

ABSTRAK

Stunting merupakan permasalahan gizi kronis yang perlu dicegah sejak dini melalui peran keluarga, khususnya dalam pemenuhan pangan dan pengasuhan anak. Pemanfaatan pekarangan dan pemberdayaan perempuan dinilai memiliki potensi dalam mendukung kemandirian pangan rumah tangga serta pencegahan *stunting*. Penelitian ini bertujuan untuk menganalisis hubungan pemanfaatan pekarangan dan pemberdayaan perempuan dengan kemandirian pangan rumah tangga serta upaya pencegahan *stunting* di Desa Sabiyan, Kecamatan Bangkalan, Kabupaten Bangkalan. Penelitian ini menggunakan metode kuantitatif dengan pendekatan survei. Responden penelitian berjumlah 50 ibu rumah tangga yang memiliki anak usia 0–59 bulan dan dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji *Chi-Square* serta korelasi *Spearman*. Hasil penelitian menunjukkan bahwa pemanfaatan pekarangan dan pemberdayaan perempuan tidak memiliki hubungan yang signifikan secara statistik dengan kemandirian pangan rumah tangga maupun pencegahan *stunting*. Nilai koefisien korelasi menunjukkan hubungan yang lemah hingga sangat lemah *antarvariabel*. Kondisi ini menunjukkan bahwa pemanfaatan pekarangan masih dilakukan secara sederhana dan belum dikelola secara optimal, sementara pemberdayaan perempuan masih terbatas pada peran domestik dan kegiatan kesehatan dasar. Oleh karena itu, diperlukan upaya penguatan pemanfaatan pekarangan dan pemberdayaan perempuan melalui pendampingan dan pelatihan yang berkelanjutan agar dapat mendukung kemandirian pangan dan pencegahan *stunting* secara lebih efektif.

Kata Kunci: Kemandirian Pangan, Pemanfaatan Pekarangan, Pemberdayaan Perempuan, Pencegahan Stunting.

ABSTRACT

Stunting is a chronic nutritional problem that needs to be prevented early through the role of the family, particularly in providing food and caring for children. The utilization of yards and women's empowerment are considered to have the potential to support household food self-sufficiency and prevent stunting. This study aims to analyze the relationship between yard utilization and women's empowerment, household food self-sufficiency, and stunting prevention efforts in Sabiyan Village, Bangkalan District, Bangkalan Regency. This study used a quantitative method with a survey approach. The respondents were 50 housewives with children aged 0–59 months, selected using a purposive sampling technique. Data were collected through questionnaires and analyzed using the Chi-Square test and Spearman correlation. The results showed that yard utilization and women's empowerment did not have a statistically significant relationship with household food self-sufficiency or stunting prevention. The correlation coefficient values indicated a weak to very weak relationship between the variables. This condition indicates that yard utilization is still carried out simply and has not been optimally managed, while women's empowerment is still limited to domestic roles and basic health activities. Therefore, efforts are needed to strengthen yard utilization and empower women through ongoing mentoring and training to more effectively support food self-sufficiency and prevent stunting.

Keywords: food self-sufficiency, yard utilization, women's empowerment, stunting prevention