

# Faktor-Faktor yang Berhubungan dengan Perilaku Pencegahan Stunting pada Ibu Hamil di Wilayah Kerja Puskesmas Ragajaya Bojonggede Kabupaten Bogor Tahun 2022

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## Abstrak

<div style="text-align: justify;"><span data-sheets-formula-bar-text-style="font-size:13px;color:#000000;font-weight:normal;text-decoration:none;font-family:'Arial';font-style:normal;text-decoration-skip-ink:none;">Prevalensi stunting di Indonesia berada pada posisi 115 dari 151 negara di dunia pada tahun 2020. Secara nasional, Indonesia menunjukkan penurunan namun masih diperlukan penurunan untuk mencapai target di tahun 2024. Menurut hasil SSGI tahun 2021 prevalensi stunting di Provinsi Jawa Barat sebesar 24,5%. Berdasarkan Buku Profil Informasi Kesehatan Kabupaten Bogor 2019, prevalensi stunting di Puskesmas Ragajaya sebesar 41,98% lebih tinggi daripada prevalensi Kabupaten Bogor yaitu sebesar 19,08%. Ibu hamil merupakan salah satu kelompok sasaran dalam pencegahan stunting. Pencegahan stunting dapat dilakukan sejak 1000 Hari Pertama Kehidupan (HPK) yaitu dari masa kehamilan hingga usia 2 tahun. Stunting dapat terjadi akibat asupan nutrisi ibu hamil kurang. Theory of Planned Behavior (TPB) mencakup strategi untuk meningkatkan kepercayaan ibu terhadap kemampuannya dalam memenuhi kebutuhan nutrisi selama kehamilan. Perilaku pencegahan stunting dapat dipengaruhi berbagai faktor seperti sikap, norma subjektif, dan persepsi kontrol perilaku. Penelitian ini bertujuan untuk mengetahui hubungan sikap, norma subjektif, dan persepsi kontrol perilaku dengan perilaku pencegahan stunting pada ibu hamil di wilayah kerja Puskesmas Ragajaya. Desain penelitian ini cross-sectional. Sampel penelitian sebanyak 90 ibu hamil. Pengambilan data dilakukan pada bulan Desember 2022. Hasil penelitian menunjukkan bahwa sebanyak 65.5% ibu hamil memiliki perilaku pencegahan stunting yang baik. Hasil analisis bivariat menunjukkan sikap ( $p=0.004$ ), norma subjektif ( $p=0.045$ ), dan persepsi kontrol perilaku ( $p=0.001$ ) berhubungan dengan perilaku ibu hamil dalam mencegah stunting. Saran bagi fasilitas kesehatan diharapkan memberikan pendidikan kesehatan secara rutin sebagai salah satu langkah preventif baik melalui pelayanan konsultasi kesehatan ibu hamil, berbagai platform media sosial, serta kegiatan &ndash; kegiatan diskusi terkait dengan kesehatan ibu hamil terutama mengenai gizi ibu hamil dalam pencegahan stunting.</span></div><hr /><div style="text-align: justify;"><span data-sheets-formula-bar-text-style="font-size:13px;color:#000000;font-weight:normal;text-decoration:none;font-family:'Arial';font-style:normal;text-decoration-skip-ink:none;">In 2020, the prevalence of stunting in Indonesia will be the 115th highest out of 151 countries in the world. Nationally, Indonesia is showing a decline, but a gradual decrease is still needed to reach the target in 2024. According to the results of SSGI in 2021, the prevalence of stunting in West Java Province is 24.5%. Based on the 2019 Bogor Regency Health Information Profile Book, the prevalence of stunting in the Ragajaya Health Center is 41.98%, which is higher than the Bogor Regency prevalence of 19.08%. Pregnant women are one of the target groups in stunting prevention. Stunting can be prevented from the first 1000 days of life (HPK), or from pregnancy to the age of two. Stunting can occur due to the insufficient nutritional intake of pregnant women. The Theory of Planned Behavior (TPB) includes strategies to increase the mother's confidence in her ability to meet nutritional needs during pregnancy. Stunting prevention behavior can be influenced by various factors, such as

attitudes, subjective norms, and perceptions of behavior control. This study aims to determine the relationship between attitudes, subjective norms, and perceptions of behavior control with stunting prevention behavior in pregnant women in the working area of the Ragajaya Health Center. The research design is cross-sectional. The research sample consisted of 90 pregnant women. Data collection was carried out in December 2022. The results showed that 65.5% of pregnant women had good stunting prevention behavior. The results of the bivariate analysis showed that attitude ( $p = 0.004$ ), subjective norm ( $p = 0.045$ ), and perceived behavioral control ( $p = 0.001$ ) were related to pregnant women's behavior in preventing stunting. Suggestions for health facilities are expected to provide routine health education as one of the preventive measures both through pregnant women's health consultation services, various social media platforms, and discussion activities related to the health of pregnant women, especially regarding nutrition for pregnant women in preventing stunting.