

ABSTRAK

Karina Nona Yanti Simatupang : *Hubungan Pola Asuh Dan Asupan Kalsium Dengan Kejadian Stunting Pada Balita (12-59) Bulan Di Posyandu Desa Purba Manalu*. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Stunting merupakan kondisi gagal tumbuh pada anak balita karena kekurangan gizi kronis jangka panjang terutama pada usia 1.000 hari pertama kehidupan. Stunting dapat terjadi pada anak umur 12-59 bulan dengan kategori status gizi berdasarkan indeks Panjang Badan menurut Umur (PB/U) atau Tinggi Badan menurut Umur (TB/U) memiliki Z-score kurang dari -2 SD. Tujuan penelitian ini untuk mengetahui hubungan pola asuh dan asupan kalsium dengan kejadian stunting pada balita (12-59) bulan di posyandu desa Purba Manalu. Penelitian ini dilaksanakan pada bulan Oktober 2024. Desain penelitian ini adalah *cross sectional*, sampel pada penelitian ini menggunakan *purposive sampling* yaitu sebanyak 58 orang. Teknik pengumpulan data menggunakan kuisioner dan pengukuran antropometri. Analisis data dilakukan secara bivariat dan multivariat. Analisis bivariat dilakukan dengan uji chi square, sedangkan untuk analisis multivariat menggunakan uji regresi logistik. Hasil Penelitian ini menunjukkan lebih banyak pola asuh ibu pada balita termasuk kategori kurang sebesar 51,7%. Asupan kalsium pada balita termasuk kategori kurang sebesar 51,7%. Balita (12-59 bulan) yang mengalami stunting sebesar 27,6%. Hasil uji *chi-square* pada variabel pola asuh yaitu tidak ada hubungan yang signifikan dengan kejadian stunting dengan *p-value* 0,058 dan nilai PR 1,415 artinya balita yang pola asuhnya, 1,415 kali berisiko mengalami stunting dibandingkan balita yang pola asuhnya cukup. Hasil uji *chi-square* pada variabel asupan kalsium yaitu tidak ada hubungan yang signifikan dengan kejadian stunting dengan *nilai p-value* 0,036 dan nilai OR 3.575 artinya balita yang kurang mengkonsumsi asupan kalsium, 3.575 kali berisiko mengalami stunting dibandingkan balita yang cukup mengkonsumsi asupan kalsium. Hasil analisis regresi logistik yaitu tidak terdapat hubungan yang signifikan antara pola asuh dengan kejadian stunting dengan *p-value* 0,412, dan variabel asupan kalsium tidak terdapat hubungan yang signifikan dengan kejadian stunting dengan *p-value* 0,804. Kesimpulan penelitian ini menunjukkan bahwa tidak ada hubungan antara pola asuh dan asupan kalsium dengan kejadian stunting pada balita (12-59) bulan di posyandu desa Purba Manalu.

Kata Kunci : Pola asuh, Asupan kalsium, Kejadian stunting, Balita

ABSTRACT

Karina Nona Yanti Simatupang: *The Relationship Between Parenting Style and Calcium Intake with Stunting Incidence in Children Aged 12-59 Months at Posyandu in Purba Manalu Village. Thesis. Nutrition Study Program. Faculty of Engineering. Universitas Negeri Medan. 2025.*

Stunting is a condition of growth failure in children under five caused by chronic long-term malnutrition, especially during the first 1,000 days of life. Stunting can occur in children aged 12-59 months, categorized as having a nutritional status based on the Height-for-Age (H/A) or Length-for-Age (L/A) index with a Z-score less than -2 SD. The aim of this study was to determine the relationship between parenting patterns and calcium intake with stunting incidence among children under five (12-59 months) in the Posyandu (integrated health service post) of Purba Manalu village. This study was conducted in October 2024. The study design was cross-sectional, and the sample was selected using purposive sampling, consisting of 58 participants. Data collection techniques included questionnaires and anthropometric measurements. Data analysis was performed using bivariate and multivariate methods. The bivariate analysis used the chi-square test, while the multivariate analysis used logistic regression. The results showed that most mothers' parenting patterns for children under five were categorized as poor (51.7%). Calcium intake among children under five was also categorized as poor (51.7%). Children under five (12-59 months) who experienced stunting amounted to 27.6%. The results of the chi-square test on the parenting pattern variable are that there is no significant relationship with the incidence of stunting with a p-value of 0.058 and a PR value of 1.415, meaning that toddlers whose parenting patterns are 1.415 times more likely to experience stunting than toddlers whose parenting patterns are adequate. The results of the chi-square test on the calcium intake variable are that there is no significant relationship with the incidence of stunting with a p-value of 0.036 and an OR value of 3.575, meaning that toddlers who consume insufficient calcium intake are 3.575 times more likely to experience stunting than toddlers who consume sufficient calcium intake. The results of the logistic regression analysis were that there was no significant relationship between parenting style and the incidence of stunting with a p-value of 0.412, and the calcium intake variable had no significant relationship with the incidence of stunting with a p-value of 0.804. The conclusion of this study shows that there is no relationship between parenting patterns and calcium intake and the incidence of stunting in toddlers (12-59) months at the Posyandu in Purba Manalu village.

Keywords: Parenting style, Calcium intake, Stunting incidence, Toddlers