

## DISPARITAS KARAKTERISTIK WILAYAH DAN PRAKTIK SOSIAL BUDAYA KONSUMSI PANGAN TERHADAP RISIKO STUNTING BALITA DI KABUPATEN SAMBAS KALIMANTAN BARAT

**Dahlionsyah<sup>1\*</sup>, Didik Hariyadi<sup>2</sup>, Suaebah<sup>3</sup>, Desi<sup>4</sup>, Widyana Lakshmi Puspita<sup>5</sup>**

<sup>1,2,3,4,5</sup> Jurusan Gizi Poltekkes Kemenkes Pontianak

Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> Pantai; Perbatasan; Sosiologi budaya makanan; Stunting.</p>	<p>Latar Belakang: Kabupaten Sambas merupakan daerah prioritas penanganan stunting di Provinsi Kalimantan Barat, terletak di wilayah pesisir dan perbatasan. Data Survei Status Gizi Indonesia (SSGI) mencatat prevalensi stunting turun dari 32,6% (2021) menjadi 30,5% (2022), namun masih di atas rata-rata provinsi dan nasional. Stunting dipengaruhi praktik pengasuhan, akses pangan bergizi, sanitasi, dan faktor geografis-budaya seperti pantangan makanan lokal. Kebaruan penelitian ini terletak pada analisis komprehensif faktor penyebab stunting berdasarkan letak wilayah (pantai dan perbatasan) dan sosiologi budaya makan, yang belum banyak dieksplorasi di daerah perbatasan Indonesia.</p> <p>Tujuan: Mengidentifikasi gambaran faktor penyebab stunting secara komprehensif dari aspek letak wilayah dan sosiologi budaya makan pada balita usia 2-5 tahun di Kabupaten Sambas.</p> <p>Metode: Penelitian cross-sectional ini dilakukan Juli-Agustus 2022 di wilayah pantai dan perbatasan Kabupaten Sambas. Sampel terdiri dari 300 balita (150 pantai, 150 perbatasan) dengan kriteria usia 2-5 tahun dan bersedia berpartisipasi. Data dikumpul melalui antropometri, wawancara pengasuhan, dan analisis asupan gizi; diuji dengan uji chi-square.</p> <p>Hasil: Balita pantai mengalami defisit energi (55%) dan karbohidrat (57%); perbatasan defisit protein (59%) dan lemak (49%). Pengasuhan pantai lebih baik (77% oleh orang tua), tapi pantangan makanan lebih tinggi di perbatasan (37%, terutama lauk hewani 48%). Prevalensi stunting pantai 35% sedangkan perbatasan 31%; tidak signifikan (<math>p=0,54&gt;0,05</math>).</p> <p>Kesimpulan: Pengasuhan pantai lebih baik namun stunting lebih tinggi; perbatasan sebaliknya. Intervensi disesuaikan budaya lokal berpotensi menurunkan stunting hingga target nasional &lt;14% pada 2024.</p>
	<p><b>ABSTRACT</b></p> <p><i>Background: Sambas Regency is a priority area for stunting prevention in West Kalimantan Province, located in a coastal and border region. Data from the Indonesian Nutrition Status Survey (SSGI) shows that the prevalence of stunting has decreased from 32.6% (2021) to 30.5% (2022), but is still above the provincial and national averages. Stunting is influenced by parenting practices, access to nutritious food, sanitation, and geographical-cultural factors such as local food taboos. The novelty of this study lies in its comprehensive analysis of the factors causing stunting based on geographical location (coastal and border areas) and the sociology of food culture, which has not been widely explored in Indonesia's border areas. Objective: To identify a comprehensive picture of the factors causing stunting from the aspects of</i></p>

---

*geographical location and the sociology of food culture in toddlers aged 2-5 years in Sambas Regency.*

*Methods: This cross-sectional study was conducted from July to August 2022 in the coastal and border areas of Sambas Regency. The sample consisted of 300 toddlers (150 coastal, 150 border) aged 2-5 years who were willing to participate. Data were collected through anthropometry, parenting interviews, and nutritional intake analysis; tested with the chi-square test.*

*Results: Coastal toddlers experienced energy (55%) and carbohydrate (57%) deficits; border toddlers experienced protein (59%) and fat (49%) deficits. Coastal childcare was better (77% by parents), but food restrictions were higher at the border (37%, especially animal side dishes 48%). The prevalence of stunting was 35% in coastal areas and 31% in border areas; not significant ( $p=0.54>0.05$ ). Conclusion: Coastal areas had better childcare but higher stunting rates; border areas had the opposite. Culturally appropriate interventions have the potential to reduce stunting to the national target of <14% by 2024..*

---

*\*Corresponding Author: dahlia\_syah\_gz@yahoo.co.id*

---