

# **HUBUNGAN ASUPAN PROTEIN DENGAN PERKEMBANGAN MOTORIK KASAR ANAK STUNTING DI KABUPATEN BANYUMAS**

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## **ABSTRAK**

**Latar Belakang:** Perkembangan motorik kasar adalah perubahan fisik dan psikis anak sesuai dengan masa pertumbuhan, dan asupan gizi yang dikonsumsi. Salah satu asupan gizi yang mempengaruhi adalah asupan protein. Asupan protein tidak adekuat dapat menimbulkan risiko gangguan perkembangan motorik kasar anak *stunting*. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan protein dengan perkembangan motorik kasar anak *stunting* di Kabupaten Banyumas.

**Metode:** Jenis penelitian yang dilakukan bersifat observasional dengan pendekatan *cross sectional* dan pengumpulan data dilakukan dengan kuesioner dan pemeriksaan perkembangan secara langsung. Populasi pada penelitian ini menggunakan *total sampling* yakni sebanyak 143 sampel Balita di Wilayah Puskesmas Purwokerto Timur I, Purwokerto Timur II dan Puskesmas Kembaran I. Teknik analisis data menggunakan uji *Chi Square*, dan uji alternatif *fisher's exact*.

**Hasil:** Dihasilkan bahwa dari 143 partisipan, sebanyak 72 partisipan memiliki asupan protein hewani tidak adekuat, 137 partisipan memiliki asupan protein nabati tidak adekuat, dan 122 partisipan memiliki perkembangan motorik kasar normal. Analisis bivariat antara asupan protein hewani dan perkembangan motorik kasar diperoleh nilai *p value* = 0,786 (*p*>0,05) yang menunjukkan tidak adanya hubungan yang signifikan. Asupan protein nabati dan perkembangan motorik kasar diperoleh *p value* = 0,592 (*p*>0,05) yang menunjukkan tidak adanya hubungan yang signifikan.

**Kesimpulan:** Tidak terdapat hubungan antara asupan protein hewani dengan perkembangan motorik kasar anak *stunting* di Kabupaten Banyumas. Tidak terdapat hubungan antara asupan protein nabati dengan perkembangan motorik kasar anak *stunting* di Kabupaten Banyumas.

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**Kata kunci:** Asupan Protein, Perkembangan Motorik Kasar, *Stunting*

# THE RELATIONSHIP BETWEEN PROTEIN INTAKE WITH GROSS MOTOR DEVELOPMENT OF STUNTING CHILDREN IN BANYUMAS REGENCY

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## ABSTRACT

**Background:** Gross motor development is a child's physical and psychological changes according to the growth period, and the nutritional intake consumed. One of the influencing nutrient intakes is protein intake. Inadequate protein intake can pose a risk of impaired gross motor development in stunted children. This study aims to determine the relationship between protein intake and gross motor development of stunting children in the Banyumas Regency.

**Methods:** The type of research conducted was observational with a cross sectional approach and data collection was carried out using questionnaires and direct examination of progress. The population in this study used a total sampling of 143 samples of toddlers in the Purwokerto Timur 1 Health Center, Purwokerto Timur II, and Twin Health Centers I. The data analysis technique used the Chi-Square test and Fisher's exact alternative test.

**Results:** It was found that out of 143 participants, 72 participants had an inadequate intake of animal protein, 137 participants had an inadequate intake of vegetable protein, and 122 participants had normal gross motor development. Bivariate analysis between animal protein intake and gross motor development obtained  $p$  value = 0.786 ( $p>0.05$ ) which showed no significant relationship. Vegetable protein intake and gross motor development obtained  $p$  value = 0.592 ( $p>0.05$ ) which showed no significant relationship.

**Conclusion:** There is no relationship between the intake of animal protein and gross motor development of stunting children in the Banyumas Regency. There is no relationship between the intake of vegetable protein and gross motor development of stunting children in the Banyumas Regency.

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**Keywords:** Protein Intake, Gross Motor Development, Stunting