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ABSTRAK

Hubungan Karakteristik Ibu Yang Memiliki Anak Balita Stunting Dengan Tingkat Kecemasan Di Wilayah Kerja Puskesmas Kesesi I Kabupaten Pekalongan

Inas Nabila, Emi Nurlaela

Latar Belakang: Masalah stunting berdampak pada konsekuensi kesehatan dan fungsional jangka pendek maupun jangka panjang dimasa depannya. Sehingga menyebabkan kebanyakan orang tua khususnya ibu mengalami kecemasan. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik ibu yang memiliki anak balita stunting dengan tingkat kecemasan.

Metode: Jenis penelitian kuantitatif dengan desain penelitian *deskriptif correlation*. Pendekatan *cross sectional*. Teknik sampel yang digunakan *total sampling*. Sampel pada penelitian adalah ibu yang memiliki anak balita stunting di Wilayah Kerja Puskesmas Kesesi I Kabupaten Pekalongan sebanyak 77 responden. Instrumen penelitian berupa kuesioner. Analisa data *bivariat* menggunakan uji *chi square*.

Hasil: Hasil penelitian didapatkan karakteristik terdiri atas 52 responden (67,5%) berusia 20-35 tahun, 52 anak responden (67,5%) berusia 36-59 bulan, 26 responden (33,8%) berpendidikan SMP/MTS, 48 responden (62,3%) tidak bekerja, 57 responden (74%) paritas multipara, 75 responden (97,4%) jumlah anak yang mengalami *stunting* 1 anak, 60 responden (77,9%) dampak *stunting* yang dialami tidak ada gangguan keduanya dan 41 responden (53,2%) cemas. Hasil uji *chi square* didapatkan usia ibu (*p value* 0,011), pendidikan (*p value* 0,003), paritas (*p value* 0,012) ada hubungan signifikan dengan tingkat kecemasan, sedangkan usia anak (*p value* 0,692), pekerjaan (*p value* 0,063), jumlah anak yang mengalami stunting (*p value* 0,215), dampak stunting yang dialami (*p value* 0,626) tidak ada hubungan signifikan dengan tingkat kecemasan.

Simpulan: Karakteristik usia, pendidikan dan paritas ibu berhubungan dengan tingkat kecemasan. Saran bagi pelayanan kesehatan harus memperhatikan dan mengatasi kecemasan ibu yang memiliki anak balita stunting.

Kata Kunci: Karakteristik, Kecemasan, Stunting.

Daftar Pustaka: 61 (2013-2023).

ABSTRACT

**The relationship between characteristics of mothers with stunted toddlers
and levels of anxiety in the Area of the Public Health Center of Kesesi I,
Pekalongan Regency**

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Background: The issue of stunting has both immediate and future functional and health repercussions. The majority of parents, particularly mothers, experience anxiety as a result. This study aims to identify the characteristics of mothers of toddlers with stunting and their relationship to anxiety levels.

Method: This study is a descriptive correlation study with a cross-sectional approach. The sample in this study was mothers with stunted children under five in the Area of the Health Center of Kesesi I Pekalongan Regency, with as many as 77 respondents. The research instrument is a questionnaire. Statistical tests used the chi-square.

Results: The study found that 52 respondents (67.5%) were aged 20-35 years, 52 respondents' children (67.5%) were 36-59 months, 26 respondents (33.8%) had junior high school, 48 respondents (62.3%) did not work, 57 respondents (74%) were multiparous, 75 respondents (97.4%) had one child with stunting, 60 respondents (77.9%) had no impact of stunting disorder on both, and 41 respondents (53.2%) were anxious. The results of the chi-square test showed that maternal age (p-value 0.011), education (p-value 0.003), and parity (p-value 0.012) had a significant relationship with the level of anxiety. In contrast, the child's age (p-value 0.692), occupation (p-value 0.063), number of children who experience stunting (p-value 0.215), and the impact of stunting experienced (p-value 0.626) have no significant relationship with anxiety levels.

Conclusion: Characteristics of the mother's age, education, and parity are related to anxiety. Health care services are suggested to pay attention and overcome mothers' anxiety with stunted toddlers.

Keywords: *Characteristics, Anxiety, Stunting.*

Bibliography: 61 (2013-2023).