

Abstrak

PERBEDAAN POLA ASUH, POLA PEMBERIAN MAKAN, DAN TINGKAT KECUKUPAN ZAT GIZI MIKRO PADA BALITA STUNTED DAN NON-STUNTED DI WILAYAH KERJA PUSKESMAS 1 SUMBANG

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Latar belakang : Kejadian stunted pada balita disebabkan oleh beberapa faktor risiko. Faktor langsung yang memengaruhi stunted pada anak usia 24-59 bulan adalah riwayat penyakit, asupan makro gizi dan mikro gizi. Kemudian faktor tidak langsungnya berupa pola pengasuhan orang tua yang berpengaruh pada cara pemberian makan. Tujuan penelitian ini adalah untuk mengetahui perbedaan pola asuh, pola pemberian makan, dan tingkat kecukupan zat gizi mikro pada balita stunted dan non-stunted di wilayah kerja puskesmas 1 sumbang

Metodologi : Penelitian menggunakan desain studi *case control* dengan sampel 27 balita stunted dan 27 balita non-stunted di Desa Sumbang dan Desa Banteran, responden dipilih berdasarkan *purposive sampling* dengan perbandingan kelompok kasus dan kontrol 1:1 berdasarkan *matching* usia. Pengambilan menggunakan kuesioner *Parenting Style and Dimension Questionnaire* (PSDQ), *Child Feeding Questionnaire* (CFQ), dan SQ-FFQ. Analisis bivariat menggunakan uji *chi-square*, *fisher exact*, *Independent T*, dan *mann whitney*.

Hasil Penelitian : Hasil penelitian menunjukkan terdapat perbedaan pola pemberian makan ($p=0,024$) pada balita stunted dan non-stunted usia 24-59 bulan. Akan tetapi, tidak ada perbedaan pola asuh ($p=0,454$), tingkat kecukupan kalsium ($p=0,098$), zink ($p=0,333$), dan zat besi ($p=0,325$) pada balita stunted dan non-stunted usia 24-59 bulan

Kesimpulan : Terdapat perbedaan pola pemberian makan dan tidak terdapat perbedaan pola asuh, serta tingkat kecukupan zat gizi mikro pada balita stunted dan non-stunted usia 24-59 bulan di Wilayah Kerja Puskesmas 1 Sumbang

Kata kunci : Kecukupan Zat Gizi Mikro, Pola Asuh, Pola Pemberian Makan, Stunted

Abstrack

DIFFERENCE OF PARANTING STYLE, FEEDING PRACTICES, AND ADEQUACY LEVELS OF MICRONUTRIENTS IN STUNTED AND NON-STUNTED TODDLERS IN WORKING AREA OF PUSKESMAS 1 SUMBANG

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Background : Stunting in toddlers is caused by several risk factors. The direct factors influencing stunting in children aged 24–59 months are disease history, macronutrient intake, and micronutrient intake. The indirect factor is parenting patterns, which affect feeding practices. The purpose of this study was to determine the difference in parenting style, feeding practices, and adequacy level of calcium, zinc, and iron in stunted and non-stunted toddlers in working area of Puskesmas 1 Sumbang.

Methods : This research used case control study design with a total 27 stunted toddlers and 27 non-stunted toddlers in Sumbang Village and Banteran Village. Partisipans were selected based on *purposive sampling* with 1:1 comparison of case and control groups based on age matching. Data collection utilized the Parenting Styles and Dimensions Questionnaire (PSDQ), Child Feeding Questionnaire (CFQ), and a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Bivariate analysis was conducted using chi-square, Fisher's exact, independent t-test, and Mann-Whitney.

Result : The research showed that there were significant differences in feeding practices ($p=0,024$), but there were no differences in parenting style ($p=0,454$), adequacy levels of calcium ($p=0,098$), zinc ($p=0,333$), and iron ($p=0,325$) in stunted and non-stunted toddlers aged 24-59 months.

Conclusion: There are differences in parenting style, feeding practices, and adequacy level of calcium, zinc, and iron in stunted and non-stunted toddlers in working area of Puskesmas 1 Sumbang.

Keywords : Adequacy Level Of Micronutrients, Parenting Style, Feeding Practices, Stunted