

ABSTRAK

Tinon Maya Andari

HUBUNGAN PENGETAHUAN IBU BALITA DENGAN PRAKTIK PEMBERIAN PROTEIN HEWANI DAN TINGKAT ASUPAN PROTEIN PADA BALITA STUNTING DI WILAYAH PUSKESMAS GAMBIRAN KABUPATEN JOMBANG

xvii + 80 halaman + 19 tabel + 11 lampiran

Stunting tergolong sebagai gangguan gizi kronis akibat defisit asupan nutrisi berkesinambungan yang memicu terhambatnya proses tumbuh kembang anak. Pemenuhan nutrisi balita salah satunya ditentukan oleh literasi gizi ibu terkait urgensi protein hewani, yang berpotensi memengaruhi kebiasaan pemberian makanan serta kecukupan konsumsi protein anak. Studi ini dirancang untuk menganalisis keterkaitan antara tingkat pemahaman ibu, kebiasaan penyajian protein hewani, dan jumlah konsumsi protein pada balita stunting di area kerja Puskesmas Gambiran, Kabupaten Jombang. Metode yang diterapkan yaitu observasional analitik melalui rancangan *cross-sectional*. Penarikan sampel secara simple random sampling menghasilkan 69 ibu dari balita stunting rentang usia 24–59 bulan. Pengumpulan data mengandalkan instrumen kuesioner tingkat pemahaman, lembar Semi *Quantitative Food Frequency Questionnaire* (SQ-FFQ) guna mengevaluasi tindakan pemberian pangan hewani, serta food recall 2×24 jam untuk menghitung asupan protein. Seluruh data yang diperoleh diuji secara statistik menggunakan korelasi Spearman pada taraf kepercayaan 95% ($\alpha=0,05$).

Temuan lapangan mengindikasikan bahwa mayoritas ibu tergolong berpengetahuan baik (75,4%). Meski demikian, tindakan penyediaan pangan hewani cenderung dominan pada rentang kurang (40,6%), sejalan dengan besarnya proporsi balita yang mengalami kekurangan tingkat asupan protein (40,6%). Berdasarkan pengujian statistik, tidak teridentifikasi korelasi yang bermakna antara pemahaman ibu terhadap kebiasaan pemberian protein hewani ($p>0,05$) maupun terhadap kuantitas asupan protein balita ($p=0,768$). Sebaliknya, korelasi yang signifikan terbukti antara tindakan penyajian protein hewani dengan tingkat asupan protein pada balita ($p<0,001$).

Kata kunci: pengetahuan ibu, protein hewani, praktik pemberian protein hewani, asupan protein, stunting.

ABSTRACT

Tinon Maya Anari

THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE, ANIMAL PROTEIN FEEDING PRACTICES, AND PROTEIN INTAKE AMONG STUNTED TODDLERS IN THE WORKING AREA OF GAMBIRAN PUBLIC HEALTH CENTER, JOMBANG REGENCY

xvii + 80 Pages + 19 Tables + 11 Appendices

Stunting is classified as a chronic nutritional disorder resulting from prolonged nutrient deficits that impede a child's growth and development. The fulfillment of toddlers' nutritional needs is partly determined by maternal nutritional literacy regarding the importance of animal protein, which potentially influences feeding practices and the adequacy of children's protein consumption. This study was designed to analyze the relationship among mothers' knowledge level, animal protein feeding practices, and protein intake among stunted toddlers in the working area of Gambiran Public Health Center, Jombang Regency. An analytical observational method with a cross-sectional design was applied. Using a simple random sampling technique, a sample of 69 mothers of stunted toddlers aged 24–59 months was selected. Data were collected using a knowledge level questionnaire, a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) to assess animal protein feeding practices, and a 2×24-hour food recall to calculate protein intake. All collected data were statistically analyzed using the Spearman correlation test at a 95% confidence level ($\alpha = 0.05$).

Field findings indicated that the majority of mothers possessed good knowledge (75.4%). Nevertheless, animal protein feeding practices were predominantly categorized as poor (40.6%), corresponding to the high proportion of toddlers with inadequate protein intake levels (40.6%). Statistical analysis revealed no significant correlation between maternal knowledge and animal protein feeding practices ($p > 0.05$) or toddler protein intake quantity ($p = 0.768$). Conversely, a significant correlation was identified between animal protein feeding practices and toddlers' protein intake levels ($p < 0.001$).

Keywords: mothers' knowledge, animal protein, animal protein feeding practices, protein intake, stunting.