

## ABSTRAK

**Latar belakang :** Indonesia mempunyai masalah gizi yang cukup berat yang ditandai dengan banyaknya kasus gizi kurang. Malnutrisi merupakan suatu dampak dari keadaan status gizi. Stunting adalah salah satu keadaan malnutrisi yang berhubungan dengan ketidak cukupan zat gizi masa lalu sehingga termasuk dalam masalah gizi yang bersifat kronis.

**Tujuan :** Untuk mengetahui karakteristik dan faktor risiko anak- anak dengan stunting di Klinik Pratama Suroso Kecamatan Percut Sei Tuan, Kabupaten Deli Serdang, Sumatera Utara.

**Metode :** Jenis penelitian ini adalah deskriptif dengan desain cross sectional. Sampel penelitian ini sebanyak 22 orang anak – anak dengan stunting menggunakan metode total sampling.

**Hasil :** Jumlah pasien anak yang mengalami stunting di Klinik Pratama Suroso Kecamatan Percut Sei Tuan pada tahun 2022 adalah 22 orang, mayoritas berjenis kelamin perempuan dan usia terbanyak pada kelompok usia 13-36 bulan dan 49-60 bulan, anak yang memiliki kategori ‘sangat pendek’ menurut kategori skor Z TB/U sebanyak 8 orang, banyak faktor risiko stunting diperoleh, seperti status gizi dan IMT, riwayat kelahiran, inisiasi menyusui dini, pemberian ASI eksklusif, imunisasi, riwayat penyakit/infeksi, pemberian MPASI, lingkungan rumah dan sanitasi, tingkat pendidikan orang tua, serta pekerjaan orang tua dan pendapatannya.

**Kesimpulan :** Stunting telah ditangani dengan cukup baik di Klinik Pratama Suroso Kecamatan Percut Sei Tuan dan ada berbagai faktor risiko terjadinya stunting pada anak di Klinik Pratama Suroso Kecamatan Percut Sei Tuan.

**Kata kunci :** stunting, faktor risiko, Klinik Pratama Suroso, anak

### **Abstract**

**Background :** *Indonesia has a fairly severe nutritional problem which is marked by the many cases of malnutrition. Malnutrition is an impact of the state of nutritional status. Stunting is one of the malnutrition conditions related to past nutritional insufficiency so that it is included in chronic nutritional problems.*

**Purpose :** *This study aims to determine the characteristics and risk factors for children with stunting at the Pratama Suroso Clinic, Percut Sei Tuan District, Deli Serdang Regency, North Sumatra.*

**Method :** *This type of research is descriptive with cross sectional design. The sample of this study was 22 children with stunting using the total sampling method.*

**Results :** *The number of children who experienced stunting at Pratama Suroso Health Center was 22 people (5.69%). Of all the children who experienced stunting, the number of girls who experienced stunting was more than the number of boys, which was 12 people (54.54%). Stunting at Pratama Suroso Health Center most occurred in the age group of 13-36 months and 49-60 months, each amounting to 6 people (27.27%). The number of patients categorized as 'very short' according to the tb/u Z score category was 8 people (36.37%). Many risk factors for stunting are obtained, such as nutritional status and BMI, birth history, early breastfeeding initiation, exclusive breastfeeding, immunization, history of disease/infection, MPASI administration, home environment and sanitation, parental education level, and parental work and income.*

**Conclusion :** *Stunting has been handled quite well in Pratama Suroso Health Center and there are various risk factors for stunting in children at Pratama Suroso Health Center.*

**Keywords:** *stunting, risk factors, Pratama Suroso Health Center, child*