

ABSTRAK

Kejadian *stunting* pada anak usia 12–60 bulan saat ini menjadi salah satu permasalahan gizi yang dihadapi di seluruh dunia. Hal ini dapat disebabkan oleh kekurangan asupan gizi seperti praktik pemberian air susu ibu (ASI) eksklusif yang rendah. Selain itu, pengetahuan ibu tentang *stunting* dapat menjadi faktor risiko *stunting*. Desa Panyirapan Kecamatan Soreang adalah salah satu desa yang menjadi prioritas utama dalam menurunkan angka kejadian *stunting* di Kabupaten Bandung. Penelitian ini bertujuan mengetahui pengaruh pemberian ASI eksklusif dan pengetahuan ibu tentang *stunting* terhadap kejadian *stunting*. Metode yang digunakan pada penelitian ini, yaitu metode deskriptif korelasi dengan pendekatan potong lintang. Data yang digunakan adalah data primer yang diambil menggunakan kuesioner. Pemilihan subjek penelitian ini menggunakan sampel total sehingga didapat 86 orang. Kategori pengetahuan ibu paling banyak, yaitu ibu dengan pengetahuan cukup (41%). Praktik pemberian ASI eksklusif sebanyak 80%. Balita yang tidak *stunting* sebanyak 52%. Kejadian *stunting* paling banyak terjadi pada ibu dengan pengetahuan kurang (26%) dan balita yang tidak menerima ASI eksklusif (17%). Terdapat pengaruh ASI eksklusif dan pengetahuan ibu tentang *stunting* dengan kejadian *stunting*, ($p < 0,05$). Pengetahuan ibu yang rendah dapat menyebabkan pola asuh yang salah sehingga dapat mengancam kesehatan anaknya. Selain itu, ASI memiliki sifat protektif dan kandungan gizi yang sangat dibutuhkan oleh anak sehingga anak yang tidak diberi ASI eksklusif mudah mengalami kejadian *stunting*. Simpulan, terdapat pengaruh pemberian ASI eksklusif dan pengetahuan ibu tentang *stunting* terhadap kejadian *stunting*.

Kata kunci: Air susu ibu eksklusif, pengetahuan, *stunting*

**THE EFFECT OF EXCLUSIVE BREASTFEEDING AND
MOTHER KNOWLEDGE ABOUT STUNTING ON STUNTING
AGE 12-60 MONTH EVENTS IN PANYIRAPAN VILLAGE,
SOREANG SUBDISTRICT, BANDUNG REGENCY**

ABSTRACT

The incidence of stunting in children aged 12–60 months is now one of the nutritional problems faced throughout the world. This can be caused by lack of nutritional intake, such as the practice of exclusive low breastfeeding. In addition, maternal knowledge about stunting can be a risk factor for stunting. Panyirapan Village, Soreang Subdistrict is one of the villages that has become the main priority in reducing the incidence of stunting in Bandung. This study aims to determine the relationship of exclusive breastfeeding and maternal knowledge about stunting with the incidence of stunting. The method used in this research is analytic method with cross sectional approach. The data used are primary data taken using questionnaires. The selection of subjects in this study used a total sample so that 86 people were obtained. Most knowledge categories of mothers, namely mothers with sufficient knowledge (41%). The practice of exclusive breastfeeding is 80%. Toddlers who are not stunting are 52%. The most common stunting occurred in mothers with insufficient knowledge (26%) and toddlers who did not receive exclusive breastfeeding (17%). There is an influence of exclusive breastfeeding and mother's knowledge about stunting with the occurrence of stunting, ($p < 0.05$). Low maternal knowledge can lead to wrong parenting so that it can threaten the health of their children. In addition, breast milk has protective properties and nutritional content that is needed by children so that children who are not exclusively breastfed are prone to stunting. In addition, breast milk has protective properties and nutritional content that is needed by children so that children who are not exclusively breastfed are prone to stunting in conclusion, there is the influence of exclusive breastfeeding and mother's knowledge of stunting on the incidence of stunting.

Keywords: Breastfeeding, knowledge, stunting