ABSTRAK

HUBUNGAN ANTARA TINGKAT KECUKUPAN PROTEIN, SENG, KALSIUM, DAN PRAKTIK *RESPONSIVE FEEDING* TERHADAP KEJADIAN STUNTING PADA ANAK 6-23 BULAN (Studi di Wilayah Kerja Puskesmas II Kembaran)

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Latar Belakang: Stunting pada anak berdampak terhadap keterlambatan perkembangan otak hingga penurunan produktivitas. Selain itu, stunting dapat disebabkan oleh asupan gizi dan pola asuh. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan protein, seng, kalsium, dan praktik *responsive feeding* terhadap kejadian stunting pada anak 6-23 bulan di wilayah kerja puskesmas II kembaran.

Metodologi: Desain penelitian yang digunakan adalah *case control*, melibatkan 30 ibu balita stunting dan 30 tidak stunting berdasarkan *matching* usia ±2 bulan dengan teknik *purposive sampling*. Instrumen yang digunakan berupa kuesioner SQ-FFQ (*Semi Quantitative Food Frequency Questionnare)* dan RFPAT (*Responsive Feeding Practice Assessment Tool)*. Status gizi anak ditentukan dengan *z-score* PB/U. Variabel dianalisis menggunakan uji *Chi-Square* dengan kemaknaan 5%

Hasil Penelitian: Mayoritas anak memiliki tingkat kecukupan protein cukup (86,7%), tingkat kecukupan seng cukup (71,7%), dan tingkat kecukupan kalsium kurang (55%). Mayoritas ibu memiliki praktik *responsive feeding* baik (53,3%). Hubungan tingkat kecukupan protein (p=0,254), seng (p=0,002), kalsium (p=0,000), dan praktik *responsive feeding* dengan kejadian stunting (p=0,010).

Kesimpulan: Tingkat kecukupan seng, kalsium, dan praktik *responsive feeding* berhubungan dengan kejadian stunting, namun tingkat kecukupan protein tidak berhubungan dengan kejadian stunting.

Kata kunci: Praktik *Responsive Feeding***,** Stunting, Tingkat Kecukupan Kalsium, Tingkat Kecukupan Protein, Tingkat Kecukupan Seng**.**

ABSTRACT

RELATIONSHIP ADEQUATE LEVELS OF PROTEIN, ZINC, CALCIUM, AND RESPONSIVE FEEDING PRACTICES WITH STUNTING IN CHILDREN 6-23 MONTHS
(Study in The Working Area of Kembaran Health Center II)

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Background: Stunting in children has an impact on delays in brain development to reduced productivity. Stunting can be caused by nutritional intake and parenting practices. This study examines relationship between adequate levels of protein, zinc, calcium, and responsive feeding practices on the incidence of stunting in children 6-23 months in the Kembaran Health Center II working area

Methodology: The research design was case control, involving 30 mothers of stunted toddlers and 30 not stunted based on age matching ± 2 months with purposive sampling technique. The instruments which were used were SQ-FFQ (Semi Quantitative Food Frequency Questionnaire) and RFPAT (Responsive Feeding Practice Assessment Tool) questionnaire. Children's nutritional status was determined by length for age z-score Variables which were analyzed using the Chi-Square test with a significance of 5%.

Results: The majority of children had adequate protein levels (86.7%), adequate zinc levels (71.7%), and insufficient calcium levels (55%). The majority of mothers had good responsive feeding practices (53.3%). The association of protein (p=0.254), zinc (p=0.002), calcium (p=0.000), and responsive feeding practices with the incidence of stunting (p=0.010).

Conclusions: The sufficiency level of zinc, calcium, and responsive feeding practices were associated with the incidence of stunting, but protein sufficiency level is not associated with the incidence of stunting.

Key words: Calcium Adequacy, Protein Adequacy, Responsive Feeding Practices, Stunting, Zinc Adequacy.