

ABSTRAK

HUBUNGAN TINGKAT KECUKUPAN PROTEIN DAN RIWAYAT PEMBERIAN ASI EKSKLUSIF DENGAN KEJADIAN *STUNTED* PADA BALITA (Studi di Desa Sumbang Kecamatan Sumbang Kabupaten Banyumas)

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Latar Belakang: Desa Sumbang, Kecamatan Sumbang, tercatat sebagai salah satu desa lokus *stunting* di Kabupaten Banyumas dengan prevalensi 14,4%. Faktor penyebab *stunted* pada balita diantaranya kecukupan protein dan pemberian ASI Eksklusif. Penelitian ini bertujuan mengetahui hubungan antara tingkat kecukupan protein dan riwayat pemberian ASI Eksklusif dengan kejadian *stunted* pada balita usia 24-59 bulan di desa tersebut.

Metodologi: Penelitian menggunakan desain studi *case control* dengan sampel sebanyak 37 balita *stunted* dan 37 balita non-*stunted* di Desa Sumbang, responden dipilih menggunakan *cluster sampling* dengan *matching* berupa usia ± 2 bulan dan wilayah posyandu. Pengambilan data menggunakan kuesioner SQ-FFQ dan kuesioner riwayat ASI Eksklusif SKI. Analisis bivariat menggunakan uji *chi-square* 2x2 dengan IBM SPSS versi 25.

Hasil Penelitian: Hasil analisis bivariat variabel tingkat kecukupan protein berhubungan dengan kejadian *stunted* pada balita usia 24-59 bulan ($p=0,000$; OR=6,781; 95%CI=2,1-20,1), sedangkan riwayat pemberian ASI Eksklusif tidak berhubungan dengan kejadian *stunted* pada balita usia 24-59 bulan ($p=0,163$).

Kesimpulan: Terdapat hubungan signifikan antara tingkat kecukupan protein dengan kejadian *stunted* pada balita usia 24-59 bulan. Balita dengan tingkat kecukupan protein yang kurang berisiko mengalami *stunted* 6,781 kali lebih besar dibandingkan balita dengan tingkat kecukupan protein cukup.

Kata Kunci: ASI Eksklusif, Balita 24-59 bulan, Kecukupan Protein, *Stunted*

ABSTRACT

RELATIONSHIP BETWEEN PROTEIN ADEQUACY LEVELS AND EXCLUSIVE BREASTFEEDING HISTORY WITH THE INCIDENCE OF STUNTING IN TODDLERS (Study in Sumbang Village, Sumbang District, Banyumas Regency)

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Background: Sumbang Village in Sumbang Subdistrict is listed as one of the stunting-prone villages in Banyumas Regency with a prevalence of 14.4%. Factors contributing to stunting in toddlers include protein adequacy and exclusive breastfeeding. The study was designed to investigate the relationship between protein adequacy, exclusive breastfeeding history, and stunting in toddlers aged 24-59 months in the village.

Methodology: The study used a case-control design with a sample of 37 stunted infants and 37 non-stunted infants in Sumbang Village. Respondents were selected using cluster sampling with matching based on age ± 2 months and posyandu (community health post) area. Data collection used the SQ-FFQ questionnaire and the SKI exclusive breastfeeding history questionnaire. Bivariate analysis was performed using the 2x2 chi-square test with IBM SPSS version 25.

Research Results: The results of bivariate analysis of protein adequacy levels were associated with stunting in children aged 24–59 months ($p=0.000$; $OR=6.781$; $95\%CI=2.1–20.1$), while a history of exclusive breastfeeding was not associated with stunting in children aged 24–59 months ($p=0.163$).

Conclusion: There is a significant association between protein sufficiency levels and stunting in children aged 24–59 months. Children with insufficient protein sufficiency levels are 6.781 times more likely to experience stunting than children with adequate protein sufficiency levels.

Keywords: Adequacy level of Protein, Exclusive breastfeeding, Toddler, Stunting