

ABSTRAK

***STUNTING* : BUDAYA MAKAN PADA BALITA DI KAMPUNG NELAYAN MODERN PULAU PASARAN KECAMATAN TELUK BETUNG TIMUR KOTA BANDAR LAMPUNG**

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Penelitian ini bertujuan untuk mengkaji budaya dan persepsi masyarakat terhadap *stunting* pada balita di Kampung Nelayan Modern Pulau Pasaran, Kecamatan Teluk Betung Timur, Kota Bandar Lampung. Berdasarkan hasil Survei Kesehatan Indonesia (SKI) 2023, prevalensi *stunting* di Kota Bandar Lampung mencapai 13,40% meningkat dari 12,1% pada tahun sebelumnya. Penelitian ini menggunakan metode kualitatif dengan wawancara mendalam terhadap delapan informan (ibu, nenek, dan kepala keluarga) dan observasi. Hasil penelitian menunjukkan pola pemberian makan balita tidak teratur, dengan frekuensi dan jenis makanan ditentukan oleh ketersediaan bahan pangan, kondisi ekonomi, dan respons anak terhadap rasa lapar. Walaupun wilayah pesisir kaya sumber protein, hasil tangkapan diprioritaskan dijual guna memenuhi kebutuhan harian sehingga asupan balita didominasi makanan terjangkau seperti nasi, telur, dan mie instan. Budaya makan dipengaruhi oleh kebiasaan turun-temurun, balita masih mengonsumsi makanan orang dewasa. Persepsi masyarakat mengenai *stunting* terbatas; mayoritas menganggapnya kondisi “cebol” yang merupakan hal wajar ataupun takdir, *stunting* tidak dianggap sebagai masalah kesehatan yang serius. Minimnya partisipasi dalam program posyandu serta edukasi gizi semakin memperparah keadaan *stunting*. Penelitian ini merekomendasikan peningkatan edukasi gizi yang mengutamakan budaya lokal, penguatan peran kader kesehatan guna memutus penyakit kekurangan gizi.

Kata Kunci: *Stunting*, Budaya Makan, Kemiskinan, Nelayan, Balita.

ABSTRACT

STUNTING: EATING CULTURE IN TODDLERS IN THE MODERN FISHING VILLAGE OF PASARAN ISLAND, EAST TELUK BETUNG SUBDISTRICT, BANDAR LAMPUNG CITY

By

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This study aims to analyze feeding culture and perceptions of stunting among toddlers in the Modern Fisherman Village of Pasaran Island, Teluk Betung Timur District, Bandar Lampung City. Based on the results of the 2023 Indonesian Health Survey (Survei Kesehatan Indonesia/SKI), the prevalence of stunting in Bandar Lampung City reached 13.40%, an increase from 12.1% in the previous year. This study used qualitative methods involving in-depth interviews with eight informants (mothers, grandmothers, and heads of households) and observation. The results show that toddler feeding patterns were irregular, with the frequency and types of food determined by the availability of food ingredients, economic conditions, and the child's response to hunger. Although the coastal area is rich in protein sources, the catch is prioritized for sale to meet daily needs. Consequently, toddlers' diets are dominated by affordable foods like rice, eggs, and instant noodles. Eating culture is influenced by generation-to-generation habits; toddlers still consume adult food. Community perception of stunting is limited; the majority consider it a condition of being "short" (cebol) which is viewed as natural or fate. Stunting is not considered a serious health problem. Low participation in the posyandu (integrated service post) programs and nutritional education further exacerbates the stunting situation. This study recommends enhancing nutrition education that prioritizes local culture and strengthening the role of health cadres to combat nutritional deficiencies.

Keywords: Stunting, Feeding Practices, Fishing Communities, Toddler