

ABSTRAK

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PERBEDAAN ASUPAN ENERGI, PROTEIN, ZINC PADA BALITA STUNTING DAN TIDAK STUNTING USIA 6-24 BULAN DI PUSKESMAS SUDIMORO PACITAN

1x+87Halaman+10Tabel+9Lampiran

Stunting merupakan gangguan pertumbuhan linier pada anak yang disebabkan oleh kekurangan gizi kronis. Salah satu faktor penyebab stunting adalah rendahnya asupan energi, protein, dan zinc. Kecamatan Sudimoro, Pacitan, merupakan wilayah dengan prevalensi stunting yang meningkat dari 8,66% menjadi 10,66% pada tahun 2024. Oleh karena itu, penting untuk mengetahui perbedaan asupan zat gizi antara balita stunting dan tidak stunting di wilayah tersebut.

Tujuan mengetahui perbedaan asupan energi, protein, dan zinc pada balita stunting dan tidak stunting usia 6–24 bulan di wilayah kerja Puskesmas Sudimoro, Pacitan. Penelitian ini menggunakan desain studi cross sectional dengan pendekatan kuantitatif. Sampel berjumlah 71 balita yang terdiri dari 16 balita stunting dan 55 balita tidak stunting, dipilih menggunakan teknik simple random sampling. Pengumpulan data melalui food recall 2×24 jam dan dianalisis menggunakan uji *T test*.

Terdapat perbedaan signifikan antara asupan energi, protein, dan zinc pada balita stunting dan tidak stunting dengan nilai p masing-masing Energi: p-value = 0,03, Protein: p-value = 0,050, Zinc: p-value = 0,019. Seluruh balita stunting (100%) memiliki asupan energi, protein, dan zinc yang berada dalam kategori defisit. Sebaliknya, sebagian besar balita tidak stunting memiliki asupan gizi dalam kategori normal hingga berlebih.

Terdapat perbedaan yang signifikan antara asupan energi, protein, dan zinc pada balita stunting dan tidak stunting. Intervensi gizi dan edukasi pola makan sangat diperlukan untuk mencegah stunting di wilayah dengan keterbatasan akses pangan. Asupan energi, protein dan zinc pada anak stunting perlu ditingkatkan supaya mendukung proses pertumbuhan fisik dan perkembangan kognitif, serta meminimalkan risiko terjadinya dampak jangka panjang akibat kekurangan gizi.

Kata Kunci: Stunting, Balita, Energi, Protein, Zinc

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ABSTRACT

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DIFFERENCES IN ENERGY, PROTEIN, AND ZINC INTAKE BETWEEN STUNTED AND NON-STUNTED CHILDREN AGED 6–24 MONTHS AT SUDIMORO PUBLIC HEALTH CENTER, PACITAN

1x+69Pages+10Tables+9Appendices

Stunting is a form of impaired linear growth in children caused by chronic malnutrition. One of the contributing factors to stunting is low intake of energy, protein, and zinc. Sudimoro Subdistrict in Pacitan Regency has experienced an increase in stunting prevalence from 8.66% to 10.66% in 2024. Therefore, it is important to identify the differences in nutrient intake between stunted and non-stunted toddlers in the area.

To determine the differences in energy, protein, and zinc intake between stunted and non-stunted children aged 6–24 months in the working area of Sudimoro Public Health Center, Pacitan. This study used a cross-sectional design with a quantitative approach. The sample consisted of 71 toddlers (16 stunted and 55 non-stunted), selected using simple random sampling. Nutrient intake data were collected using a 2×24-hour food recall and analyzed using the T-test.

There were significant differences in energy, protein, and zinc intake between stunted and non-stunted children, with p-values of Energy: 0.03, Protein: 0.050, and Zinc: 0.019. All stunted toddlers (100%) had energy, protein, and zinc intake in the deficit category. In contrast, most non-stunted toddlers had nutrient intake in the normal to excess category.

There are significant differences in energy, protein, and zinc intake between stunted and non-stunted toddlers. Nutritional interventions and dietary education are crucial to prevent stunting, especially in areas with limited access to nutritious food. Energy, protein, and zinc intake in stunted children needs to be improved to support physical growth, cognitive development, and minimize the risk of long-term impacts caused by malnutrition.

Keywords: stunting, toddlers, energy, protein, zinc