

# **GAMBARAN KARAKTERISTIK RIWAYAT KONSUMSI MINERAL DAN MULTIVITAMIN TERHADAP KEJADIAN *STUNTING* DI KECAMATAN BOJONGSARI, KOTA DEPOK, PROVINSI JAWA BARAT**

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## **Abstrak**

Stunting ialah kondisi di mana panjang badan balita tidak sesuai seperti usia seharusnya. Maka ini dapat menyebabkan gangguan pada perkembangan fisik serta kognitif anak, juga meningkatkan risiko penyakit, dan mempengaruhi kecerdasan mereka. Pencegahan stunting sebaiknya dimulai sejak dini, terutama dengan memastikan ibu hamil mengonsumsi suplemen kehamilan yang mengandung mineral dan multivitamin seperti asam folat, besi (Fe), vitamin A, seng (zink), vitamin B12, dan vitamin D. Tujuan penelitian mengetahui karakteristik riwayat konsumsi mineral dan multivitamin terhadap stunting di Bojongsari, Depok. Metode yang digunakan yaitu deskriptif retrospektif dan dalam desain cross-sectional. Sebanyak 90 data sampel memenuhi kriteria penelitian. Kejadian stunting di Kecamatan Bojongsari paling sering terjadi pada balita berusia 3-4 tahun, khususnya yang berjenis kelamin perempuan, yang ibunya berusia 31-40 tahun. Zink merupakan mineral yang paling sering tidak dikonsumsi, sedangkan asam folat menjadi mineral yang paling sering dikonsumsi. Tingkat konsumsi Fe, vitamin B12, vitamin D, dan vitamin A menunjukkan jumlah yang sama. Secara keseluruhan, kejadian stunting di Kecamatan Bojongsari, Kota Depok, paling banyak terjadi pada wanita berusia 31-40 tahun, dengan mayoritas kasus dialami oleh balita perempuan berusia 3-4 tahun. Selain itu, tingkat konsumsi mineral dan multivitamin di wilayah ini masih tergolong rendah.

**Kata kunci :** Asam folat, Fe, *Stunting*, vitamin A, vitamin B12, vitamin D, zink

**DESCRIPTION OF CONSUMPTION CHARACTERISTICS ON  
MINERAL AND MULTIVITAMIN HISTORY TO STUNTING  
INCIDENTS IN BOJONGSARI DISTRICT, DEPOK CITY, WEST  
JAVA PROVINCE**

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***Abstract***

*Stunting is a condition when the toddler have less height. Stunting can hinder a child's growth, cognitive abilities, increases the risk of exposure disease also children's intelligence. Preventing stunting from an early age is important, especially during the mother's pregnancy by consuming pregnancy supplements containing several minerals and multivitamins such as folate,, Fe, zinc, vitamin B12, vitamin A, vitamin D which have very important role in child growth as well as followed by optimal nutritional fulfillment. This research point is to determine the historical characteristics of mineral also multivitamin consumption on the incidence of stunting in Bojongsari District, Depok City, West Java. Descriptive with a retrospective approach and cross sectional design. There are 90 sample data that meet the research criteria. Stunting incidents in Bojongsari District are mostly experienced by toddlers aged 3-4 years and girls who come from the group of mothers aged 31 - 40 years. Zinc is the mineral that is most not consumed, while folic acid is the mineral that is most consumed. Consumption levels of Fe, vitamin A, vitamin B12, and vitamin D show the same amount. Overall, the level of mineral and multivitamin consumption is still quite low. Stunting incidents in Bojongsari District, Depok City are mostly experienced by women aged 31-40 years, with the majority experienced by female toddlers, and mostly experienced by toddlers aged 3-4 years. Furthermore, the overall level of mineral and multivitamin consumption in Bojongsari District, Depok City, is still relatively low.*

**Keywords :** *Folic acid, Fe, Stunting, vitamin A, vitamin B12, vitamin D, zinc*