

ABSTRACT

THE INFLUENCE OF MATERNAL LIFESTYLE CULTURE DURING PREGNANCY TOWARDS STUNTING EFFECT WHICH OCCURS TO INFANTS AGE 24-59 MONTHS IN AREA AROUND PUBLIC HEALTH CENTER OF CANDI REJO SUBDISTRICT WAY PENGUBUAN DISTRICT LAMPUNG CENTER

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Background: Dietary restrictions, beliefs, and cultural practices of mothers during pregnancy negatively impact the mother and the baby they are carrying so that the baby is malnourished and at risk of stunting.

Method: This research uses an observational method, with the research design used is case-control. The sampling technique was simple random sampling. The research subjects were 114 biological mothers of 24-59 months old toddlers in Candi Rejo Health Center Work Area, Central Lampung Regency. The independent variables of this research were the dietary restrictions, beliefs, and cultural practices of mothers during pregnancy which were obtained using a questionnaire.

Result: This research showed that 50.0% of maternal dietary restrictions during pregnancy were in a good category. There was a significant effect of OR 72.250 ($p=0.001$) on the stunting status of children under five, maternal cultural beliefs, and practices during pregnancy 50.9% in the good category, and a significant effect OR 88,400 ($p=0.001$) on stunting status of children under five.

Conclusion: There are the effect of maternal dietary restrictions, beliefs, and cultural practices of mothers during pregnancy on child stunting.

Keywords: Culture, Lifestyle, Pregnant Mothers, Stunting.

ABSTRAK

PENGARUH BUDAYA POLA HIDUP IBU SELAMA HAMIL TERHADAP KEJADIAN *STUNTING* PADA BALITA USIA 24 – 59 BULAN DI WILAYAH KERJA PUSKESMAS CANDI REJO KECAMATAN WAY PENGUBUAN KABUPATEN LAMPUNG TENGAH

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Latar Belakang: Pantangan makanan serta kepercayaan dan praktik budaya ibu selama hamil mengakibatkan dampak buruk pada ibu dan bayi yang dikandungnya sehingga bayi kekurangan nutrisi dan berisiko *stunting*

Metode: Penelitian ini menggunakan metode observasional dengan rancangan penelitian yang digunakan adalah *case control*. teknik pengambilan sampel *simple random sampling*. Subjek penelitian adalah ibu kandung balita usia 24-59 bulan di Wilayah Kerja Puskesmas Candi Rejo Kabupaten Lampung Tengah, berjumlah 114 responden. Variabel bebas penelitian adalah pantangan makanan ibu selama hamil serta kepercayaan dan praktik budaya ibu selama hamil didapatkan dengan menggunakan kuesioner

Hasil: Penelitian menunjukkan 50,0% pantangan makanan ibu selama hamil dalam kategori baik dan terdapat pengaruh signifikan OR 72,250 ($p=0,001$) terhadap status *stunting* balita serta kepercayaan dan praktik budaya ibu selama hamil 50,9% dalam kategori baik dan terdapat pengaruh signifikan OR 88,400 ($p=0,001$) terhadap status *stunting* balita

Simpulan: Terdapat pengaruh pantangan makanan ibu selama hamil terhadap *stunting* dan terdapat pengaruh kepercayaan dan praktik budaya ibu selama hamil terhadap *stunting* anak

Kata Kunci: Budaya, Pola Hidup, Ibu Hamil, *Stunting*.