

ABSTRAK

PENGARUH USIA PEMBERIAN MP-ASI, ASUPAN PROTEIN, ASUPAN SENG, DAN RIWAYAT PENYAKIT INFEKSI TERHADAP KEJADIAN STUNTING PADA ANAK USIA 24-36 BULAN DI PUSKESMAS SUMBANG II

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Latar Belakang: Stunting merupakan sebuah malnutrisi akibat asupan gizi kurang dalam waktu lama ditandai dengan indikator TB/U z -score < -2 SD. Faktor risiko stunting diantaranya usia pemberian MP-ASI, asupan protein, asupan seng, dan riwayat penyakit infeksi. Tujuan penelitian untuk mengetahui pengaruh usia pemberian MP-ASI, asupan protein, asupan seng, serta riwayat penyakit infeksi terhadap kejadian stunting anak usia 24-36 bulan di Puskesmas Sumbang II.

Metodologi: Penelitian ini dilakukan menggunakan metode observasional desain *cross sectional*, dilakukan di Puskesmas Sumbang II. Sampel 62 balita stunting usia 24-36 bulan, rutin mengonsumsi tablet cacing, tidak mengonsumsi suplemen, tidak memiliki riwayat penyakit infeksi kronik, diambil secara *purposive sampling*, dianalisis dengan analisis bivariat menggunakan Uji korelasi Pearson dan Rank Spearman, multivariat menggunakan Uji Regresi Linier.

Hasil Penelitian: Sebanyak 88,7% responden mendapat MP-ASI dini, 61,3% asupan seng sangat kurang, 77,4% memiliki riwayat penyakit infeksi, 59,7% asupan protein lebih. Usia pemberian MP-ASI $p=0,000$, asupan seng $p=0,045$, dan penyakit infeksi $p=0,000$ berhubungan dengan kejadian stunting. Sedangkan asupan protein $p=0,260$ tidak berhubungan dengan stunting.

Kesimpulan: Faktor yang mempengaruhi terhadap kejadian stunting pada anak usia 24-36 bulan di Puskesmas Sumbang II adalah usia pemberian MP-ASI, asupan seng, dan riwayat penyakit infeksi.

Kata Kunci: Stunting, MP-ASI, asupan seng, dan penyakit infeksi.

ABSTRACT

The Impact of The Age of Breastmilk-Complementary Food Giving, Protein Intake, Zinc Intake, and Infection Disease History Towards Stunting Case on 24-36 Months of Child in Sumbang II Public Health Center

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Background: Stunting is a malnutrition caused by the lack of nutrition intake for long term and signed by the indicator of TB/U z-score $< - 2$ SD. The factors of stunting risk are about the age of giving breastmilk-complementary food for the very first time, protein intake, zinc intake, and also infection disease history towards stunting on 24-36 months of child in Sumbang II Public Health Centre.

Method: This research was one of observational within cross sectional design which was done in Sumbang II Public Health Centre area. There were 24-36 months of 62 stunting toddlers as samples, taking anthelmintic as routine, no additional supplement, had no chronic infection history. All samples were taken by purposive sampling, analysed by both bivariate analysis using Correlation Examination of Pearson and Rank Spearman, and multivariate analysis using Linear Regression Examination.

Result: The result showed that 88,7% of the early age of breastmilk-complementary food giving, 61,3% of zinc intake categorized as the least, and 77,4% of infection disease history, and 59,7% protein intake was categorized as more status. The age of breastmilk-complementary food giving $p=0,000$, zinc intake $p=0,045$, and infection disease $p=0,000$ were related to stunting case. While, protein intake $p=0,260$ was not related to it.

Conclusion: The factors that gave impact to stunting case toward 24-36 months of child in Sumbang II Public Health Centre was the age of breastmilk-complementary food giving, zinc intake, and infection disease history.

Keywords: Breastmilk-complementary food, infection disease, stunting, zinc intake.