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ABSTRAK

HUBUNGAN RIWAYAT PEMBERIAN ASI EKSKLUSIF DAN PRAKTIK PEMBERIAN MP-ASI DENGAN KEJADIAN *STUNTING* PADA BALITA USIA 10-24 BULAN DI WILAYAH KERJA PUSKESMAS KARANGANYAR KABUPATEN PEKALONGAN

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Pendahuluan: *Stunting* merupakan masalah kesehatan anak yang masih menjadi tantangan di Indonesia, termasuk di Kabupaten Pekalongan. Salah satu faktor yang sering dikaitkan adalah praktik pemberian ASI eksklusif dan makanan pendamping ASI (MP-ASI). Penelitian ini bertujuan menganalisis hubungan riwayat pemberian ASI eksklusif dan praktik pemberian MP-ASI dengan kejadian *stunting* pada anak usia 10–24 bulan di wilayah kerja Puskesmas Karanganyar.

Metode: Desain penelitian menggunakan metode analitik observasional dengan pendekatan *case-control study*. Populasi penelitian adalah anak usia 10–24 bulan, dengan total sampel 138 anak yang dipilih melalui *purposive sampling*. Data dikumpulkan dengan kuesioner dan dianalisis menggunakan uji *Chi-Square* serta perhitungan *Odds Ratio (OR)*.

Hasil: Hasil penelitian menunjukkan tidak terdapat hubungan yang signifikan antara riwayat pemberian ASI eksklusif dengan kejadian *stunting* ($p = 0,233$; $OR = 1,505$; $CI\ 95\%: 0,768–2,947$), maupun antara praktik pemberian MP-ASI dengan kejadian *stunting* ($p = 0,861$; $OR = 0,941$; $CI\ 95\%: 0,474–1,868$). **Diskusi atau simpulan:** Temuan ini menunjukkan bahwa faktor lain seperti kondisi lingkungan, infeksi, dan status sosial ekonomi kemungkinan lebih dominan memengaruhi kejadian *stunting*. Penelitian ini menegaskan pentingnya pendekatan multifaktor dalam intervensi penurunan *stunting*, bukan hanya berfokus pada pola pemberian makan.

Kata kunci: *Stunting*, ASI Eksklusif, Makanan Pendamping ASI (MP-ASI)

ABSTRACT

THE CORRELATION BETWEEN THE HISTORY OF EXCLUSIVE BREASTFEEDING AND THE PRACTICE OF PROVIDING COMPLETE FOOD WITH THE INCIDENCE OF STUNTING IN TODDLERS AGED 10-24 MONTHS IN THE WORKING AREA OF THE KARANGANYAR COMMUNITY HEALTH CENTER, PEKALONGAN REGENCY

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Background: Stunting is a child health issue that remains a challenge in Indonesia, including in Pekalongan Regency. One factor often associated with it is the practice of exclusive breastfeeding and complementary feeding (MP-ASI). This study aimed to analyze the relationship between a history of exclusive breastfeeding and the practice of MP-ASI and the incidence of stunting in children aged 10–24 months in the Karanganyar Community Health Center (Puskesmas) work area.

Method: The research design employed an observational analytical method with a case-control study approach. The study population consisted of children aged 10 to 24 months, with a total sample of 138 children selected through purposive sampling. Data were collected using a questionnaire and analyzed using the Chi-Square test and the calculation of Odds Ratios (OR).

Result: The results of the study indicated that there was no significant correlation between the history of exclusive breastfeeding and the incidence of stunting ($p = 0.233$; $OR = 1.505$; $CI\ 95\%: 0.768–2.947$), nor between the practice of providing complementary feeding and the incidence of stunting ($p = 0.861$; $OR = 0.941$; $CI\ 95\%: 0.474–1.868$).

Discussion or Conclusion: These findings suggest that other factors such as environmental conditions, infections, and socioeconomic status likely play a more dominant role in stunting incidence. This research underscores the importance of a multifactorial approach to stunting reduction interventions, rather than solely focusing on feeding patterns.

Keywords: Stunting, exclusive breastfeeding, complete food