

**HUBUNGAN PERILAKU HIDUP BERSIH DAN SEHAT DENGAN  
KEJADIAN STUNTING PADA BALITA DI PUSKESMAS  
KOTO PANJANG IKUA KOTO**

**TESIS**

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**PROGRAM STUDI S2 KESEHATAN MASYARAKAT  
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# PROGRAM STUDI MAGISTER KESEHATAN MASYARAKAT FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS

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## Hubungan Perilaku Hidup Bersih Dan Sehat Dengan Kejadian Stunting Pada Balita Di Puskesmas Koto Panjang Ikua Koto

x + 112 halaman + 19 tabel + 4 lampiran

### ABSTRAK

Stunting adalah keadaan tubuh pendek berdasarkan indeks tinggi badan menurut umur (TB/U). Perilaku hidup bersih dan sehat merupakan perilaku penting yang dapat mencegah terjadinya stunting. Tujuan penelitian untuk mengetahui hubungan perilaku hidup bersih dan sehat dengan kejadian stunting pada balita di Puskesmas Koto Panjang Ikua Koto

Jenis penelitian ini adalah observasional dengan pendekatan *cross sectional study*, sampel dalam penelitian ini rumah tangga yang memiliki balita berjumlah 82. Data diolah dengan analisis univariat, bivariat (*chi square*), dan multivariat (regresi logistik)

Hasil analisis univariat menunjukkan 100% persalinan di tolong nakes, penimbangan balita yang rutin 54,9%, pemberian asi eksklusif 58,5%, kebiasaan cuci tangan pakai sabun yang baik 54,9%, penggunaan jamban sehat 86,6%, pemberantasan jentik nyamuk yang baik 58,5%, konsumsi buah dan sayur yang baik 97,6%, aktivitas fisik yang baik 98,8%, perilaku merokok 97,6%. Perilaku Hidup Bersih dan Sehat kategori strata II sebanyak 72,7%, kategori strata III sebanyak 23,5% dan kategori strata sebanyak IV 40,5%. Hasil analisis bivariat menunjukkan ada hubungan yang bermakna antara penimbangan balita dengan kejadian stunting (*p value* 0,003), pemberian asi eksklusif dengan kejadian stunting (*p value* 0,009), kebiasaan cuci tangan pakai sabun dengan kejadian stunting (*p value* 0,039), penggunaan jamban sehat dengan kejadian stunting (*p value* 0,017), pemberantasan jentik nyamuk dengan kejadian stunting (*p value* 0,032). Perilaku hidup bersih dan sehat berhubungan signifikan dengan kejadian stunting (*p value* 0,012). Hasil analisis multivariat menunjukkan penimbangan balita, kebiasaan cuci tangan pakai sabun dan pemberantasan jentik nyamuk memiliki hubungan yang signifikan dengan kejadian stunting dan penimbangan balita memiliki hubungan paling dominan dengan stunting (OR: 6,376).

Perlunya penimbangan balita secara rutin untuk dapat memantau perkembangan balita dan mendeteksi sedini mungkin jika ada penyimpangan pertumbuhan sehingga dapat mencegah kejadian stunting.

**Kata kunci** : Stunting, PHBS, Balita

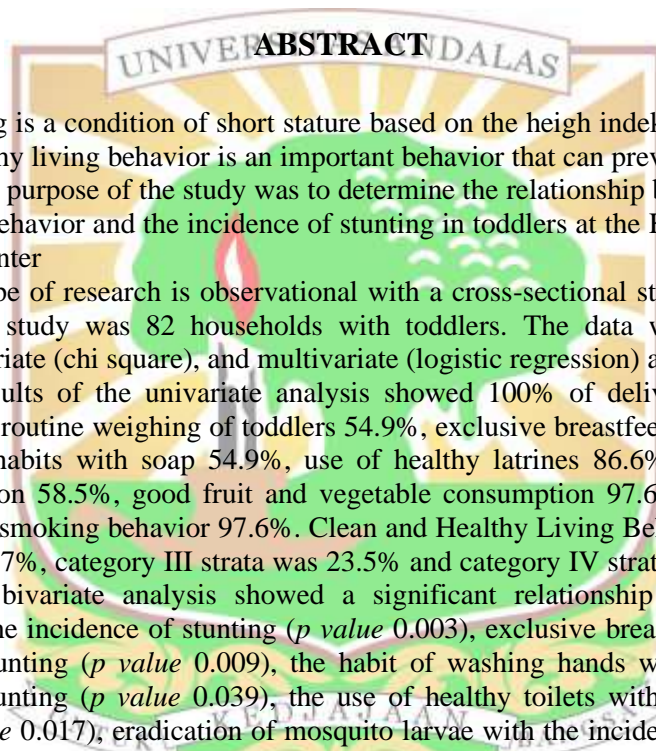
**Daftar Pustaka** : 61 (2006-2024)

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**The Relationship Of Clean And Healthy Living Behavior With The Incidence  
Of Stunting In Toddler At The Koto Panjang Ikua Koto Health Center**

x + 112 pages + 19 tables +4 attachment



Stunting is a condition of short stature based on the height index for age (TB/U). Clean and healthy living behavior is an important behavior that can prevent the occurrence of stunting. The purpose of the study was to determine the relationship between clean and healthy living behavior and the incidence of stunting in toddlers at the Koto Panjang Ikua Koto Health Center

This type of research is observational with a cross-sectional study approach, the sample in this study was 82 households with toddlers. The data was processed by univariate, bivariate (chi square), and multivariate (logistic regression) analyses.

The results of the univariate analysis showed 100% of deliveries assisted by health workers, routine weighing of toddlers 54.9%, exclusive breastfeeding 58.5%, good hand washing habits with soap 54.9%, use of healthy latrines 86.6%, good mosquito larvae eradication 58.5%, good fruit and vegetable consumption 97.6%, good physical activity 98.8%, smoking behavior 97.6%. Clean and Healthy Living Behavior in category II strata was 72.7%, category III strata was 23.5% and category IV strata was 40.5%. The results of the bivariate analysis showed a significant relationship between toddler weighing and the incidence of stunting (*p value* 0.003), exclusive breastfeeding with the incidence of stunting (*p value* 0.009), the habit of washing hands with soap with the incidence of stunting (*p value* 0.039), the use of healthy toilets with the incidence of stunting (*p value* 0.017), eradication of mosquito larvae with the incidence of stunting (*p value* 0.032). Clean and healthy living behavior was significantly related to the incidence of stunting (*p value* 0.012). The results of the multivariate analysis showed that toddler weighing, the habit of washing hands with soap and eradication of mosquito larvae had a significant relationship with the incidence of stunting and toddler weighing had the most dominant relationship with stunting (OR: 6.376).

The importance of routine weighing of toddlers to monitor their development and detect any growth deviations as early as possible in order to prevent stunting

**Keywords:** Stunting, PHBS, Toddlers

**Bibliography:** 61 (2006-2024)