

HUBUNGAN RIWAYAT KEKURANGAN ENERGI KRONIK PADA IBU HAMIL DENGAN KEJADIAN STUNTING PADA BALITA DI PUSKESMAS SODONGHILIR KABUPATEN TASIKMALAYA TAHUN 2026

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ABSTRAK

Stunting merupakan kondisi gagal tumbuh pada balita ditandai dengan panjang atau tinggi badan menurut umur berada di bawah -2 SD berdasarkan standar pertumbuhan anak menurut WHO. *Stunting* dipengaruhi oleh berbagai faktor, salah satunya status gizi ibu selama kehamilan. Kekurangan Energi Kronik (KEK) pada ibu hamil merupakan kondisi kekurangan asupan energi dalam jangka waktu lama yang dapat memengaruhi pertumbuhan dan perkembangan janin serta meningkatkan risiko gangguan pertumbuhan setelah lahir. Penelitian bertujuan menganalisis hubungan riwayat KEK pada ibu hamil dengan kejadian *stunting* pada balita di Puskesmas Sodonghilir Kabupaten Tasikmalaya tahun 2026. Penelitian menggunakan desain *cross sectional* yang dilaksanakan pada Maret–Juli 2026. Sampel penelitian berjumlah 90 ibu yang memiliki balita usia 0–59 bulan dan memenuhi kriteria inklusi dan eksklusi. Data diperoleh melalui lembar observasi/*checklist*, rekam medis, dan buku KIA. Analisis data menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan nilai *Chi-Square* sebesar 43,980 dengan *p-value* = 0,000 ($p < 0,05$), sehingga H_0 ditolak. Dengan demikian, terdapat hubungan yang signifikan antara riwayat KEK pada ibu hamil dengan kejadian *stunting* pada balita. Ibu dengan riwayat KEK kecenderungan lebih besar memiliki balita yang mengalami *stunting* dibandingkan ibu tanpa riwayat KEK. Disarankan kepada tenaga kesehatan untuk meningkatkan edukasi, pemantauan status gizi ibu sejak masa kehamilan, serta upaya pencegahan KEK sebagai bagian dari pencegahan *stunting*.

Kata kunci: Balita, Ibu hamil, Kekurangan Energi Kronik (KEK), *Stunting*.

THE RELATIONSHIP BETWEEN A HISTORY OF CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN AND THE INCIDENCE OF STUNTING IN CHILDREN UNDER FIVE AT THE SODONGHILIR COMMUNITY HEALTH CENTER, TASIKMALAYA REGENCY, 2026

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ABSTRACT

Stunting is a condition of growth failure in children under five, characterized by a length-for-age or height-for-age z-score below -2 standard deviations (SD) based on WHO child growth standards. Stunting is influenced by various factors, including maternal nutritional status during pregnancy. Chronic Energy Deficiency (CED) in pregnant women is a condition of insufficient energy intake over a prolonged period, which can affect fetal growth and development and increase the risk of postnatal growth disorders. This study aimed to analyze the relationship between a history of CED in pregnant women and stunting among children under five at Sodonghilir Community Health Center, Tasikmalaya Regency, in 2026. An observational analytic study with a cross-sectional design was conducted from March to July 2026. The sample consisted of 90 mothers with children aged 0–59 months who met the inclusion and exclusion criteria. Data were collected using observation sheets/checklists, medical records, and Maternal and Child Health (MCH) handbooks. Data were analyzed using the Chi-Square test. The results showed a Chi-Square value of 43.980 with a p-value of 0.000 ($p < 0.05$), so H_0 was rejected and H_1 was accepted. Thus, there was a significant relationship between a history of CED in pregnant women and stunting. Mothers with a history of CED were more likely to have stunted children than those without such a history. Health workers are recommended to strengthen education, monitor maternal nutritional status during pregnancy, and prevent CED as part of stunting prevention.

Keywords: *Toddlers, pregnant women, Chronic Energy Deficiency (CED), stunting*