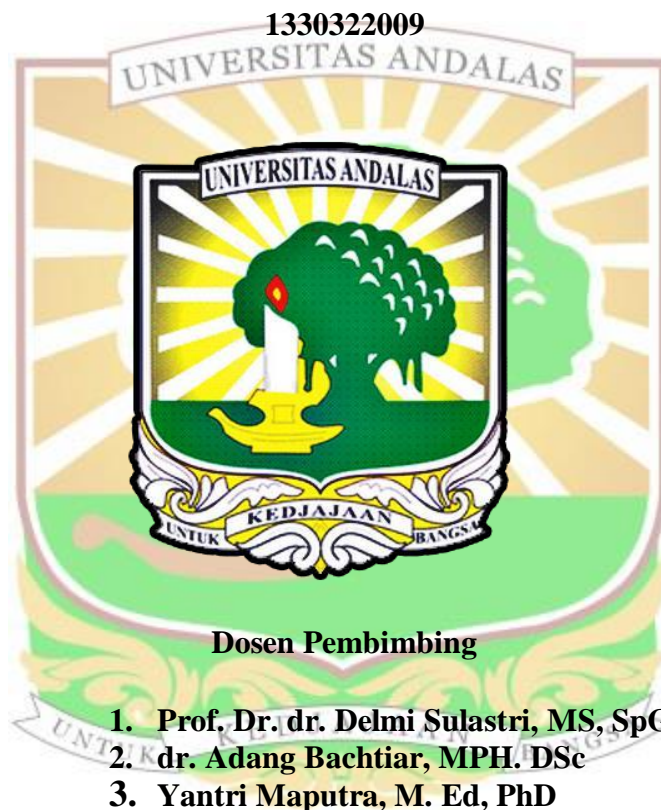


**MODEL EDUKASI RINGKANKAN STRES AKIBAT *STUNTING*
MELALUI PENDEKATAN LUHUR *BUNDO KANDUANG*
DI KOTA PADANG**

DISERTASI

ERAVIANTI

1330322009



Dosen Pembimbing

- 1. Prof. Dr. dr. Delmi Sulastrri, MS, SpGK**
- 2. dr. Adang Bachtiar, MPH. DSc**
- 3. Yantri Maputra, M. Ed, PhD**

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Model Edukasi Ringankan Stres Akibat *Stunting* Melalui Pendekatan Luhur *Bundo Kanduang* di Kota Padang

Eravianti¹, Delmi Sulastri², Adang Bachtiar³, Yantri Maputra⁴

Fakultas Kedokteran, Universitas Andalas

e-mail: eravianti16@gmail.com

Abstrak— Menurut data RISKESDAS tahun 2013 di Provinsi Sumatera Barat terdapat 4,5% remaja mengalami gangguan mental emosional berupa stres, kecemasan, dan depresi. Sebanyak 25% remaja mengalami depresi ringan dan 7% remaja dengan depresi yang berkembang percobaan bunuh diri. Remaja *stunting* lebih rentan untuk stres dibandingkan remaja normal. Ibu memiliki peranan penting mengatasi stres remaja *stunting*. Pada masyarakat Minangkabau dikenal *Bundo Kanduang* sebagai penguat atau pendorong yang berperan membentuk generasi muda minangkabau sesuai dengan tatanan adat minangkabau. Tujuan penelitian untuk membangun model rehabilitasi untuk menurunkan stres pada remaja *stunting* menggunakan pendekatan luhur *bundo kanduang*. Jenis penelitian *mix method* kuantitatif kualitatif dengan desain penelitian menggunakan *comparative crosssectional study*. Populasi penelitian adalah siswa SMA/SMK di Kota Padang. Jumlah sampel penelitian sebanyak 250 remaja, dimana 125 remaja *stunting* dan 125 remaja normal. Penelitian dilaksanakan bulan Maret - September 2020 yang terdiri dari 3 (tiga) tahapan yaitu 1). Konstruksi Model, 2). Pengembangan Model dan 3). Implementasi. Hasil analisis tahap pertama diperoleh hasil bahwa stres lebih tinggi pada remaja *stunting* (89,6%) daripada remaja normal (84,4%). Perhatian orang tua merupakan *factor confounding* hubungan *stunting* dengan stres. Berdasarkan hasil analisis multivariat diketahui bahwa kepribadian, perhatian orang tua, teman sebaya, kegiatan ekstrakurikuler dan beban tugas secara signifikan berhubungan dengan stres. Perhatian orang tua merupakan variabel paling dominan menyebabkan stres dengan nilai OR 3,4 (1,4-7,9). Hasil *indepth interview* pada tahap kedua diketahui bahwa peran dan kedudukan *bundo kanduang* perlu dihidupkan kembali untuk mengatasi stres pada remaja *stunting* melalui modul orang tua dan modul remaja. Pada tahap 3 diberikan workshop mengenai modul kepada 23 orang tua dan 25 remaja *stunting* yang dilakukan secara terpisah. Hasil uji efektivitas diperoleh hasil peningkatan pengetahuan orang tua dan penurunan tingkat stres pada remaja *stunting*. Model Edukasi Ringankan Stres Akibat *Stunting* Melalui Pendekatan Luhur *Bundo Kanduang* di Kota Padang merupakan model yang efektif untuk meringankan tingkat stres pada remaja *stunting* di Kota Padang.

Kata Kunci : stres, remaja, *stunting*



Educational Model Reducing Stress Due to Stunting Through a Noble Approach *Bundo Kanduang* in Padang City

Eravianti ¹, Delmi Sulastri ², Adang Bachtiar ³, Yantri Maputra ⁴

Faculty of Medicine, Andalas University

e-mail: eravianti16@gmail.com

Abstract - According to the 2013 RISKESDAS data in West Sumatra Province, 4.5% of adolescents experience mental emotional disorders in the form of stress, anxiety, and depression. As many as 25% of adolescents have mild depression and 7% of adolescents with depression who develop suicide attempts. *Stunted* adolescents are more prone to stress than normal adolescents. Mother has an important role in overcoming the stress of adolescent stunting. In Minangkabau's community, it is known that the *Bundo Kanduang* is an amplifier or impetus who plays a role in shaping the younger generation of Minangkabau according to the Minangkabau customary order. research purposes for build a rehabilitation model to reduce stress in stunted adolescents using the sublime approach of *Bundo Kanduang*. This type of research is *mixed method* quantitative qualitative research design using a *comparative crosssectional study*. The study population was SMA / SMK students in Padang city. The samples of research are 250 adolescents, of which 125 stunted and 125 normal. The research was carried out from March to September 2020 which consisted of 3 stages, namely 1). Model Construction, 2). Model Development and 3). Implementation. The results of the first stage analysis showed that stress was higher in stunted adolescents (89.6%) than normal adolescents (84.4%). Parental attention is a *factor confounding* the relationship between stunted and stress. Based on results of multivariate analysis, it is known that personality, attention from parents, peers, extracurricular activities and workloads are significantly associated with stress. Parents' attention is the most dominant variable causing stress with an OR value of 3.4 (1.4-7.9). The results of the *in-depth interview* in the second stage revealed that the role and position of *Bundo Kanduang* needed to be revived to overcome stress in stunted adolescents through the parent module and the teen module. In stage 3, a workshop on modules for 23 parents and 25 adolescents is given separately. The results of the effectiveness test showed an increase in parental knowledge and a decrease in stress levels in stunting adolescents. Educational Model to Lighten Stress Due to Stunting Through The noble *Bundo Kanduang*'s noble approach in Padang City is an effective model for reducing stress levels in stunted adolescents in Padang City.

Keywords: stress, adolescence, *stunting*

