

## OPTIMALISASI IQ ANAK SEKOLAH DASAR MELALUI POLA ASUH POSITIF: MENGATASI RISIKO STUNTING PADA GENERASI Z

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 16/02/2026.            Revised -            Accepted 10/03/2026.</p>	<p>Stunting merupakan masalah kesehatan global yang berdampak signifikan terhadap gangguan perkembangan kognitif dan skor IQ yang lebih rendah khususnya pada generasi Z yang sedang memasuki usia sekolah dasar dengan prevalensi mencapai 24,4%. Kondisi ini tidak hanya menghambat pertumbuhan fisik, tetapi juga menurunkan kecerdasan (IQ) hingga 10-15 poin. Pola asuh positif dari orang tua terbukti berperan krusial dalam mencegah risiko stunting melalui peningkatan asupan gizi dan interaksi kognitif. Tujuan adalah menganalisis pengaruh pola asuh positif terhadap optimalisasi IQ anak SD sambil mengurangi risiko stunting pada Generasi Z. Metode Quasi Eksperimen desain pre-post test pada anak SD usia 7-12 tahun. Sampel kelompok intervensi diberi pelatihan pola asuh positif berbasis modul edukasi. Data dikumpul melalui tes IQ WISC-IV, antropometri (TB/U), dan kuesioner pola asuh. Analisis uji t-paired dan regresi linier multivariat (<math>p &lt; 0,05</math>). Hasil kelompok intervensi menunjukkan peningkatan IQ rata-rata 12,5 poin, dan penurunan risiko stunting sebesar 28%, pola asuh positif berkorelasi signifikan dengan kedua variabel. Pola asuh positif, efektif mengatasi risiko stunting pada generasi Z dan mendukung optimalisasi IQ dengan rekomendasi integrasi ke dalam program kesehatan ibu dan anak melalui edukasi pengasuhan, modul intervensi siap pakai untuk program sekolah dan posyandu serta suplementasi gizi.</p>
<p><b>Keywords:</b>            Anak Sekolah Dasar            Kecerdasan Intelektual            Optimalisasi Kognitif            Pola Asuh Positif            Stunting</p>	<p><b>ABSTRACT</b>  <i>Stunting is a global health problem that has a significant impact on cognitive development disorders and lower IQ scores, especially in Generation Z who are entering elementary school age, with a prevalence reaching 24.4%. This condition not only inhibits physical growth but also reduces intelligence quotient (IQ) by 10-15 points. Positive parenting patterns from parents have been shown to play a crucial role in preventing the risk of stunting through increased nutritional intake and cognitive interaction. The objective was to analyze the effect of positive parenting patterns on optimizing the IQ of elementary school children while reducing the risk of stunting in Generation Z. The method was a Quasi-Experimental pre-post test design on elementary school children aged 7-12 years. The intervention group sample was given positive parenting training based on educational modules. Data were collected through the WISC-IV IQ test, anthropometry (Height/Age), and parenting questionnaires. Analysis of paired t-test and multivariate linear regression (<math>p &lt; 0.05</math>). The results of the intervention group showed an average increase in IQ of 12.5 points, and a decrease in the risk of stunting by 28%. Positive parenting patterns were significantly correlated with both</i></p>

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*variables. Positive parenting patterns effectively address the risk of stunting in Generation Z and support IQ optimization with recommendations for integration into maternal and child health programs through parenting education, ready-to-use intervention modules for school and integrated health post programs, and nutritional supplementation.*

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