

ABSTRAK

NADIA ULPADIANA

**GAMBARAN PERILAKU IBU HAMIL DALAM UPAYA PENCEGAHAN
STUNTING DI WILAYAH KERJA PUSKESMAS KARANGANYAR**

Stunting merupakan masalah kurang gizi kronis yang disebabkan oleh kurangnya asupan gizi dalam waktu yang cukup lama, sehingga mengakibatkan gangguan pertumbuhan pada anak yakni tinggi badan anak lebih rendah atau pendek (kerdil) dari standar usianya. Penelitian ini bertujuan untuk mengetahui perilaku pencegahan stunting pada ibu yang baru melahirkan di Wilayah Kerja Puskesmas Karanganyar Kota Tasikmalaya tahun 2025. Penelitian ini menggunakan desain kualitatif deskriptif. Informan dalam penelitian ini yaitu 8 orang ibu yang baru melahirkan sebagai informan utama, 1 orang tenaga pelaksana gizi di Puskesmas sebagai informan utama, serta 3 orang kader posyandu sebagai informan pendukung. Penelitian ini menggunakan metode kualitatif dengan pemilihan sampel berdasarkan teknik *purposive sampling*. Teknik pengolahan dan analisis data menggunakan teknik menurut Miles dan Huberman yaitu reduksi data, penyajian data serta penarikan kesimpulan. Hasil penelitian ini menunjukkan Pengetahuan ibu hamil mengenai stunting sebagian besar masih terbatas, Sikap ibu hamil cenderung baik, ditandai dengan kemauan menjaga asupan gizi, minum TTD, dan melakukan pemeriksaan kehamilan, Kepercayaan ibu hamil cukup tinggi terhadap tenaga kesehatan serta manfaat gizi, keyakinan ibu hamil juga kuat, Aksesibilitas layanan kesehatan tergolong baik meskipun sebagian ada yang sulit dijangkau, sarana dan prasarana cukup memadai, ibu hamil mendapat dukungan dari keluarga dalam bentuk nasihat serta bantuan praktis, tenaga kesehatan berperan aktif dalam memberikan edukasi, perhatian dan komunikasi. Ibu hamil telah melakukan berbagai upaya pencegahan stunting, antara lain menjaga pola makan bergizi, mengonsumsi tablet tambah darah (TTD), mematuhi anjuran bidan, dan rutin melakukan pemeriksaan.

Kata Kunci: Perilaku, Pencegahan, Stunting

FACULTY OF HEALTH SCIENCES

UNIVERSITAS SILIWANGI

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ABSTRACT

NADIA ULPADIANA

DESCRIPTION OF PREGNANT WOMEN'S BEHAVIOR IN EFFORTS TO PREVENT STUNTING IN THE WORKING AREA OF THE KARANGANYAR COMMUNITY HEALTH CENTER

Stunting is a chronic malnutrition problem caused by insufficient nutritional intake over a long period of time, resulting in growth disorders in children, namely the child's height is lower or shorter (dwarfism) than the standard for their age. This study aims to determine the behavior of stunting prevention in new mothers in the Karanganyar Community Health Center Working Area, Tasikmalaya City in 2025. This study uses a descriptive qualitative design. Informants in this study were 8 new mothers as the main informants, 1 nutrition implementer at the Community Health Center as the main informant, and 3 Posyandu cadres as supporting informants. This study uses a qualitative method with sample selection based on purposive sampling techniques. Data processing and analysis techniques use techniques according to Miles and Huberman, namely data reduction, data presentation and conclusion drawing. The results of this study indicate that the knowledge of pregnant women regarding stunting is still mostly limited, the attitude of pregnant women tends to be good, marked by the willingness to maintain nutritional intake, drink iron tablets, and undergo pregnancy checks, the trust of pregnant women is quite high in health workers and the benefits of nutrition, the belief of pregnant women is also strong, the accessibility of health services is relatively good although some are difficult to reach, the facilities and infrastructure are quite adequate, pregnant women receive support from their families in the form of advice and practical assistance, health workers play an active role in providing education, attention and communication. Pregnant women have made various efforts to prevent stunting, including maintaining a nutritious diet, taking iron tablets (IBT), complying with midwives' recommendations, and routinely undergoing check-ups.

Keywords: Behavior; Prevention, Stunting