

## **ABSTRACT**

**AISHA SYARIFA SALMA, NRM. 21.03.023. *Stunting Prevention Behavior in Early Marriage Families in Sukahaji, Babakan Ciparay, Bandung. Supervised ELLYA SUSILOWATI, ROSILAWATI, and WENDY PRADYTIYA.***

*Stunting is a serious public health issue caused by chronic malnutrition, particularly affecting toddlers, with a high prevalence in Indonesia, including in Sukahaji Village, Babakan Ciparay District, Bandung. This study aims to analyze stunting prevention behaviors among families experiencing early marriage. A qualitative descriptive approach was employed to explore prevention efforts across three levels: primary (before occurrence), secondary (early detection), and tertiary (rehabilitation). Data were collected through in-depth interviews, participatory observation, and document review involving five key informants—mothers from early marriage families. The findings indicate that stunting prevention behaviors in early marriage families remain low, primarily due to limited knowledge, inadequate psychological readiness, and unstable economic conditions. Primary prevention efforts, such as health promotion and nutritional protection, are not yet optimal due to minimal understanding of stunting and limited access to health services. Secondary prevention, including early detection through growth monitoring, is hindered by inconsistent participation in Posyandu activities and lack of awareness. Tertiary prevention, such as nutritional rehabilitation, shows gradual behavioral change, often triggered by external interventions. The study highlights the crucial role of Posyandu cadres as key agents in community-based education and early detection. Based on the analysis, the proposed intervention program is “Bina Keluarga Pernikahan Dini Kelurahan Sukahaji” (Psychological Strengthening, Knowledge Enhancement, and Economic Empowerment for Early Marriage Families). The program includes structured group activities, counseling, skill training, and socialization to improve psychological resilience, nutritional knowledge, and household economic capacity. This initiative aligns with social work principles of empowerment, person-in-environment, and strengths-based approach, aiming to build sustainable family capacity in preventing stunting.*

**Keywords:** *Stunting Prevention, Early Marriage, Nutritional Behavior, Community Empowerment, Social Work Intervention*

## ABSTRAK

**AISHA SYARIFA SALMA, NRM. 21.03.023. Perilaku Pencegahan Stunting pada Keluarga Pernikahan Dini di Kelurahan Sukahaji Kecamatan Babakan Ciparay Kota Bandung. Dibimbing oleh ELLYA SUSILOWATI, ROSILAWATI, dan WENDY PRADYTIYA.**

Stunting merupakan masalah gizi kronis yang terjadi pada anak balita akibat kekurangan gizi dalam waktu lama, terutama pada 1.000 hari pertama kehidupan. Angka kejadian stunting di Indonesia masih tinggi, termasuk di Kelurahan Sukahaji, Kecamatan Babakan Ciparay, Kota Bandung. Penelitian ini bertujuan untuk menganalisis perilaku pencegahan stunting pada keluarga yang mengalami pernikahan dini. Pendekatan penelitian yang digunakan adalah kualitatif dengan metode deskriptif. Pengumpulan data dilakukan melalui wawancara mendalam, observasi partisipatif, dan studi dokumentasi terhadap lima informan utama yang merupakan ibu dari keluarga pernikahan dini. Analisis data dilakukan secara tematik berdasarkan tiga tingkat pencegahan: primer (pencegahan sebelum terjadi), sekunder (deteksi dini), dan tersier (rehabilitasi). Hasil penelitian menunjukkan bahwa perilaku pencegahan stunting pada keluarga pernikahan dini masih rendah. Pada tingkat primer, upaya pencegahan seperti promosi kesehatan dan perlindungan gizi belum optimal karena keterbatasan pengetahuan, kesiapan psikologis, dan kondisi ekonomi yang tidak stabil. Pada tingkat sekunder, deteksi dini melalui pemantauan pertumbuhan di Posyandu masih dilakukan secara tidak konsisten, dan kesadaran akan pentingnya deteksi dini masih rendah. Pada tingkat tersier, upaya rehabilitasi gizi mulai dilakukan, namun belum terstruktur dan lebih bersifat reaktif. Peran kader Posyandu terbukti sangat penting sebagai agen perubahan dalam memberikan informasi dan deteksi dini. Berdasarkan temuan tersebut, diusulkan program intervensi berbasis komunitas berjudul “Bina Keluarga Pernikahan Dini di Kelurahan Sukahaji”. Program ini mencakup kegiatan kelompok edukatif, konseling, pelatihan keterampilan, dan sosialisasi kesehatan guna meningkatkan ketahanan psikologis, pengetahuan gizi, dan kemandirian ekonomi keluarga. Program ini diharapkan dapat menjadi upaya pencegahan stunting yang berkelanjutan sekaligus mencegah terjadinya pernikahan dini di masa depan.

**Kata kunci:** *Stunting*, Pernikahan Dini, Pencegahan, Keluarga