

HUBUNGAN BERAT DAN PANJANG BADAN LAHIR, ASUPAN ENERGI DAN PROTEIN SERTA TINGGI BADAN IBU TERHADAP KEJADIAN STUNTING PADA BALITA DI KECAMATAN SUKMAJAYA DEPOK TAHUN 2017

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Abstrak

Stunting pada anak usia dibawah lima tahun di Indonesia masih perlu mendapat perhatian serius. Pada tahun 2013, terdapat 37,2% balita *stunting* di Indonesia. *Stunting* dapat berakibat penurunan tingkat kecerdasan terutama pada anak usia dibawah lima tahun. Penelitian ini bertujuan untuk mengetahui ada atau tidaknya hubungan antara berat badan lahir, panjang badan lahir, asupan energi, asupan protein dan tinggi badan ibu terhadap kejadian *stunting* di Wilayah Kerja UPT Puskesmas Sukmajaya Depok. Penelitian ini menggunakan metode *Cross Sectional*. Jumlah sampel 68 balita dipilih dengan cara *cluster random sampling*. Pengumpulan data dilakukan melalui pengukuran tinggi badan, wawancara kuisisioner dan lembar *food recall*. Hasil analisis uji statistik menunjukkan berat badan lahir ($p=0,010$), panjang badan lahir ($p=0,032$), asupan energi ($p=0,032$) dan asupan protein ($p=0,010$) memiliki hubungan yang signifikan terhadap kejadian *stunting* pada balita. Tidak terdapat hubungan antara tinggi badan ibu ($p=0,383$) terhadap kejadian *stunting*. Kesimpulan penelitian ini menunjukkan bahwa beberapa variabel yang diteliti berhubungan dengan kejadian *stunting*. Hasil penelitian menunjukkan proporsi responden yang *stunting* sebesar 29,4% dan yang memiliki status gizi normal sebesar 70,6%

Kata Kunci: Asupan energi, asupan protein, berat dan panjang lahir, *stunting*, tinggi badan ibu

CORRELATION OF BIRTH WEIGHT AND BIRTH LENGTH, ENERGY INTAKE, PROTEIN INTAKE AND MOTHER'S HEIGHT WITH STUNTING AMONG CHILDREN AT SUKMAJAYA DISTRICT DEPOK 2017

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Abstract

Stunting among children under five years old in Indonesia still needed to get serious attention. In 2013, there were 37,2% stunting children under five years old in Indonesia. Stunting has negative effect on mental development especially in children under five years old. The objective of this study to determine the relation of birth weight, birth length, energy intake, protein intake and mother's height with stunting at UPT Puskesmas Sukmajaya Depok working area. This study used cross sectional method. There were 68 children as samples in this study and they were obtained by cluster random sampling. The database were collected by measuring of height, interview with the questionnaire and food recall sheet. The result of statistics analysis showed that birth weight ($p=0,010$), length weight ($p=0,032$), energy intake ($p=0,032$), and protein intake ($p=0,010$) had a significant association with child-stunting. There was no relation between mother's height ($p=0,383$) with stunting. The conclusion of this study was some variables had relation with stunting. The result of this study found that proportion of stunting respondents were 29,4% and respondents who had normal nutrition status were 70,6%.

Keyword : Birth length and weight, energy intake, mother's height, protein intake, stunting