

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**HUBUNGAN SANITASI LINGKUNGAN RUMAH DENGAN KEJADIAN
STUNTING PADA BALITA DI WILAYAH KERJA PUSKESMAS WINONG
KABUPATEN CIREBON**

xiv + 94 + 5 tabel + 2 bagan + 16 lampiran

ABSTRAK

Stunting merupakan kondisi gagal tumbuh pada anak balita akibat kekurangan gizi kronis sejak masa 1.000 hari pertama kehidupan. Anak yang mengalami stunting memiliki tinggi badan di bawah standar berdasarkan nilai Z-score < -2 SD menurut indikator tinggi badan menurut umur (TB/U). Salah satu faktor penyebab stunting di wilayah kerja Puskesmas Winong adalah sanitasi lingkungan Rumah yang buruk, dapat meningkatkan risiko infeksi seperti diare dan cacingan. Infeksi ini mengganggu penyerapan gizi dan berdampak negatif pada pertumbuhan anak.

Penelitian ini menggunakan desain *cross sectional* dengan instrumen berupa lembar observasi. Jumlah sampel sebanyak 44 responden, diambil menggunakan teknik total sampling. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-square.

Hasil menunjukkan bahwa dari 27 responden dengan sanitasi tidak sehat, sebanyak 22 balita (81,5%) mengalami stunting pendek dan 5 balita (18,5%) sangat pendek. Sementara itu, dari 17 responden dengan sanitasi sehat, terdapat 15 balita (88,2%) stunting pendek dan 2 balita (11,8%) sangat pendek. Hasil uji statistik menunjukkan nilai $\rho = 0,002 < \alpha = 0,05$ sehingga, H_a diterima, yang berarti terdapat hubungan antara sanitasi lingkungan dan kejadian stunting.

Hasil ini diharapkan dapat meningkatkan kesadaran masyarakat dalam menerapkan perilaku hidup bersih dan sehat (PHBS) demi terciptanya lingkungan yang sehat.

Kata kunci : Sanitasi Lingkungan Rumah, Anak balita, Kejadian Stunting

Daftar Pustaka : 28 (2017-2025)

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The Relationship Between Home Environmental Sanitation And The Incidence of Stunting In Toddlers In The Winong Health Center Working Area Cirebon Regency

xiv + 94 + 5 tables + 2 scheme + 16 enclosure

ABSTRACT

Stunting is a condition of growth failure in toddlers due to chronic malnutrition beginning in the first 1,000 days of life. Children with stunting have a height below the standard, based on a Z-score of <-2 SD according to the height-for-age (H/U) indicator. One contributing factor to stunting in the Winong Community Health Center's work area is poor home sanitation, which can increase the risk of infections such as diarrhea and worms. These infections interfere with nutrient absorption and negatively impact child growth.

This study used a cross-sectional design with observation sheets as the instrument. A total sampling technique was used for the sample, which consisted of 44 respondents. Data were analyzed using univariate and bivariate methods using the Chi-square test.

The results showed that of the 27 respondents with unhealthy sanitation, 22 toddlers (81.5%) were stunted and 5 toddlers (18.5%) were severely stunted. Meanwhile, of the 17 respondents with healthy sanitation, 15 toddlers (88.2%) were stunted and 2 toddlers (11.8%) were severely stunted. The statistical test results showed a value of $\rho = 0.002 < \alpha = 0.05$, thus H_a was accepted, indicating a relationship between environmental sanitation and stunting.

These results are expected to increase public awareness of implementing clean and healthy living behaviors (PHBS) to create a healthy environment.

Keywords : Sanitation of Home Environment , Toddlers, Stunting Incidence

Referencies : 28 (2017-2025)