

ABSTRAK

Fathia Az-Zahra: Hubungan Riwayat ASI eksklusif dan Asupan Protein dengan Kejadian Stunting di Puskesmas Isaq Kecamatan Linge. 2026.

Stunting merupakan kondisi gangguan pertumbuhan yang bersifat kronis akibat ketidakcukupan asupan gizi dalam periode yang panjang dan hingga saat ini masih menjadi salah satu permasalahan kesehatan utama di Indonesia. Data SKI 2023 menunjukkan bahwa angka prevalensi *stunting* di Kabupaten Aceh Tengah mencapai 23,6%. ASI eksklusif dan protein merupakan aspek utama dalam pencegahan stunting. Oleh karena itu, penelitian ini bertujuan untuk mengkaji keterkaitan antara riwayat pemberian ASI eksklusif dan asupan protein terhadap kejadian *stunting* di wilayah kerja Puskesmas Isaq.

Penelitian dilaksanakan bulan Oktober hingga Desember 2025. Penelitian ini menggunakan desain survei analitik dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 76 responden yang diambil menggunakan Teknik *convenience sampling*. Asupan protein menggunakan metode SQ-FFQ. ASI eksklusif menggunakan kuesioner Riwayat ASI eksklusif. Pengumpulan data menggunakan kuesioner serta pengukuran Panjang badan menurut umur (PB/U). analisis data menggunakan *uji chi-square*.

Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara riwayat pemberian ASI eksklusif dengan kejadian stunting ($p\text{-value} = 0,004$; OR = 5,208; 95% CI = 1,791–15,147). Anak yang tidak memperoleh ASI eksklusif memiliki risiko sekitar 5,2 kali lebih besar mengalami stunting dibandingkan anak yang memperoleh ASI eksklusif. Sebaliknya, tidak terdapat hubungan yang signifikan antara asupan protein dengan kejadian stunting ($p\text{-value} = 0,620$).

Kata Kunci: ASI Eksklusif, Asupan Protein, Stunting.



ABSTRACT

Fathia Az-Zahra: The Relationship Between Exclusive Breastfeeding History and Protein Intake with the Incidence of Stunting at Isaq Community Health Center, Linge District. 2026.

Stunting is a condition of chronic growth disruption caused by insufficient nutritional intake over a long period and remains one of the main health issues in Indonesia. 2023 SKI data shows that the prevalence of stunting in Central Aceh Regency reaches 23.6%. Exclusive breastfeeding and protein are key aspects in preventing stunting. Therefore, this study aims to examine the relationship between the history of exclusive breastfeeding and protein intake with the incidence of stunting in the working area of Isaq Health Center.

The study was conducted from October to December 2025. It uses an analytical survey design with a cross-sectional approach. The study sample consisted of 76 respondents, selected using a convenience sampling technique. Protein intake was measured using the Sq-ffq method, while exclusive breastfeeding was assessed using an exclusive breastfeeding history questionnaire. Data was collected using questionnaires and body length-for-age measurements. Data was collected using questionnaires and measuring body length according to age (BL/A). Data analysis was done using the chi-square test.

The study results showed a significant relationship between a history of exclusive breastfeeding and the incidence of stunting ($p\text{-value} = 0.004$; $OR = 5.208$; $95\% CI = 1.791\text{--}15.147$). Children who did not receive exclusive breastfeeding had about a 5.2 times higher risk of experiencing stunting compared to children who did. On the other hand, there was no significant relationship between protein intake and the incidence of stunting ($p\text{-value} = 0.620$).

Keywords: Exclusive Breastfeeding, Protein Intake, Stunting.

