

Perbedaan Risiko Kejadian Stunting pada Anak Usia 6-23 Bulan di Wilayah Prevalensi Tinggi dan Wilayah Prevalensi Rendah di Indonesia (Analisis Data Survei Kesehatan Indonesia 2023)

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Abstrak

<div style="text-align: justify;">Stunting merupakan masalah gizi kronis yang determinannya dapat bervariasi antarwilayah. Penelitian ini bertujuan menganalisis perbedaan determinan stunting pada wilayah dengan prevalensi stunting tinggi dan rendah di Indonesia menggunakan data Survei Kesehatan Indonesia (SKI) tahun 2023. Penelitian ini menggunakan desain cross-sectional. Analisis data dilakukan menggunakan regresi logistik multivariat yang dipisahkan berdasarkan kategori prevalensi wilayah, dengan pelaporan adjusted odds ratio (AOR) dan interval kepercayaan 95%. Hasil penelitian menunjukkan bahwa berat lahir rendah (<2500 gram) merupakan determinan yang konsisten pada kedua wilayah. Pada wilayah prevalensi tinggi, kejadian stunting berhubungan signifikan dengan jenis kelamin laki-laki (AOR = 1,36; 95% CI: 1,07-1,72), usia anak 12-23 bulan (AOR = 2,34; 95% CI: 2,25-2,46), berat lahir rendah (AOR = 2,30; 95% CI: 1,52-3,50), konsumsi tablet tambah darah (TTD) <90 tablet selama kehamilan (AOR = 1,51; 95% CI: 1,18-1,94), serta status sosial ekonomi terbawah (AOR = 2,83; 95% CI: 1,84-4,37). Pada wilayah prevalensi rendah, stunting dikaitkan dengan berat lahir rendah (AOR = 3,61; 95% CI: 1,07-12,17) dan pendidikan ibu tingkat SMP (AOR = 4,22; 95% CI: 1,60-11,17). Penelitian ini menunjukkan bahwa determinan stunting bersifat kontekstual sesuai tingkat prevalensi wilayah. Pada wilayah prevalensi tinggi, stunting dipengaruhi oleh kombinasi faktor biologis anak, kondisi sosial ekonomi, dan gizi ibu selama kehamilan, sedangkan pada wilayah prevalensi rendah stunting lebih bersifat selektif.</div><hr /><div style="text-align: justify;">Stunting is a chronic nutritional problem whose determinants may vary across regions. This study aimed to analyze differences in the determinants of stunting between areas with high and low stunting prevalence in Indonesia using data from the 2023 Indonesia Health Survey (Survei Kesehatan Indonesia/SKI). A cross-sectional study design was employed. The analysis was conducted using multivariable logistic regression stratified by regional prevalence category, with results reported as adjusted odds ratios (AOR) and 95% confidence intervals (CI). The results showed that low birth weight (<2500 grams) was a consistent determinant in both regions. In high-prevalence areas, stunting was significantly associated with male sex (AOR = 1.36; 95% CI: 1.07-1.72), child age 12-23 months (AOR = 2.34; 95% CI: 2.25-2.46), low birth weight (AOR = 2.30; 95% CI: 1.52-3.50), consumption of fewer than 90 iron tablets during pregnancy (AOR = 1.51; 95% CI: 1.18-1.94), and the lowest socioeconomic status (AOR = 2.83; 95% CI: 1.84-4.37). In low-prevalence areas, stunting was associated with low birth weight (AOR = 3.61; 95% CI: 1.07-12.17) and maternal education at the junior secondary school level (AOR = 4.22; 95% CI: 1.60-11.17). The findings indicate that the determinants of stunting are contextual and vary according to regional prevalence levels. In high-prevalence areas, stunting is influenced by a combination of child biological factors, socioeconomic conditions, and maternal nutritional status during pregnancy, whereas in low-prevalence areas, stunting appears to be more selective in nature.</div>