

PENYEBAB STUNTING DITINJAU DARI LINGKUNGAN BIOLOGI BERDASARKAN KONSEP SOCIAL DETERMINAN OF HEALTH

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Lingkungan Biologi, Stunting, Social Deteminan of Helath.</p>	<p>Stunting merupakan salah satu masalah gizi kronis yang menjadi masalah kesehatan utama di Indonesia. Salah satu penyebab stunting berdasarkan konsep social determinan of helath yaitu lingkungan biologi yaitu penyakit infeksi, suplemen vitamin A, status imunisasi, Iodium, usia, jenis kelamin balita, ASI, zat gizi mikro, tinggi badan orang tua. Stunting jika tidak ditangani dengan baik, maka dapat menyebabkan hambatan pertumbuhan fisik anak dan berpengaruh pada perkembangan kognitif, kemampuan belajar, produktivitas dan berisiko terhadap penyakit degeneratif saat dewasa. Untuk mengatasi stunting maka diperlukan penanganan secara multisektor khususnya intervensi sensitif dan spesifik. Tujuan penelitian yaitu menganalisis hubungan lingkungan biologi terhadap kejadian stunting. Metode: Jenis penelitian kuantitatif, desain cross sectional. Populasi sebanyak 218 balita, besar sampel 60 balita stunting di Desa Letmafo Kabupaten Timor Tengah Utara, yang dipilih dengan simple random sampling. Data dikumpulkan melalui wawancara dan kuesioner dan observasi. Data dianalisa dengan uji chi-square. Hasil penelitian menunjukkan bahwa status imunisasi ($p = 0.000$), suplemen vitamin A ($p = 0.083$), penyakit infeksi ($p = 0.000$). Kesimpulan: Terdapat hubungan yang signifikan antara status imunisasi dan penyakit infeksi dengan kejadian stunting dan tidak terdapat hubungan yang signifikan antara suplemen vitamin A dengan kejadian stunting. Saran: Petugas kesehatan perlu memberikan edukasi pada orang tua tentang pencegahan stunting.</p> <p>ABSTRACT</p> <p><i>Stunting is one of the chronic nutritional problems and a major public health issue in Indonesia. One of the causes of stunting based on the concept of social determinants of helath is the biological enviroment, namely infectious diseases, vitamin A supplements, immunization status, iodine, age, gender, of toddler, breast milk, micronutrients, and parental height. If not properly addressed, stunting can lead to impaired physical growth in children and affect cognitive development, learning ability, productivity, and increase the risk of degenerative diseases in adulthood. Addressing stunting requires multisctoral efforts, particularly through sensitive and specific interventions. The purpose of this study was to analyze the relationship between the biological enviroment and the incidence of stunting. Methods: This was a quantitative study with a cross-sectional design. The population consisted of 218 children under five years old, with a sample size of 60 stunted children in Letmafo Village, North</i></p>

Central Timor Regency, in 2023, selected using simple random sampling. Data were collected through interviews and questionnaires and observation. Data analyzed using the chi-square test. The result showed that immunization status ($p = 0.000$) and infectious diseases ($p = 0.000$) were significantly associated with stunting, while vitamin A supplementation ($p = 0.083$) was not significantly associated. Conclusion: There is a significant relationship between immunization status and infectious diseases with the incidence of stunting, while no significant relationship was found between vitamin A supplementation and stunting. Recommendation: Health workers need to provide education to parents regarding stunting prevention so that it can improve children's growth and development.

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