

ABSTRAK

Stunting merupakan salah satu masalah kesehatan masyarakat yang masih menjadi perhatian di Indonesia, terutama pada bayi usia 0–24 bulan karena dapat memengaruhi pertumbuhan dan perkembangan anak dalam jangka panjang. Salah satu upaya pencegahan *stunting* dilakukan melalui kegiatan Posyandu yang berperan dalam pemantauan tumbuh kembang anak secara berkala. Penelitian ini bertujuan untuk mengetahui kejadian *stunting* pada baduta di wilayah kerja Puskesmas Lampahan Kecamatan Timang Gajah Kabupaten Bener Meriah tahun 2025. Penelitian ini menggunakan desain kuantitatif observasional dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 96 ibu yang memiliki bayi usia 0–24 bulan dan dipilih menggunakan teknik *simple random sampling*. Data status *stunting* ditentukan berdasarkan indeks tinggi badan menurut umur (TB/U) sesuai standar WHO. Hasil penelitian menunjukkan mayoritas responden merupakan ibu dewasa awal (56,3%), memiliki dua anak (33,3%), berpendidikan SMA/ sederajat (52,1%), dan tidak bekerja (82,3%). Sebagian besar anak berusia 12–24 bulan (41,7%) dan berjenis kelamin laki-laki (52,1%), serta ibu aktif mengikuti posyandu (77,1%). Sebagian besar anak tidak *stunting* (65,6%), sedangkan 34,4% mengalami *stunting*. Kecukupan energi (68,8%), protein (95,8%), dan lemak (76,0%) mayoritas tergolong cukup, sedangkan kecukupan karbohidrat mayoritas tidak cukup (59,4%). Kesimpulan penelitian ini Mayoritas anak tidak mengalami *stunting* (65,6%). Sebagian besar responden memiliki kecukupan energi (68,8%), protein (95,8%), dan lemak (76,0%) yang cukup, sedangkan kecukupan karbohidrat sebagian besar tidak cukup (59,4%).

Kata kunci: posyandu, *stunting*, baduta, keaktifan ibu.

ABSTRACT

Stunting remains a public health concern in Indonesia, particularly among children aged 0–24 months, as it may adversely affect growth and development in the long term. One of the efforts to prevent stunting is through Posyandu activities, which play an important role in regularly monitoring child growth and development. This study aimed to determine the prevalence of stunting among children under two years of age in the working area of Lampahan Public Health Center, Timang Gajah District, Bener Meriah Regency, in 2025. This study employed a quantitative observational design with a cross-sectional approach. The sample consisted of 96 mothers with children aged 0–24 months, selected using simple random sampling. Stunting status was determined based on the height-for-age (H/A) index according to WHO standards. The results showed that the majority of respondents were mothers in early adulthood (56.3%), had two children (33.3%), had a high school education or equivalent (52.1%), and were unemployed (82.3%). Most children were aged 12–24 months (41.7%) and male (52.1%), while 77.1% of mothers were active in Posyandu activities. Most children were not stunted (65.6%), while 34.4% were stunted. The majority of respondents had adequate energy (68.8%), protein (95.8%), and fat (76.0%) intake, whereas carbohydrate intake was inadequate in most respondents (59.4%). In conclusion, the majority of children were not stunted (65.6%). Most respondents had adequate energy, protein, and fat intake, while carbohydrate intake was predominantly inadequate.

Keywords: Posyandu, *stunting*, children under two years of age, maternal participation.