

ABSTRAK

HUBUNGAN POLA ASUH TERHADAP KEJADIAN STUNTING ANAK USIA 6- 24 BULAN DI DESA SUKAMANAH KECAMATAN SINDANGKASIH KABUPATEN CIAMIS TAHUN 2026

Stunting masih menjadi persoalan gizi kronis yang dapat memengaruhi pertumbuhan dan perkembangan anak serta kualitas sumber daya manusia. Salah satu aspek yang dapat diperbaiki pada tingkat keluarga adalah praktik pengasuhan, terutama pemenuhan gizi, perawatan kesehatan, dan stimulasi. Penelitian ini menganalisis hubungan pola asuh orang tua dengan kejadian stunting pada anak usia 6–24 bulan di Desa Sukamanah Kecamatan Sindangkasih Kabupaten Ciamis Tahun 2026.

Penelitian menggunakan pendekatan kuantitatif dengan rancangan observasional analitik dan desain cross-sectional. Populasi terdiri atas 75 ibu yang mempunyai anak usia 6–24 bulan di Desa Sukamanah dan seluruhnya dijadikan sampel melalui total sampling. Pola asuh dinilai menggunakan kuesioner, sedangkan status stunting diperoleh melalui lembar observasi. Analisis dilakukan secara univariat dan bivariat dengan uji Chi-Square.

Sebanyak 55 responden (73,3%) berada pada kategori pola asuh baik, 16 responden (21,3%) termasuk kategori cukup, dan 4 responden (5,3%) berada pada kategori kurang. Status normal ditemukan pada 57 anak (76,0%), sedangkan 18 anak (24,0%) mengalami stunting. Uji Chi-Square menghasilkan p-value 0,000 ($p < 0,05$), yang menunjukkan adanya hubungan bermakna antara pola asuh orang tua dan kejadian stunting. Temuan ini mendukung penguatan edukasi keluarga mengenai pengasuhan, pemenuhan gizi, dan pemantauan pertumbuhan anak.

Kata Kunci: pola asuh orang tua, stunting, anak usia 6–24 bulan.

ABSTRACT

THE RELATIONSHIP BETWEEN PARENTING PRACTICES AND THE INCIDENCE OF STUNTING AMONG CHILDREN AGED 6–24 MONTHS IN SUKAMANAH VILLAGE, SINDANGKASIH SUBDISTRICT, CIAMIS REGENCY, 2026

Stunting is a chronic nutritional problem that remains a concern in Indonesia because it can affect physical growth, cognitive development, and human resource quality. One factor that plays an important role in preventing stunting is parental caregiving, particularly in fulfilling nutritional needs, providing health care, and stimulating child growth and development. Suboptimal parenting practices may increase the risk of stunting. This study aimed to determine the relationship between parental caregiving and stunting among children aged 6–24 months in Sukamanah Village, Sindangkasih District, Ciamis Regency, in 2026.

This study used a quantitative method with an analytical observational design and a cross-sectional approach. The study population consisted of all mothers with children aged 6–24 months in Sukamanah Village, totaling 75 respondents. Total sampling was used, so the entire population was included. Data were collected using a questionnaire to assess parental caregiving and an observation sheet to determine children's stunting status. Data were analyzed using univariate and bivariate analyses with the Chi-Square test.

The results showed that most respondents had good parenting practices, totaling 55 respondents (73.3%), followed by adequate parenting practices in 16 respondents (21.3%), and poor parenting practices in 4 respondents (5.3%). A total of 57 children (76.0%) had normal child status, while 18 children (24.0%) were stunted. The Chi-Square test resulted in a p -value of 0.000 ($p < 0.05$), indicating a significant relationship between parental caregiving and stunting. Parents are encouraged to provide optimal caregiving through adequate nutrition, health service utilization, appropriate care, age-appropriate stimulation, and regular growth monitoring at health facilities.

Keywords: parenting practices, stunting, children aged 6–24 months