

RINGKASAN

Stunting merupakan permasalahan multidimensi yang tidak hanya berkaitan dengan kesehatan, tetapi juga mencerminkan kegagalan investasi modal manusia (*human capital*) karena dapat memengaruhi kemampuan kognitif, menurunkan produktivitas, serta kualitas sumber daya manusia di masa depan. Meskipun prevalensi *stunting* di Indonesia menunjukkan tren penurunan dari tahun 2020 hingga 2024, capaian tersebut belum sepenuhnya memenuhi target pemerintah sebesar 14%, serta masih terdapat disparitas antar provinsi yang cukup. Berbagai faktor risiko seperti pernikahan usia dini, berat badan lahir rendah, dan kondisi sosial ekonomi dapat berkontribusi terhadap tingginya angka *stunting*, sehingga diperlukan kebijakan yang terintegrasi dan berkelanjutan.

Dalam konteks kebijakan, pemerintah memperluas cakupan program perlindungan sosial melalui Program Keluarga Harapan (PKH), Bantuan Pangan Non Tunai (BPNT), Kartu Indonesia Sehat (KIS) dan Kartu Indonesia Pintar (KIP) dengan tujuan untuk menyejahterakan masyarakat berpenghasilan rendah dan akses terhadap layanan dasar. Namun demikian, efektivitas program perlindungan sosial dalam menekan prevalensi *stunting* masih memerlukan kajian lebih lanjut. Penelitian ini bertujuan menganalisis peran program perlindungan sosial dalam memoderasi pengaruh pernikahan usia dini, berat badan lahir rendah, dan tingkat pengangguran terbuka terhadap prevalensi *stunting* di Indonesia pada periode 2020-2024.

Penelitian ini menggunakan data panel 34 provinsi di Indonesia dan dianalisis menggunakan model Fixed Effect Model (FEM) dengan pendekatan Moderated Regression Analysis (MRA). Hasil penelitian menunjukkan bahwa pernikahan usia dini berpengaruh terhadap prevalensi *stunting*, sedangkan berat badan lahir rendah dan tingkat pengangguran terbuka tidak berpengaruh terhadap prevalensi *stunting*. Selain itu, hasil penelitian ini menunjukkan bahwa program perlindungan sosial berpengaruh negatif dan signifikan terhadap prevalensi *stunting*, yang mengindikasikan bahwa peningkatan cakupan program perlindungan sosial mampu menurunkan prevalensi *stunting* di Indonesia. Namun demikian, program perlindungan sosial tidak mampu memoderasi pengaruh pernikahan usia dini, berat badan lahir rendah dan tingkat pengangguran terbuka terhadap prevalensi *stunting*. Temuan ini menegaskan pentingnya penguatan integrasi program perlindungan sosial dengan intervensi gizi, peningkatan kualitas layanan kesehatan ibu dan anak, pola asuh, serta edukasi kesehatan reproduksi, disertai upaya pencegahan pernikahan usia dini, peningkatan efektivitas pendampingan Keluarga Penerima Manfaat (KPM), dan optimalisasi pemanfaatan bantuan.

Kata kunci : Pernikahan usia dini, berat badan lahir rendah, tingkat pengangguran terbuka, program perlindungan sosial, prevalensi stunting

SUMMARY

Stunting is a multidimensional problem that is not only related to health, but also reflects the failure of human capital investment, as it can affect cognitive ability, reduce productivity, and diminish the quality of human resources in the future. Although the prevalence of stunting in Indonesia showed a declining trend from 2020 to 2024, this achievement has not fully met the government target of 14%, and substantial disparities across provinces remain. Various risk factors, such as early marriage, low birth weight, and socioeconomic conditions, contribute to the high prevalence of stunting, indicating the need for integrated and sustainable policy interventions.

In the policy context, the government has expanded the coverage of social protection programs through the Family Hope (PKH), Non-Cash Food Assistance (BPNT), Healthy Indonesia Card (KIS), and Smart Indonesia Card (KIP), with the aim of improving the welfare of low-income households and expanding access to basic services. However, the effectiveness of social protection programs in reducing stunting prevalence still requires further investigation. This study aims to analyze the role of social protection programs in moderating the effects of early marriage, low birth weight, and the open unemployment rates on the prevalence stunting in Indonesia during the period 2020–2024.

This study employs panel data from 34 provinces in Indonesia and is analyzed using the Fixed Effect Model (FEM) with a Moderated Regression Analysis (MRA) approach. The results indicate that early marriage has a significant effect on stunting prevalence, while low birth weight and the open unemployment rate do not have a significant effect on stunting prevalence. Furthermore, the estimation results show that social protection programs have a negative and significant effect on stunting prevalence, indicating that increased coverage of social protection programs is able to reduce stunting prevalence in Indonesia. However, social protection programs were unable to moderate the effects of early marriage, low birth weight, and open unemployment on stunting prevalence. These findings underscore the importance of strengthening the integration of social protection programs with nutrition interventions, improving the quality of maternal and child health services, parenting practices, and reproductive health education, along with efforts to prevent early marriage, increasing the effectiveness of assistance for Beneficiary Families (KPM), and optimizing the utilization of assistance.

Keywords : early marriage, low birth weight, open unemployment rates, social protection programs, prevalence of stunting