

# HUBUNGAN ANTARA POLA ASUH NUTRISI DENGAN KEJADIAN *STUNTING* SEBUAH TINJAUAN SYSTEMATIC REVIEW

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## ABSTRAK

**Latar Belakang :** *Stunting* merupakan keadaan dimana hasil pengukuran tinggi badan anak  $<-2$  *z-score* atau dibawah median standar pertumbuhan tinggi badan terhadap umur WHO. Prevalensi *stunting* cukup tinggi di Indonesia. Faktor yang menyebabkan balita mengalami kondisi *stunting* salah satunya yaitu kurangnya asupan gizi pada anak yang sangat bergantung pada pola asuh nutrisi orang tua. Tinjauan Sistematis ini diperlukan untuk melihat hubungan antara pola asuh nutrisi dengan kejadian *stunting* sehingga orang tua terutama ibu dapat mengetahui pentingnya menjaga pola asuh nutrisi agar asupan gizi anak terpenuhi. **Metode :** *Systematic Review* dilakukan dengan pencarian jurnal pada bulan Januari hingga April 2021. Pencarian dilakukan pada basis data *PubMed*, *Google Scholar*, dan *Science Direct* menggunakan metode *Preferred Reporting Items for Systematic Reviews and Meta-Analyses Protocols* (PRISMA-P). **Hasil :** Data didapatkan sebanyak 10 jurnal dengan hasil 9 jurnal memiliki hubungan signifikan antara pola asuh nutrisi dengan kejadian *stunting* dengan nilai *p value*  $< 0.005$ , dan satu jurnal tidak memiliki hubungan signifikan dengan nilai *p value*  $0.30$ . **Kesimpulan :** Terdapat hubungan antara pola asuh nutrisi dengan kejadian *stunting*. Anak yang mendapat pola asuh nutrisi yang buruk lebih beresiko mengalami *stunting* dibandingkan anak yang mendapat pola asuh nutrisi yang baik. Pola asuh nutrisi yang buruk dapat menyebabkan asupan nutrisi anak tidak terpenuhi sehingga menghambat pertumbuhan anak.

**Keyword :** *Stunting*; Pola Asuh Nutrisi; *MDD*; *Meal Frequency*

# THE RELATIONSHIP BETWEEN NUTRITIONAL PARENTING AND *STUNTING* A SYSTEMATIC REVIEW

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## ABSTRACT

**Background:** Stunting is a condition referring to low height for age where the results of measuring childrens height are less than -2 z-score or below the median standard of height for age according to WHO. The prevalence of stunting is quite high in Indonesia. One of the factors that cause childrens to experience stunting is the lack of nutritional intake in infants which cannot be separated from the nutritional parenting that is given by the caregivers. The main purpose of this systematic review is to see the relationship between nutritional parenting and the incidence of stunting so that parents especially, can know the importance of maintaining nutritional patterns so that child nutritional intake is adequate. **Method :** Systematic Review was conducted with journals searches from January to April 2021. The search was carried out on the PubMed, Google Scholar, and Science Direct databases using the Preferred Reporting Items for Systematic Review and Meta-Analyses Protocols (PRISMA-P) method. **Results:** The data obtained were 10 journals with the results of 9 journals having a significant relationship between nutritional parenting and the incidence of stunting with p value  $< 0.005$ , and one journal did not have a significant relationship with p value 0.30. **Conclusion:** This study identified that there is a relationship between nutritional parenting and the incidence of stunting. Children who receive poor nutritional parenting are more at risk of stunting compared to children who receive good nutritional parenting. Poor nutritional parenting can cause childrens nutritional intake to be inadequate, thereby inhibiting childrens growth.

**Keyword :** *Stunting*; Pola Asuh Nutrisi; *MDD*; *Meal Frequency*