ABSTRAK

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POLA MAKAN DENGAN *STUNTING* DI WILAYAH KERJA PUSKESMAS WIRE
xvii + 90 Halaman + 6 Tabel + 12 Lampiran

Kejadian *Stunting* menurut teori dimulai sejak masa kehamilan hingga anak berumur dua tahun (1000 HPK). Orang tua baru menyadari balitanya mengalami *Stunting* setelah berumur 2 tahun, *Stunting* berdampak pada gangguan pertumbuhan fisik dan perkembangan kognitif. Penelitian ini bertujuan untuk mengetahui gambaran pola makan pada balita *Stunting* di Wilayah Kerja Puskesmas Wire Kabupaten Tuban.

Desain penelitian deskriptif dengan pendekatan *Cross Sectional,* populasinya seluruh ibu yang memiliki balita *Stunting* sebesar 79 ibu, Sampelnya 66 ibu balita, tehnik sampling *Cluster Random Sampling.* Variabel penelitiannya pola makan balita *Stunting*. Pengumpulan data menggunakan *Food Frequency Questionnaire* (FFQ) dan dianalisis secara deskriptif.

Hasil penelitian didapatkan hampir seluruhnya (90,9%) pola makan balitanya cukup pada orang tua berumur >35 tahun, sebagian kecil (9,1%) pola makan balita kurang. Sebagian besar (70,0%) pola makan balita cukup pada orang tua berpendidikan SMP, sebagian kecil (15,4%) pola makan balita kurang pada orang tua berpendidikan Perguruan Tinggi, sebagian besar (52,4%) pola makan balita cukup pada orang tua yang bekerja, sebagian besar (64,4%) pola makan balita cukup pada orang tua yang tidak bekerja.

Penerapan pola makan yang memenuhi gizi seimbang dan adekuat sejak masa kehamilan, baik dari kualitas, kuantitas, dan keberagaman makanan yang dikonsumsi sangat penting dalam pencegahan *Stunting*, karena pemenuhan jenis makanan bergizi, frekuensi makan yang teratur, serta jumlah asupan yang sesuai kebutuhan dapat membantu menunjang pertumbuhan dan perkembangan balita. Orang tua dapat memberikan makanan dengan gizi seimbang dengan setiap kali makan diusahakan ada sumber Karbohidrat,protein hewani dan nabati serta sayur dan buah.

Kata kunci : Pola Makan, Balita, *Stunting*
Daftar bacaan : 23 buku (2008-2017)

ABSTRACT

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DESCRIPTION OF DIETARY PATTERNS AMONG TODDLERS WITH STUNTING IN THE WORKING AREA OF WIRE PUBLIC HEALTH CENTER
xvii + 90 *Pages* + 6 *Tables* + 12 *Appendices*

The incidence of Stunting begins during pregnancy and continues until the child reaches two years of age, a period known as the First 1000 Days of Life. Parents often only become aware that their toddler is stunted after the age of two, which contributes to the increasing number of Stunting cases. The impact of Stunting on toddlers includes impaired physical growth and cognitive development. This study aims to describe the dietary patterns of stunted toddlers in the Working Area of Wire Public Health Center, Tuban Regency.

This study used a descriptive quantitative design with a cross-sectional approach. The population consisted of 79 mothers of stunted toddlers, with a sample of 66 mothers selected through Cluster Random Sampling. The research variable was the dietary pattern of stunted toddlers. Data were collected using the Food Frequency Questionnaire (FFQ) and analyzed descriptively.

The research results showed that almost all (90.9%) toddlers had adequate dietary patterns among parents aged >35 years, with a small proportion (9.1%) having poor dietary patterns. Most (70.0%) toddlers had adequate dietary patterns among parents with junior high school (SMP) education, a small proportion (15.4%) had poor dietary patterns among parents with higher education (Perguruan Tinggi), most (52.4%) toddlers had adequate dietary patterns among working parents, and most (64.4%) toddlers had adequate dietary patterns among non-working parents.

The application of an adequate and balanced diet from pregnancy through toddlerhood, with attention to the quality, quantity, and variety of food consumed, is essential in preventing Stunting, as the fulfillment of nutritious food types, regular meal frequency, and appropriate intake amounts can support optimal child growth and development.

Keywords : Diatery Pattern, Stunting, Toddler.
References : 23 books (2008-2017)