

Stunting Incidence In Toddlers At West Dompu Health Center Dompu Regency

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ABSTRACT

Stunting or stunted children (short) is a condition in which children experience chronic nutritional problems, with the results of measuring length or height that is less than minus two standard deviations of median child growth standards from WHO. Toddlers with stunting are at risk of experiencing impaired growth and development in their lives. The aim of this study was to determine the picture of stunting incidence in toddlers at the West Dompu Health Center, Dompu Regency. This type of research is descriptive qualitative, namely to describe the incidence of stunting in toddlers at the West Dompu Health Center, Dompu Regency. The research location is at the West Dompu Health Center, Dompu Regency. The measuring instrument used is the Z-score table of WHO nutritional status. The sampling technique used was a total sampling of 512 toddlers.

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1. INTRODUCTION

Stunting is a state of chronic malnutrition due to a lack of nutritional intake for a long time which causes growth disturbances in children, where the child is shorter than the standard age. The health problem of stunting in Indonesia is sufficiently high. The incidence of short toddlers or often called stunting is a condition where toddlers have a long body or height that is less when compared to their age. This condition is measured by length or height less than minus two standard deviations of the WHO child growth standard median. Stunted toddlers are classified as a chronic nutritional problem caused by many factors including socio-economic conditions, nutrition for pregnant women, illness in infants, and malnutrition in toddlers (Ministry of Health RI, 2019). SSGI data (2021) shows that the incidence of stunting has decreased by 1.6%, but has not yet reached the RPJMN target (14%) (2). Stunting data in NTB (2020) is 20.9%, where the 7highest stunting data is in West Lombok Regency at 29.3% and the lowest is in Bima City at 7.9% (NTB Health Office, 2020). Dompu District itself ranks 5th at 25%, whereas Woja District is the area with the highest stunting incidence in 2020, namely 54.98%. Based on e-PGBM data (2020) it is known that in Woja Districts there are 3rd villages with the highest stunting rate, namely Matua Village at 82.04%, Monta Baru Village at 61.9% and Rababaka Village at 60.71% and these 3rd areas are loci from the West Dompu Health Center.

Stunting in children in the short term can interfere with brain development, intelligence, physical growth disorders, and metabolic disorders in the body. Decreased immunity, decreased cognitive abilities, high risk of developing diabetes, obesity, heart disease, blood vessels, cancer, stroke even disorders in adulthood can lead to stunting in the long term (KEMENDES PDPTT, 2019). The purpose of this study was to describe the incidence of stunting in toddlers at the Dompu Barat Health Center, Dompu Regency.

2. METHOD

This study uses a descriptive research design with quantitative methods. This type of research is to describe the incidence of stunting in toddlers at the West Dompu Health Center, Dompu Regency. The research location was in the West Dompu Health Center, Dompu Regency. The measurement tool used is the WHO nutritional status Z-score table. The sampling technique used was a total sampling of 512 toddlers. The instrument used is the WHO growth chart, to assess the z-score and determine stunting in toddlers. The data used in this study were secondary data from the West Dompu Health

Center in Dompu City. Data were analyzed using descriptive analysis consisting of frequency, and percentages..

3. RESULTS AND DISCUSSION

Result

Table 1 shows the number of cases of stunting in children under five in each village in the working area of the Dompu Barat Health Center, Dompu Regency.

No.	stunting incident	Frequency (f)	Percentage (%)
1.	Bara	108	22%
2.	Matua	150	30%
3.	Montabaru	51	10%
4.	Nowa	125	24%%
5.	Rababaka	22	4 %

DISCUSSION

Based on the research result, explain that one of the causes of stunting in children is due to not fulfilling good nutrition for a long period, and often the parents are not aware of it after the child is over 2nd years old, that shows that the child is stunted. Several studies have examined the determinants of stunting, that stunting in Indonesia can occur due to several factors, including non-exclusive breastfeeding, low household socio-economic status, premature birth, short birth length, and low mother's education and low birth weight. living in a village, in a slum household, poor environmental sanitation, and culture are risk factors for stunting in children in Indonesia (Estarjani, 2020). While the risk factors for stunting are consistently based on the findings and results of research that has been conducted in developing countries, it shows that the risk factors for stunting are birth length at risk of 16.43 times, low maternal education at risk of 3.27 times, and children living in rural areas. risk 2.45 times, LBW risk 4.5 times, no ANC risk 3.4 times, no immunization risk 6.38 times, and not Exclusive Breastfeeding risk 4.0 times are risk factors for child stunting in developing countries.

4. CONCLUSION

Based on the identification results from secondary data, can be concluded that the risk factors for stunting in several villages in the Dompu district consistently are family socioeconomic status (family income), mother's education, low birth weight (LBW), premature birth, and non-exclusive breastfeeding. , birth length, macronutrient, and micronutrient deficiencies.

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