

ABSTRAK

Najwa Rachma Fanny Siahaan : Hubungan Karakteristik Keluarga dan Pengetahuan Ibu Terhadap *Stunting* dengan Kejadian *Stunting* pada Balita di Kelurahan Sei Mati Kecamatan Medan Maimun. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Masih terdapat anak dengan usia 0-59 bulan menunjukkan hasil 19,8 % di Indonesia dan 22,0% balita mengalami masalah *stunting* di wilayah Sumatera Utara pada tahun 2024. Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik keluarga, (2) pengetahuan ibu terhadap *stunting*, (3) kejadian *stunting*, (4) hubungan karakteristik keluarga dengan kejadian *stunting*, (5) regresi logistik hubungan karakteristik keluarga dan pengetahuan ibu dengan kejadian *stunting*. Tempat penelitian ini dilakukan pada balita usia 6–59 bulan di Kelurahan Sei Mati, Kecamatan Medan Maimun, Kota Medan. Penelitian ini menggunakan desain *cross sectional*. Populasi dalam penelitian ini adalah seluruh balita usia 6–59 bulan dengan jumlah 667 anak. Sampel berjumlah 52 balita yang dipilih melalui teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi tertentu. Data primer dikumpulkan melalui pengukuran antropometri dan kuesioner, sedangkan data sekunder diperoleh dari Puskesmas Kampung Baru. Analisis data dilakukan secara univariat, bivariat dengan uji korelasi Spearman, serta analisis multivariat. Variabel dalam penelitian ini meliputi kejadian *stunting* sebagai variabel dependen, serta pengetahuan ibu dan karakteristik keluarga sebagai variabel independen.

Hasil penelitian memperlihatkan bahwa mayoritas responden memiliki karakteristik usia orang tua di atas 30 tahun, pendidikan SMA/SMK, dengan ibu yang sebagian besar tidak bekerja dan ayah yang bekerja, serta pendapatan keluarga berkisar Rp1.500.000–Rp2.500.000 dengan jumlah anggota keluarga 4–5 orang. Tingkat pengetahuan ibu tergolong sedang, namun tidak menunjukkan hubungan signifikan secara statistik dengan kejadian *stunting* ($p=0,598$), meskipun terdapat hubungan positif yang sangat lemah (koefisien 0,075). Kejadian *stunting* cukup tinggi, yakni sebesar 71% (37 balita). Dari analisis Korelasi Rank Spearman, variabel yang memiliki hubungan positif dan signifikan terhadap *stunting* adalah usia ibu ($p=0,048$), usia ayah ($p=0,001$), dan pendapatan keluarga ($p=0,000$), sedangkan variabel lain seperti pendidikan dan pekerjaan orang tua serta besaran keluarga tidak menunjukkan hubungan yang signifikan. Analisis regresi logistik memperkuat temuan bahwa usia ayah ($p=0,011$) dan pendapatan keluarga ($p=0,004$) merupakan faktor paling berpengaruh terhadap kejadian *stunting* di wilayah Kelurahan Sei Mati, Kecamatan Medan Maimun.

Kata kunci: *Stunting*, karakteristik keluarga, pengetahuan ibu, balita.

ABSTRACT

Najwa Rachma Fanny Siahaan: The Relationship Between Family Characteristics and Maternal Knowledge on the Incidence of *Stunting* Among Children Under Five in Sei Mati Subdistrict, Medan Maimun District. Undergraduate Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025.

Stunting is a condition of failure to thrive in children due to chronic malnutrition which has an impact on health, intelligence and productivity in the future. There are still 22.0% of toddlers experiencing *stunting* in the North Sumatra region in 2024. This study aims to determine: (1) Family characteristics, (2) maternal knowledge of *stunting*, (3) incidence of *stunting*, (4) the relationship between family characteristics and *stunting* incidence, (5) logistic regression of the relationship between family characteristics and maternal knowledge with *stunting* incidence. The location of this study was toddlers aged 6–59 months in Sei Mati Village, Medan Maimun District, Medan City. This study used a cross-sectional design. The population in this study were all toddlers aged 6–59 months with a total of 667 children. The sample consisted of 52 toddlers selected through purposive sampling techniques based on certain inclusion and exclusion criteria. Primary data were collected through anthropometric measurements and questionnaires, while secondary data were obtained from the Kampung Baru Health Center. Data analysis was conducted univariately, bivariately with Spearman correlation test, and multivariate analysis. The variables in this study include *stunting* incidence as the dependent variable, and maternal knowledge and family characteristics as independent variables.

The results showed that most respondents had parental age over 30 years, education at the senior high school/vocational level, with most mothers not working and fathers being employed. The family income ranged from Rp1,500,000 to Rp2,500,000, with 4–5 family members. Maternal knowledge was classified as moderate, but it showed no statistically significant relationship with *stunting* ($p = 0.598$), although there was a very weak positive correlation (coefficient = 0.075). The *stunting* rate was relatively high, at 71% (37 children). Based on Spearman Rank Correlation analysis, variables that showed a significant positive correlation with *stunting* were maternal age ($p = 0.048$), paternal age ($p = 0.001$), and family income ($p = 0.000$), while other variables such as parental education, occupation, and family size did not show significant correlations. Logistic regression analysis reinforced the findings that paternal age ($p = 0.011$) and family income ($p = 0.004$) were the most influential factors associated with *stunting* in Sei Mati Subdistrict, Medan Maimun District.

Keywords: Stunting, family characteristics, maternal knowledge, children under five