrak

Stunting merupakan pertumbuhan tinggi badan anak yang tidak normal yang disebabkan karena kekurangan gizi kronis dan infeksi berulang yang terlihat sejak balita usia 24 bulan. Angka prevalensi kasus stunting di Provinsi Banten menurut Survei Status Gizi Balita Indonesia (2021) mencapai 294.862 balita dan masuk lima besar daerah dengan angka stunting tertinggi di Indonesia. Tujuan dari penelitian ini adalah untuk mengetahui distribusi frekuensi, hubungan, interaksi dan colinearitas ASI eksklusif dengan kejadian stunting dikontrol oleh factor determinan stunting. Disain studi penelitian yaitu cross sectional dengan mengambil data Riskesdas 2018 mengenai stunting dan faktor determinan stunting. Dari hasil penelitian diperoleh kasus stunting di Provinsi Banten pada baduta usia 6-23 bulan sebanyak 29,2%. Baduta yang tidak mendapatkan ASI secara eksklusif 1,2 kali lebih berisiko mengalami stunting dibandingkan dengan balita yang mendapatkan ASI secara eksklusif setelah dikontrol oleh BBLR, MP-ASI dan panjang badan lahir. Berdasarkan penelitian ini program pemeriksaan kesehatan pra-menikah bekerjasama dengan KUA dan fasilitas kesehatan setempat perlu dilakukan guna mencegah terjadinya BBLR dan panjang badan lahir tidak normal. Serta melakukan penyuluhan berupa praktik pemberian ASI eksklusif dan MP-ASI pada calon orang tua bayi dan keluarga besar bayi (nenek, kakek, paman, bibi), supaya pengaruh budaya tidak mempengaruhi dalam pemberian ASI eksklusif.

.....Stunting is an abnormal growth in children's height caused by chronic malnutrition and recurrent infections that have been seen since the age of 24 months. The prevalence rate of stunting cases in Banten Province according to the Indonesian Toddler Nutrition Status Survey (2021) reached 294,862 toddlers and is included in the top five regions with the highest stunting rate in Indonesia. The purpose of this study was to determine the frequency distribution, relationship, interaction and colinearity of exclusive breastfeeding with the incidence of stunting being controlled by the determinants of stunting. The research study design is cross sectional by taking the 2018 Riskesdas data regarding stunting and the determinants of stunting. From the results of the study, it was found that stunting cases in Banten Province in children aged 6-23 months were 29.2%. Under-fives who are not exclusively breastfed are 1.2 times more at risk of experiencing stunting compared to toddlers who are exclusively breastfed after being controlled by low birth weight, complementary foods, and birth length. Based on this research, a pre-marital health check-up program in collaboration with the Office of Religious Affairs and local health facilities needs to be carried out to prevent low birth weight and abnormal birth length. As well as conducting counseling in the form of the practice of exclusive breastfeeding and complementary foods for prospective baby parents and the baby's extended family (grandmothers, grandparents, uncles, aunts), so that cultural influences do not affect exclusive breastfeeding.