

RIWAYAT KEKURANGAN ENERGI KRONIS IBU SEBAGAI FAKTOR DOMINAN RISIKO STUNTING PADA BADUTA

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Pemberian ASI; Kesehatan Anak; Gizi Ibu; Faktor Risiko; Stunting.</p>	<p>Latar Belakang: Stunting masih menjadi masalah gizi kronis pada anak usia di bawah dua tahun dan dipengaruhi oleh berbagai faktor ibu dan anak. Identifikasi faktor risiko yang dominan sangat penting untuk perumusan intervensi berbasis bukti di tingkat layanan kesehatan primer. Tujuan: Penelitian ini bertujuan menganalisis hubungan faktor ibu dan anak meliputi riwayat Kekurangan Energi Kronis (KEK) ibu, pengetahuan gizi ibu, riwayat infeksi anak, berat badan lahir, panjang badan lahir, praktik Inisiasi Menyusu Dini (IMD), dan pemberian ASI eksklusif dengan kejadian stunting pada baduta. Metode: Penelitian menggunakan desain observasional analitik dengan pendekatan kasus-kontrol pada 188 baduta (94 kasus dan 94 kontrol) di wilayah kerja Puskesmas Pontianak Utara. Data dikumpulkan melalui wawancara terstruktur dan pengukuran antropometri. Analisis data dilakukan menggunakan uji chi-square, odds ratio (OR), dan regresi logistik. Hasil: Riwayat KEK ibu saat hamil berhubungan signifikan dengan kejadian stunting ($p=0,01$; $OR=3,15$). Faktor lain seperti pengetahuan gizi ibu, riwayat infeksi anak, BBLR, panjang badan lahir pendek, IMD, dan ASI eksklusif tidak menunjukkan hubungan signifikan secara statistik, meskipun memiliki kecenderungan peningkatan risiko. Simpulan: Riwayat KEK ibu merupakan faktor risiko dominan stunting pada baduta. Implikasi: Penguatan intervensi gizi ibu hamil menjadi strategi kunci pencegahan stunting berbasis layanan kesehatan primer..</p> <p>ABSTRACT <i>Background: Stunting remains a chronic nutritional problem among children under two years old and is influenced by multiple maternal and child-related factors. Identifying dominant risk factors is essential to support evidence-based interventions at the primary healthcare level. Objective: This study aimed to analyze the association between maternal and child factors—including maternal Chronic Energy Deficiency (CED), maternal nutrition knowledge, child infection history, birth weight, birth length, Early Initiation of Breastfeeding (EIBF), and exclusive breastfeeding—with stunting among children under two years old. Methods: An analytical observational study with a case-control design was conducted among 188 children (94 stunted cases and 94 non-stunted controls) in the working area of Pontianak Utara Primary Health Center. Data were collected through structured interviews and anthropometric measurements. Statistical analyses included chi-square tests, odds ratios (OR), and logistic regression. Results: Maternal history of CED during pregnancy was significantly associated with stunting ($p=0.01$; $OR=3.15$). Other</i></p>

factors, including maternal nutrition knowledge, child infection history, low birth weight, short birth length, EIBF, and exclusive breastfeeding, showed no significant statistical association, although increased risk tendencies were observed. Conclusion: Maternal CED is the most dominant risk factor for stunting among children under two years old. Originality/Value: The findings highlight the critical role of maternal nutritional status during pregnancy in stunting prevention and support strengthening maternal nutrition interventions at the primary healthcare level.

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