

ABSTRAK

Hubungan Pola Asuh Orang Tua Dengan Kejadian Stunting Pada Balita di Wilayah Kerja UPTD Puskesmas Witihama Kabupaten Flores Timur

Oleh:

Emanuel Fransiskus Ola Masan

Stunting merupakan masalah gizi kronis yang masih menjadi tantangan kesehatan masyarakat di Indonesia, terutama pada periode 1000 Hari Pertama Kehidupan. Pola asuh orang tua berperan penting dalam pemenuhan gizi, kebersihan, dan pemanfaatan layanan kesehatan. Penelitian ini bertujuan untuk menganalisis hubungan antara pola asuh orang tua dengan kejadian stunting pada balita di wilayah kerja UPTD Puskesmas Witihama. Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 151 responden, diperoleh dengan *probability sampling* menggunakan teknik *cluster sampling*, dengan unit cluster berdasarkan desa di wilayah kerja UPTD Puskesmas Witihama. Instrumen menggunakan kuesioner yang disebarlang langsung ke responden, sedangkan status stunting ditentukan berdasarkan indeks TB/U sesuai standar WHO. Analisis hubungan dilakukan menggunakan uji Spearman Rho. Pola asuh paling dominan adalah demokratis (62,9%), diikuti otoriter (25,2%) dan permisif (11,9%). Prevalensi stunting mencapai 51,0%, sedangkan 49,0% balita tidak stunting. Uji Spearman Rho menunjukkan adanya hubungan yang signifikan antara pola asuh orang tua dengan kejadian stunting pada balita ($p = 0,000$; $r = 0,372$). Proporsi stunting tertinggi terdapat pada pola asuh permisif (83,3%), disusul pola asuh otoriter (55,3%), sedangkan pola asuh demokratis memiliki proporsi stunting terendah (43,2%). Penelitian ini menyimpulkan bahwa pola asuh orang tua berhubungan secara signifikan dengan kejadian stunting. Pola asuh permisif dan otoriter meningkatkan risiko stunting melalui kurangnya regulasi makan, pengawasan, dan ketidaktepatan perawatan kesehatan. Sebaliknya, pola asuh demokratis berperan sebagai faktor protektif. Intervensi pencegahan stunting perlu difokuskan pada penguatan pola asuh responsif dan edukasi gizi pada keluarga.

Kata Kunci: Pola Asuh, Stunting, Balita.

ABSTRACT

The Relationship Between Parenting Styles and Stunting in Toddlers in the Witihamma Community Health Center (UPTD) Work Area, East Flores Regency

**By:
Emanuel Fransiskus Ola Masan**

Stunting is a chronic nutritional problem that remains a public health challenge in Indonesia, particularly during the First 1,000 Days of Life. Parenting styles play a crucial role in meeting nutritional needs, ensuring hygiene, and utilizing health services. This study aims to analyze the relationship between parenting styles and stunting in toddlers in the Witihamma Community Health Center (UPTD) work area. This study used an observational analytical design with a cross-sectional approach. The sample size was 151 respondents, obtained through probability sampling using a cluster sampling technique, with cluster units based on villages within the Witihamma Community Health Center (UPTD) work area. The instrument used a questionnaire distributed directly to respondents, while stunting status was determined based on the Height/Age index according to WHO standards. The correlation analysis was conducted using the Spearman Rho test. The most dominant parenting style was democratic (62.9%), followed by authoritarian (25.2%), and permissive (11.9%). The prevalence of stunting reached 51.0%, while 49.0% of toddlers were not stunted. The Spearman Rho test showed a significant relationship between parenting style and the incidence of stunting in toddlers ($p = 0.000$; $r = 0.372$). The highest proportion of stunting was found in permissive parenting (83.3%), followed by authoritarian parenting (55.3%), while democratic parenting had the lowest proportion (43.2%). This study concluded that parenting style is significantly associated with stunting. Permissive and authoritarian parenting styles increase the risk of stunting through inadequate dietary regulation, supervision, and inappropriate healthcare. Conversely, democratic parenting acts as a protective factor. Stunting prevention interventions should focus on strengthening responsive parenting and nutrition education for families.

Keywords: Parenting Patterns, Stunting, Toddlers.